COMMITTEE: HEALTH & NUTRITION          DATE: JUNE 6, 2017          LOCATION: 10 NORTH SAN PEDRO – 1018

PRESENT: Chris Asimos, Beth Livoti, Fred Silverman, Carol Zeller, Francine Bedinger

ABSENT: Sharon Turner, Diana López, Fran Wilson, Teresa Tooker, Helen Chen

Staff: Amy Dietz

RECORER: Amy Dietz

Next Meeting: August 22; 1:30 – 3:30; 10 N San Pedro, Suite 1018

Call to Order:
The meeting was called to order at 1:35 p.m. by Chair Asimos.

Approval of the Agenda:
The agenda of June 6, 2017 was approved as written.

Approval of the Minutes:
The minutes of the April 18th meeting were amended to include the attendance of Diana López.

Open Time for Public Comment:
N/A
Chair’s Report:
- Chair Asimos discussed the ongoing efforts of San Rafael to become an Age-friendly Community.

Age Friendly Movement:
- Beth Livoti announced that a leader of the AARP would be presenting an award to the City of Novato for becoming an Age-friendly community.
- The AARP may have ongoing grants for communities wishing to become Age-friendly.
- The group asked about the status of the County of Marin pursuing an Age-friendly designation. Staff member Dietz recommended this be brought up in the Executive Committee meeting.

Debrief June 1, 2017 Commission Meeting:
- Committee members felt the General Commission meeting of June 1st went very well.
- The committee thought speakers could each have used more time as they had rich topics of presentation.
- The next Health and Nutrition MCCOA meeting will focus more on dementia/ cognition and less on the mental/ emotional health and well-being.

MCCOA Meeting Planning:
- The committee noted the upcoming meeting on dementia and cognition should focus more on the issues and possible prevention and treatment.

Objectives 17/18:
- The Committee discussed new venues/ times for End of Life presentations in the community.
- Carol Zeller will write an article re: dementia for the winter issue of the Great Age newsletter.
- The June 7, 2018 Commission meeting will be held at the San Geronimo Valley Community Center.
**Staff Nutrition Report:**
Staff Amy Dietz reported the following:
- Natalie Krelle-Zepponi will be presenting at Marguerita Johnson on the topic of food safety on Wednesday, June 21st. Committee members are welcome to attend.
- Dietz will create a list/ sign-up for committee members to attend Congregate meals in FY 17/18.
- There is an LGBT group that has expressed interest in hosting a congregate meal on Fridays. Dietz will update the committee with news as it becomes available.

**Next Meeting Date:**
TBD

**Adjournment**
The meeting adjourned at 3:00 p.m.