

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: MAY 6, 2019	LOCATION: 10 NORTH SAN PEDRO, ROOM 1018
<p>PRESENT: Chris Asimos, Salamah Locks, Diana López, Fred Silverman, Carol Zeller, Beth Livoti, Sue Kwentus, <i>Rhea Brown</i></p> <p>ABSENT: Sharon Turner, Jean Gunn</p>		
<p>RECORDER: Amy Dietz</p>		
<p>⇒Next Meeting: Monday, July 15, 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 March 18, 2019 minutes were approved as written.</p> <p>Open Time for Public Comment:</p> <p>Staff member Dietz shared an email from Sara Oser, of HLAANB re: a presentation on May 9, 2019 at the Aldersly in San Rafael from 6:30-7:30.</p>		

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Chair's Report:

Chair Asimos was very impressed with the May Health Event.

MCCOA June Presentation, "Mosaic of Family Caregiving"

- 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."
- Sub-committee created a module with six aspects: What happens as you are learning how to become a family caregiver, how to go through end of life, what happens after person passes.
 - Dimension 1: first 30 days; Dimension 2: learning what you can/ can't do; Dimension 3: finances, how will you manage them (personal and otherwise); Dimension 4: support and respite; Dimension 5: end of life; Dimension 6: the life after.
 - Dietz recommended having a reference for the aspects and where they originated.
- There will be a table of resources
- The sub-committee will meet on May 20 after the Executive Committee.
- The committee submitted the following information for the flyer:

We will spend the hour bringing into focus the multi-faceted role of a family member providing care for a loved one.

By reflecting on our caregiver's personal journey, we will explore the range of emotions she experiences from the initial changes that necessitate care giving, through the transition to the longer-term role as a caregiver. We will also discuss the impact on her family.

We will outline a strategy to help assess needs and find the resources needed to meet those needs.

By attending this presentation, participants will:

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- Learn about the six phases of family caregiving.
- Determine what supports will be needed to provide care as changes occur.
- Understand the need for self-care and support for the caregiver.
- Gain a working knowledge of caregiving resources that are available in Marin County.

FY 19/20 Objectives and Presentations

“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 presentation.”

- Things that put us at risk; how to fall safely. Salamah will be fall model.
- Techniques to avoid the fall and fall safely.
- Vision checking, etc. is part of that.
- Caution people to make sure they know the factors that make them more susceptible.
- Watching for hazards.

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

- AAA should have a staff RD in the next fiscal year who can lead the event.
- Possible topics: Supplements, minerals, magnesium.

OTHER:

- Chair Asimos expressed that she would like the committee to sponsor an MCCOA presentation on ageism and self image this coming year. She and Rhea Brown will meet to discuss.
- The Health and Nutrition Committee will sponsor September’s presentation on the

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topic of HICAP.

Staff Report:

- The AAA has interviewed a Registered Dietician and hopes to make an offer soon.
- 2020-2024 Needs Assessment
 - The committee recommended that there be promotion around the fact that there would be a phone assessment. Ideally, those who would be receiving phone calls would receive a letter or flyer. The caller ID should state, “Marin Health and Human Services.” Is there a call back number?
 - Possible question: do you go to a regular clinic or doctor?

The meeting adjourned at 3:25

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