

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> MARCH 18, 2019	<b>LOCATION:</b> 10 NORTH SAN PEDRO, ROOM 1018
<p><b>PRESENT:</b> Chris Asimos, <i>Rhea Brown</i>, Sue Kwentus, Salamah Locks, Diana López, Fred Silverman, Carol Zeller</p> <p><b>ABSENT:</b> Beth Livoti, Sharon Turner, Jean Gunn</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒<b>Next Meeting:</b> Monday, May 6, 1:30 – 3:30 p.m. at 10 N San Pedro, Room 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 1:35 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 January 28, 2019 minutes were amended to include the correct date.</p> <p><b>Open Time for Public Comment:</b></p> <p>Commissioner Locks and López attended the Ashton Applewhite Q and A event at Whistlestop last week. Commissioner López felt that she was inspiring and a good speaker on ageism. Commissioner Locks did not feel the information presented was anything not previously known.</p>		

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**Chair's Report:**

Chair Asimos reported that she had been discriminated against, possibly due to her age, by the parking authority, who had been called due to a neighborhood issue.

Remarked that the committee and commission should examine the meaning of financial wellbeing as one ages.

**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, Zeller, Kwentus, and Lopez will be on subcommittee to plan it.
- Chair Asimos has contacted Alzheimer's Association and Family Caregiver Alliance who will have a table and provide resources for the meeting.
- The committee discussed how much time should be allocated for discussion and whether the presentation should touch on cultural issues. Other possible topics to cover included the isolation of the caregiver. Commissioner Silverman related a personal example.
- Commissioner López suggested that the sub-committee draft a "Tips and Tricks" handout
- Commissioner Kwentus joined the meeting by phone to express her ideas.
  - She has been in touch with the Family Resource Center in San Francisco, the Alzheimer's Association and with JFCS, all of which have resources. Also thought of having the Public Authority present on how to become an IHSS caregiver.
  - As a former family caregiver, she felt it important to discuss what was appropriate to do at home, how to financially handle caregiving, etc.
- Commissioner López expressed that the presentation should feel personal, with caregivers talking about their experiences.
- The subcommittee to meet at 12 p.m. on Monday, March 25.

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**Family Caregiver Assessment:**

- Staff member Dietz distributed the questionnaire used for the last Family Caregiver Assessment and the subsequent report, drafted in 2015. She explained that the assessment would be used for the upcoming four-year Area Plan and would help to determine funding. She elaborated that Older Americans Act dollars were for unpaid family caregivers, and this group was the focus of the assessment.
- Commissioners recommended reaching out to the following groups to recruit for possible focus groups:
  - MCIL, age-friendly cities and towns, churches, Villages, Next Door, etc.
- Commissioners requested that staff create a timeline for drafting and completing the assessment.

**Staff Report:**

- Staff member Dietz informed the committee that the position of Registered Dietician has been posted.

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