

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: SEPTEMBER 17, 2018	LOCATION: 10 NORTH SAN PEDRO, ROOM 1018
<p>PRESENT: Chris Asimos, <i>Rhea Brown</i>, Jean Gunn, Sue Kwentus, Salamah Locks, Diana López, Fred Silverman, Carol Zeller</p> <p>ABSENT: <i>Teresa Tooker</i>, Beth Livoti, Sharon Turner,</p>		
<p>RECORDER: Amy Dietz</p>		
<p>⇒Next Meeting: Monday, March 19, 1:30 – 3:30 p.m. at 10 N San Pedro, Room 1018</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:30 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Approval of the Minutes: The September 17, 2018 minutes were approved as written.</p> <p>Open Time for Public Comment: N/A</p> <p>Chair’s Report:</p> <ul style="list-style-type: none"> • Chair Asimos is active with San Rafael Village and Age-Friendly San Rafael. Last Wednesday, she attended the Mental Health Services Act Advisory Committee. The results of last year’s activities were presented at the meeting. Approximately 70-80% 		

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of funding was spent on youth programs. A small percentage is allocated to older adults and to the HOPE program. The MHSA Advisory committee will meet every two months. Chair Asimos will alert the Health and Nutrition committee as to when they are happening.

MCCOA June Presentation, “Family Caregiving: What It’s All About.”

- This presentation will meet Health and Nutrition objective, “The MCCOA Health and Nutrition Committee will look at the medical and emotional impacts on family caregivers when caring for someone with dementia or cognitive memory loss, through end of life, with a general presentation and an article in the Great Age newsletter.”
- Commissioners Silverman, Kwentus, and Lamorte will be on subcommittee to plan
- Chair Asimos will contact the Alzheimer’s Association and Family Caregiver Alliance about resources for the meeting. Dietz will send statistics about family caregiving to the subcommittee
- The committee discussed the following possible areas:
 - There is a great demand for caregivers and a shortage of supply. Much of the burden then falls on family caregivers. This reflects that whether or not you have financial resources, it is difficult to find the help that you need.
 - Financial and emotional costs of family caregiving include the coordination of others, paid or unpaid. High stress.
 - Likely, older adults will end up taking care of each other. A great example is the Villages.
 - Medicare Advantage plans are starting to do some of this work, including transportation to appointments and assistance with activities of daily living.
 - Children don’t want to go against the wishes of their parents, but the parents may not be rational.
 - Family dynamics are changing. People are having children later in life.
- Will feature case studies and solutions.

Objectives 19/20:

- The MCCOA Health and Nutrition Committee will educate the public on how to fall safely and the importance of balance through the distribution of materials and a general

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presentation.

- The MCCOA Health and Nutrition Committee will develop a Committee will develop a presentation for a Commission meeting and write an article in the Great Age Newsletter regarding dietary considerations as one ages.

Staff Report:

- Staff member Dietz informed the committee that the County of Marin Age Friendly surveys were available for distribution. Each member received a packet of surveys to distribute in their communities.
- Dietz informed the committee that Registered Dietician Katherine Kielich would be contracting with the county until the job is posted.

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