

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: JULY 20, 2020	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jean Gunn, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long <i>Rhea Brown (Community)</i></p> <p>ABSENT: Diana López, Salamah Locks</p>		
<p>RECORDER: Amy Dietz</p>		
<p>Next Meeting: September 21, 2020 from 1:30-3:30 p.m.</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order: The meeting was called to order at 1:32 p.m. by Chair Asimos.</p> <p>Approval of the Agenda: The agenda for July 20, 2020 was approved as written.</p> <p>Approval of the Minutes: The June 22, 2020 minutes were approved as written.</p> <p>Open Time for Public Comment: None</p> <p>Chair's Report</p> <ul style="list-style-type: none"> • There will not be a Gray Panthers meeting today. • Expressed ideas for implications pertaining to the coronavirus pandemic 		

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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.
- 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 they are getting out (walking, socializing) less frequently.
- Commissioner Nuessle stated her hospital is providing cell phones to those who are discharged so that they can contact their medical providers via phone.

The meeting adjourned at 2:15p.m.

Next Meeting: Monday, September 21, 2020 from 1:30-3:30p.m.