

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: SEPTEMBER 29, 2016	LOCATION: 10 NORTH SAN PEDRO – 1019
<p>PRESENT: Fran Wilson, Sharon Turner, Carol Zeller, Francine Bedinger, Kathleen Roach, Teresa Tooker, Helen Chen ABSENT: Anthony Maglio, Salamah Locks, Beth Livoti</p> <p>Staff: Amy Dietz, Natalie Krelle-Zeponi, Michele McCabe</p>		
RECORDER: Amy Dietz		
⇒ Next Meeting: Tuesday, Nov 29th from 1:00 p.m. – 2:30 p.m.		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 12:20 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 June 19, 2016 were amended to reflect the correct spelling of “Corte.”</p> <p>Open Time for Public Comment:</p> <ul style="list-style-type: none"> • <i>Kathleen Roach, County Public Health Nurse:</i> The Point Reyes Presbyterian Church in West Marin hosted an End of Life presentation featuring Dr. Lael Duncan, which was attended by 27 people. This was promoted by a representative from Hospice by the Bay and Kathleen Roach on the local radio. Kathleen Roach asked if anyone from the committee would be interested in joining a leadership 		

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committee in West Marin, exploring usage of a survey to address specific needs in West Marin.

- Carol Zeller: The Twin Cities (Corte Madera and Larkspur) have formed a Village Steering Committee exploring options of creating a village.
- Fran Wilson will be resigning from the MCCOA but has requested to continue receiving invitations to the Health and Nutrition Committee meetings.

Chair's report:

- N/A

Nutrition Report (Dietz and Krelle-Zepponi):

- Good Earth was awarded the vendor contract for the Congregate Meal Program.
- A vegetarian meal option for the Home Delivered Meal program will begin January 1, 2017. All meals served in the HDM Program are diabetic friendly. Committee recommended promoting the program in West Marin through the local radio.
- Zeller: Nancy Fiedler has resigned from Corte Madera (*update 10/4: Nancy Fiedler will remain in her position as site coordinator of the Congregate Meal program through the end of the year*).
- AAA will not print additional Diner Guides until Congregate and Home Delivered Meal program changes have been made. Committee recommended creating a one page flyer for the programs to be distributed at the Marin Senior Information Fair on October 26th.
- Krelle-Zepponi reported on presentations thus far in FY 16/17: Whistlestop (cooking with food from food bank); Pickleweed (hydration); Sausalito Village (nutrition to maximize health, strength, and fitness). Request from Margaret Todd to participate in a fair and do a cooking demo on April 26 (cooking for one).

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.
 - Committee will assist Krelle-Zepponi at an upcoming presentation at Margaret

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Todd on April 26. 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 prevention.
 - 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.

Next Steps:

Commissioner Zeller will order NIH materials pertaining to fall prevention for the February 2nd Commission meeting.

Next Meeting Date

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

Adjournment

The meeting adjourned at 2:10 p.m.