

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: APRIL 26, 2021	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
PRESENT: Chris Asimos, Jasmina Etemovic, Jean Gunn, Salamah Locks, Wendy Nuessle, Lauren Vreeland-Long		
ABSENT: Diana López, Julie Hanan Friedman, Sylvia Barry, Fred Silverman		
RECORDER: Amy Dietz		
Next Meeting: May 24, 2021 from 3:00 – 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 was approved as amended to indicate that the minutes were from Mar. 2021.</p> <p>Approval of the Minutes: The Mar. 2021 minutes were approved as written.</p> <p>Open Time for Public Comment: None</p> <p>Chairs Report</p> <ul style="list-style-type: none"> • Not yet able to get representative from Family Caregivers Alliance to the meeting. <p>Family Caregiving</p> <ul style="list-style-type: none"> • Invite member of Family Caregivers Alliance to speak on present topics, including: <ul style="list-style-type: none"> ○ AARP adult family care options. 	
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- New activities and innovations re: biomarkers determined in lab reports.
- President Biden proposal on additional aid for caregivers.
- American Jobs Plan better paid homecare expansion.
- Millennials taking on more responsibilities for caregiving.
- Commissioner Gunn asked that presentation focus on state-of-the-art actions in caregiving that are happening in Europe.
- Commissioner López is also researching topics related to caregiving.
- Commissioner Nuessle recommended looking at cultural differences in caregiving and what can be learned, including monetary support. Also, that there be distinctions highlighting the needs of older adults and younger people with disabilities.

Brief Report from the Telehealth Subcommittee

- Meeting tomorrow.

Report from Commissioner Etemovic:

- Approached Dr. Kanio to discuss her work on age-friendly approaches to medicine. She is one of the presenters at the North Bay presentation on the Master Plan on Aging taking place on May 12, 1-3 p.m. Decision: members of the committee will attend the presentation and then decide what topics to ask her to speak on.

Review Objectives and Brainstorm Presentations in FY 21/22

Staff member Dietz informed the committee that it is her understanding that each committee sponsor two general commission presentations. The objectives below can be fulfilled by a committee presentation or a general commission presentation after July 1, 2021.

- The MCCoA Health & Nutrition Committee will partner with the Legislative Committee to prepare a presentation that supports mental health services parity for older adults.
 - Work with Legislative Committee to determine if there are bills that Health and Nutrition can assist in advocating for.
 - Ask Commissioner López to put together a presentation on upcoming legislation in California on mental health services next month.
- The MCCoA Health & Nutrition Committee will research Europe's innovative approaches to nursing

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home design and management and share findings with the members of the MCCoA and our constituents via a presentation and/or Great Age newsletter.

- Commissioner Vreeland-Long will coordinate with Chair Asimos on a related presentation. This will start as a committee meeting and will be put forward to the Executive Committee to occur as a general commission meeting in July.
- The MCCoA Health & Nutrition Committee will support the commission's efforts to deliver a 2021 annual health forum on telehealth services and bridging the digital divide.
 - This objective will be "revised" in the Area Plan to have occurred in FY 20/21.
- The MCCoA Health & Nutrition Committee will write an article for the Great Age newsletter about the Intergenerational Program designed and implemented by Chris Asimos.
 - Staff member Dietz informed the committee that the future of Great Age newsletter is under discussion.

New Business:

- Commissioner Vreeland-Long was contacted by Park Place Hearing to present on audiology and hearing issues. Topic "Things About Hearing Loss that You Might not Realize are Related."
 - Committee is interested, but emphasized that it cannot be a promotional or marketing presentation. Must be a general presentation on information only.

Staff Update:

- Staff member Dietz announced that Kari Bell will be taking minutes for this committee in the future.
- Staff member Dietz recommended that Jenna Ray, the new AAA RD, present on the congregate meal pick-up program at the next committee meeting.
- Committee members should email agenda topics to staff and the chair.

The meeting adjourned at 3:52 p.m.

Next Meeting: May 24, 2021 from 3:00 p.m. – 4:30 p.m.