

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: JANUARY 27, 2020	LOCATION: 10 N. SAN PEDRO, ROOM 1018
<p>PRESENT: Chris Asimos, Jean Gunn, Salamah Locks, Diana López, Wendy Nuessle, Fred Silverman, Sharon Turner, Lauren Vreeland Long, Carol Zeller, <i>Rhea Brown (Community)</i></p> <p>ABSENT: Kwentus</p>		
RECORDER: Mandy Reyes		
Next Meeting: Monday, March 23, 1:30 – 3:30 p.m. at 10 N San Pedro, Room 1018		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:36 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda for January 27, 2020 were approved as written.</p> <p>Approval of the Minutes: The September 23, 2019 minutes were approved as written.</p> <p>Open Time for Public Comment: None</p> <p>Chair’s Report: Chair Asimos would like to bring in more speakers for committee meetings going forward and invite the community. Please be thinking about who could be invited to come speak.</p>		

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Food Safety Talk – Katherine Kielich, R.D.:

- Katherine Kielich is sick and not able to speak at this meeting. She will be rescheduled.

Area Plan 2020 – 2024 Goals and FY 20/21 Objectives:

Area Plan Goals for FY 2020-21 were announced to the committee. They are the following:

1. Actively advocate for the needs of older adults at local, state and federal level.
2. Pursue opportunities to improve access to information, assistance and resources to advance greater equity among older adults in Marin.
3. Reinforce the important role of the social determinants which factor into the health and well-being of older adults.
4. Promote and lead efforts that create and maintain age-friendly livable communities in Marin.

The Health and Nutrition Committee determined their objectives based on the above Area Plan goals. Those objectives are:

- 3A - The MCCOA Health and Nutrition Committee will educate the public about food safety and food security especially during emergencies and power outages through the distribution of materials and a general presentation.
- 3B - The MCCOA Health and Nutrition Committee will educate the public on medication safety and how to access resources to afford medications by writing an article in the Great Age Newsletter and distributing other educational materials within the community.

February Marin County Commission on Aging (MCCOA) Presentation:

Commissioner Zelller announced that the presentation committee met to refine the 'How to Fall Safely' presentation for the MCCOA meeting on February 6. The learning objectives are:

- General information about falls, including causes, preventative measures and self-

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assessment risk.

- Identifying exercises to promote balance, endurance, flexibility and strength training.
- Techniques on how to get up out of a chair.
- Why falls occur, how to fall safely, and how to get up off the floor if you do fall.
- The presentation will close with discussing what research is being done.

The committee discussed ways to publicize the meeting. It was suggested that all put on their Nextdoor and fliers should be taken to congregate meal sites.

Congregate Meal Site Visitations:

Asimos would like committee members to sign up for congregate meal sites. A signup sheet is being passed around. Asimos will confirm with Amy Dietz to determine if an evaluation form is still needed.

Brainstorm New Congregate Site Locations:

In order to use the money that is coming down the pipeline, the committee suggested adding additional days to current sites and possibly having a congregate meal site at Victory Village in Fairfax.

New Business:

The group is interested in taking a tour of the Buck Institute during an upcoming committee meeting.

The meeting adjourned at 3:15 PM

Next Meeting:

Monday, March 23, 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.