

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: OCTOBER 10, 2017	LOCATION: 10 NORTH SAN PEDRO – 1018
<p>PRESENT: Chris Asimos, Beth Livoti, Salamah Locks, Sharon Turner, Carol Zeller</p> <p>ABSENT: Francine Bedinger, Sue Kwentus, Diana López, Fred Silverman, <i>Teresa Tooker</i></p> <p>Staff: Michele McCabe</p>		
RECORDER: Michele McCabe		
⇒ Next Meeting: Tuesday, November 7, 2017 at 1:30 pm; 10 North San Pedro Road Room 1018		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:37 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda of October 10, 2017 was approved as written.</p> <p>Approval of the Minutes: The minutes of June 6, 2017 were approved as written.</p> <p>Open Time for Public Comment: N/A; no members of the public were present.</p> <p>Chair’s Report:</p> <ul style="list-style-type: none"> • Chair Asimos read the thank you letter she received from Sandra Kilpatrick of the California Commission on Aging. 		

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

- Acknowledged our committee has a lot of work to do.
- Chair Asimos will be featured in the *Retro Report*. The broadcast date has not yet been announced but it will be sometime in October. Find more information at: <https://www.retroreport.org/>. The Huffington Post will publish a written report afterwards. This is about a study on post crisis suicide prevention that Chris worked on in the 1970's. The lead doctor, Jerome Motto, M.D. published the following report in 2001. He has since passed away and Chris is the surviving senior member of the team. The article can be found at: <http://ps.psychiatryonline.org/doi/abs/10.1176/appi.ps.52.6.828>.

Age Friendly Designation:

Confirmed cities and towns: Sausalito, Corte Madera, Fairfax, Novato and San Rafael

In process or Status Unknown:

Belvedere, Larkspur, Mill Valley, Ross, San Anselmo, Tiburon, Unincorporated: Marin City & Tam Valley; all of Marin County

It was brought up that the Villages also keep people at home and there should be more collaboration.

January Meeting Planning:

The committee had a long and involved discussion regarding the January and June Commission meetings regarding dementia. Commissioner Locks said the meeting should be held at Whistlestop and that she has been talking to Anita Renzetti. Staff advised that Amy Dietz should be consulted right away regarding the place. The group came up with the following outline:

- I. What is dementia?
- II. Diagnosis
- III. Irreversible vs. Reversible
- IV. Cause of Dementia
- V. Stages of Dementia

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

- a. Early
 - b. Middle
 - c. Later
 - VI. Family Caregivers
 - VII. Medication
 - VIII. Treatment/Care plan
 - IX. Psychotherapy vs. Behavioral Modification
 - X. Management of Other Health Conditions
 - XI. Latest in Clinical Research
- The Committee decided this was too much material and wanted to do parts 1 and 2 consecutively. Since The Public Information and Engagement Task Force (PIE) has not listed a topic or place for February, Chris will bring it up at the Executive Committee meeting on October 23, 2017 and ask Marianne York as Chair of the Public Information and Engagement Committee if she would agree to swap February with June at San Geronimo. Locks will also talk to Amy Dietz and Whistlestop to see if both meetings could be held at Whistlestop.
 - The Committee talked about urging folks to ride the train to one or two meetings at Whistlestop and use it in the promotion.
 - Possible speakers were discussed. Both Salamah and Chair Asimos will follow up and report back to the group. It was agreed there should be no more than two speakers at each meeting.
 - Carol passed around a booklet from the National Institute on Health on dementia. The committee agreed to order them for the meetings.
 - The Committee decided they need to meet in November and December to plan the January 4th Commission meeting.

End of Life Presentations:

The Committee wants to hand out packets at the Senior Fair. Commissioner Locks was drafted to make an announcement from the stage at the venue (if allowed to do so). Packets will be available at the Commission on Aging Booth. Michele McCabe will inventory supplies and contact Teresa Tooker for more. The committee will get together to make up the packets on

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

Monday October 23, 2017 from 11:00 a.m. – 1:00 p.m.

Staff Nutrition Report:

Staff Amy Dietz was absent so there was no repor. Asimos reported that there is a new “App” on Apple and Google. The name is **Food Now Marin**. More information can be found at <https://itunes.apple.com/us/app/food-now-marin/id1208271123?mt=8> and <https://play.google.com/store/apps/details?id=org.marincounty.foodresourceguide&hl=en>.

Next Meeting Date:

Tuesday November 7, 2017 at 1:30 p.m. Staff will reserve Room 1018.

Adjournment:

The meeting adjourned at 3:02 p.m.