VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING

March 14, 2018
9:00 a.m. to 11:00 am
Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura

VCAAA Advisory Council Role - To provide leadership, input, and advocacy as facilitators between VCAAA and the community, in support of VCAAA’s mission.

VCAAA Role – VCAAA is the responsible agency to seek, serve, administer and manage available funding to ensure resources are allocated to serve Ventura County, creating integrated community based services where older adults and people with disabilities can age in their community with dignity and respect.

AGENDA

9:00 a.m.  1.  Call to Order and Agenda Review  Toni Olson

2.  Pledge of Allegiance  Toni Olson

3.  Approval of Area Agency on Aging Advisory Council Minutes of January 10, 2018

4.  Public Comments

Procedure: The public is welcome to comments. All comments not related to items on the agenda may be made at the beginning of the meeting only. Comments are limited to three minutes per person.

5.  Consent Agenda Items  Toni Olson
   5.1  Senior Nutrition Committee Report from January 22, 2018
   5.2  Optimal Aging Committee Report from February 28, 2018

DISCUSSION ITEMS/PRESENTATION/MOTION

6.1  Health and Mortality Statistics for the 65+ Year Population  Erin Slack, Epidemiologist

6.2  Strategic Plan Update for FY 2018-2019 Public Hearing  Toni Olson

6.3  Discussion regarding VCAAA Legislative Agenda for FY 2017-2018  Victoria Jump

6.4  Outreach Update and Discussion – Information and Assistance Call Center and Volunteer Program Update  Monique Nowlin

6.5  Approval/Modification/Discussion of the VCAAA FY 2018-2018 VCAAA Strategic Plan Update  Victoria Jump
6.6 Formation of a Nominating Committee for Election of Officers for FY 2018-2019, One (1) Service Provider for FY 2018-2020, three California Senior Legislators (CSL), and One Focused Population Veterans Representative

Toni Olson

INFORMATIONAL ITEMS

7. Advisory Council Meeting Schedule for FY 2017-2018
   Victoria Jump

8. Other Committee Meetings:
   a. California Senior Legislature Update
   b. Triple A Council of California Update
   c. VCAAA Foundation Update
   d. Dementia Friendly Ventura County
   Glasmeier Witt Hartmann Sherbok Jump

9. Comments from the Chair
   Toni Olson

10 California Commission on Aging Age Watch from February 2018
    Toni Olson

11. Other Business
    Toni Olson

11:00 am 12. Adjournment
    Toni Olson

The next meeting will be:
Wednesday, May 9, 2018 (9:00 am – 11:00 am)
Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura

Individuals who require accommodations for their disabilities (including interpreters and alternate formats) are requested to contact the Area Agency on Aging staff at (805) 477-7300 at least three days prior to the meeting.
1. Call to Order and Review of Agenda - The meeting was called to order at 9:10 a.m. by Chair Toni Olson (Simi Valley COA).

2. Pledge of Allegiance – Rose Gossom led the Pledge of Allegiance. A quorum was present.
3. Approval of Area Agency on Aging Advisory Council Meeting Minutes - The minutes of the November 8, 2017, meeting were approved. (Tatangelo/Gossom/Passed).

4. Public Comments –

Larry Hartmann mentioned that the Senor Congress would be meeting on Sacramento in February

During public comments a question was asked about the agency response during the Thomas Fire which led to a long discussion on needs and potential response.

5. Consent Agenda Items – The consent agenda containing the Planning and Allocation Committee Report from December 14, 2017 and the Senior Nutrition Committee Report from November 13, 2017 was accepted. (Evans/Tripoli/Passed).

6. Discussion Items/Presentation/Motion

6.1 Planning and Allocation Committee Report and Recommendation to Approve FY 2017-2018 Grant Amounts for Unallocated Funds and to Increase VCAA Services. Brian Murphy presented the report. (Owens/Evans/Passed). Martha Shapiro, Sylvia Stein and Sue Tatangelo abstained from the discussion and vote.

6.2 Strategic Planning for FY 2018 and Beyond – Redefining Goals and Priorities. Where can we have the greatest impact? Facilitator Kathy Peterson led the council through a strategic discussion of two questions:

1. What do you see as the Advisory Council’s role in support of the agency
2. What do you see as the agency’s role in support of seniors, adults with disabilities and their caregivers

Ac members also prioritized services that the agency offers directly or by contract as a means to determine where focus should be given over the coming months and years. The results will be included as part of the FY 2018-2019 Strategic Plan update.
7. **Advisory Council Meeting Schedule.** The meeting schedule for FY 2017-2018 was included for informational purposes.

8. **Other Committee Meetings** – Bill Witt provided an update on CSL including their upcoming events (Walk the Halls of the Capitol) and tax check off line.

9. **Comments from the Chair** – Toni thanked everyone for their participation at the meeting and mentioned that copies of the LiveWell guide were available to take back to the cities.

10. **California Commission on Aging Age Watch from November 2017 and January 2018** - included for informational purposes.

11. **Other Business** – AC members discussed the farmers market program success (#1 in California last year), senior nutrition placements are available to take back to the meal sites, the need for a future agenda item on disaster planning and that the Ventura County Health Care coalition would be soon doing another training.

