COMMITTEE: HEALTH & NUTRITION
DATE: JULY 20, 2020
LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM

PRESENT: Chris Asimos, Jean Gunn, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long
Rhea Brown (Community)

ABSENT: Diana López, Salamah Locks

RECORER: Amy Dietz

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

MINUTES SUMMARY

Call to Order:
The meeting was called to order at 1:32 p.m. by Chair Asimos.

Approval of the Agenda:
The agenda for July 20, 2020 was approved as written.

Approval of the Minutes:
The June 22, 2020 minutes were approved as written.

Open Time for Public Comment:
None

Chair’s Report
- There will not be a Gray Panthers meeting today.
- Expressed ideas for implications pertaining to the coronavirus pandemic.
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:
    o How is this method used in Marin County?
    o 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:
    o Explain the basics of different terminology.
    o Nuts and bolts of how it works for people. Where does it work and where doesn’t it work?
    o Explanation of biometrics
    o 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 Nuessele 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.