

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: JANUARY 19, 2017	LOCATION: 10 NORTH SAN PEDRO – 1019
<p>PRESENT: Chris Asimos, Sharon Turner, Carol Zeller, Fred Silverman, Beth Livoti, Francine Bedinger, Salamah Locks, ABSENT: <i>Fran Wilson, Teresa Tooker, Helen Chen</i></p> <p>Staff: Natalie Krelle-Zeponi, Amy Dietz</p>		
RECORDER: Amy Dietz		
⇒ Next Meeting: Thursday, March 16, 2017		
MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY	
<p>Call to Order: The meeting was called to order at 11:05 a.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda was amended to include Chair’s Report.</p> <p>Approval of the Minutes: Change date on pg. 1 of November 29, 2016 minutes to April 26th rather than April 29th.</p> <p>Open Time for Public Comment: N/A</p> <p>Chair’s report:</p> <ul style="list-style-type: none"> • The Cooking for 1 Class will take place on April 26th at Margaret Todd with AAA RD Natalie Krelle-Zeponi. 		

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Nutrition Report:

Krelle-Zepponi reported the following:

- The Meals on Wheels program now offers a vegetarian meal option.
- Corte Madera's Thursday lunch may be an appropriate venue for an additional training on meal preparation. Krelle-Zepponi is in touch with coordinators and will report back to committee.
- There is interest in trainings pertaining to food safety. Natalie will work on a presentation, which can be given with support of the Health and Nutrition Committee.
- Possible location for upcoming food safety training: Marguerita Jonson.
- Krelle-Zepponi and Commissioner Turner explained that during the Congregate Lunch at Marguerita Jonson, there is food from ExtraFood available to take home in the same room. This food is not labeled separately, though is served on separate dishware. Staff member Dietz and Krelle-Zepponi will be in touch with ExtraFood regarding possible display of signage and a more clear separation of programs.

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 26th. Krelle-Zepponi will inform committee of other possible dates/times and possible roles for assistance.
 - **Food safety training: TBD**
- 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

Krelle-Zepponi and Dietz will contact ExtraFood regarding policies pertaining to food safety.

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commission meeting and write an article in the Great Age newsletter pertaining to fall 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 of the Great Age newsletter.

Goals 2017/18:

- Dietz reviewed instructions pertaining to SMART Objectives. Dietz reminded the committee that at least one objective should focus on one of the top six concerns identified in the Older Adults Needs Assessment.
- 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 (Continued).
- 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 (Continued).
 - 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.

February MCCOA Meeting

- The February MCCOA meeting will feature Carol Zeller as the main speaker. She will be introduced by Chair Asimos.
- The committee reviewed the presentation.
- Presentation will be 45 minutes with 15 minutes allocated for questions.

Next Meeting Date:

The next meeting will take place on Thursday March 16th from 11:00 a.m. – 1:00 p.m. at 10 N

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San Pedro Rd.

Adjournment

The meeting adjourned at 12:20 p.m.