

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, April 24, 2018

Marin General Hospital

250 Bon Air Road, Conference Center

Greenbrae, CA 94904

Members Present: Barbara Wientjes (President), Allan Blau, Rodger Faulkner, Bridget Gleason, Jennifer Rienks, Sandy Ross, Derice Seid Tao

Members Absent: Constance Barker (excused), Sandra Lew, Neka Pasquale

Guests: Amber Allen-Peirson (Marin City Health & Wellness), Nancy Boyce (Marin Link), Linda Evans (Health Hab), Mara Kubrin (Speech Pathologist), Sally LaMont (Marin Natural Medicine Clinic), Steve Lett (Earthwise Solutions), Steve Mason (Marin citizen), Karen Miller, Claudia Schimmer (Health Council nominee), Sally Shannon (Self-Threshold C&C) Edna Tagy (HCM), Stanley Terman, MD, PhD (presenter), Loretta Rogers (Secretary)

Handouts: *Agenda*

1. **Call to Order:** At 7:30 pm, President Wientjes called the meeting to order.
2. **Welcome and Introductions:** President Barbara Wientjes welcomed all attendees and introduced the speakers.
3. **Public Comment Time:** None.
4. **Swearing in of the new HCM member.** Loretta Rogers, a deputy county clerk, swore in the new HCM member, Bridget Gleason.
5. **Recommendation to the Board of Supervisors to appoint Connie Barker, Barbara Wientjes and Claudia Schimmer to the Health Council of Marin.** The Nominating Committee motion was presented to the Council. The motion passed unanimously.
6. **Adjournment:** The meeting adjourned at 7:40 pm and was followed by presentations. The next meeting will be on Tuesday, May 22, 2018, from 7:00 to 9:00 pm at Marin General Hospital in the Larkspur Room

Presentations

“Mast Cell Activation Syndrome (MCAS)”: Presentation by Dr. Sandy Ross, HCM Member. In this presentation Dr. Ross introduced the emerging theory, based on the work of Lawrence Afrin, MD, that MCAS may be the theme / cause for many inflammatory conditions such as CFS/FM, IBS, essential hypertension, POTS, autism spectrum, AD(H)D MCS, depression and other psychiatric disorders, autoimmune disorders, cancers, migraines, chronic dental decay and more. Dr. Ross listed the symptoms of MCAS, diagnostic criteria, and treatments.

“How to Make Your Living Will Adequate and Effective, Even If You Lose Capacity”: This presentation was given by Stanley Terman, MD, PhD, a bioethicist and board-certified psychiatrist. The purpose of his presentation was to show attendees how to reduce the suffering of terminally ill patients and their loved ones, particularly those suffering from advanced dementia. He shows how to construct a Living Will so that it is iron-clad and will compel others to honor their end-of-life wishes.

Dr. Terman has founded a non-profit organization call “Caring Advocates.” His website is www.caringadvocates.org . He has written three books and created the patient decision aid, “My Way Cards.”