12. **Adjournment** – the meeting was adjourned at 11:10 am.
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TO: VCAA Advisory Council Members

FROM: Vicki Tripoli, Committee Chair

DATE: January 22, 2018

SUBJECT: Senior Nutrition Committee Report from January 22, 2018

Senior Nutrition Committee Members Present
Jay Evans (Camarillo COA)
Rose Gossom (Supervisorial Appointee)
Toni Olson (Simi Valley COA)
Alice Sweetland (Oxnard COA)
Vicki Tripoli (Moorpark COA) – Chairperson

Senior Nutrition Committee Members Absent
None

VCAA Staff Present
Marleen Canniff, Grants Administrator

Guests – Suzanna Colwell, Simi Valley SNP Service Provider

1. Call to Order – Chairperson Vicki Tripoli called to order the meeting at 10:05 a.m. A quorum was present.

Welcome and Introductions

2. Public Comments – none

3. Approval of Minutes from the 9/18/2017, 10/16/2017 and 11/13/17 Meetings – Approval of the minutes from the prior three meetings passed unanimously.

4. Meal Count and Cost per Meal Year-to-Date – VCAA meal sites served 105,706 meals year to date, which is 107% of the baseline contract amount. While 16,556 meals were served in December, the program had a 7% decrease from last month’s meal counts with the same number of service days in the month. The average number of congregate meals served per day grew from 234 last month to 246 YTD, and the average number of home-delivered meals per day grew from 427 last month to 463 YTD. Jordan’s-supplied meal count was 14,254 for the month, and the non-Jordan’s meal count was 2,302. While VCAA’s budgeted food cost is $4.00 per meal, Jordan’s-supplied food cost year to date is at $3.64. As of December 31, 2017, there is a countywide waitlist of 13 homebound seniors on the Home-Delivered Meal program, which should be dissolved by February.
a. **Revised service units for contracted meals through June 30, 2018** – Meal providers are currently serving at 97% of amended contract service levels.

5. **SNP Grant Funding Per Meal Reimbursement Policy**

The committee further discussed the Funding Per Meal Reimbursement Policy.

- A motion was made to ensure program funding for baseline contracts continue to be based on the funding formula’s standard funding per meal ($2.75 per congregate meal and $3 per home-delivered meal):
  - Reimbursement of original contracted services will be based on meal providers meeting the quality performance standards specified in the agreement, while reimbursement of one-time-only funds will be on a per-meal-served basis. (Jay Evans/Toni Olson/Passed)

6. **SNP Site Donations/Program Income**

Staff reported the donation/program income amounts of each SNP meal site for the second quarter of FY1718. The Congregate (C1) Program has an average total of $1.14 in donations per meal, while the Home-Delivered Meal (C2) Program has $0.71 in donations per meal, totaling $0.86 in donations per meal for both programs. The donation projected total for Fiscal Year End (FYE) 2017-18 is $181,213.

**FY1718 Donations per Site – Q2**

(July 1, 2017 Thru December 31, 2017)

<table>
<thead>
<tr>
<th>Site</th>
<th>C1 Donations</th>
<th>C1 Actual Meals</th>
<th>C1 Donations per Meal</th>
<th>C2 Donations</th>
<th>C2 Actual Meals</th>
<th>C2 Donations per Meal</th>
<th>C1 &amp; C2 Donations</th>
<th>C1 &amp; C2 Meal Counts</th>
<th>C1 &amp; C2 Donations per Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camarillo HCD</td>
<td>$498</td>
<td>212</td>
<td>$2.35</td>
<td>$10,191</td>
<td>11,863</td>
<td>$0.86</td>
<td>$10,689</td>
<td>12,075</td>
<td>$0.89</td>
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<tr>
<td>Fillmore</td>
<td>$2,941</td>
<td>3,870</td>
<td>$0.76</td>
<td>$634</td>
<td>1,928</td>
<td>$0.33</td>
<td>$3,575</td>
<td>5,798</td>
<td>$0.62</td>
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<tr>
<td>Moorpark</td>
<td>$1,525</td>
<td>1,591</td>
<td>$0.96</td>
<td>$645</td>
<td>2,549</td>
<td>$0.25</td>
<td>$2,170</td>
<td>4,140</td>
<td>$0.52</td>
</tr>
<tr>
<td>Oxnard</td>
<td>$3,480</td>
<td>7,352</td>
<td>$0.47</td>
<td>$3,202</td>
<td>11,855</td>
<td>$0.27</td>
<td>$6,681</td>
<td>19,207</td>
<td>$0.35</td>
</tr>
<tr>
<td>Port Hueneme</td>
<td>$0</td>
<td>0</td>
<td>-</td>
<td>$816</td>
<td>3,040</td>
<td>$0.27</td>
<td>$816</td>
<td>3,040</td>
<td>$0.27</td>
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<tr>
<td>Santa Paula</td>
<td>$5,464</td>
<td>2,665</td>
<td>$2.05</td>
<td>$5,354</td>
<td>3,762</td>
<td>$1.42</td>
<td>$10,818</td>
<td>6,427</td>
<td>$1.68</td>
</tr>
<tr>
<td>Simi Valley</td>
<td>$6,161</td>
<td>5,690</td>
<td>$1.08</td>
<td>$18,892</td>
<td>18,461</td>
<td>$1.02</td>
<td>$25,054</td>
<td>24,151</td>
<td>$1.04</td>
</tr>
<tr>
<td>Ventura</td>
<td>$7,211</td>
<td>4,455</td>
<td>$1.62</td>
<td>$2,280</td>
<td>7,482</td>
<td>$0.30</td>
<td>$9,491</td>
<td>11,937</td>
<td>$0.80</td>
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<tr>
<td>Conejo RPD</td>
<td>$10,932</td>
<td>7,154</td>
<td>$1.53</td>
<td>$0</td>
<td>0</td>
<td>-</td>
<td>$10,932</td>
<td>7,154</td>
<td>$1.53</td>
</tr>
<tr>
<td>HELP of Ojai</td>
<td>$2,398</td>
<td>1,397</td>
<td>$1.72</td>
<td>$7,370</td>
<td>6,971</td>
<td>$1.06</td>
<td>$9,768</td>
<td>8,368</td>
<td>$1.17</td>
</tr>
<tr>
<td>Piru-Brenda's</td>
<td>$612</td>
<td>1,739</td>
<td>$0.35</td>
<td>$0</td>
<td>1,579</td>
<td>$0.00</td>
<td>$612</td>
<td>3,318</td>
<td>$0.18</td>
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<tr>
<td><strong>TOTALS:</strong></td>
<td><strong>$41,222</strong></td>
<td><strong>36,125</strong></td>
<td><strong>$49,385</strong></td>
<td><strong>69,490</strong></td>
<td></td>
<td><strong>$90,607</strong></td>
<td><strong>105,615</strong></td>
<td></td>
<td><strong>$0.86</strong></td>
</tr>
</tbody>
</table>

