VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING

March 8, 2017
9:00 a.m. to 11:00 a.m.
Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura (805) 477-7300

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 11, 2017 (page 1)  Toni Olson

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 Livable Communities Report from January 11, 2017 (page 7)
5.2 Health Issues Committee Report from January 17, 2017 (page 11)
5.3 Outreach Committee Report from January 31, 2017 (page 19)
5.4 Outreach Committee Report from February 28, 2017 (to be provided at meeting)
5.5 Senior Nutrition Committee Report from January 23, 2017 (page 21)
5.6 Senior Nutrition Committee Report from February 13, 2017 (page 25)
5.7 Legislative Committee Report from January 11, 2017 (page 29)
5.8 Optimal Aging Committee Report from January 25, 2017 (page 31)

DISCUSSION ITEMS/PRESENTATION/MOTION

9:15 a.m.  6.1 FY 2016-2020 Strategic Plan Public Hearing  Christine Voth

6.2 Approval/Modification/Discussion of the VCAAA FY 2016-2020 Strategic Plan  Toni Olson

6.3 1st Year Grantee Presentation – Senior Nutrition Program  Marleen Canniff and various providers

6.4 Formation of a Nominating Committee for Election of Officers for FY 2017-2018 and One (1) Service Provider for FY 2017-2019.  Nancy Healey
INFORMATIONAL ITEMS

7. Advisory Council Meeting Schedule for FY 2016-2017 (page )
   Victoria Jump

8. Other Committee Meetings:
   a. California Senior Legislature Update
   b. Triple A Council of California Update
   June Glasmeier

9. Comments from the Chair
   Toni Olson

10. Other Business:
    Form 700 Reminders and assistance
    Current Legislation
    Toni Olson

11:00 am  11. Adjournment
           Toni Olson

*9:15 time certain for the public hearing

The next meeting will be:
Wednesday, May 10, 2017 (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.
Agenda Item #3

VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING MINUTES
Advisory Council Center
646 County Square Drive, Suite 100
Ventura, CA 93003
January 11, 2017

Advisory Council Members Present
Dani Anderson (Focused Population) Marty Kaplan (Supervisory Appointee)
David Birenbaum (Supervisory Appointee) Antoinette Olson (Simi Valley COA)
Kay Brainard (Oxnard COA) Marcy Sherbok (Focused Population)
Deirdre Daily (Ojai COA) Neill Spector (Simi Valley COA)
Jay Evans (Camarillo COA) Sylvia Stein (Service Provider)
Sandra Fide (Moorpark COA) Alice Sweetland (Oxnard COA)
Nick Fotheringham (Immediate Past Chair) Sue Tatangelo (Focused Population)
June Glasmieier (CSL) Robert Taylor (Camarillo COA)
Karen Gorback (Thousand Oaks COA) Donald Todd (Focused Population)
Rose Gossom (Supervisory Appointee) Vicki Tripoli (Moorpark COA)
Lori Harasta (Ventura COA) Bill Witt (CSL)
Lawrence Hartmann (CSL)
Nancy Healey (Thousand Oaks COA)

Advisory Council Members Absent
Walt Adair (Santa Paula COA) Rosemary Flores-Gordon (Service Provider)
Cleo Anderson (Focused Population) Suz Montgomery (Ventura CFS)
Smita Dandekar (Supervisory Appointee) Ginny Rockefeller (Ojai COA)

VCAAA Staff Present
Marleen Canniff Katharine Raley
Victoria Jump Christine Voth
Monique Nowlin

1. Call to Order and Review of Agenda - The meeting was called to order at 9:05 a.m. by Chair Toni Olson (Simi Valley COA).

2. Pledge of Allegiance – Nick Fotheringham 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 9, 2016, meeting were approved. (Todd/Sherbok/Passed).

4. Public Comments –

Lynette Harvey – Lynette is the new clinical director at the Camarillo Health Care district. She introduced herself and said that she looks forward to work with everyone and attending the VCAAA Case Management Network meeting.
5. Consent Agenda Items – the consent agenda containing the Livable Communities Report from November 9, 2016, Health Issues Committee Report from November 15, 2016, Outreach Committee Report from November 29, 2016, Senior Nutrition Committee Report from November 21, 2016 and the Legislative Committee Report from November 9, 2016, was accepted. (Sherbok/Gossom/Passed)

6. Discussion Items/Presentation/Motion

6.1 Dementia and Alzheimer's Disease in Ventura County. Erin Slack, Epidemiologist with Ventura County Public Health gave a presentation on Alzheimer's Disease rates and trends as well as an update on other causes of death in Ventura County.

6.2 1st Year Grantee Presentation – Senior Nutrition Program. The City of Oxnard, Port Hueneme, Fillmore, Santa Paula and the City of Ventura grantees provided presentations to the council on their congregate and home delivered meal programs. Several used moving videos with testimony from participants as well as video capturing the meals sites and the efforts that go into providing meals.

