



VENTURA COUNTY AREA AGENCY ON AGING HEALTH ISSUES COMMITTEE MEETING

Tuesday, March 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. Update on Project Goals Related to Food Insecurity
 - A. My Plate and Healthy Eating Project
 - B. Food Share Food Truck Collaboration
 - C. Physical Activity Class Pamphlet
4. Other Ideas Still on the Table for Consideration:
 - A. 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
 - B. 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.
 - C. 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.
 - D. 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.

E. Other Committee Involvement/Notification – if any:

- a. Housing and Transportation Committee
- b. Planning and Allocation Committee
- c. Legislative Committee
- d. Senior Nutrition Committee
- e. Optimal Aging
- f. By-Laws
- g. Outreach Committee
- h. Executive committee

F. Other

G. Next Meeting Date – May 20, 2014 from 1-2 pm