Blue denotes estimates.  
Projected Donation Total for FYE1718: $181,213

* This total excludes the Aggregate Wasted Meal count. C1&C2 meal count total is actually 105,706.

7. **Senior Nutrition Action Council S.N.A.C. Update**

At the January 8, 2018, SNAC meeting, the board finalized its new bylaws. The bylaws outline this nonprofit’s expanded mission to provide support for all programs and activities through VCAAAA, and it identifies the name change from Senior Nutrition
Action Council to Ventura County Area Agency on Aging Foundation (VCAAA Foundation). The board is in the process of amending its Articles of Incorporation to reflect these changes. The SNAC website (snacvc.org) has been dismantled, with plans to post a page for the VCAAA Foundation on the vcaaa.org website.

8. Other Committee Involvement/Notification
   b. **Subcommittees Update** – Effective January 2018, the Outreach committee has been disbanded. Starting in March 2018, the Health Issues Committee will be combined with the Livable Communities committee.

9. Other Business
   a. **New Menu/Food Items Status** – New menu items are being created with the newly introduced low-sodium chicken stock, including a chicken noodle soup and ideas for a minestrone and other creative recipes.
   b. **Farmers’ Market Coupon Status** – Ventura County claimed the No #1 spot in the state for redemption rates with the VCAAA 2017 Senior Farmers’ Market Program. This was only possible due to everyone’s personal dedication, commitment and support. Patti thanks all of the Advisory Council member volunteers.
   c. **Recruitment of New SNP Committee Members** – The committee would like to discuss the need to recruit SNP Committee members at the next Advisory Council meeting.

10. Future Meeting Schedule
    The next SNP Committee Meeting is scheduled for **Monday, February 12, 2018, at 10 a.m.** in the Garden View Room 135. SNP Committee meetings are scheduled for the third Monday of each month at 10 a.m. (with exception of holidays and excluding August and December).
        March 19, 2018
        April 16, 2018
        May 21, 2018
        June 18, 2018

11. Adjournment – The meeting adjourned at 11:04 a.m.
TO: VCAA Advisory Council Members

FROM: Sylvia Taylor-Stein

DATE: March 14, 2018

SUBJECT: Optimal Aging Committee Report from February 28, 2018

Members Present
Rose Gossum (Supervisory Appointee)
Lori Harasta (City of Ventura)
Sylvia Taylor-Stein (Service Provider Representative)
Bob Taylor (City of Camarillo)
Bill Cunneen (Supervisory Appointee)

Members Absent
Deirdre Daly (City of Ojai)
Alice Sweetland (City of Oxnard)
Martha Shapiro (Service Provider Representative)

VCAA Staff Present
Monique Nowlin

1. Welcome and Introductions. The meeting was called to order at 2:11 PM. There was a quorum.

2. Public Comments. None

3. Committee Projects – Link to Strategic Plan and Timeline; Promote optimal aging by adding a link to optimal aging information, continuing the optimal aging awards and pursuing funding for other projects such as photo and story contests.

A. 2018 Optimal Aging Award Categories and Timeline - The Committee approved the timeline submitted. Additionally, the Committee decided to modify the 2018 Optimal Aging Award categories. The new categories are as follows:

- Advocacy and Leadership (one award, individual or organization)
- Optimal Aging Champion (one award, individual or organization)
- Optimal Aging Media Champion (unchanged)
- Dementia Friendly Advocacy (new category – individual or organization)
- Optimal Aging Innovation Champion (new category – individual or organization)
B. Discussion about expanding Optimal Aging Champions to be year round and recognized at AC’s meetings or Legacy Publication/Video - The Committee suggested a series of interviews of all the individuals or organizations be done and a compilation video be created asking those individuals what does optimal aging mean to them or related questions about optimal aging.

C. Photo Contest/Story Contest - The Committee directed staff to develop nominating criterion for this category. Ideas discussed were partnering with Probation to work with juveniles or partnering with local schools.

D. VCAAA Webpage Outreach/Information - The Committee was provided an opportunity to provide feedback on the hyperlink located on the VCAAA website.