6.3 Planning and Allocation Committee Report and Recommendation to Increase Existing Contracts to Provide Additional Services with One-Time Only FY 2016-2017 funds; Decrease the Senior Nutrition Contract with the City of Ventura Due to Fewer Meals Being Served; Provide One-Time-Only Funds to the Area Agency on Aging to Provide Additional Transportation Services, Evidence Based Classes, Outreach to Family Caregivers and Printing of Life Guides; and Roll Over $23,631 in Senior Nutrition Funds from FY 2016-2017 to FY 2017-2018.

The Advisory Council approved the recommendations below (D Anderson/Evans/Passed) Sylvia Taylor Stein and Sue Tatangelo abstained from voting.

<table>
<thead>
<tr>
<th>Grantee/Agency</th>
<th>Funding Source</th>
<th>Amount</th>
<th>For</th>
</tr>
</thead>
<tbody>
<tr>
<td>VCAAA</td>
<td>Title IIB</td>
<td>$12,618</td>
<td>ElderHelp Transportation/Medi-Rides. The demand for these services exceeds the current budget resulting in a waiting list. These amounts will easily be used by the end of June.</td>
</tr>
<tr>
<td>Long Term Care Ombudsman</td>
<td>Title IIB, OMB, V1IA, SDF</td>
<td>$20,827</td>
<td>This additional funding must go to Long Term Care Services of Ventura County as they are the sole provider of these services.</td>
</tr>
<tr>
<td>VCAAA</td>
<td>Title IIID</td>
<td>$1,603</td>
<td>To provide additional sessions of A Matter of Balance and Arthritis Foundation Walk with Ease classes. Funding goes towards stipends to the volunteers who teach these</td>
</tr>
<tr>
<td>Organization</td>
<td>Title</td>
<td>Amount</td>
<td>Description</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>--------</td>
<td>---------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Conejo Valley Senior Concerns</td>
<td>Title III E</td>
<td>$25,875</td>
<td>Provide additional Respite: In-Home $12,000 (600 hours), Day Care $9,000 (360 hours) and Home Modifications $3,250 (10 units), Assistive Devices $1,625 (5 units) for family caregivers</td>
</tr>
<tr>
<td>Camarillo Health Care District</td>
<td>Title III E</td>
<td>$15,005</td>
<td>Provide additional Respite: In-Home $6,000 (300 hours), Day Care $6,405 (427 hours) and Home Modifications $1,300 (4 units), Assistive Devices $1,300 (4 units) for family caregivers</td>
</tr>
<tr>
<td>VCAAA</td>
<td>Title III E</td>
<td>$11,137</td>
<td>Funds to be used for outreach to family caregivers. Specific activities to be determined by the VCAAA Outreach Committee</td>
</tr>
<tr>
<td>VCAAA</td>
<td>Title VII</td>
<td>$251</td>
<td>For printing of the LIFE Guides (Legal Information for Elders) to be used in conjunction with the LIFE classes being taught by Grey Law. Printing of the class materials has always been provided by the VCAAA through Title VII funds.</td>
</tr>
<tr>
<td>Camarillo Health Care District</td>
<td>Title III C1</td>
<td>($1,397)</td>
<td>Amend the current contract as follows: Congregate meals – subtract $1,397.25 (less 207 meals); Home Delivered meals – add $19,671 (additional 6,557 meals). Net contract change of $18,274</td>
</tr>
<tr>
<td>Camarillo Health Care District</td>
<td>Title III C2</td>
<td>$19,671</td>
<td></td>
</tr>
<tr>
<td>City of Fillmore</td>
<td>Title III C1</td>
<td>$2,068</td>
<td>Amend the current contract as follows: Congregate meals - add $356 (additional 129 meals); Home Delivered meals – subtract $2,814 (less 938 meals); Add Equipment $3,425 (Freezer $1,775; Ice-Machine $1,650). Net contract change of $967</td>
</tr>
<tr>
<td>City of Fillmore</td>
<td>Title III C2</td>
<td>($1,101)</td>
<td></td>
</tr>
<tr>
<td>City of Moorpark</td>
<td>Title III C1</td>
<td>$1,393</td>
<td>The City of Moorpark Senior Nutrition Program meal site is currently a &quot;Minimally Funded&quot; site at $21,282. Since this site is projecting to serve 3,602 congregate meals and 4,439 home delivered meals, staff is recommending that the site be funded using the funding formula. This would increase their funding to $23,222.50 (3,602 x $2.75 = $9,905.50 and 4,439 x $3.00 = $13,317). Amend the current contract as follows: Congregate Meals – add $1,393 (additional 602 meals); Home Delivered meals– subtract $548 (less 61 meals). Net contract change of $1,941</td>
</tr>
<tr>
<td>City of Moorpark</td>
<td>Title III C2</td>
<td>$548</td>
<td></td>
</tr>
<tr>
<td>City of Moorpark</td>
<td></td>
<td>$1,941</td>
<td></td>
</tr>
<tr>
<td>City of Oxnard</td>
<td>Title III C1</td>
<td>$1,834</td>
<td>Amend the current contract as follows: Congregate meals – add $1,834.25 (additional meals); Home Delivered meals – add $3,053</td>
</tr>
<tr>
<td>City of Santa Paula</td>
<td>Title III C1</td>
<td>$74</td>
<td>Amend the current contract as follows: Congregate meals - add $74.25 (additional 27 meals); Home Delivered meals – add $1,056 (additional 352 meals). Net contract change of $1,130</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------</td>
<td>-----</td>
<td>-----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>$1,056</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$1,130</td>
<td></td>
</tr>
<tr>
<td>City of Simi Valley</td>
<td>Title III C1</td>
<td>$580</td>
<td>Amend the current contract as follows: Congregate Meals – add $118.25 (additional 43 meals); Home Delivered meals – add $4,668 (additional 1,556 meals); Equipment – add $462 (Microwave Oven). Net contract change of $5,284</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>$4,668</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$5,284</td>
<td></td>
</tr>
<tr>
<td>City of Ventura</td>
<td>Title III C1</td>
<td>($3,893)</td>
<td>Amend the current contract as follows: Congregate meals - subtract $3,893 (less 1,416 meals); Home Delivered meals – subtract $4,437 (less 1,479 meals) Net contract change of ($8,330)</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>($4,437)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>($8,330)</td>
<td></td>
</tr>
<tr>
<td>Help of Ojai</td>
<td>Title III C1</td>
<td>($3,576)</td>
<td>Amend the current contract as follows: Congregate Meals – subtract $3,576 (less 1,300 meals); Home Delivered meals – add $13,116 (additional 4,372 meals) Net contract change of $9,540</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>$13,116</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$9,540</td>
<td></td>
</tr>
<tr>
<td>Poncho’s Place (Piru)</td>
<td>Title III C1</td>
<td>$965</td>
<td>Amend the current contract as follows: Congregate Meals – add $965.25 (additional 143 meals @ $6.75 each); Home Delivered Meals – add $9,335.25 (additional 1,383 meals @ $6.75 each) Net contract change of $10,300</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>$9,335</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$10,300</td>
<td></td>
</tr>
<tr>
<td>Jordano’s</td>
<td>Title III C1</td>
<td>($13,672)</td>
<td>Amend the current contract as follows: Congregate Meals – subtract $13,672 (less 3,418 meals); Home Delivered Meals – add $56,276 (additional 14,069 meals) Net contract change of $42,604</td>
</tr>
<tr>
<td></td>
<td>Title III C2</td>
<td>$56,276</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$42,604</td>
<td></td>
</tr>
<tr>
<td>Roll Over</td>
<td>Title III C1/C2</td>
<td>$23,631</td>
<td>Rollover unused funds to FY 2017-18 to be used to provide home delivered meals in FY 2017-2018 for the people brought onto the program this year with the OTO legislative money.</td>
</tr>
</tbody>
</table>

