

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: MARCH 26, 2018	LOCATION: 10 NORTH SAN PEDRO, ROOM 1018
<p>PRESENT: Chris Asimos, Fred Silverman, Carol Zeller, Diana López, Sharon Turner, Sue Kwentus, Beth Livoti, Salamah Locks, ABSENT: <i>Teresa Tooker</i></p>		
<p>RECORDER: Amy Dietz</p>		
<p>⇒Next Meeting: June 5, 2018 – 3:00 – 4:30 p.m.</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:34 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Approval of the Minutes: The minutes of January 22, 2018 were approved as written.</p> <p>Open Time for Public Comment: There is a course, “Aging in the Brain,” currently taking place through Dominican University’s Osher Lifelong Learning Institute (OLLI) at the Unity Church in Novato.</p> <p>Chair’s Report: Chair Asimos reported on the following:</p> <ul style="list-style-type: none"> • Attended meetings re: Mental Health Services Act, advocating for additional funds for 		

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

older adults. She spoke in Sacramento to the TACC Group and to Marin County staff and stakeholders regarding Mental Health Services Act monies to be allocated for the coming three years; \$780,000 has been allocated for the needs of older adults as a result of advocacy. She reported that there was a good deal of consensus as to the benefits and efficacy of senior peer counseling. She advocated for the need of a HHS funded gerontologist who can train and supervise senior peer counselors.

- Attended a Death Café meeting yesterday in San Rafael. There were nine people in attendance.
 - Commissioner López stated that there would be a Death Café at Sukhasiddhi (771 Center Blvd., Fairfax, CA 94930) on April 29th from 3:00 - 5:00 p.m.

Presentations in 18/19:

Intergenerational. Title: "Creative Intergenerational programs of engagement."

- Commissioner López went through the following suggestions (purpose of the presentation is inspiration and creativity)
 - Corte Madera's Intergenerational Center
 - Frameworks Institute (Aging and Demographic Change)
 - Creative Communities of Care
 - Anne Basting, Ph.D.
 - Revealing the power of storytelling and creative expression to engender sustained emotional connections among elders experiencing cognitive impairment
 - Time Slips Training
 - The meaning and value of creative engagement
 - An introduction to dementia and person-centered care
 - Improvisational storytelling
 - Models for storytelling
 - There are local trainers (Rae Kahn, Jennifer Martinez)
 - Collabrea Care – Napa- 7072589080
 - Stage Right
 - Families
 - Adults taking care of their adult children and their parents

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

- Financial help flows down to adult children rather than up to aging parents
- “Sweat equity.” taking ageing parents to medical appointments, shopping, etc.
- Preschool in Nursing Home
 - Film, “Present Perfect”
 - Intergenerational learning center
 - Providence Mount St Vincent, Senior Care Center, Seattle, Wa
 - Residents of “the Mount,” Riggs said, “did a complete transformation in the presence of children. As soon as kids walked in for art or music or making sandwiches for the homeless or whatever the project that day was, the residents came alive.”
- Commissioner Kwentus: Did an experiment at her church, which created a short service for families with younger children. As it turned out, the older people want to have the kids there and that a joint service was needed to connect the generations. She likewise mentioned the need to prepare the kids in advance about being around sick people if they are visiting nursing homes or the hospital.
- Committee agreed to no longer continue this programming as part of an ongoing series of dementia related topics.
- Staff member Dietz suggested directing people to CVNL for information on volunteering in possible intergenerational activities.
- Possible outline of presentation: Local projects; 2. Projects happening across the country; 3. Tools for audience members to leave with.
- Commissioner Turner mentioned the work being done in Marin City with an intergenerational garden and was interested in incorporating a storytelling element.
- Decision: have the MCCOA meeting at Marguerita Johnson, ideally in September, followed by a tour of the intergenerational garden/ greenhouse.
- Commissioners Turner, López, and Silverman will be the leads.

Food Security

- Staff member Dietz clarified that the Health and Nutrition committee objective around Food Security and promotion of CalFresh: did not need to be a MCCOA presentation, but that one or members of the Committee would take part in related presentations in the

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

community next fiscal year.

Family Caregivers

- This will be discussed at the next meeting.

Staff report:

- Staff member Dietz announced that JFCS and Meritage were the winning bid for the Dementia RFP.
- The half time position of Registered Dietician has been posted.

Next Meeting Date:

June 5, 2018 from 3:00 – 4:30.

Adjournment:

The meeting adjourned at 3:30 p.m.