

The Health Council of Marin
Minutes of Regular Meeting: Tuesday, June 4, 2019
Marin County Office of Education
111 Las Gallinas
Greenbrae, CA 94903

Members Present: Barbara Wientjes (President), Roberta Anthes, Kevin Hogan, Bobby Moske, Sandy Ross, Derice Seid Tao

Members Absent: Connie Barker, Allan Blau, Bridget Gleason, Jennifer Rienks

Guests: Loretta Rogers (Secretary)

Handouts: *Agenda; CARA's 2019 Priority Bills/Revised May 10, 2019; Empower Elder Workshop Evaluation form; Vial of Life packet; Empowered Elder Workshop Agenda; Livanta information sheet; Empowered Elders Tools for Change Resource Sheets#1; Your Discharge Planning Checklist; Resources hand-out; "Make a Difference" CARA hand-out*

1. **Call to Order:** President Barbara Wientjes called the meeting to order at 9:45 am
2. **Approval of the Agenda:** Sandy Ross moved to approve the agenda. Kevin Hogan seconded the motion. The motion passed unanimously.
3. **Approval of the minutes of the May 28, 2019, meeting:** Bobby Moske moved to approve the minutes of the May 28, 2019 meeting. Kevin Hogan seconded the motion. The motion passed unanimously.
4. **Report of the Nominating Committee:** Sandy Ross reported that there is only one open seat left on the Health Council of Marin and that is a provider seat.
5. **Adjournment:** The meeting was adjourned at 10:00 am for the presentation by the California Alliance for Retired Americans (CARA). This is the Health Council's annual community educational forum. The next meeting will be on Tuesday, July 23, 2019.
6. **Presentation:** The presentation was entitled "Empower Elder Workshop" and was presented by the California Alliance for Retired Americans (CARA) which is a statewide nonprofit organization comprised of retired workers and community groups working to achieve social and economic justice. The following presentations were made:
 1. **Health Council of Marin (HCM):** Sandy Ross explained that this forum is sponsored by and was organized by the HCM, an advisory council to the Marin County Board of Supervisors. The HCM's purpose is to advise the Board of Supervisors regarding health issues, to advocate for the development and allocation of resources to assure quality and accessible health care, and to educate the public regarding issues affecting the health and well-being of Marin residents. The HCM has eleven members, no more than half of which can be providers. It meets on the last Tuesday of every month except in August and December. The meetings are from 7:00 to 9:00 pm at Marin General Hospital in the Larkspur Room.
 2. **California Alliance for Retired Americans (CARA):** Kris Organ is the vice president of the Marin chapter of CARA. There are 17 chapters of CARA statewide. The Marin chapter was founded in 2015. It meets every first Tuesday of the month from 1:00 to 3:00 pm in the Northgate Community Room. Peter Mendoza is co-chair. The purpose is to empower elders and give people meaning. CARA sponsors a lot of awareness programs.
 3. **Vial of Life:** Kris Organ explained the purpose of the Vial of Life. He urged everyone to fill out the form, assure it is always up-to-date, and place it on or in their refrigerator. The decals can be placed on the door and on the refrigerator door. These decals will alert

paramedics to the form which contains all your updated medical and medication information. Putting a copy in your car is also a good idea.

4. **Your Rights in a Hospital:** Marie ? informed attendees of their rights when patients in a hospital. Often, patients are discharged too early, before they are really well enough to be home, before the patient's home or family or skilled nursing facility is ready to receive the patient. Under these circumstances, Marie advises the patient to tell the doctor / discharge planner that "this feels like an unsafe discharge." The patient can request Livanta to review their discharge. Contact information for Livanta is included in the information packet provided to all attendees along with a discharge checklist to assist patients and patient advocates in effecting a safe transition from hospital to home or facility. Marie also explained the perils of a patient being on "observational status" which is the same as being an outpatient. A patient can be five days in the hospital on "observational status" and never be admitted; this can cost the patient thousands of dollars. Hospitals are placing more and more patients under observation to protect themselves against new policies that penalize hospitals for unnecessary admissions and frequent readmissions of the same patient. The hand-out lists steps that can be taken to protect the patient. She then answered questions.
5. **RxSafe Marin:** ? spoke about the efforts of RxSafe Marin to address the opioid crisis. She spoke about the devastating effects of this crisis, not only on individuals and families but also on whole communities. RxSafe Marin's approach is first to prevent addiction by changing prescribing guidelines and advocating for alternative treatments for chronic pain. RxSafe Marin also works to treat addiction by removing the stigma and advocating for Medication Assisted Treatment (MAT) which is highly successful. Finally, RxSafe Marin is working to stop overdoses and overdose deaths by using strategies such as naloxone, needle exchanges and supervised injections sites.
6. **Conclusion:** Peter Mendoza invited all attendees, 60 years and older, to join the Marin chapter of CARA. He conducted the raffle drawing and called for any announcements by attendees.