Health & Nutrition Committee – Meeting Minutes

September 23, 2025, 12:15 – 2:15 pm
Draft – For review at October meeting

Minutes Summary

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

LOCATION: 20 N San Pedro, Muir Woods, San Rafael

PRESENT: Committee members: Rhea Brown, Joan Clemmons, Robert Holtz, Barry Phegan, Kay Winer, Suresha Hill. Others: *Chair* Lauren Elkin

EXCUSED: Lindsay Alexovich
ABSENT: None

Call to Order and Roll Call
Chair Brown called the meeting to order at 12:20.

Approval of Agenda
Motion Phegan, seconded Holtz, approved 5-0.

Approval of July Minutes
Motion Winer, seconded Holz, approved 5-0.

Open Time for Public Expression
Commissioner Hill- introduced herself to the committee.
Chair Elkin- Shoutout to Vivalon for an excellent Fall Prevention Presentation. Chair Elkin is giving a fall prevention presentation to a large older adult social group in Novato tomorrow.
Chair Brown- ongoing Vivalon Fall Prevention Activities this week
Commissioner Holz- Age Friendly Fairfax project - delivering packages to homes
Commissioner Clemmons arrived at 12.30pm.

Presentation: Long Term Care Ombudsman Quarterly Report (Dan Steckline)

- Team had a recent retirement and are in process of recruiting to fill this gap
- A temporary full-time SW just finished. This was finded by One time money which has

ended. OMB will try and go back next year to get more money again. Money came from nursing home fines. OMB wants to rely more on staff and less on volunteers to get the work done.

- Partnership has been providing 60 day notices to people in nursing homes and telling them they don't qualify to be there. We are seeing many of these notices. Some of these people have been living in nursing homes for 10 years. OMB is trying to assist and find a place for these people. The challenge is that there is very little places for these residents to go. Assisting Living Waiver Program for those that are willing to go out of county. Also discussed other potential options.
- Discussed fall prevention activities and data collection about how CCL manages falls and how they cite facilities.

Chair's Report: Commissioner Brown

- Committee partnering with Vivalon in Fall Prevention Week. We are helping put the word out.
- Will be partnering with Alzheimer's Association- Oct 28 (tentative) Brain health and memory- understanding changes and taking action. No site yet.
- November 13th- Age Friendly San Rafael- Roundtable with non-profits that do work with older adults. 10.30-12.30 at San Rafael Community Center. Ways to work together and collaborate. Committee might throw into the discussion affordable assisted living in Marin.

Vice Chair's Report: n/a

- The Vice Chair position is currently vacant.

Marin Food Policy Council: Commissioner Brown

- Meeting last week Sept 15th
- Food is Medicine
- Creating a more accessible and equitable system
- Tour of the Ritter Center next month October 20th- a community market. A way of providing food in a store like setting. Food Policy Center has been supporting this venture.
- Food Policy Council may be disbanding. They have had challenges recruiting others to steering committee. Also grant funding the work has run out.

BHSA Act Update:

- None.
- Commissioner Holtz is considering taking a look at this and considering if he might attend and report back

Staff Report: Camille Jolly

- OA III Interview this week
- Sue- one day a week through
- RFP- Congregate meal
- Mill Valley Rec Center- Friday congregate meals
- One Door
- ADRC- Rhea B
- Flier- HDM Volunteers

Discussion, Voting:

- Planning for FY 26/27 and Next Steps
    - Discussed what do we want to bring to the retreat
    - Reflected on the work the committee did last year- What About Age and the Social Isolation Forum, Community Presentations, Ride alongs with Vivalon.
    - Discussed next steps.
    - Camille to get some information from the USAging Presentations on social isolation

- Vivalon Fall Prevention Week: https://vivalon.org/fpweek/

- Alzheimer's Association Event and Partnership- Dr. Caneo presentation (Kaiser)
    - Planning for October 28th. Still looking for a venue.
    - Meeting with Shelly Dubroviski from Alzheimer and Jenay Cottrell October 1st for planning

Commissioner General Announcements:
Commissioner Phegan- Working with Larkspur Library in setting up age friendly activities in the new year.

Meeting Time and Schedule:
Jan and Feb meetings are both holidays and will need to rescheduled. Group agreed to change meetings to January 19th and Feb 16th 12.15-2.30

Business Items for the Next Agenda:

Adjournment:
The meeting adjourned at 2:15 pm.
Motion Holtz, seconded Phegan, approved 6-0.

Next meeting: 12:15pm – 2:15pm on October 19th , 2026