



HEALTH AND NUTRITION COMMITTEE MEETING MINUTES

March 16, 2026 – 12:30 – 2:30 pm

Minutes Summary

RECORDER: Camille Jolly, Staff, Area Agency on Aging (AAA)

LOCATION: 10 N San Pedro, Room 1018, San Rafael and 2623 Canyon Dr., Los Angeles, CA 90068.

PRESENT: Committee members Rhea Brown, Kay Winer, Joan Clemmons, Barry Phegan, Lindsay Alexovich, *Kristi Denton Cohen, Lauren Elkin, Camille Jolly, Michelle Levine, Barbara Brown, Zaw Wei Htoo*

EXCUSED: **ABSENT:**

Call to Order and Roll Call

Chair Brown called the meeting to order at 12:32

Approval of Agenda

Motion Phegan, seconded Alexovich, approved 5-0.

Approval of February Minutes

Motion Phegan, seconded Winer, approved 5-0.

Open Time for Public Expression

Michelle Levine - Vivalon Program Manager

- Thanked Commissioners for being at recent events, including Tracy Gendron presentations.
- Vivalon is hosting a train-the-trainer for Matter of Balance classes on April 3. Vivalon is looking for a people who are interested in being a Matter of Balance instructor. There is a \$960 stipend with a commitment of 32 hrs.

Chair's Report: Commissioner Brown

- April 7th - 1-3 pm. Vivalon has asked the MCCOA to have a table at their Annual Health Fair,

in partnership Dominican Nursing department. Last year over 100 people attended. Commissioner Brown tabled with AAA I & A team last year.

- Commissioner Brown attended Tracy Gendron lecture at Vivalon.
- Age Friendly San Rafael - Planning to do training with first responders on interacting with older adults.
- Asked committee members to distribute CalFresh postcards and LITA brochures.

Vice Chair's Report: Commissioner Winer

- Food Bank - giving away fresh food every day to TSA workers.

Marin Food Policy Council: Commissioner Brown

- Meeting is tomorrow and focused on local vendor priority programs designed to support local mobile food vendors.

BHSA Act Update:

- Important to advocate for and protect behavioral health programs for older adults. Fliers to be sent out.

Staff Report: Amy Dietz

- We hope to have results on new Congregate meal program name in next day or two.
- Fall Prevention RFP closed last week on Thursday 12th.
- AAA provided brief history and explanation of AAI and the process of getting to this point.

Discussion, Voting:

- Presentation on social isolation and proposed next steps (Commissioner Elkin)
 - Commissioner Elkin reviewed Social Isolation PowerPoint presentation. Commissioners discussed how to use the slide and what the next steps should be. Plan is to present the social isolation presentation at a future General Commission meeting (June) with an ask for Commissioner to use this information and report back to districts/Age Friendly etc. Report and learnings from listening session could be added to this presentation.
 - Four weeks prior to presentation, committee will give final presentation to AAA for accessibility review.
- Planning for Community Listening Session in San Rafael on Fri. March 27 from 12:30-2:30 pm.
 - Committee discussed logistics for the meeting. Committee discussed facilitator questions for the session.

Commissioner General Announcements - None

Business Items for the Next Agenda - None

Adjournment:

The meeting adjourned at 2:32pm.

Motion Phegan, seconded Winer, approved 5-0.

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