



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

# **AGENDA**

**Committee Chair – Sue Tatangelo**

**May 8, 2019**

**11:00 a.m. – 12:00 p.m.**

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

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- 1. Welcome and Introductions**
- 2. Public Comments**
- 3. Review & Approval of Minutes – January 9, 2019 and March 13, 2019 meetings**
- 4. Mission Statement – Future Committee Goals**
  - a. Healthy Brain Initiative
- 5. Community Health Improvement Plan 2018-2020 – Reduce Preventable Hospitalizations**
- 6. Fall Prevention Program – Forum and Other Updates**
- 7. Meal Count and Cost Per Meal Year-to-Date (Q3)**
- 8. SNP Renewal Contracts**
- 9. Shelf-Stable Meals/Emergency Food Program**
  - a. Meal Replacement Nutritious Drinks for Frail Seniors
- 10. VCAAA Foundation Update**
- 11. Other Committee Involvement/Notification:**
  - a. Transportation & Housing
  - b. Optimal Aging
  - c. Planning and Allocation
  - d. Optimal Aging
  - e. By-Laws
  - f. Executive
- 12. Other Business**
  - a. Farmers' Market Coupon Status
- 13. Next Meeting: 11 a.m. Wednesday, July 10, 2019**
- 14. Adjournment**

## Mission & Goals Continued Discussion

The Senior Nutrition and Health Issues Committee

Mission as Proposed in January 9 meeting (was tabled until May 8 meeting):

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

Goals as Proposed in January 9 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, 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, 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.