

**MARIN COUNTY COMMISSION ON AGING**  
**Committee Meeting Minutes**

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> JULY 19, 2016	<b>LOCATION:</b> 10 NORTH SAN PEDRO – 1019
<p><b>PRESENT</b> Salamah Locks, Fran Wilson, Beth Livoti, Sharon Turner, Carol Zeller, <i>Teresa Tooker, Helen Chen</i>  <b>ABSENT:</b> <i>Anthony Maglio, Kathleen Roach, Chris Asimos</i></p> <p><b>Staff:</b> Amy Dietz, Natalie Krelle-Zeponi</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒<b>Next Meeting:</b> September 29, 2016 - 1:00 p.m. – 2:30 p.m.</p>		
<b>MINUTES SUMMARY</b>	<b>ACTION TAKEN/RESPONSIBLE PARTY</b>	
<p><b>Call to Order:</b>  The meeting was called to order at 1:06p.m. by Commissioner Zeller.</p> <p><b>Approval of the Agenda:</b>  The agenda was approved as written.</p> <p><b>Approval of the Minutes:</b>  The minutes of June 26, 2016 were amended to correct the name of Sharon Turner.</p> <p><b>Open Time for Public Comment:</b>  Helen Chen introduced herself and expressed her interest in being involved in the commission and the Health and Nutrition Committee. Her background is in Public Health and Education. She remarked that she attended the “End of Life” MCCOA community meeting last month and that it has inspired her to talk to her family members. She asked the committee members for more information about their duties as commissioners and whether her qualifications seemed to</p>	<p>Dietz will provide an email introduction between Tricia Smith and Helen Chen.</p>	

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be a match. The committee members welcomed her enthusiasm, interest, and expertise.

**Chair's report:**

- N/A

**Nutrition Report:**

- Dietz reported that the County will be issuing an Invitation for Bid (IFB) for a vendor to prepare and deliver meals for its Congregate meal program.
- Committee members recommended sending IFB information to grocery stores, including Whole Foods and Nuggets.
- Dietz provided information regarding the successful cooking class that took place at Whistlestop that was targeted towards IHSS caregivers.

**Debrief July Commission Meeting:**

- Commission meeting was very well received.
- Member of the public Helen Chen remarked that attending this meeting was what made the possibility of conversations with family members happen.
- There were attendees who asked to have a POLST form included in the packet. Consensus among the committee was not to include the form on its pink paper as it needs to be signed off by a medical practioner. Committee may opt to include a copy on white paper with the word "Sample."

**Goals/ Objectives 2016/2017**

- 1a. The Marin County Commission on Aging (MCCOA) Health and Nutrition Committee will work with the AAA Registered Dietician to develop at least two community nutrition presentations related to meal preparation.
- Objective 1a: The Health and Nutrition Committee will work with the AAA Registered Dietician to develop at least two community nutrition presentations related to meal preparation.
  - Commissioner Locks recommended having a crock pot at the MCCOA booth at the Senior Fair.
  - AAA RD Natalie Krelle-Zeponi will attend the upcoming meeting to discuss

Teresa Tooker will check with Senior Fair committee to see if a crock pot is allowable.  
UPDATE: Crock pot is allowable.

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strategies in meeting this objective.

- Objective 1b: The Health and Nutrition Committee, in collaboration with community partners, will distribute at least 100 End of Life Decision making toolkits during at least two community presentations, featuring films or guest speakers, pertaining to Advanced Care Planning.
  - The Committee distributed 50 packets at the July MCCOA meeting. It will work with other committees and organizations in the coming year to support similar event (s).
- Objective 3a: The Health and Nutrition Committee will develop a presentation for a commission meeting and write an article in the Great Age Newsletter pertaining to fall prevention.
  - The MCCOA February meeting will be on the topic of Fall Prevention. Carol Zeller will coordinate. There will be an article on Fall Prevention in the upcoming issue of the Great Age written by former AAA RD, Mary Louise Zernicke.

**Next Steps:**

Commissioner Zeller informed the committee of upcoming talks taking place in Corte Madera:

- September 14th - 1:30 - 2:30 p.m. "How to Avoid Falling" by Carol Zeller
- October 12th - 1:00 - 2:30 p.m. – "Pole Walking for Exercise: Mobility and Maintaining Independence"

**Next Meeting Date**

The next meeting will take place on September 29, 2016 from 1:00 p.m. – 2:30 p.m.

**Adjournment**

The meeting adjourned at 2:10 p.m.