

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> JULY 23, 2018	<b>LOCATION:</b> 10 NORTH SAN PEDRO, ROOM 1018
<p><b>PRESENT:</b> Chris Asimos, <i>Rhea Brown</i>, Salamah Locks, Diana López, Fred Silverman, Carol Zeller, Sharon Turner, Francie Bedinger</p> <p><b>ABSENT:</b> <i>Teresa Tooker</i>, Sue Kwentus, Beth Livoti</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒ <b>Next Meeting:</b> Monday, September 17, 1:30 – 3:30 p.m. at 10 N San Pedro, Rm 1018</p>		
<b>MINUTES SUMMARY</b>		<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order:</b> The meeting was called to order at 1:30 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> The agenda was approved as written.</p> <p><b>Approval of the Minutes:</b> The minutes of were approved as written.</p> <p><b>Open Time for Public Comment:</b> Staff member Dietz reported she had received a call from a representative of the Tampalpais. They plan to construct a new memory care facility and would like to present these plans to the commission in the hopes of garnering a letter of support.</p> <p>Commissioners Asimos and Locks recommended that he speak to the commission</p>		<p>Nov</p>

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

during public comment or that he be invited to speak at an upcoming Health and Nutrition Committee meeting. Staff member Dietz will follow-up.

Staff member Dietz reported that Chandrika Zager, from Behavioral Health and Recovery Services, forwarded an email requesting public comment on the new MHSA plans. Dietz will forward this email to the committee. Commissioners Silverman and Asimos plan to attend the open forum meeting.

**Chair's Report:**

Chair Asimos wrote an article for the Great Age re: integrational activities and loneliness.

**Learning Lab:**

- Staff member Dietz reported that Public Health hosts a three-part Learning Lab series on various topics that consist of: An expert speaker; a Journal review; and a Networking Breakfast. The last featured topic was dementia. The journal article review was attended by Commissioners Lopez, Bortel, and Bloch, as well as HHS staff and community stakeholders. Director Pullen has requested that one or more members of the Health and Nutrition Committee join him in planning/ making suggestions for the networking breakfast/ event. Commissioner Lopez volunteered.

**July MCCOA Debrief, "Mental Health Services for Older Adults in Marin County:"**

- The general consensus of the committee was that members were disappointed in the presentation for the following reasons:
  - Presentation seemed disjointed and the three speakers did not flow well together.
  - Speakers did not mention the UCLA recommendations on Mental Health services for older adults, as they had been requested to do.
  - Presentation seemed as though they were presenting sound bites without addressing their audience, not all of whom were well versed in terminology/ services.
  - Services presented seemed to be siloed and disconnected.
  - There were no proposed metrics for the proposal of 7 Cups.
  - Presentation was not geared to the public.

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

- Disappointed by the response that some services were not being conducted due to a staff shortage and inability to fill staff positions.
- How to improve in the future
  - Ask presenters to come and talk to committee ahead of time about what they plan to present on.
  - Give presenters more time in their positions before asking them to speak on services.
- Chair Asimos plans to write a letter addressing:
  - How the committee could have made the process smoother.
  - The desire to continue working with mental health employees and building a partnership.
  - Feedback as to how the presentation might have been improved.

**Presentations and Objectives for FY 18/19**

**Intergenerational Presentation. Title: “Intergenerational storytelling in community gardens.” (Marguerita Johnson Senior Center; September 6)**

- Structure of presentation (1 hr. 15 mins)
  - Lopez will give opening remarks on neuroscience and storytelling (5 mins); Laura Klein from UC Davis Cooperative Extension will speak on working with older adults in gardens (10 mins); Turner to introduce Anita (2 mins); Anita (storyteller) will speak (20 mins); Questions (15 mins); Silverman will do closing (5 mins); Tour garden (15 mins)
- Set up
  - No PowerPoint
  - Semi-circle around speakers; children and Marin City older adults in the first three rows; commissioners/ in the outside rows
- Takeaway
  - Find a way to connect generations
- Dietz, Silverman, Turner, and Lopez to meet with Anita on August 9 at Marguerita Johnson to discuss logistics

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

**November Meeting (new). Title: Dia de Los Muertos: Latino Perspectives: Death, Dying and, Family Caregivers**

- Location: Pickleweed (confirmed by Lopez).
- The committee voted for the prestaton to focus on the Latino community.
- Focus as to how death, dying, and caregiving are viewed in the Latino community. The takeaway is to not to teach them, but for them to teach us.

**Staff report:**

- N/A

**Next Meeting Date:**

September 17 at 1:30 p.m., room 1018

**Adjournment:**

The meeting adjourned at 3:23 p.m.