



HEALTH AND NUTRITION COMMITTEE MEETING MINUTES

January 21, 2026 – 12:30 – 2:30 pm
Draft – For review at the February meeting

Minutes Summary

RECORDER: Sue Krenek, Staff, Area Agency on Aging (AAA)

LOCATION: 10 N San Pedro, Room 1018, San Rafael

PRESENT: Committee members Lindsay Alexovich, Rhea Brown, Joan Clemmons, Barry Phegan, and Kay Winer, Commission member Kristi Denton Cohen, Amber Carroll of Front Porch, Kalpana Mehta of San Rafael Goldenaires, and AAA staff member Camille Jolly

EXCUSED: **ABSENT:**

Call to Order and Roll Call

Chair Brown called the meeting to order at 12:32

Approval of Agenda

Motion Winer, Seconded Phegan, approved 5-0.

Approval of Minutes

Motion Alexovich, Seconded Phegan

- Clarification that the program AAA Program Manager Jolly discussed at the December meeting is the First Responder 911 program. Correction that next meeting date should appear as Jan. 21, 2026.
- With clarification and correction, passed 5-0.

Presentation: Front Porch's Virtual Community Programs:

- Amber Carroll, Senior Director of Connection Programs, described Front Porch's work to create virtual community for older adults. The Well Connected and Well Connected Español programs provide free classes, conversations and other activities, all organized around common interests. Programs are provided in videoconference and audio-only formats and are available nationwide to adults over age 60.

Chair's Report: Commissioner Brown

- Wants to help spread the word about LITA's visitor program and the need for volunteers.
- Is working to schedule a listening session on social isolation with the Goldenaires at the San Rafael Downtown Community Center.
- Attended last week's Equity & Inclusion Committee meeting and expects that all committees will need to fold their work into a single short presentation to the Board of Supervisors.
- Attended this morning's listening session, which focused on sharing experiences across different communities in District 2.

Vice Chair's Report: Commissioner Winer

- No report.

Marin Food Policy Council: Commissioner Brown

- MFPC did not meet in December. This month there was a field trip to the SF/Marin Food Bank's "community market" in the Western Addition area of San Francisco, as there is interest in replicating this model in Marin City and the Canal area.

BHSA Plan: Commissioner Clemmons

- There was no December meeting, and there is still high uncertainty about how funds will be allocated.

Staff Report: Camille Jolly

- First Responder 911 Program: HHS staff met with staff from the Office of Emergency Services on January 12 to promote the program.
- Congregate Meals transition: San Geronimo has started with their new vendor and it's going well. Dee's Organics starts as the vendor at the other sites in February, and Meals on Wheels has been providing meals in the meantime.
- Congregate Meals name change: The Health & Nutrition Committee selected 3 finalists in December. The Commission gave feedback at the January General Meeting, and participants will give feedback in February.
- Fall prevention RFP: Will likely be published in late January.
- OneDoor/473-INFO media campaign: Three proposals have been received and are being evaluated by a panel that includes representatives from MCCOA.

Discussion & Voting

- Proposed presentation to the Board of Supervisors: The Committee reviewed the presentations it has heard on various programs that combat social isolation and discussed possible actions it might recommend to the Board. There was discussion of ideas that arose at the District 2 listening session, including San Anselmo's experience with a door hanger campaign and the idea of countywide messaging, either through a mailer or by creating content that could be provided to the Supervisors and to various cities/towns for inclusion in their newsletters.

New Business and Announcements

Agenda items for the February meeting will include:

- Quarterly ombudsman report

- Next steps on social isolation

Adjournment:

The meeting adjourned at 2:35.

Motion Clemmons, Seconded Winer, approved 5-0.

Next meeting: 12:30pm – 2:30pm on February 20, 2026