4. Other Business. None.

5. Other Committee Involvement/Notification. None.

6. Next scheduled meeting. Wednesday, March 28, 2018, 2:00 PM to 3:00 PM

7. Adjournment. The meeting adjourned at 3:05 PM
# VENTURA COUNTY AREA AGENCY ON AGING
## ADVISORY COUNCIL MEETING SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Advisory Council</th>
<th>Housing, Transportation and Health Comm.*</th>
<th>Senior Nut.</th>
<th>Opt. Aging</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 2017</td>
<td>July 12 9-11 am</td>
<td>July 12* 10-11:30 am</td>
<td>July 17</td>
<td>None</td>
</tr>
<tr>
<td>August 2017</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Sept 2017</td>
<td>Sept 13 9-11 am</td>
<td>Sept 13 11-12</td>
<td>Sept 18 10-11:30 am</td>
<td>Sept 27 2-3 pm</td>
</tr>
<tr>
<td>Oct 2017</td>
<td>None</td>
<td></td>
<td>Oct 16 10-11:30 am</td>
<td>Oct 25 2-3 pm</td>
</tr>
<tr>
<td>Nov 2017</td>
<td>Nov 8 9-11 am</td>
<td>Nov-8 4-12 canceled</td>
<td>Nov 11 10-11:30 am</td>
<td>Nov 29 2-3 pm</td>
</tr>
<tr>
<td>Dec 2017</td>
<td>None</td>
<td></td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Jan 2018</td>
<td>Jan 10 9-11 am</td>
<td>Jan-10 4-12 canceled</td>
<td>Jan 22 10-11:30 am</td>
<td>Jan 24 2-3 pm</td>
</tr>
<tr>
<td>Feb 2018</td>
<td>None</td>
<td></td>
<td>Feb-12 10-11:30 am canceled</td>
<td>Feb 28 2-3 pm</td>
</tr>
<tr>
<td>March 2018</td>
<td>March 14 9-11 am</td>
<td>March 14 11-12</td>
<td>March 19 10-11:30 am</td>
<td>March 28 2-3 pm</td>
</tr>
<tr>
<td>April 2018</td>
<td>None</td>
<td></td>
<td>April 16 10-11:30 am</td>
<td>April 25 2-3 pm</td>
</tr>
<tr>
<td>May 2018</td>
<td>May 9 9-11 am</td>
<td>May 9 11-12</td>
<td>May 21 10-11:30 am</td>
<td>May 23 2-3 pm</td>
</tr>
<tr>
<td>June 2018</td>
<td>None</td>
<td></td>
<td>June 18 10-11:30 am</td>
<td>June 27 2-3 pm</td>
</tr>
</tbody>
</table>

Reminder - A conference call dial in is available for all committee meetings:
Dial in Number: (515) 739-1479, Access Code: 729620

*Meeting to follow Advisory Council Adjournment
The purpose of this document is to provide an annual update to the Strategic Plan for FY 2016-2020, which was approved by the Ventura County Board of Supervisors in May 2016; and was later approved by the California Department of Aging. The delivery of programs and services in FY 2018-2019 is contingent upon the availability of funds from all sources (federal, State and County). As of February 2018, when this document was readied for review and approval, the California Department of Aging had not yet released funding estimates for FY 2018-2019. These estimates specify the funding source and dollar amount of federal and state funds to be available next fiscal year. Hence, the projected programs and service units contained in this plan are subject to revision.

WHO ARE WE?

The Ventura County Area Agency on Aging is the principal agency that addresses issues that relate to older adults, adults with disabilities, and their caregivers. In addition to providing a number of direct programs, we also develop, enhance and maintain community-based systems of care that provide services, which support independence and protects the quality of life of older persons and persons with functional impairments. We also promote citizen involvement in the planning and delivery of services for Ventura County’s older population, adults with disabilities, and their caregivers. We accomplish these objectives through a network of education, advocacy, problem-solving, program planning and by utilizing a variety of sources of funding.

Our governing body is the Ventura County Board of Supervisors. They set the policy, determine funding and approve the strategic plan and its submission to the California Department of Aging. We also have a thirty-seven member Advisory Council that determines programming, funding priorities, advocacy efforts and makes recommendations to the Board of Supervisors. The Advisory Council is made up of representatives from each city, Board of Supervisors representatives, service provider representatives, focused population representatives and members of the California Senior Legislature.

WHOM DO WE SERVE?

We provide services to:

- Older adults age 60 years of age and older
- Persons with disabilities
- Unpaid caregivers

Services provided are dependent upon the funding requirements as well as program eligibility.
Our goal is to target our services to those in need and to make sure that our program participants mirror the composition of the community we serve. According to Ventura County Public Health, the current total population of Ventura County is 860,013, an increase of 3,558 people from FY 2017-2018. An estimated 38.5% of the population speak a language other than English at home. People over the age of 65 make up 14.48% of the population in the county versus 13.69% of the state population. The poverty rate remains around 8% of the total population versus 12% statewide.

**OUR GOALS ARE SIMPLE**

1. Provide resources and services
2. Increase awareness of programs and services

We plan to accomplish these measurable goals in FY 2018-2019 through providing direct services as well as contracting with other community-based organizations. Our goals contain strategies to include opportunities for collaboration and capacity building as well as to identify and address emerging needs and issues of the population we serve. The projected start date for all activities is July 1, 2018 through June 30, 2019. No services being provided are funded by Title IIIB program development and coordination dollars.

**OUR PRIORITIES**

During a strategic planning session held by the Advisory Council in January 2018, the following programs and efforts have been identified as priority objectives that:

1. Help older adults maintain their independence and ability to live at home.
2. Protect older adults living in long-term care facilities.
3. Provide home-delivered meals.
4. Provide health insurance information and system navigation through unbiased counseling.
5. Provide evidence-based classes that help prevent falls.
6. Provide congregate meals.
7. Prevent abuse and protect the rights of older adults to include case management for those that have been abused.
8. Provide transportation.
9. Provide family caregiver with information and assistance about available resources.
10. Provide emergency food.
11. Communicate to the public who we are, the services we provide, and the resources available.

