



**VENTURA COUNTY AREA AGENCY ON AGING
Senior Nutrition & Health Committee Meeting**

AGENDA

Committee Chair – Sue Tatangelo

January 8, 2020

11:00 a.m. – 12:00 p.m.

Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura (805) 477-7300

- 1. Welcome and Introductions**
- 2. Public Comments**
- 3. Review & Approval of Minutes – November 13, 2019 meeting**
- 4. Mission Statement – Future Committee Goals**
 - **Timeline**
 - **Objectives**
 - **Action steps**
- 5. Other Committee Involvement/Notification:**
 - a. Transportation & Housing
 - b. Optimal Aging
 - c. Planning and Allocation
 - d. Optimal Aging
 - e. By-Laws
 - f. Executive
- 6. Other Business**
- 7. Next Meeting: 11 a.m. Wednesday, March 11, 2020**
- 8. Adjournment**

Mission & Goals Continued Discussion

The Senior Nutrition and Health Issues Committee

Proposed Mission (as revised):

To provide guidance to VCAAA and develop strategies to address nutrition, physical activity, and health issues relating to older adults.

Proposed Goals (as revised at the May 8 meeting):

1. Increase public awareness of the food insecurity issues facing seniors in Ventura County and promote nutrition counseling and education to ensure that older adults have access to nutritional meals, fresh fruits, and vegetables; as well as information to make healthy choices.
2. Work toward preventive health measures and fall prevention by identifying chronic disease in communities, educating seniors about flu shots and other immunizations as well as hygiene-related illnesses and diseases, finding solutions for healthier living for seniors, and promoting evidenced-based physical activity.
3. Advocate for and improve the current level of health care for Ventura County seniors by continuing to work with health care professionals, stakeholders and service providers.
4. Collaborate with public agencies and other stakeholders on strategies for disaster planning, health emergencies, case management, brain health, caregiver support, and ways to address loneliness and isolation for those living alone.
5. Collaborate with community-based organizations to 1) advocate for mental health and substance abuse programs that serve older adults; 2) support the Dementia Friendly Ventura County movement; and 3) train staff in geriatrics.