

MARIN COUNTY COMMISSION ON AGING
Committee Meeting NOTES

COMMITTEE: HEALTH & NUTRITION	DATE: NOVEMBER 15, 2021	LOCATION: VIRTUAL MEETING CONDUCTED THROUGH ZOOM
PRESENT: Jasmina Etemovic, Diana López, Fred Silverman, Lauren Vreeland Long, <i>Rhea Brown, Gail Matthews</i>		
Excused: Chis Asimos, Salamah Locks, Wendy Nuessle, Ralph Marchese		
ABSENT:		
RECORDER: Amy Dietz		
Next Meeting: Dec. 20, 3:30 – 5 via Zoom		
MINUTES SUMMARY		ACTION TAKEN/ RESPONSIBLE PARTY

<p>NO QUORUM: NOTES</p> <ul style="list-style-type: none"> • Gail Matthews introduced herself as a retired psychologist interested in learning more about and participating in the work of the committee. <p>Presentation: “Nutrition and Osteoporosis” (Jenna Ray, AAA RD)</p> <p>Chairs Report:</p> <ul style="list-style-type: none"> • Chair Etemovic announced that Lorraine Wilson from HHS Behavioral Health and Recovery Services will present on the program “Help at Hand”. Presentation will be 30 minutes. Recommended that there be a specific flyer to advertise the meeting. <ul style="list-style-type: none"> ○ Will work with staff member Dietz to develop a flyer. ○ Will ask Lorraine for her bio and flyer content. ○ MCCOA Communications Committee may come to the committee to announce their plan. 	<p>Staff member Dietz will work with Chair Etemovic on flyer for Dec. committee</p>
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- Send flyer to commissioners and possibly to AAI for their newsletter.
- Discussed developing a list-serve

● **January MCCOA Meeting:**

- “The Effects of Climate Change on the Physical and Mental Health of Older Adults”
- Commissioner Brilliant and Chris Asimos sent referrals for possible speakers.
- Chair Etemovic is reaching out to potential speakers.
 - Dr. Mary Prunicki (Stanford), focus on climate change and physical health in older adults.
 - Dr. Robin Cooper (UCSF), focus on climate change and mental health in older adults.

● **February Health and Nutrition Committee Presentation**

- Hour-long presentation on dementia and Alzheimer’s. In process of finalizing speakers and their specific talking points. This fits into the California Master Plan.
- Discussed methods of outreach, including Equity and Outreach Committee listserv, NextDoor, AAI, etc.

Vice-Chair Report:

- Vice-Chair Vreeland Long asked that at the end of the meeting there be a re-iteration of action items. This will be included in the next agenda.
- Will collect emails to create a listserve.

Upcoming Presentations:

- Family Caregiver Alliance

May Health Forum Discussion:

- Commissioner López stated that “Affording Aging” will be the likely topic of the May Health Forum. will talk to the Planning Committee about taking the lead and collaborating with Health and Nutrition Committee if this topic was chosen.

meeting.

Commissioner Vreeland Long will collect emails to create a listserve.

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Staff Update:

- There has been an IFB released for a Culturally Appropriate Asian-Inspired Home Delivered Meal Vendor.

Announcements:

- Commissioner López announced that there will be a retreat in January.

New Business:

- The committee will invite Jenna Ray, the AAA Registered Dietician, to speak every other month. At the next meeting she will present on osteoporosis.

Next Meeting:

Dec. 20, 2021 from 3:30 - 5 p.m.