This means that although all the objectives listed below are important, as are the additional strategies and activities to be undertaken to meet these goals, additional efforts that may include staff time and resources will be focused on these priorities.
Goal 1: Provide resources and services to older adults, adults with disabilities, and their unpaid caregivers that promote optimal well-being with an emphasis on wellness, safety and community livability.

<table>
<thead>
<tr>
<th>Category and narrative for Objective</th>
<th># of service units</th>
<th># of people served</th>
<th>Source of Funding</th>
<th>Update Status – New, Same, Decrease or Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Transportation – provide transportation to ensure older adults and persons with disabilities have access through accessible transportation to fully participate in the community.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For persons aged 60 and older, provide one way trips to/from congregate meal sites</td>
<td>7,500</td>
<td>60</td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Provide one-way trips for non-emergency medical appointments, shopping, etc.</td>
<td>21,863</td>
<td>800</td>
<td>Title IIIB VCTC</td>
<td>Same</td>
</tr>
<tr>
<td>2 Food and Nutrition – provide meals, supplemental food, 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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Congregate meals</td>
<td>66,600</td>
<td>2,950</td>
<td>Title IIIC1</td>
<td>Same</td>
</tr>
<tr>
<td>Home delivered meals</td>
<td>131,540</td>
<td>1,090</td>
<td>Title IIIC2</td>
<td>Same</td>
</tr>
<tr>
<td>Distribute farmers’ market coupons at local Certified Farmers’ Markets to eligible low-income participants</td>
<td>80% redemption rate</td>
<td>N/A</td>
<td>USDA</td>
<td>New</td>
</tr>
<tr>
<td>Provide emergency food to older adults experiencing a food emergency</td>
<td>1,800</td>
<td>1,800</td>
<td>Title IIIB Donations</td>
<td>Same</td>
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<tr>
<td>Supplement the meal program by planting and harvesting fresh produce in VCAAA's Senior Nutrition Garden.</td>
<td>3,000 lbs. produce</td>
<td>250</td>
<td>County</td>
<td>New</td>
</tr>
<tr>
<td>Nutrition Counseling (sessions)</td>
<td>67</td>
<td>67</td>
<td>Title IIIC</td>
<td>Same</td>
</tr>
<tr>
<td>Nutrition Education (sessions)</td>
<td>20,000</td>
<td>3,450</td>
<td>Title IIIC</td>
<td>Same</td>
</tr>
<tr>
<td>Provide education and promote physical activity (classes)</td>
<td>200</td>
<td>340</td>
<td>SNAP-ED</td>
<td>Same</td>
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<tr>
<td>3 Health, Fitness and Fall Prevention – provide evidence-based physical fitness classes to promote health and prevent falls. Additional help will be made available to older adults who have already experienced a fall.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Short-term case management for individuals that have fallen. Referrals come from emergency response and emergency department staff for people 65+ in Ojai, Ventura, Oxnard, Port Hueneme and Camarillo</td>
<td>N/A</td>
<td>300</td>
<td>County, Gold Coast Health Plan</td>
<td>Increase</td>
</tr>
<tr>
<td>Provide Evidence-Based Classes (Classes include: Tai Chi: Moving for Better Balance, Stepping On, A Matter of Balance and Walk with Ease (Arthritis Foundation))</td>
<td>3,200</td>
<td>400</td>
<td>Title IIID City of Oxnard RSVP</td>
<td>Same</td>
</tr>
<tr>
<td>4 Family Caregiver Services – provide programs and services to assist unpaid, informal caregivers, including older adults (such as grandparents) aged 55 and older raising children aged 18 and younger (such as grandchildren).</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Caring for older adults:

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Contacts</th>
<th>2018</th>
<th>2019</th>
<th>Title</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access: information and assistance and caregiver outreach (contacts)</td>
<td>4,620</td>
<td>196</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Info services: public information activities and community education (events)</td>
<td>44</td>
<td>956,000</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Support services: caregiver assessment, case management, support groups, training, and counseling (hours)</td>
<td>490</td>
<td>319</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Respite services: in-home supervision and out-of-home day care (hours)</td>
<td>2,578</td>
<td>57</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Supplemental services: caregiver adaptations and assistive devices (occurrences)</td>
<td>115</td>
<td>100</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
</tbody>
</table>

### Caring for the children (grandparents raising grandchildren)

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Contacts</th>
<th>2018</th>
<th>2019</th>
<th>Title</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access: information and assistance and caregiver outreach (contacts)</td>
<td>150</td>
<td>73</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Info services: public information activities and community education (events)</td>
<td>16</td>
<td>351,000</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
<tr>
<td>Support services: caregiver assessment, case management, support groups and training (hours)</td>
<td>160</td>
<td>15</td>
<td></td>
<td>Title IIIE</td>
<td>Same</td>
</tr>
</tbody>
</table>

### 5 Maintaining Independence – Providing access to programs and services that foster independence and help older adults remain at home

