

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: SEPT. 21, 2020	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jean Gunn, Salamah Locks, Diana López, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long <i>Barbara Brown (LITA), Rhea Brown (community), Raines Cohen (community), Bill Hale (community), Michael Lyon (Gray Panthers), Betsy Morris (Gray Panthers), Art Persyko (Gray Panthers)</i></p> <p>ABSENT:</p>		
<p>RECORDER: Amy Dietz</p>		
<p>Next Meeting: Oct. 12, 2020 - 12:30 – 2 p.m.</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order The meeting was called to order at 1:33 p.m. by Chair Asimos.</p> <p>Approval of the Agenda The agenda for Sept. 21, 2020 was approved as written.</p> <p>Approval of the Minutes The June 22, 2020 minutes were amended to change “AAA Health and Nutrition Committee” to “MCCOA Health and Nutrition Committee.”</p> <p>Open Time for Public Comment</p> <ul style="list-style-type: none"> • Joanne Holiday from Vivalon announced that Whistlestop has changed its name to Vivalon. • Rhea Brown asked if the <i>Great Age</i> was available online. Staff member Dietz answered that it was. To get on the paper or email mailing list, telephone Gary Lara at (415) 473- 		

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

7118.

Chair's Report

Chair Asimos reported on an intergenerational pilot between Dominican University and Marin Villages in which 19 Village members are paired with 19 students that are interested in learning about various aspects of ethics. Students will talk to Village members by phone on a weekly basis for 14 weeks.

Presentation from Gray Panthers

Michael Lyon, Betsy Morris and Art Persyko presented on the past, present, and future activities of the Gray Panthers (a membership-based advocacy group for older adults) at the national, state and local level.

FY 20/21 Objectives Review

- The committee reviewed existing objectives and did not make any edits.

Goal 3: The MCCOA Health and Nutrition committee will educate the public about food safety and food security, especially during emergencies and power outages, through a Great Age newsletter and a community presentation with distribution of materials.

Goal 3: 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 a community presentation.

- The committee decided that presentations would be made during committee meetings, as opposed to MCCOA meetings, to meet objectives.
 - A presentation about food safety and food security will made during the Oct. Health and Nutrition Committee meeting. Commissioners Nuessle, Vreeland Long and staff member Dietz will meet to discuss specifics and plan the presentation.

MCCOA Presentation

- The Health and Nutrition Committee will sponsor the Nov. MCCOA presentation.

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

- Among possible topics discussed:
 - Mental health in congregate living facilities where residents are socially isolated and unable to receive visits.
 - Chair Marchese has asked that the presentation look at the impact of the pandemic on the mental health of older adults and future ramifications.
 - Possible speakers mentioned: Jenny Bates and Jei Africa
 - How do we take care of our mental health? What are the possible delayed issues?
 - What is coming down the pike? Economically and psychologically?
 - Chair Asimos suggested that the presentation focus on a forward look as opposed to what is currently being offered/ what we already know. Commissioner Lopez recommended looking for further information from the Institute for the Future.
- Commissioner Lopez will work with Chair Asimos to design a presentation with a focus on the future and the impacts of the pandemic on older adults.
 - There should also be an emphasis on coping skills and prevention.

Discussion of “Health California for All: An Environmental Analysis”

- Tabled until next meeting.

The meeting adjourned at 3:25 p.m.

Next Meeting: Mon., Oct. 12, from 12:30 – 2 p.m.