



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

May 19, 2015  
1:00 – 2:30 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. Worksheet for Committee Goals and Objectives
  - a. Evidence-based exercise classes (Goal #1):
    - Update on classes and facilitator training
    - Flyer – *Transform your Health, Transform Your Life*
    - Optimal Living Club (OLC) – Logo and slogan
    - Materials/free stuff for OLC participants
    - Medicare-funded options for exercise classes
  - b. Elder Economic Index – 2013 updates (Goal #2 and #3)
  - c. Second Patient Syndrome – Discussion (Goal #5)
  - d. Fall Prevention – Understanding the connection between fall prevention and evidence-based exercise classes (Goal #6)
  - e. Faith-based fall event – Discussion (Goal #7)
  - f. Proposed new objective: Develop and distribute list of dental resources (Goal #11)
  - g. Other objectives to work on?
4. 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 Committee
  - F. Outreach Committee - Ideas to promote the evidence-based classes to seniors
5. Other: Meeting calendar for FY 2015-2016
6. Next Meeting Date: July 21, 2015, from 1:00 – 2:30 pm