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Contacts</th>
<th>2018</th>
<th>2019</th>
<th>Title</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case management for older adults (hours)</td>
<td>1,600</td>
<td>220</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Long-term case management for low-income people 65+ who meet level of care criteria</td>
<td>N/A</td>
<td>160</td>
<td></td>
<td>Medi-Cal</td>
<td>Same</td>
</tr>
<tr>
<td>Short-term case management for residents of public housing in city of Ventura</td>
<td></td>
<td>65</td>
<td></td>
<td>Vta Housing Authority</td>
<td>Same</td>
</tr>
<tr>
<td>Personal care (hours)</td>
<td>709</td>
<td>22</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Homemaker services (hours)</td>
<td>500</td>
<td>25</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Chore services (hours)</td>
<td>150</td>
<td>22</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Residential repairs/modifications</td>
<td>76</td>
<td>7676</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Personal/home safety</td>
<td>20</td>
<td>20</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Material aid</td>
<td>100</td>
<td>100</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Subsidized employment training through the Senior Community Services Employment Program (SCSEP)</td>
<td>N/A</td>
<td>8</td>
<td></td>
<td>Title V</td>
<td>Same</td>
</tr>
</tbody>
</table>

### 6 Socialization/Prevention of loneliness and isolation – providing services to reduce isolation and provide a human connection for older adults with few or no connections in the community, to alleviate depression and health concerns of those living alone and to provide a check in on older adults at-risk of losing their independence.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Contacts</th>
<th>2018</th>
<th>2019</th>
<th>Title</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peer counseling (hours)</td>
<td>616</td>
<td>300</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
<tr>
<td>Telephone reassurance (contacts)</td>
<td>2,236</td>
<td>1,816</td>
<td></td>
<td>Title IIIB</td>
<td>Same</td>
</tr>
</tbody>
</table>

### 7 Prevention of Abuse and Protection of Rights of Older Adults – provide programs and services that protect the rights and property of older adults and protect them from abuse.
| **Legal assistance regarding public benefits, landlord-tenant disputes, housing rights, elder abuse, powers of attorney, consumer finance, and creditor harassment, and consumer fraud and warranties** | 1,400 | 1,190 | Title IIIB | Same |
| **Community education events on rights and benefits** | 8 | 208 | Title IIIB | Same |
| **Elder Abuse Case Management** | 100 | 25 | DA/VOCA | Increase |
| **Financial Abuse Specialist Team (FAST) to provide training to professionals** | 8 | N/A | Title VIIIB | Same |
| **Provide Legal Information for Elders ("LIFE") workshops for seniors.** | 8 | 300 | Title VIIIB | Same |
| **Ombudsman Program** will work to ensure the rights and well-being of individuals residing in long-term care facilities (skilled nursing facilities and board and care facilities) in Ventura County. Complaint resolution rate. | 89% | N/A | Ombi Title IIIB | Same |

8. **Housing – connect people in need of housing with those willing to share their housing.**

| **Referrals to other organizations for services** | 300 | N/A | Same |
| **Matching home seekers with home providers** | 40 | 80 | Same |
| **Match introduction – refer home seekers to home providers** | 180 | N/A | New |

Strategies to support the goal and objectives under this category:

1. Advocate for affordable housing for older adults and connecting housing and transportation in developing long-range planning around housing.
2. Maintain VCAAA webpage related to transportation options
3. Continue attendance on the Citizens Transportation Advisory Committee to advocate for the transportation needs of older adults and persons with disabilities.
4. Explore the use of alternate transportation modes such as driverless cars, and Uber advance at senior centers
5. Advocate for the development of strategies and collaborations that will ensure services and safe living options for homeless seniors in Ventura County, including veterans, and adults with disabilities.
6. Advocate for and develop strategies to address housing and transportation issues that impact older adults and persons with disabilities and examine other factors that contribute creating livable communities.
7. Encourage the creation of a multi-generational housing incorporating universal design.
8. Continue to advocate for the employment, training and job placement needs of older adults through participation on the Workforce Development Board.
9. Collaborate with public agencies and other stakeholders on a strategy for disaster planning and health emergencies
10. Continue leadership of Dementia Friendly Ventura County which includes developing strategies to generate awareness, identify and engage key stakeholders, and develop a long-range action plan to identify and address issues relevant to Ventura County residents.
11. Continue participation on the Fall Prevention Coalition
12. Collaborate with community-based organizations, including the Ventura County Hospital to Home Alliance, to advocate for mental health and substance abuse programs that serve older adults (aged 60+); and for staff training in geriatrics.
Goal 2: Increase awareness of programs and needs that support Ventura County’s older adults, adults with disabilities, and their unpaid caregivers to include providing tools, classes and assistance with enrollment.

<table>
<thead>
<tr>
<th>#</th>
<th>Category and Narrative for Objective</th>
<th># of service units</th>
<th># of people served</th>
<th>Source of Funding</th>
<th>Update Status – New, Same, Decrease or Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Information and Resources - provide easy, uniform and streamlined access to a broad array of services, supports and advocacy for older adults, adults with disabilities and their family caregivers.</td>
<td>10,000</td>
<td>3,000</td>
<td>Title IIIB</td>
<td>Increase</td>
</tr>
<tr>
<td></td>
<td>Provide Information, assistance and referrals to include following up.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Provide outreach – one on one contact to connect to services at 30 events</td>
<td>5,000</td>
<td>N/A</td>
<td>Title IIIIB</td>
<td>Increase</td>
</tr>
<tr>
<td></td>
<td>Provide Medicare enrollment assistance including assistance with Medicare Part D comparisons through the Health Insurance Counseling and Advocacy Program™</td>
<td>5,834</td>
<td>2,399</td>
<td>HICAP</td>
<td>Same</td>
</tr>
<tr>
<td></td>
<td>Provide benefit enrollment assistance in public programs</td>
<td>2,000</td>
<td>450</td>
<td>HICAP NCOA ADRC</td>
<td>Same</td>
</tr>
</tbody>
</table>

Strategies to support the goal and objectives under this category:

1. Continue to monitor the growth of the non-English speaking communities and develop resource materials to serve those individuals as needed. This includes working with community-based organizations to revise and update an inventory of service providers who speak and provide services in languages other than English in FY 2018-2019.

