

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> SEPTEMBER 17, 2018	<b>LOCATION:</b> 10 NORTH SAN PEDRO, ROOM 1018
<p><b>PRESENT:</b> Chris Asimos, <i>Rhea Brown</i>, Beth Livoti, Fred Silverman, Carol Zeller, Sharon Turner</p> <p><b>ABSENT:</b> <i>Teresa Tooker</i>, Sue Kwentus, Salamah Locks, Diana López, Francie Bedinger</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒<b>Next Meeting:</b> Tuesday, November 13, 1:30 – 3:30 p.m. at 20 N San Pedro, Muir Woods Conference Room</p>		
<b>MINUTES SUMMARY</b>		<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order:</b> The meeting was called to order at 1:45 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 July 23 minutes were approved as written.</p> <p><b>Open Time for Public Comment:</b></p> <p><b>Chair’s Report:</b></p> <ul style="list-style-type: none"> <li>• Chair Asimos reported that she attended the Board of Supervisor’s meeting at which she: <ul style="list-style-type: none"> <li>○ Represented the Commission at the last Board of Supervisors meeting, bringing them up-to-date on the last two month’s activities including the</li> </ul> </li> </ul>		

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intergenerational presentation in Marin City on September 6.

- Spoke during the open time for public comment for the MHSA Innovation Project with Linda Jackson, Director of the Aging Action Initiative. Linda Jackson spoke about the Detect and Connect and Inform and Connect presentations. Chair Asimos, representing herself and not the Commission, critiqued three components of the HHS Older Adult Plan, “7 Cups:” 1. There was no methodology for evaluating the program; 2. HHS plans to recruit 300 additional peer counselors, who are not sufficiently trained in differentiating between depression and cognitive issues; 3. Using virtual therapy calls into question confidentiality and secure data storage, which was not addressed. Chair Asimos was quoted in the September 16 *Marin Independent Journal* article, “Senior Mental Health Gets \$1.6 million Boost.”
- Chair Asimos did not hear anything back following her response to Dr. Africa re: his presentation to the MCCOA in July.
- Chair Asimos continues to be active with the Age-Friendly San Rafael movement. They are in the process of hiring a Program Manager that will help to put together a survey assessment tool, looking at past tools developed by Age-Friendly Novato and Sausalito.

**September MCCOA Meeting Debrief:**

- Incredibly positive feedback for Anita and the older adults that shared their stories. The five young people who spoke were very articulate and had volunteered to speak, or were asked to by their teachers.
- Impressed as to how many referred to their grandmothers. Commissioner Turner mentioned that many children in Marin City are raised by grandparents.
- Both Commissioner Turner and Silverman were happy that the children were well-behaved.
- The Health and Nutrition Committee will write a letter thanking the teachers and the participating students.
- All other committee members gave kudos to the organizers, Diana, Sharon, and Fred.

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**November Presentation:**

- Diana López, although unable to attend this meeting, provided suggestions (see pg. 4).
- The committee agreed that, if possible, the room be set-up with decorations, music, and culturally appropriate food.
- The committee believed a hand-out should be provided explaining Día de los Muertos and recommended screening a short video.
- Chair Asimos recommended contacting Marisol Munoz-Kiehne, a psychiatric social worker with a Spanish radio show as a potential speaker or as someone who would be able to recommend speakers. She also recommended contacting Carol-Ann Moore or Sylvia from Alma Latina.
- Committee recommended focusing on the death of elders and/ or generational loss.
- Committee brainstorm included having someone speak for 20-30 minutes and then share the experience of the loss of a grandmother, etc.
- The sub-committee for organizing the presentation will consist of Diana, Fred, Rhea, and Beth.

**Staff Report**

- Staff member Dietz announced that the AAA would be conducting its next needs assessment in the coming months. She asked what, if any questions, the committee felt should be on the questionnaire.
- Suggestions included:
  - Are you using the county's programs/ safety net programs? (Food banks, clinics, etc.)
  - How often do you have meaningful/ personal face-to-face interactions?
  - In what ways do you get support or validation?
  - Access to health care.

**Next Meeting:**

Tuesday, November 13 from 1:30 – 3:30 p.m.

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***Diana López provided the following suggestions for planning the November Commission meeting:***

Día de los Muertos  
November 1, 2018  
10:00 - 11:00 a.m.  
Albert J. Boro Community Center - Art Room  
50 Canal Street  
San Rafael, CA 94901

Health and Nutrition Event Planning Sub-Committee  
Rhea Brown  
Fred Silverman  
Diana López

Referred by Yolanda Gibson to:  
Douglas Mundo, Executive Director, Canal Welcome Center  
415.526.2486  
415.342.2598

Ms. Gibson suggested that Mr. Mundo can direct us to community members willing and interested in participating in this event.  
I left him a voicemail and followed up with an email on September 13.

I spoke with Mr. Mundo this morning. He will send me contact information for two community members who may be able to assist with this effort.  
He also suggested reaching out to the Canal Community Alliance, Marin Community Clinic and Bahia Vista Elementary School.

I emailed Rhea Brown and Fred Silverman with some possible dates and times for the sub-Committee to meet next week.

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A suggested focus for the Latino perspective on death:

- Facing it without fear
- Celebrating it
- Maintaining connection with the people we have loved and lost
- Creating continuity among generations
- Learning from the past

Día de los Muertos Day of the Dead combines the ancient Aztec custom of celebrating ancestors with All Souls' Day, a holiday that Spanish conquerors brought to Mexico in the early 1500s.

It is a celebration of life. Everyone meets in the cemetery to spend time with and celebrate their ancestors. It is not a sad or frightening experience. It is a tradition in Mexico to smile at death rather than to fear it.

Día de los Muertos is a profound experience. Cooking, preparing an altar, bringing color and flowers into the home and visiting a cemetery at night.

“To me, it was the most culturally unfamiliar part of the experience: To sit in a cemetery all night with a mariachi band and a picnic basket at the graveside. The whole thing — it’s a whole different way to look at what it means to be alive. It was life-changing for me. I think that’s one of the beautiful things about living in a multicultural society: You have the privilege of seeing and sharing perspectives with other cultures.”

Ken Shultz, Executive Director, Desert Botanical Gardens, Phoenix, AZ

The important thing is that families have the opportunity to talk about the grandparents and great-grandparents that they never knew and try to understand what they did, their way of life, what they used to eat, and what they experienced.