COMMITTEE: HEALTH & NUTRITION  
DATE: JANUARY 18, 2022  
LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM

PRESENT: Jasmina Etemovic, Diana López, Wendy Nuessle, Fred Silverman, Lauren Vreeland Long, Jenna Ray

Excused:

ABSENT: Ralph Marchese

RECORER: Amy Dietz

Next Meeting: February 21, 2022 via Zoom

MINUTES SUMMARY

Presentation: Jenna Ray “Nutritional Supplements for Older Adults”

Call to Order:

The meeting was called to order at 4:09 p.m. by Chair Etemovic.

Approval of the Agenda:

- Commissioner Vreeland Long made a motion to approve the Jan. 18, 2022 agenda.
- The motion was seconded by Commissioner Nuessle.
- Motion Carried 5-0.

Approval of the Minutes:

- Commissioner Vreeland Long made a motion to approve the Dec. 2021 minutes.

ACTION TAKEN/ RESPONSIBLE PARTY

Dietz will send a copy of the presentation to those who request it.
• The motion was seconded by Commissioner López.
• Motion Carried 5-0.

Open Time for Public Comment:

• N/A

Chairs Report (Etemovic)

• Worked on flyer for February presentation and discussed methods of distribution.
• Speakers:
  o Dr Wyntenele Canlas Canio, MD, AGSF Geriatrician and Psychiatrist
• She will forward to Alzheimer's Association and West Marin Senior Center.
• The committee discussed other target audiences and receiving mailing lists.
  o Kevin Colgate; Marin Villages; Margaret Todd; AAI; Age-friendly networks
• Commissioner López that people keep track of who they send the flyer to.
• Spoke with Lorraine Wilson about possible collaboration.
• Participating in Women's and Youth Commission meeting on Tues. Jan. 25.

Vice-Chair Report (Vreeland Long):

• March presentation: Family Caregiving Alliance and a Family Caregiver speaker

Bylaws:

• Reviewed existing bylaws pertaining to the Health and Nutrition Committee:
  o Health/Nutrition Committee: This committee identifies and studies health care and nutrition issues of interest and concern to older adults of Marin and makes recommendations to the Commission for Action. When appropriate, this committee assists in the development of the Area Plan objectives related to these interests and upon request by the Agency, assists Agency staff in monitoring the County’s Title III-funded Nutrition Program.
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### Objectives:

- Committees will not put their objectives in the Area Plan.
- Committees to draft objectives in May.

### Staff Updates

- Grab and Go has started with a new vendor, Council on Aging.

### Announcements:

- N/A

### Action items:

- Commissioner López on next month’s agenda to give a presentation re: Montessori and dementia management.
- Commissioners to keep track of who they contacted with flyers.

### Adjourned:

The meeting adjourned at 5:02 p.m.

### Next Meeting: February 21, 2022.