2. Continue participation on the LGBT Aging Coalition and work with older adults who identify as being Lesbian Gay Bisexual Transgender (LGBT) to increase awareness of the unique needs of LGBT seniors, including but not limited to residents in long-term care facilities.

3. Continue to manage the Senior Network, which consists of community-based service providers who represent the interests of older adults and persons with disabilities in Ventura County. This includes working with Senior Network members to identify service gaps, community awareness of the needs, coordination and integration of services, create opportunities for collaborations and problem sharing.

4. Promote optimal aging by adding a link to optimal aging information, continuing the optimal aging awards and pursuing funding for other projects such as photo and story contests.

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' Ventura County Public Health, [www.healthmattersinvoc.org](http://www.healthmattersinvoc.org)

" Full program objectives are part of the final strategic plan which will be submitted to the Board of Supervisors in April 2018

") Full program objectives are part of the final strategic plan which will be submitted to the Board of Supervisors in April 2018
<table>
<thead>
<tr>
<th>Item</th>
<th>Current Legislative Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The County supports proposals that would increase awareness of and prevent elder and dependent adult abuse to include the following: increase funding for elder abuse prosecution and prevention programs; expedite reimbursement or restitution to seniors victimized by financial crimes; increase the penalties for those convicted of crimes against seniors; expand the list of mandatory reporters of elder abuse to include notary publics; and supports legislation that includes money transmitters in the definition of mandated reports of suspected elder abuse and require licensed persons to report the known or suspected instance of financial abuse of an elder or dependent adult immediately, or as soon as possible, to the local adult protective services agency or local law enforcement.</td>
<td>AB 2744&lt;br&gt;AB 2324</td>
</tr>
<tr>
<td>2. The County supports legislation that prohibits owners, operators, or employees of licensed health care facilities from serving as a representative payee on behalf of a resident of the facility.</td>
<td></td>
</tr>
<tr>
<td>3. The County supports legislative efforts to prevent homelessness among at-risk seniors.</td>
<td></td>
</tr>
<tr>
<td>4. The County supports legislation that would utilize prevention funding, through California’s implementation of the Federal Affordable Care Act, to fund more evidence-based programs for seniors that would support seniors’ desire to age in place.</td>
<td></td>
</tr>
<tr>
<td>5. The County supports funding and efforts to move towards community-based services as opposed to nursing home placement to include supporting legislation that fully funds the Older Californians Act (Linkages, Respite, Alzheimer’s Day Care Resource Center, and Brown Bag Programs) as well as modernizes and updates it to respond to the changing and growing needs of the senior population; provides state funding for the Family Caregiver Support Program, the senior nutrition program, funding for in-home care (and respite) for caregivers of individuals with Alzheimer’s disease and related dementia; and funding to help strengthen and expand Aging and Disability Resource Center’s ability to help seniors and people with disabilities access resources and services.</td>
<td>SB 1026 (Jackson) – Dignity at Home (all prevention bill)&lt;br&gt;AB 2719 (Irwin) – OCA LGBT language&lt;br&gt;Kalra to introduce committee bill to clean up OCA act language</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td>---</td>
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</tr>
<tr>
<td>6.</td>
<td>The County supports full funding for the Long Term Care Ombudsman program and the Multipurpose Senior Services Program (MSSP). Budget ask of $17 million for senior nutrition program AB 3065 (Cervantes)</td>
</tr>
<tr>
<td>7.</td>
<td>The County supports efforts to increase the monthly spending allowance for Medi-Cal Medically Needy Only beneficiaries without impacting Medi-Cal payment rates. AB 2430</td>
</tr>
<tr>
<td>8.</td>
<td>The County supports legislation and efforts to make Ventura County Dementia Friendly, to include efforts to develop an evidence based core training program for staff of area agencies on aging relating to Alzheimer's disease and related dementias, connecting diagnosed individuals and their caregivers to critical resources that will allow diagnosed individuals to maintain as much independence as possible and provide connection to resources that will help sustain the physical and mental stability of the caregiver. AB 1995 (Limon) – Alzheimer's Disease Education</td>
</tr>
<tr>
<td>9.</td>
<td>The County supports legislation to expand the existing Assisted Living Waiver to Ventura County to enable eligible seniors and adults with disabilities to reside in a community setting to support aging with dignity. AB 2233</td>
</tr>
</tbody>
</table>
Alzheimer’s Disease to Cost U.S. up to $7.7 Trillion by 2030

Recent research data developed by IHS Markit and the Partnership to Fight Chronic Disease (PFCD) projects the cumulative total cost of Alzheimer’s disease between 2017 and 2030 will be $7.7 trillion - $3.2 trillion in health care costs and $4.5 trillion in the value of unpaid caregiving. Today, Alzheimer’s disease affects more than five million Americans, and one in three seniors die with Alzheimer’s or another dementia. Further, an increasing number of Americans under the age of 65 have early-onset Alzheimer’s disease, another major indication that more must be done to better address and manage this debilitating chronic condition.

According to the Alzheimer’s Association, 90 percent of what we know about Alzheimer’s has been discovered in the last 20 years. Supporting efforts to better detect, treat and prevent the onset of this costly chronic disease is an important step towards saving lives and health care dollars, and time is of the essence for identifying areas of opportunity for change. The IHS/PFCD data asserts that within just five years of a breakthrough treatment, 2.6 million people could be spared from developing Alzheimer’s disease and $650 billion could be saved on health care costs and unpaid caregiving.

