



## VENTURA COUNTY AREA AGENCY ON AGING HEALTH ISSUES COMMITTEE MEETING

Tuesday, February 18, 2014

1:00 – 2:00 p.m.

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

### AGENDA

1. Welcome and Introductions
2. Public Comments
3. Prior Meeting Goals Related to Food Insecurity – Next Project to Work On and Collaborations with Other Agencies:
  - a. Teach healthy eating
    1. Utilize “My Plate” when possible as it is an easy to use and understand.
    2. Develop a two sided “My Plate” placemat for congregate, home delivered and brown bag participants. The placemat could contain healthy meals that one can make utilizing ingredients from the dollar store. The VCAAA senior nutrition program nutrition education materials could also contain these recipes.
    3. Encourage cooking classes for one person that focus on healthy eating.
    4. Partner with public health in bringing healthy eating classes to the community.
  - b. Reduce isolation and loneliness
    1. Provide hostesses/hosts at congregate meal sites to break down cliques and make new people feel more welcome
    2. Create a virtual village around eating – on online supportive forum
    3. Create an ambassador program for home owners associations
  - c. Address issue of seniors not wanting to eat because of the medication that they are taking.
    1. Use nursing students to teach safe medication use to senior
    2. See if there is a brochure version of “my plate” or something from the Centers for Disease Control (CDC) and provide to doctors’ offices. If not, this could be a student nurse project.
  - d. Address issues of people not being able to afford food.
    1. Provide the LIFE class in mobile home parks
    2. Provide lists of food pantries and places to go for help.

3. Develop and publicize a list of recipes that seniors can make using food from the \$0.99 cent store. Connect with the registered dietitian association and student nurses about coming up with the recipes.
      - e. Bring awareness to the issue
        1. Utilize nursing program students to do a project around food insecurity and develop resources. They would create poster board sessions. We could take the show on the road and educate others about food insecurity.
4. Reminder of Existing Committee Goals - Chart
5. Physical Activity Class Update
6. Other Committee Involvement/Notification – if any:
  - a. Housing and Transportation Committee
  - b. Planning and Allocation Committee
  - c. Legislative Committee
  - d. Senior Nutrition Committee
  - e. Outreach Committee
  - f. Executive committee
7. Other