

MARIN HEALTHCARE DISTRICT

100-B Drakes Landing Road, Suite 250, Greenbrae, CA 94904
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Board of Directors Lease, Building, Education and Outreach Committee Monday, August 18, 2025 @ 5:15 PM Marin Healthcare District Office

MINUTES

1. Call to Order

Chair Rienks called the meeting to order at 5:16 pm.

2. Roll Call

Committee members present: Jennifer Rienks, PhD (Chair), Samantha Ramirez (Board Member); Kathy Taylor (Community Member); Molly Koehler, MD (Community Member)

Staff present: Jill Kinney (VP Marketing and Communications); Tricia Lee (EA)

Guest present: Jill Sowards, Gardening Instructor

3. Public Comment

There was no public comment.

4. Approval of the Agenda/Approve of Minutes

Agenda approval: Ms. Taylor moved to approve the agenda as presented.
Director Ramirez seconded. **Vote: all ayes**

Minutes approval: Ms. Taylor moved to approve the minutes of the meeting of July 7, 2025.
Director Ramirez seconded. **Vote: all ayes**

5. Health Seminar: Growing Your Own Food

Guest presenter Jill Sowards introduced her proposal for an interactive “Growing Your Own Food” seminar.

Seminar Objectives:

- Encourage community members to grow their own food as a way to improve nutrition, wellness, and self-sufficiency.
- Provide participants with basic gardening skills, from seed starting to transplanting and harvesting.
- Ensure the event is hands-on, with take-home starter kits to support continued learning.

Presentation Overview:

- Topics Covered: Benefits of home gardening, plant life stages (seed, sprout, mature plant), soil preparation, and low-cost techniques using repurposed household items.
- Hands-On Component: Attendees will sow seeds in trays during the session, practice “pricking out” seedlings for transplanting, and learn how to cultivate microgreens and herbs indoors or outdoors.

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- Take-Home Items: Seed trays, sprouts, or potted herbs (e.g., mint) to provide both immediate use and longer-term gardening experience.

Format & Group Size:

- Ms. Sowards recommended limiting each session to 25 participants for maximum engagement, though up to 50 participants could be accommodated with staff or volunteer support (e.g., student helpers).
- Sessions would combine a short PowerPoint presentation with practical demonstrations.

Location & Cost Discussion:

- Marin Art & Garden Center (Barn): Quoted at \$300/hour weekdays before 5 p.m., \$450/hour evenings, \$550/hour weekends. Two-hour rental likely required (setup/teardown).
- Alternative Venues: Robson-Harrington Park in San Anselmo, Faulkner Mansion, and San Rafael B Street Community Center were discussed as lower-cost, accessible alternatives with flexible indoor/outdoor space.
- Estimated overall budget: \$5,000 (venue, instructor fee, promotion, materials). Hosting multiple sessions could help distribute costs and expand reach.

Timing:

- Tentatively scheduled for late September or early October 2025, with preference for an indoor or hybrid indoor-outdoor venue to reduce weather risks.
- The committee also discussed the potential for offering the seminar as a series of gardening/health-focused workshops in the future.

Next Steps:

- Staff to confirm venue pricing and availability (Marin Art & Garden Center, Robson-Harrington, Faulkner, B Street Community Center).
- Ms. Sowards to provide estimates for participant take-home kits (seed trays, sprouts, herbs).
- Staff to prepare a preliminary budget including venue, instructor, and promotional costs.
- Committee to finalize event timing and session structure (single vs. multiple sessions, group size).

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6. Future Seminar Topics

Chair Rienks discussed offering first responder training on mental health crisis response, including use of restraint systems and alternative approaches. Potential partners could include MarinHealth clinicians, the Mobile Crisis Unit, and NAMI Marin. The Committee agreed this topic is important and will explore further.

7. Website Data/Traffic Updates

Ms. Kinney reported that website tracking has been updated in response to recent litigation regarding data privacy and pixels.

- Unauthorized tracking pixels were removed.
- A new cookie/consent system is in place for compliance.
- Analytics can now be used to track seminar video views and site visits, though data will vary depending on user cookie preferences.

8. Adjournment

Chair Rienks adjourned the meeting at 6:18 pm.