

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: APRIL 10, 2020	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jean Gunn, Diana López, Fred Silverman, Lauren Vreeland Long <i>Rhea Brown (Community) Sylvia Barry (Commissioner)</i></p> <p>ABSENT: Kwentus, Locks, Nuessle, Turner</p>		
<p>RECORDER: Amy Dietz</p>		
<p>Next Meeting: TBD</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:06 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda for April 10, 2020 were approved as written.</p> <p>Approval of the Minutes: The January 27, 2020 minutes were amended to reflect correct date of September meeting.</p> <p>Open Time for Public Comment: None</p> <p>Chair’s Report: Continuing to advocate for the mental health needs of older adults through the Mental Health Services Advisory Board.</p>		

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Proud that many agencies are coming forwards to meet the needs of older adults during this period.

Presentation of Help@Hand: Lorraine Wilson, Health and Human Services Program Coordinator

- Lorraine Wilson gave a PowerPoint presentation explaining Help@ Hand, a project funded through the Mental Health Services Act to meet the mental health needs of older adults through the internet. The goal of the project is to discover if and how technology fits within the behavioral system of care.
 - *PowerPoint will be sent to all members of the committee and will available by request.*
- Q & A, Comments
 - *Asimos:* How do you propose to find the isolate older adults who have unmet needs?
 - Answer: Using advisory committee to identify target population. Open to any ideas.
 - *Gunn:* Recommends engaging age-friendly networks, Marin Villages and Sausalito Village in identifying older adults to participate.
 - *Vreeland Long:* Recommends apps/ web-technology that helps with physical activity.

Covid-19 and MCCOA

- *Asimos:* Reported on study conducted by American Psychiatric Association reflecting anxiety of older adults during this time. Recommended donating money to Feeding America. Recommended directly reaching out to isolated at-risk neighbors.
- *Gunn:* North Marin Community Services requested donations to fortify food bank in Novato. Has reviewed Living Will. Has observed older adults and at-risk populations are not following shelter-in-place orders. Working with Villages to conduct telephone reassurance for those who have expressed a desire for increased contact.
- *Barry:* Arrange a check-in with older adults via Zoom meetings, allowing persons to see others face-to-face. Recommended reviewing how to take care of pets if become ill.
- *Vreeland Long:* This is a good time to review Advanced Directives.
- *Brown:* Seeing friends/ family daily through Zoom has been very reaffirming. After this

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is over, we will be doing more things via Zoom. People are being creative in ways to cope.

- *Silverman*: Reviewed Durable Power of Attorney for health care online through Kaiser.
- *Zeller*: Spoke of the importance of POLST (Physicians Order for Life Sustaining Treatment) forms. Began calling members of groups that she involved in, everyone called was delighted to hear from her.
- *Lopez*: Recommended putting POLST forms on refrigerator for emergency personnel. Shared a personal note/ drawing that was left by a neighbor on doorstep.

Nutritional Concerns for Older Adults (Katherine Kielich, R.D., Consultant to AAA)

• **Q& A, Comments**

- *Vreeland Long*: Received email form Whistlestop re: what food programs are available at this time. Trying to get that message out.
 - *Kielich*: There is a weekly collaborative of food groups coordinating.
- *Lopez*: Requested resources around what to be eating during this time.
 - *Kielich*: Will send content via staff member Dietz.
- *Gunn*: This is excellent information. How do we share this expertise with the public?
- *Kielich* will send resources on food safety, grocery shopping and other related information.
- *Asimos*: There is a subcommittee specifically interested in food safety. What kinds of supplements should we be taking?
 - *Kielich*: With the caveat that this information is related to viruses in Corona family: Vitamin C, perhaps Vitamin D and Zinc. However, promote getting vitamins from real food where possible.

Provision of Door Handles (Commissioner Timms)

- Fairfax created a task force with designated staff person with phone line. Distributed 3200 yellow door hanger through community with directions as to how to contact for resources/ needs or volunteer. Hand delivered by volunteers with masks and gloves. Need town staff, town council, and town leadership to collaborate. Lessons learned: some residents did not want hanger placed on doorknob.
- San Anselmo created a similar door hanger and distributed. Gave the name of one person and phone number due to town's fear of liability.

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- Corte Madera and Larkspur are deciding whether to do the same process.
- Marin VOAD has created a subgroup called neighbor-to-neighbor to discuss what cities and towns are doing and how they connect with each other.

Staff Report

- Staff member Dietz described expansion of home delivered meal program and closure of congregate programs.

The meeting adjourned at 3:00 PM

Next Meeting:

TBD