

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> DECEMBER 14, 2017	<b>LOCATION:</b> 20 NORTH SAN PEDRO – POINT REYES ROOM
<p><b>PRESENT:</b> Chris Asimos, Francine Bedinger, Sue Kwentus, Salamah Locks, Fred Silverman, Carol Zeller, <i>Teresa Tooker</i>,</p> <p><b>ABSENT:</b> Beth Livoti, Diana López, Sharon Turner</p>		
<p><b>RECORDER:</b> Michele McCabe</p>		
<p>⇒<b>Next Meeting: January 22, 2018</b></p>		
<b>MINUTES SUMMARY</b>		<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order:</b> The meeting was called to order at 1:15 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> The agenda of December 14, 2017 was approved as written.</p> <p><b>Approval of the Minutes:</b> The minutes of November 9, 2017 were approved as written.</p> <p><b>Open Time for Public Comment:</b> Teresa Tooker, from Hospice by the Bay, announced that they are now an affiliate of the University of California at San Francisco (UCSF).</p> <p><b>Chair’s Report:</b> Chair Asimos reported the following:</p> <ul style="list-style-type: none"> <li>• San Rafael has now been designated as “age-friendly.”</li> </ul>		

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- The San Rafael Village's focus is to recruit more volunteers. Currently there are more members than volunteers.
- Chair Asimos shared some hopeful dementia updates. Her report is attached to these minutes.

**MCCOA Meeting: January 4, 2018 - Dimensions of Dementia Part 1**

- The matter of family caregivers presenting after Zeller was discussed at length. Committee decided that 15 minutes after the presentation was not enough so that item was taken off the agenda for January and February. The committee discussed having an entire presentation on family caregiving. Staff remarked that FY 18-19 would be good timing because the IIE Family Caregiving Support Program was up for bid in July 2019. It was also pointed out that the term caretaker should not be used but instead use caregiver or care partner.
- Chair Asimos will ask the Alzheimer's Association if they can be available at the January and February meetings with some information about dementia.
- Zeller's power point presentation was analyzed and discussed page by page. Zeller will make changes and forward to Bedinger to proof and add some clip art. Bedinger will forward to McCabe/Dietz no later than January 2, 2018.

**MCCOA Meeting: February 1, 2018 - Dimensions of Dementia Part 2**

- Chair Asimos has already secured the speaker, Dr. Rammohan Rao to speak in February. She has the speaker survey to send him and has been advised that the information should be received by staff no later than January 2, 2018.

**Objectives for 17/18**

17/18 Objectives are on track. A progress report is attached to these minutes.

**Objectives for 18/19:**

The committee discussed the two proposed objectives so far for 18-19.

- *The Marin County Commission on Aging (MCCOA) Health and Nutrition Committee will develop a presentation for a Commission meeting and write an article in the Great Age Newsletter pertaining to intergenerational activities.*

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The committee thought the objective might be too vague and tabled further discussion until January 22, 2018 when Commissioner López can be present to elaborate.

- *The Marin County Commission on Aging (MCCOA) Health and Nutrition Committee will promote CalFresh and matters of food security in older adults by distributing materials at three community events and participating in at least one community presentation.*

Staff commented that there is room for this committee to partner with Aging and Adult Services and the Interfaith Food Council in efforts around the Farmer's Market Coupon Program. Staff will invite members to speak to this committee at a future meeting after the redemption data is analyzed.

**Staff Nutrition Update: None**

**Next Meeting Date:**

Monday, January 22, 2018

**Adjournment:**

The meeting adjourned at 2:50 p.m.

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### DEMENTIA UPDATES ----- HOPEFUL DEVELOPMENTS

The Spectrum of Hope, an optimistic and new approach to Alzheimer's Disease and other Dementias====a neurologist who has specialized in memory loss and dementia for some 20 years shares her experiences working with patients with dementia. What emerges is a message of hope: with the help of therapy and drugs, patients are able to maintain their dignity and relative functioning eDr. Devven as the disease progresses. "Living well, even with Alzheimer's". Remain active and engaged. By Gayatri Devi

The Alzheimer's Solution, a breakthrough program to prevent and reverse cognitive decline of every age. Dean & Ayesha Sherzai, MDCodirectors of the Brain Health and Alzheimers' Ptevention Program at Loma Linda University Medical Center. Gives a roadmap to prevent and reverse symptoms of a disease that has been misunderstood far too long.

