



HEALTH AND NUTRITION COMMITTEE MEETING MINUTES

February 20, 2026 – 12:30 – 2:30 pm

Minutes Summary

RECORDER: Amy Dietz, Staff, Area Agency on Aging (AAA)

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

PRESENT: Committee members Rhea Brown, Joan Clemmons, Barry Phegan, Lindsay Alexovich, *Kristi Denton Cohen, Lauren Elkin, Ed Shultz, Gene Ng, Camille Jolly, Dan Steckline, Brian Perez*

EXCUSED: Kay Winer **ABSENT:**

Call to Order and Roll Call

Chair Brown called the meeting to order at 12:32

Approval of Agenda

Motion Phegan, Seconded Clemmons, approved 3-0.

Approval of January Minutes

Motion Clemmons, Seconded Phegan, approved 3-0.

Open Time for Public Expression

Presentation: Dan Steckline, Quarterly Ombudsman Update

Chair's Report: Commissioner Brown

- The Marin Organizing Committee met and the issue of transportation for older adults and persons with disabilities was brought up as an issue of equity. They are exploring the possibility of partnering with a service, GoGo Grandparent.
- Attended "What About Age?" presentation at Margaret Todd Senior Center and the "What About Age" art presentation at the Civic Center.
- Will be partnering with LITA to get more volunteers.

- Asked committee members to distribute CalFresh postcards and LITA brochures.

Vice Chair's Report: Commissioner Winer

- No report.

Marin Food Policy Council: Commissioner Brown

- Jan. meeting was a community market tour in San Francisco. Five organizations in Marin will be working together to replicate the program.
- Market Match funds, a program that allows CalFresh recipients to double the value of their vouchers at farmers markets/ stands, will run out in 2027. There is a request at the state level to make this a permanent program.

BHSA Act Update: Ed Shultz

- It was unclear as to how money would be spent. There is now an RFP for Caring Connections, a mental health services program for older adults.

Staff Report: Amy Dietz

- New congregate meal vendor, Dee's Organics, has gotten positive feedback.
- Sites will be voting on a new name for the program. We hope to have results by the next MCCOA meeting.
- Fall Prevention RFP is up on the website. Proposals will be reviewed in the coming month.

Social Isolation and Listening Session

- Flyer for the program, "Social Connection and Well-Being: A Community Conversation," on Fri., March 27 at the San Rafael Community Center, were distributed.
 - Commissioners Phegan, Clemmons, Winer, and Elkin volunteered to lead small group discussions and record.
 - Determine 3-5 questions.
 - Ad hoc event planning committee: Commissioners Brown, Clemmons, Phegan, Denton Cohen.
 - Post on Next Door, Age Friendly, and different places.
 - The group discussed possible questions using different guides.
 - End of a positive note. What has helped you and others you know?
 - What do you think would help someone who is feeling socially isolated or lonely?
 - What would you suggest as solutions for people who feel isolated/ lonely?
 - Say up front: why we are doing this?

New Business and Announcements

Agenda items for the March meeting include:

- Presentation and draft report from Elkin and Phegan on social isolation.

Adjournment:

The meeting adjourned at 2:37.

Motion Phegan, Seconded Clemmons, approved 3-0.

Next meeting: 12:30pm – 2:30 pm on March 16, 2026