

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: MARCH 22, 2021	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
<p>PRESENT: Chris Asimos, Jasmina Etemovic, Jean Gunn, Salamah Locks, Diana López, Wendy Nuessle, Fred Silverman, Lauren Vreeland-Long, <i>Florence Williams, Rhea Brown</i></p> <p>ABSENT: Julie Hanan Friedman, Sylvia Barry</p>		
RECORDER: Amy Dietz		
Next Meeting: April 26, 2021 from 3:00 p.m. – 4:30 p.m.		
MINUTES SUMMARY		ACTION TAKEN/ RESPONSIBLE PARTY

<p>Call to Order: The meeting was called to order at 3:10 PM by Chair Asimos.</p> <p>Approval of the Agenda: The agenda for March 22, 2021 was approved as written.</p> <p>Approval of the Minutes: The February 16, 2021 minutes were approved as written.</p> <p>Open Time for Public Comment: None</p> <p>Presentation: County Suicide Prevention Efforts and Community Partnerships (Kara Connors, Senior Program Coordinator)</p> <ul style="list-style-type: none"> • Kara Connors explained the efforts being done by the County Suicide Prevention Collaborative and invited members of the committee to join. <ul style="list-style-type: none"> ○ Next meeting taking place on April 7, 2021 at 2 PM 	
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MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

- On May 24, 2021, there will be a presentation, “Building a Safe Community for Those in Distress: Suicide Prevention Among Older Adults in Marin”. Committee members are asked to get the word out.
- Staff member Dietz will send the slides and related flyers to members of the committee.

Chairs Report

- Would like to touch on family caregiving before the end of meeting.
- Related that a former patient had recently passed away.

Commissioner Vreeland-Long gave a presentation on Dr. Sanjay Gupta’s book “Keep Sharp at Any Age.”

- Staff member Dietz will send the slides to members of the committee.

Brief Report from the Telehealth Subcommittee

- Has not met since the last meeting. Will have more of an update at next commission meeting.

Review Objectives and Brainstorm Presentations in FY 21/22

- Staff member Dietz sent outdated document listing objectives. This item will be discussed at next commission meeting.

New Business:

- Commissioner Etemovic attended a presentation on Age – Friendly medicine (integration of services) at Kaiser. Pilot will start in Sonoma in Marin. The doctor was also appointed by Governor Newsom to speak on Master Plan for Aging. Commissioner Etemovic proposed having her speak at a committee or Commission meeting.
 - There was conversation about how better to promote the committee meetings and possible speakers.
 - There was conversation about whether this speaker should present at a committee meeting or full commission meeting.
 - Will be brought to April Executive Committee to determine if this presentation would be appropriate for a full commission meeting.
 - This could meet one of the committee’s objectives if there is a way to coordinate with Legislative Committee.
- Commissioner López discussed the possibility of having a panel with Aaron Alarcon Bowen, Executive Director of Public Authority, and the Family Caregivers Alliance Program Manager, to discuss

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

caregiving at May committee meeting,

- Depending on size of panel, may need additional time. The committee can record this presentation and post.
- Chair Asimos will invite 1-2 speakers for the April meeting on the topic of caregiving. Commissioner López will invite Aaron to join the meeting for discussion.

Staff Update:

- The AAA has hired a new Registered Dietician. Staff member Dietz will invite her to one of the upcoming meetings.
- There is a congregate meal pick-up program in place at Margaret Todd on Tuesdays and Thursdays. There will be a new site opening at Albert J. Boro on April 13.

New Business:

- Florence Williams invited a member of the committee to present to Seniors on the Move. Commissioner Silverman volunteered.

The meeting adjourned at 3:52 p.m.

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