

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: NOVEMBER 29, 2016	LOCATION: 10 NORTH SAN PEDRO – 1019
<p>PRESENT: Chris Asimos, Sharon Turner, Carol Zeller, Francine Bedinger, Salamah Locks, <i>Kathleen Roach</i>, ABSENT: Beth Livoti, <i>Fran Wilson, Teresa Tooker, Helen Chen</i></p> <p>STAFF: Natalie Krelle-Zeponi, Michele McCabe</p>		
RECORDER: Michele McCabe		
⇒ Next Meeting: Thursday, January 19, 2017		
MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY	
<p>Call to Order: The meeting was called to order at 1:15 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Approval of the Minutes: The minutes of September 29, 2016 were approved as amended to reflect that Chris Asimos was present and in fact volunteered to help at the “<i>Eating for One</i>” presentation on April 26, 2016 at Margaret Todd Senior Center in Novato.</p> <p>Open Time for Public Comment: <i>Kathleen Roach, County Public Health Nurse:</i> Invited people to a leadership committee meeting in West Marin on Wednesday January 18, 2017 from 10:00 a.m. – 12:00 p.m. at the West Marin</p>		

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Service Center located at 100 6th Street, Point Reyes Station. Commissioners Asimos and Locks with attend along with Michele McCabe.

Chair's report:

Chair Asimos reported the San Rafael Village is up and running with 80 members and 70 volunteers.

Nutrition Report:

Krelle-Zeponi reported the following:

- The Area Agency on Aging is now doing direct service provision for the congregate meal program. The Good Earth is producing food as a vendor. They are fine tuning the process. The sites remain the same and the AAA has a good relationship with them.
- The Diner's Guide is being updated. Until then they are using a temporary flyer. Hard copies of the flyer were distributed to the committee.
- Credit should be given to staff member Julie Daniel for all her hard work.

Goals/ Objectives 2016/2017:

- 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.
 - **In Process** Committee will assist Krelle-Zeponi at an upcoming presentation at Margaret Todd on April 26th. Krelle-Zeponi will inform committee of other possible dates/times and possible roles for assistance.
- 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.
 - **Complete.** Committee assembled 50 additional toolkits. Committee will continue to attend presentations when available.
- 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

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prevention.

- **In Process** the MCCOA February meeting will be on the topic of fall prevention. Carol Zeller will be the main speaker and will use previous successful presentation materials/ agenda. Carol Zeller has written an article on fall prevention for the winter issue for the Great Age newsletter.

MCCOA February Meeting:

- Zeller has ordered NIH materials pertaining to fall prevention for the February 2nd commission meeting.
- The venue has not been selected. Zeller will call Commissioner Marchese to talk about the site.
- Zeller will send McCabe a copy of her presentation. McCabe will copy for the next meeting so it can be reviewed.

Objectives for 2017-2018:

There was a preliminary discussion about the new objectives. Members of this committee were undecided about whether the committee should continue in the current areas or focus on something different. Senior Safety and Mental Health were mentioned as possibilities. Staff related that the Legislative Task Force had voted to advocate early for the following items:

- Senior Nutrition
- SSI/SSP reform
- Permanent funding for the Long-Term Care Ombudsman. (LTCO)
- State funding for the Aging and Disability Resource Connection (ADRC)
- Homelessness and Older Adults

Next Steps:

Chair Asimos stated that the last Mental Health Service Act public meeting will be on December 5th. She asked staff to send the flyer to committee members and also send suggestions about what services were needed for older adults. The committee had a spirited discussion about this topic. Chair Asimos will report back at the next meeting.

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Next Meeting Date:

The next meeting will take place on January 19, 2017 from 11:00 a.m. – 1:00 p.m.

Adjournment

The meeting adjourned at 2:35 p.m.