To read the PFCD press release and see state by state data on Alzheimer’s costs, click here. Excerpted from the Partnership to Fight Chronic Disease press release Alzheimer’s Disease to Cost up to $7.7 Trillion by 2030.

Full dental services restored to adults covered by Medi-Cal

Full dental services were officially restored for adults covered by Medi-Cal on Jan. 1, but according to local health care providers, many individuals who qualify still don’t know about the recently expanded benefits.

"They're automatically covered if they have Medi-Cal," said John Luther, chief dental officer at Western Dental in Santa Maria. "So in California, this is a very significant part of the population. Some 13.5 million people are covered under these benefits." Western Dental is working to spread the word about the restoration of Medi-Cal’s dental services, which were drastically cut in 2009 during the economic downturn. While partial dental benefits were returned to Medi-Cal in May 2014, Luther said benefits were only fully restored recently, after Gov. Jerry Brown approved Senate Bill 97 in July 2017.

Full funding for the adult Denti-Cal program allowed full restoration of its services, including posterior or root canal therapy, full and partial denture repairs, adjustments, and relines, and white crowns for front teeth, which Luther said is an essential operation for individuals seeking work. Periodontal services, gum treatments, will also be included. Luther said the availability of this service is especially important because without healthy gums, individuals can’t have healthy teeth. Health care providers, he said, are also seeing more connection between gum disease and other chronic inflammatory diseases, such as diabetes and heart disease.

Reprinted In part from the Santa Maria Sun – Volume 18, Issue 48. Full dental services restored to adults covered by Medi-Cal by Kasey Bubnash.

AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591 www.ccoa.ca.gov to Unsubscribe email coagewatch@gmail.com
DO POPULAR TV SHOWS SNUB OLDER ADULTS?

Older adults are dramatically under-represented across the most popular television series – making up less than 10 percent of all speaking characters. According to a 2017 study titled “Seniors on the Small Screen: Aging in Popular Television Content,” conducted by Humana and USC’s Annenberg School for Communication and Journalism Annenberg Inclusion Initiative (former Media, Diversity, & Social Change Initiative), out of 1,609 speaking characters evaluated only 151 were age 60 and above.

To assess the prevalence and portrayal of older adults in popular television programming, the study’s two samples included the top 50 TV series among viewers age 18-49 (i.e. “The Walking Dead,” “Games of Thrones” and “The Big Bang Theory”) and the top 50 series among viewers age 65 and older (i.e. “NCIS,” “Bull” and “Blue Bloods”). Of the series in the study, 28 titles were common to both samples.

The study also checked for ages behind the camera. Notably, of 1,214 writers just 5 percent were 60 years of age or older. Of 100 showrunners, the industry term for the influential leading executive producer, 11 percent were 60-plus.

Compare these numbers to the American population, in which individuals 60 and older represent about 20 percent.

TV TRANSMITS SOCIAL MESSAGES

According to the study, “Nielsen estimates that in the first quarter of 2017, Americans age 65 and older spent over 50 hours per week watching TV.” Which explains why the study’s authors, led by USC associate professor Stacy Smith, founder and director of the Initiative, note, “it is important to consider the messages TV transmits regarding its audience.”

Some results were positive. A healthy percentage (nearly three-quarters) of the older adults portrayed in popular series are shown to be active, engaged and working. And nearly half of the older adult characters were shown using technology.

“For younger viewers – especially those who expect to work longer before retirement – television may demonstrate the value of the senior workforce,” the study relates. “For older viewers, these portrayals may reinforce that seniors can still make important contributions to society no matter their age.”

Consistent with previous findings across cinematic storytelling, stereotypic and often ageist language permeates the small screen. One or more ageist comments appeared in 41 percent of the series analyzed, which “reflects a reliance on outdated tropes by writers and storytellers,” the study’s authors noted. More disturbing was the authors’ expressed concern that the stereotypic commentaries and misrepresentations about older adults tend to reinforce young viewers’ negative conceptions about aging.

“Seniors have a wealth of stories to share and perspectives to present,” concluded the authors, who advised, “Incorporating characters and storytellers in their later years will give viewers of all ages the opportunity to watch more vibrant, diverse and compelling stories on screens both large and small.”

Editor’s Note: This article and research contributes to the California Commission on Aging’s initiative to encourage the authentic representation of older adults in film and TV. The Commission’s March 2018 public meeting will feature a roundtable presentation on the subject titled “Hollywood Takes: On Aging.”
UCLA research finds shortfall in mental health services for older adults

California's older adult population will increase 64 percent by 2035, and with it the need for more mental health services. Yet the state's public mental health system lacks adequate services specifically tailored to older adults, according to a study and other documents released today by the UCLA Center for Health Policy Research.

Notably, the state has no systematic record of which local agencies used state mental health care funds to provide services for older adults or data to measure whether treatments worked.

The UCLA study calls for standardized data reporting and geriatric training, outreach and more integrated services for the state's growing older adult population. The research is the first evaluation of mental health services for adults 60 and older in the public mental health system since the passage of the Mental Health Services Act in 2004.

Click here to read full report, Older Californians and the Mental Health Services Act: Is an Older Adult System of Care Supported?


Upcoming Events


March 26-29, Aging in America, the 2018 conference of the American Society on Aging, in San Francisco. Visit www.asaging.org/aiia for information and to register.