

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: AUGUST 22, 2017	LOCATION: 10 NORTH SAN PEDRO – 1018
<p>PRESENT: Chris Asimos, Beth Livoti, Carol Zeller, Francine Bedinger, Salamah Locks</p> <p>ABSENT: Sharon Turner, Diana López, Fred Silverman, <i>Teresa Tooker</i></p> <p>Staff: Amy Dietz</p>		
RECORDER: Amy Dietz		
⇒ Next Meeting: October 10, 2017 - 1:30p.m. – 3:30p.m. - 10 N San Pedro, Suite 1018		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:37p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda was amended to include approval of the June 6, 2017 minutes.</p> <p>Approval of the Minutes: The minutes of the June 6th meeting were approved as written.</p> <p>Open Time for Public Comment: N/A</p>		

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Chair's Report:

- Chair Asimos is active with the San Rafael Village movement as its volunteer coordinator. Currently, there are 80 members and 70 volunteers. The primary request by members is obtaining a ride. The San Rafael Village will be conducting a survey to better understand the needs of members and volunteers.
- Retro Report (a news media outlet from New York) contacted Chair Asimos re: a research study on the topic of depression and suicide prevention that she helped to coordinate in the 70's. In this study, periodic letters were sent to patients who had been discharged from the hospital following a suicide attempt. The study concluded that patients who were sent letters ("caring contact") had reduced rates of suicidal ideation. Retro Report will be featuring this study and Chair Asimos, as the senior surviving member of the project, in a video that will air on YouTube in October and will be featured in the NY Times and Huffington Post.

MHSA Update:

- County Mental Health recently held a hearing in which they asked for feedback on their proposed budget. A letter was sent by former Chair Dowling and Commissioner Gontarz York, which contained recommendations for working with seniors with depression, hiring someone who is a geriatric specialist, and actively coordinating with the Buck Institute. Chair Asimos made a three minute presentation summarizing the letter at this meeting. Nine members of the Commission stood in support.
- Moving forward, it has been recommended that the Commission on Aging advocate for being included, rather than competing, in funding priorities.
- Mental Health was to present their proposed budget to the Board of Supervisors today, but that has been postponed to a future date.
- Chair Asimos will present to the California Commission on Aging on September 7th about how the Commission has advocated for mental health services for the Marin older adult population.

MCCOA Meeting Planning (January and June):

- The Committee decided to have the topics of the January and June meetings on issues

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pertaining to dementia.

- The January meeting will be entitled, “Dementia Diagnosis – Now What?”
 - This meeting will focus on early stages of dementia and the needs of the family.
 - Chair Asimos will meet with Nancy Hoffman about ideas and/ or invite her to be the main speaker.
- Other ideas for the June meeting include:
 - Different types of dementia and methods of diagnosis
 - Current research
 - How to recognize dementia

Objectives 17/18:

- End of Life Presentations:
 - Chair Locks will reach out to Senior Fair Committee Coordinator Patrice Garrett about the possibility of doing a brief presentation on the main stage at the fair.
 - Commissioner Livoti will reach out to Lisa Brinkmann regarding end of life packets around January/ February 2018

Staff Nutrition Report:

Staff member Amy Dietz reported the following:

- The Fairfax Church Congregate meal on Sundays will not be re-opening.
- EAH Housing has expressed interest in hosting a congregate meal on Fridays. Current location possibilities are Mackey Terrace in Novato or Hilarita in Tiburon.
- Emergency meals were provided to all Home Delivered Meal clients.

Next Meeting Date:

October 10, 2017 from 1:30p.m. – 3:30p.m.

Adjournment

The meeting adjourned at 3:06p.m.