The End of Alzheimer's, the first program to prevent and reverse cognitive decline by Dale E Bredesen, professor & Founding President of Buck Institute; professor UCLA. This a neuroscientist who rheough his innovative and exacting research has discovered a safew and effective approach to the prevention and treatment of Alzheimer's disease that will revolutionize the way we think and approach this disease.

THESE STUDIES BRING HOPE AND GOOD NEWS TO ALZHEIMER'S PATIENTS!!!!

Addendum: There are other studies now being conducted, *i.e. Rush University, UCSF, etc. focusing on brain stimulation, NUTRITION, etc.*

12/14/17  
A. Argamas

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**Goal 1: Enhance quality of life, safety, and security for older adults.**

Rationale: Needs assessment findings indicate that older adults, especially those that wish to age in place, require support in maintaining and improving their security and safety, in issues ranging from financial abuse to physical, emotional, and mental well-being.

Objectives	Projected Start and End Dates	Title III B Funded PD or C <small>1</small>	Update Status <sup>2</sup>
1b. The MCCOA 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. <b>Report:</b> Some packets distributed at the Senior Fair. Both presentations will be done in 2018. Livoti had previously had some ideas about a Novato presentation. Tooker offered possible opportunities in April for National Health Care Decision Day. There was some discussion about distributing packets at the Sunday Farmer's market in San Rafael. Kwentus volunteered bring a card table and do that after the holidays.	<b>July 1, 2017 – June 30, 2018</b>		<b>In Process</b>
<b>For 18-19. Staff brought up that End of Life Planning is part of the six top areas of concern. The Committee tabled discussion of continuing work in this area until the January 22, 2018 meeting.</b>			

<sup>1</sup> Indicate if Program Development (PD) or Coordination (C) – **cannot be both**. If a PD objective is not completed and is continued the following year, the objective must be revised and restated with the remaining or additional tasks.

<sup>2</sup> Use for Area Plan Updates only: Indicate if objective is **New, Continued, Revised, Completed, or Deleted**.

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**Goal 3: Improve visibility and usability of information, services, and resources.**

**Rationale:** Efforts to reach target populations and disseminate information about resources remains a priority as evidenced by needs assessment findings. New and innovative ways to reach the client population must be explored, developed, and implemented.

Objectives	Projected Start and End Dates	Title III B Funded PD or C <sup>3</sup>	Update Status <sup>4</sup>
3j. The MCCOA Health and Nutrition Committee will develop a presentation for a Commission meeting and write an article in the Great Age pertaining to Dementia/ cognitive impairment. <b>Completed</b>	July 1, 2017 – June 30, 2018		<b>Completed</b>

<sup>3</sup> Indicate if Program Development (PD) or Coordination (C) – **cannot be both**. If a PD objective is not completed and is continued the following year, the objective must be revised and restated with the remaining or additional tasks.

<sup>4</sup> Use for Area Plan Updates only: Indicate if objective is **New, Continued, Revised, Completed, or Deleted**.

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**For Fiscal Year 2018-2019**

The MCCOA Health and Nutrition Committee will develop a presentation for a Commission meeting and write an article in the Great Age pertaining to intergenerational activities.	July 1, 2018 – June 30, 2019		New
The MCCOA Health and Nutrition Committee will promote Cal Fresh and matters of food security in older adults by distributing materials at three community events and participating in at least one community presentation.	July 1, 2018 – June 30, 2019		New
Space left for a possible objective about family caregiving or caregivers.	July 1, 2018 – June 30, 2019		New
Space left for an objective about end of life planning.	July 1, 2018 – June 30, 2019		New