

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> NOVEMBER 7, 2017	<b>LOCATION:</b> 10 NORTH SAN PEDRO – 1018
<p><b>PRESENT:</b> Chris Asimos, Salamah Locks, Sharon Turner, Carol Zeller, Francine Bedinger, <i>Teresa Tooker</i>, Diana López</p> <p><b>ABSENT:</b> Sue Kwentus, Fred Silverman, Beth Livoti</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒ <b>Next Meeting:</b> TBD</p>		
<p><b>MINUTES SUMMARY</b></p>		<p><b>ACTION TAKEN/RESPONSIBLE PARTY</b></p>
<p><b>Call to Order:</b> The meeting was called to order at 1:42 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> The agenda of Nov 7, 2017 was approved as written.</p> <p><b>Approval of the Minutes:</b> The minutes of October 10<sup>th</sup> were approved as written.</p> <p><b>Open Time for Public Comment:</b> N/A</p> <p><b>Chair’s Report:</b> N/A</p> <p><b>MCCOA Meetings: January and February</b></p> <ul style="list-style-type: none"> <li>• Both January and February meetings will take place at Whistlestop.</li> </ul>		

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- Presentations should be framed with a positive outlook – attendees should leave with current information and resources that provide hope. Specifically, Chair Asimos remarked that encouraging information, including recent studies, should be presented.
- Day 1 Agenda: Dimensions of Dementia
  - The committee had an involved conversation about the agenda of the meeting.
  - The consensus was that the agenda will be as follows:
    - Carol Zeller (30-35 minutes)
      - Carol went through a proposed outline of the presentation.
      - Objectives:
        - What are normal aging changes versus when to seek professional help?
        - Define Alzheimer's Disease (AD), dementia, and mild cognitive impairment
        - Describe the three stages of Alzheimer's, the signs and symptoms
    - Family Caregiver (10-15 minutes)
      - MCCOA Chair Locks suggested that someone speak who had been “on the front lines” of a family member being diagnosed with dementia. Chair Locks will contact a family caregiver to present.
    - Q&A: 10 minutes
- Day 2 Agenda (title TBD)
  - Chair Asimos has asked Dr. Rammohan Rao to speak on research pertaining to the reversal of cognitive defects. Dr. Rao presented to the MCCOA last year.

**Objectives for 17/18 and 18/19:**

- 17/18 Objectives are on track.
- 18/19 New 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.
  - The Marin County Commission on Aging (MCCOA) Health and Nutrition

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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 Nutrition Update:**

- Dietz informed the committee that the Marguerita Johnson Congregate meal site will be closing as of January 1, 2018. For the past five years, there has been low utilization (average 8-10). Monique will work with Dietz and Extra Food to ensure that a lunch continues to take place on Wednesdays.
- Dietz informed the committee that the Hilarita in Tiburon will be starting a congregate meal program in January 2018.

**Next Meeting Date:**

TBD

**Adjournment:**

The meeting adjourned at 3:02 p.m.