

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> APRIL 18, 2017	<b>LOCATION:</b> 10 NORTH SAN PEDRO – 1018
<p><b>PRESENT:</b> Chris Asimos, Beth Livoti, Salamah Locks, Fred Silverman, Sharon Turner, Carol Zeller</p> <p><b>ABSENT:</b> Francine Bedinger, <i>Fran Wilson, Teresa Tooker, Helen Chen</i></p> <p><b>Staff:</b> Amy Dietz, Michele McCabe</p>		
<b>RECORDER:</b> Michele McCabe		
⇒ <b>Next Meeting:</b> TBA after Doodle		
<b>MINUTES SUMMARY</b>		<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order:</b> The meeting was called to order at 1:05 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> The agenda of April 18, 2017 was approved as written.</p> <p><b>Approval of the Minutes:</b> The minutes of January 19, 2017 were approved as written. There was no meeting in March due to lack of a quorum.</p> <p><b>Open Time for Public Comment:</b> N/A</p>		

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**Staff Nutrition Report:**

Staff Amy Dietz reported the following:

- Natalie Krelle-Zepponi is now working as a consultant and is no longer Aging and Adult staff. In her consultant role she will still approve menus, conduct volunteer training and work with the meal sites.
- There have been some issues around home delivered meal menus but they are being worked out with the vendor, Council on Aging.
- The history and current status of Meals of Marin were discussed.
- The direct service changes to both meal programs were discussed.
- Staff is still looking for a site for Fridays as required by CDA.
- Although not an objective for FY 16-17, members are urged to continue to attend congregate meals and provide feedback to the committee.

**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-Zepponi at an upcoming presentation at Margaret Todd on April 26, 2017. Members interested in going included Chris, Sharon and Diana. Commissioners should arrive by 9:15 a.m. for the 9:30 presentation which should be over by 10:45 a.m.
  - **Food safety training: TBD:** Krelle-Zepponi will let the committee know.
- 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.

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- 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.
  - **Completed.** Carol Zeller has written an article on fall prevention for the winter issue of the Great Age newsletter. The presentation was February 2, 2017 at the Tiburon Town Hall. Carol's presentation was very well received.

**Goals 2017/18:**

- 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 was continued but will now be dropped.
- 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 was continued for 2017-2018.
  - Addresses top concern of End of Life Planning
- 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 dementia/ cognitive impairment (New).
  - Addresses top concern of Losing memory/ cognition.

**MCCOA meeting planning for 2017-2018**

- The new requirement for staff to work with committees on both meeting sites and programs was discussed. No votes were taken but the group decided to have both of this committee's meetings (January 2018 and June 2018) in West Marin. One meeting at the San Geronimo Valley Community Center and one at the Dance Palace in Point Reyes. Staff will check availability on both days and report back at the next meeting.
- Dementia/ cognitive impairment is set in the objectives. Possible areas discussed include:
  1. Detect and Connect
  2. Vitamin B12
  3. Stanford Altruism Research

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<ul style="list-style-type: none"><li>• Topics for the second meeting were discussed. They include:<ol style="list-style-type: none"><li>1. Fall prevention and mobility</li><li>2. Tai Chi, Gi gong, and the Feldenkrais method</li><li>3. Falls, mobility and safety</li></ol></li><li>• Committee will firm up dates, places, and topics at the next meeting.</li></ul> <p><b>Next Meeting Date:</b> The next meeting will take place in June. Possible dates are June 6 from 1:30 p.m. – 3:00 p.m. or June 13 from 1:00 p.m. - 2:30 p.m. Michele will poll the members and get the date set as soon as possible. Several decisions for fiscal year 2017-18 will be made so the goal is to have as many committee members present as possible.</p> <p><b>Adjournment</b> The meeting adjourned at 2:25 p.m.</p>	