

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, February 28, 2017

Marin General Hospital

250 Bon Air Road, Larkspur Room

Greenbrae, CA 94904

Members Present: Jennifer Rienks (President), Connie Barker, Allan Blau, Sandra Lew (via phone), Sandy Ross, Barbara Wientjes

Members Absent: Kent Angerbauer, Mary Fraser, Derice Seid Tao, Tara Waterman

Guests: Ana Bagtas (Marin County Program Manager – Aging & Adult Services), Ginger Sounders-Mason (President – Pesticide Free Zone), Loretta Rogers (Secretary)

Handouts: *Agenda, Marin County Aging & Adult Services brochure and bookmark*

1. **Call to Order:** At 7:14 pm, President Rienks called the meeting unofficially to order. Quorum was reached when Allan Blau and Connie Barker arrived at 8:08 pm.
2. **Introductions:** All present introduced themselves.
3. **Public Comment Time:** Ginger Sounders-Mason, President of Pesticide Free Zone, alerted the HCM members to a New Zealand study which provides evidence that exposure of the developing human brain to fluoride can lower IQ. It recommended that mothers mixing formula for their newborn babies not use fluoridated water. Marin Municipal Water District (MMWD) should send out literature warning mothers not to use Marin tap water to mix formula. She also stated that the bond measure that originally authorized the fluoridation of Marin water did not specify the particular type of fluoride the MMWD is now putting in Marin tap water. Ginger will provide President Rienks with the citation for the New Zealand study for distribution to HCM members.
4. **Presentation by Ana Bagtas, MHA, Marin County's Program Manager – Aging and Adult Services:** Ana Bagtas first thanked the HCM for their invitation and remarked that other members of her program have presented to the HCM in the past. Ana passed out her business card plus brochures and bookmarks to all HCM members in attendance. Her presentation covered the following:
 1. Aging and Adult Services (AAS) is a branch within Marin County's H&HS Social Services Division. It includes the following programs:
 1. Adult Protective Services
 2. Area Agency on Aging
 3. Information and Assistance
 4. In-home Support Services
 5. Long-term Care Ombudsman
 6. Transition Care
 2. AAS Roles and Responsibilities
 1. Coordinator – to create a comprehensive system of care and support for older adults, working with home-based and community-based agencies.
 2. Planner – Identifying client population needs and developing an area plan every four years, which is updated every year.
 3. Funder – Providing direct services and contracting with community-based agencies to meet the needs of older adults. The funding comes from the Older Americans Act, Older Californians Act and the County's General Fund.
 4. Administrator – Ensuring compliance, monitoring contracts and providing technical assistance where needed.
 3. Background:

1. The Older Americans Act (OAA) was passed in 1965, establishing state units on aging, in California, the California Dept. on Aging. It established area agencies on aging and called for area planning. OAA baseline funding for FY 2016-17 is \$1,119,638 for Marin County. Close to 80% of these funds are contracted.
2. In California there are 33 planning services areas (PSAs) i.e. area agencies on aging. Marin County is PSA 5.
3. The Marin County Area Agency on Aging was established in 1977. It is governed by the Board of Supervisors and administered by AAS.
4. The current four-year area plan covers 2016-2020. It is based on a needs assessment derived from 3,000 surveys, returned and analyzed. Four-year goals were established which inform requests for proposal. The current goals are:
 1. Enhance the quality of life, safety and security for older adults
 2. Support and promote local efforts to create livable communities for all.
 3. Improve the visibility and usability of information, services and resources.
 4. Encourage innovative approaches to policy and services through community collaboration and advocacy.
5. The needs assessment survey revealed:
 1. The top five daily living needs that seniors need help with:
 1. Heavy housework (32%)
 2. Driving (18%)
 3. Transit (18%)
 4. Shopping (17%)
 5. Light housework (10%)
 2. The people who are currently helping:
 1. Family or informal caregivers – 58%
 2. Paid help / paid caregiver – 40%
 3. No one – 18%
 3. The top six issues of concern:
 1. Falls
 2. Losing memory / cognition
 3. Financial security
 4. Crime, financial abuse
 5. End-of-life planning
 6. Feeling isolated or depressed
 6. Ana gave a brief summary of future plans.
 7. She then asked for questions and suggestions. There was brief discussion.
5. **Approval of the minutes of the January 24, 2017 meeting:** Barbara Wientjes pointed out that her name was missing among those members listed as “Members Absent” in the minutes. She asked that the minutes be corrected to reflect her absence. With this correction, Sandy Ross moved that the minutes be approved. Connie Barker seconded the motion. The motion passed unanimously.
6. **Topics for future meetings.** President Rienks announced that Patrice Stancato had confirmed to Loretta Rogers that the HCM was on a biannual schedule with regard to the Annual Report. Therefore, the next annual report will be due in 2018. There was general discussion regarding topics for the next few meetings. The following schedule was determined:
 1. **March** – President Rienks may not be present for this meeting. Barbara Wientjes will arrange for a presentation on electro-magnetic fields for the March meeting or for the April meeting. She will consult with her speaker and then confirm the date with President Rienks. As an alternative, Tara Waterman may want to invite a speaker regarding pedestrian safety in Marin. President Rienks will consult with her.
 2. **April** – Selection of officers. President Rienks will not attend. If the electro-magnetic fields presentation is not made in March, then it will be on the agenda for April.
 3. **May** – Possible public event to explain the end-of-life law that was recently passed. Sandy Ross is organizing this. This may involve a panel presentation. If it is open to the public, then a larger venue will need to be reserved.
7. **President’s Report:** President Rienks reported the following:

1. Long-time HCM member, Ann Fromer-Spake, passed away on February 9, 2017. Dr. Matt Willis, Dr. Lisa Santora and Loretta Rogers sent a sympathy card to the HCM. This card was passed around to the HCM members present and will be passed on to Ann's family by Allen Blau.
2. *Conscious Kitchen* is looking to expand its operations. It has recently established pilot programs at two more elementary schools: Peres Elementary School in Richmond and Madera Elementary School in El Cerrito. This was a two-week effort at each location. The first week was devoted to observation i.e. determining what the children at each school were currently being served and what they were actually eating. Observers found that children were not actually eating healthy meals. In fact, there was a "share basket" in the cafeteria where children could place items they didn't want to eat so that another child could have them; these items tended to be the healthiest. For example, it was observed that most children did not drink their milk; often, they just tossed their milk cartons in the garbage rather than in the "share basket." Children ended up eating mostly pizza and juice. Also, it was noted that the teachers did not eat with the children. During the second week, the *Conscious Kitchen* meals were served. The children did eat this food, the teachers ate with them and enjoyed the food and finally the teachers reported that the children were more attentive and performed better in class after these meals.
8. **Health Council Member Reports and Announcements:** None.
9. **Adjournment:** The meeting adjourned at 9:06 pm.