

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: JUNE 22, 2020	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jean Gunn, Salamah Locks, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long <i>Rhea Brown (Community) Sylvia Barry (Commissioner)</i></p> <p>ABSENT: Diana López</p>		
<p>RECORDER: Amy Dietz</p>		
<p>Next Meeting: July 20 from 1:30-3:30</p>		
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 June 22, 2020 was approved as written.</p> <p>Approval of the Minutes: The April 10, 2020 minutes were amended to correct error “town’s dear” to “town’s fear.”</p> <p>Open Time for Public Comment: None</p> <p>Chair’s Report</p> <ul style="list-style-type: none"> • Chair Asimos will work with Reya Brown to invite a member of Grey Panthers to speak at the next meeting regarding advocacy history and whether current work intersects with that of the AAA Health and Nutrition Committee. 		

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MCCOA July Presentation on Telehealth:

- Ariana Myers will be presenting.
- She will focus on the difference between telehealth and telemedicine.
- Commissioner Locks had the following questions:
 - How is this method used in Marin County?
 - How do you make it more accessible to older adults who may not have access to technology?
- Commissioner Vreeland-Long will be the lead person on the presentation. She had a conversation with Commission Chair Marchese and Vice-Chair López regarding what Ms. Myers will be presenting on.
- Presentation content:
 - Explain the basics of different terminology.
 - Nuts and bolts of how it works for people. Where does it work and where doesn't it work?
 - Explanation of biometrics.
 - Presenter recently won an award, "One of 1,000 Longevity Leaders" by Longevity International.

Other:

- Suggestion: put the Zoom link at the top of agendas.
- Commissioners expressed that they are getting out (walking, socializing) less frequently.
- Commissioner Nuessle stated that her hospital is providing cell phones to those who are discharged so that they can contact their medical providers via phone. There is no expectation for phones to be returned.

Staff Report

- Staff member Reyes will work with Commissioner Vreeland-Long on flyer content.

The meeting adjourned at 2:15p.m.

Next Meeting: Monday, July 20 from 1:30-3:30p.m.