

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> SEPTEMBER 23, 2019	<b>LOCATION:</b> 10 NORTH SAN PEDRO, ROOM 1018
<p><b>PRESENT:</b> Chris Asimos, Jean Gunn, Sue Kwentus, Salamah Locks, Diana López, Fred Silverman, Carol Zeller, <i>Rhea Brown</i></p> <p><b>ABSENT:</b> Sharon Turner</p>		
<p><b>RECORDER:</b> Amy Dietz</p>		
<p>⇒<b>Next Meeting:</b> Monday, November 25, 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 1:30 p.m. by Chair Asimos.</p> <p><b>Approval of the Agenda:</b> The agenda was amended to state the minutes for approval were May 6, 2019.</p> <p><b>Approval of the Minutes:</b> The May 6, 2019 minutes were approved as written.</p> <p><b>Open Time for Public Comment:</b>  Diana López asked if we could add the topic of “New Business” to future agendas. The committee agreed.</p>		

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

**Chair's Report:**

None

**MHSA Community Planning Meeting: 10/24/19:**

- Chair Asimos led a discussion regarding the upcoming, “Older Adult Focused Behavioral Health Community Planning Meeting” on Thursday October 24, 2019 from 10 a.m. – 12 p.m. at Whistlestop. The feedback from the meeting will be used to help shape the Mental Health Services Act (MHSA) three-year plan.
- Chair Asimos provided background demographic information, stating that the older adult population is increasing. While birth rates are going down, longevity is growing. The increase in older adults requires additional associated mental health services.
- The MCCOA, and older adults, have long been advocating to have a place at the table around program planning for MHSA allocation of funding for evidence-based programs. If older adults will represent one-third of Marin’s population, they should be allocated one-third of funds.
- Commissioner Locks asked what evidence-based programs were available that were not currently being utilized.
- Commissioner López stated that Medicare plans are working towards more care for chronic illness. More women are aging into poverty and feeling the effects of associated stress. She recommended that there be a system in place to train people currently living in the Canal area to become health care workers for Marin’s growing older adult population. She stated that there was no one from northern California on the California Mental Health Services Board.
- Commissioner Silverman commented that, after reading the MHSA, it is unclear as to how one differentiates the needs of adults vs. older adults. There are certain specific diagnosis’ (e.g. dementia), that require specific funding and programming. For other needs, such as depression or grief, is there a need for services specifically tailored to older adults or are adult services sufficient?
- Chair Asimos stated that geriatricians are specially trained in the needs of older adults and could make use of MHSA funds.

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

- Commissioner Gunn was interested in promoting education and awareness around alcohol and drug abuse in older adults, including recognizing warning signs, conducting interventions and other services.
- The Aging Action Initiative program “Detect and Connect” has been a recipient of MHSA funding.
- The committee discussed whether they should make comments at the meeting “as a committee” vs. “as individuals.”
- Chair Asimos asked that members write her their ideas directly and that she will put them together to report on at the meeting on October 24, 2019.

**MCCOA Retreat Debrief:**

- Commissioner Locks reported the following:
  - Chairs of meetings are to ensure that there is an agenda and to annually determine meeting times, actively facilitate meeting, make sure each member is engaged and has a chance to speak, explore advocacy efforts and invite outside experts in various topics to speak.
  - Members of committees are to come prepared to participate, RSVP and notify both the AAA staff person and chair if they are unable to attend and actively participate in committee decided action items.
- Commissioners volunteered to meet with community/ nonprofit experts in exploring needs and programs associated with older adult nutrition.
  - Commissioner Locks will do a ride along with Whistlestop Meals on Wheels.
  - Commissioner Silverman will meet with Marv Zauderer from [ExtraFood.org](http://ExtraFood.org).
  - Commissioner Kwentus will reach out to the Rolling Root and attend congregate meals.
  - Commissioner Gunn will reach out to Novato’s home delivered grocery program.
- Two commissioners (or more) will report out at each meeting.
  - Commissioners Silverman and Gunn will present at the November meeting.

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

**FY 19/20 Objectives, Presentations and Locations**

- The Health and Nutrition Committee’s Objectives for FY 19/20 are:
  - 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.
  - 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.
  
- The committee will meet the first objective with an educational presentation entitled, “How to Fall Safely” at the MCCOA meeting on February 6, 2020. The committee suggested the meeting places of San Geronimo Valley Community Center or the San Rafael Community Center. Ideally, there will be a stage in the room to better see demonstrations. Commissioner Locks volunteered to demonstrate how to fall safely. Commissioner Zeller will lead the meeting. Commissioners Zeller, Lopez and Locks will oversee organizing the meeting and ordering related materials for distribution.
  
- The committee may not meet its second objective of developing a nutrition related meeting for the MCCOA. Staff member Dietz informed the committee that they can vote to drop all or part of an existing objective. The only open month on the schedule for MCCOA meetings is in June. The Executive Committee has elected to hold that month open for emerging topics. Whether a nutrition topic will be the agenda for the June presentation will be decided at the Executive Committee.

**The meeting adjourned at 3:25**

**Next Meeting:**

Monday, November 25, 1:30 – 3:30 p.m. at 10 N. San Pedro, Room 1018. Meetings will take place every other month, on the fourth Monday of the month, from 1:30 – 3:30 at 10 N. San Pedro, Room 1018.