

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: OCTOBER 12, 2020	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jean Gunn, Diana López, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long, Jasmina Etemovic, Sylvia Barry (<i>MCCOA Commissioners</i>), Barbara Brown (<i>LITA</i>), Rhea Brown (<i>community</i>), Beryl Burke (<i>community</i>), Joanne Halliday (<i>Vivalon</i>), Katherine Kielich (<i>AAA RD</i>), Joanne Lang (<i>Novato Village community</i>)</p> <p>ABSENT: Salamah Locks</p>		
<p>RECORDER: Amy Dietz</p>		
<p>Next Meeting: Nov. 16 from 12:30 – 2 p.m.</p>		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order The meeting was called to order at 12:33 p.m. by Chair Asimos.</p> <p>Approval of the Agenda The agenda for October 12, 2020 was approved as written.</p> <p>Approval of the Minutes The September 21, 2020 minutes were approved as written.</p> <p>Open Time for Public Comment Commissioner López recommended the article, “Healthcare, the Best and the Rest.” She requested 10 minutes on the next agenda to share related information.</p> <p>Chair’s Report Chair Asimos gave an update on the intergenerational pilot between Dominican University and Marin Villages in which 19 Village members are paired with 19 students that are interested in</p>		

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

learning about various aspects of ethics. Students will talk to Village members by phone on a weekly basis for 14 weeks.

Nutrition Presentation:

- Staff member Dietz presented on four programs for older adult nutrition that had started or increased since the start of the pandemic: Great Plates, home-delivered meals (Area Agency on Aging and Vivalon Nourish) and the distribution of emergency/ shelf-stable meals.
- Kim Kulp, R.D., presented on food safety during a power outage. She distributed a hand-out, which will be used in the Great Age newsletter.
- This presentation met the FY 20/21 objective, “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.

Nov MCCOA Meeting:

- **Title TBD**
 - Commissioners are to send suggestions to Chair Asimos and Commissioner López.
 - Suggestions included:
 - “Maintaining Mental Health in the Age of Covid,” “Preparing for a Perfect Storm,” focusing on hope and opportunity.
- **Presenters: Chair Asimos and Diana López**
 - Chair Asimos will focus on how our environment is affecting our mental health, including the increase of depression and anxiety, and the increased need for services. She will differentiate between the disease of depression and depressive

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

syndrome, which can result from the isolation and depression caused by the pandemic. She will focus on how to be hopeful as opposed to feeling out of control.

- Commissioner López will present on a societal approach to the protection and promotion of mental health and mental health funding, ensuring widespread availability of emergency funding, and preparing for the future by building and strengthening programs. Will look at what other countries are doing and will offer information and ideas.
- Commissioner feedback:
 - Include importance nature and being outside to mental health (park representative?). Go through the types of things that might help.
 - How to identify if you are depressed? Depression can be episodic. People could be having an adjustment disorder.
 - Discuss stigma of mental health issues among baby boomer generation.
 - Other issues include domestic abuse and abuse of older adults.

The meeting adjourned at 2 p.m.

Next Meeting: November 16, 2020 from 12:30 – 2 p.m.