

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> JANUARY 22, 2018	<b>LOCATION:</b> 20 NORTH SAN PEDRO – POINT REYES ROOM
<p><b>PRESENT:</b> Chris Asimos, Fred Silverman, Carol Zeller, Diana López, Francie Bedinger, Sharon Turner, Salamah Locks, Michele McCabe, Jenay Cottrell</p> <p><b>ABSENT:</b> Beth Livoti, <i>Teresa Tooker</i>, Sue Kwentus</p>		
<b>RECORDER:</b> Amy Dietz		
⇒ <b>Next Meeting:</b> Monday, March 26, 2018		
<b>MINUTES SUMMARY</b>		<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order:</b> The meeting was called to order at 1:32 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> Agenda item 8 was amended from “Staff Nutrition Report” to “Staff Report.”</p> <p><b>Approval of the Minutes:</b> The minutes of December 14, 2017 were approved as written.</p> <p><b>Open Time for Public Comment:</b></p> <ul style="list-style-type: none"> <li>• Commissioner Locks: College of Marin puts on a mini medical school every January, though spots are often booked out.</li> <li>• Commissioner López: Recommended a play currently being shown at the Marsh Theater in San Francisco entitled “A Stroke of Luck,” by Diane Barnes.</li> </ul>		

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**Chair's Report:**

Chair Asimos reported on the following:

- A recent podcast aka “Ted Talk” regarding social isolation and effect on morbidity and mortality. Chair Asimos posed the question as to how the Committee and Commission could effectively be involved in addressing the need for connection, the value of which is tied to health, mental health, and depression.
- As a representative of MCCOA, Chair Asimos was part of the interview panel for the Director of Behavioral Health and Substance Abuse Services. She was somewhat disappointed that none of the candidates, while being well versed in program strategies, addressed ageism or the needs of older adults.
- Recommended a “reversing Alzheimer’s” cookbook and suggested purchasing a few for viewing at the MCCOA meeting

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

- Great feedback on the January presentation by Carol Zeller.
- Table for Shannon Speaker (Alzheimer’s’ Association) at the back of the room
- Agenda:
  - Chair Asimos will introduce Dr. Rao (5 mins)
  - Dr. Rao presentation (40 minutes)
  - Questions (10-15 minutes)
- Zeller: The presentation objectives listed on the flyer are boring, how might we make them more interesting?
  - Staff member Dietz informed the committee that the flyer, with objectives created by Dr. Rao, had already been distributed, but that, in the future, staff would run objectives before the committee prior to printing them.

**Objectives for 18/19:**

The committee voted on and approved the following three objectives:

- 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 and their potential impact on social

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isolation and connection.

- Commissioner López presented ideas regarding the presentation to take place next fiscal year. These will be discussed further in the coming months.
- This objective meets one of the identified top six concerns of the last needs assessment.
- 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 two community events and participating in at least one community presentation.
- The Health and Nutrition Committee will look at the medical and emotional impacts on family caregivers when caring for someone with dementia or cognitive memory loss, through end of life, with a general presentation and an article in the Great Age newsletter.
  - This objective meets one of the identified top six concerns of the last needs assessment.

**Staff report:**

- Staff member Dietz informed the committee that the AAA, working with HHS Epidemiology, created a Marin specific report on dementia. This report was given to members at the meeting.
- Staff member Dietz informed the committee that the Hilarita will be beginning its Congregate meal program on Friday, January 26<sup>th</sup>.
- Staff member Dietz informed the committee that the AAA will be contracting with Marin General Hospital for usage of Older Americans Act III D funding to enhance an existing “Matter of Balance” program, an evidenced based eight-week course that is based on fall prevention techniques.
- Staff member Cottrell informed the Committee the Board of Supervisors will be adopting a “Year of the Older Adult” resolution at its meeting on Tuesday, January 23<sup>rd</sup>. Cottrell further went over the outline of proposed events that would take place each month via different organizations, emphasizing that it was a draft and not finalized.
- Staff member Cottrell informed the Committee of a Dementia Care RFP that would be released on January 23<sup>rd</sup>, with the intent of serving as a demonstration project assisting persons with cognitive decline to live within their communities.

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<p><b>Next Meeting Date:</b> Monday, March 26, 2018</p> <p><b>Adjournment:</b> The meeting adjourned at 2:51 p.m.</p>	