## Call to Order:
The meeting was called to order at 1:42 p.m. by Chair Asimos.

## Approval of the Agenda:
The agenda of Nov 7, 2017 was approved as written.

## Approval of the Minutes:
The minutes of October 10th were approved as written.

## Open Time for Public Comment:
N/A

## Chair’s Report:
N/A

## MCCOA Meetings: January and February
- Both January and February meetings will take place at Whistlestop.
**MARIN COUNTY COMMISSION ON AGING**  
*Committee Meeting Minutes*

- 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
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.