6.4 Recommendation to Approve Changes to the VCAABy-Laws and Forward to the Board of Supervisors for Approval. They Advisory Council approved the following changes to be forwarded to the Board of Supervisors for final approval:

1. Responsibilities – the committee is recommending that Advisory Council members participate on at least two committees. With so
much happening in the county, state and federally related to seniors, housing, transportation, meals, health care, etc. It is imperative that Advisory Council members be able to participate, advocate and make informed decisions. Telephonic participation would be allowed in all committee meetings except for the Planning and Allocation Committee Meeting. This would require all staff to use the same teleconference line which would be published on all agendas. WebEx would also be used for PowerPoint presentations and to display material being provided at the meetings. No alternate means are being suggested at this time such as Skype as the VCAA does not have a universal capability to use it for all meetings.

2. Changing the name of “special populations” to “focused populations to describe the Veterans, Family Caregiver, LGBT, Behavioral Health, and People with Disabilities representatives.

(Todd/Sherbok/Passed)

7. Advisory Council Meeting Schedule. The meeting schedule for FY 2016-2017 was included for informational purposes. Changes to the schedule in regards to meetings for the Health Issues Committee were discussed. The February and June meetings for the health issues committee have been cancelled.

8. Other Committee Meetings – June Glasmeier reported that she wasn’t able to attend this last TACC meeting in Sacramento. Larry Hartmann noted that funding is the big issue for CSL.

9. California Commission on Aging AgeWatch for December 2016. Toni Olson pointed out that the theme for Older Americans month this year (May 2017) is “Aging out loud.”

10. Comments from the Chair – Toni hoped that everyone had a great holiday season and wished everyone a happy and healthy 2017

11. Other Business –

Larry Hartmann - As tax season is coming up, he reminded everyone to donate to CSL via line 402.

June Glasmeier – June was concerned about Food Share but was assured that things were fine with Food Share.

12. Adjournment – the meeting was adjourned at 10:25 am.
TO: VCAAA Advisory Council Members

FROM: Jay Evans, Committee Chair

DATE: January 11, 2017

SUBJECT: Livable Communities Committee Report from January 11, 2017

Committee Members Present
Dani Anderson (Persons with Disabilities)
David Birenbaum (Supervisorial Appointee)
Deirdre Daly (City of Ojai)
Jay Evans (City of Camarillo)
Nick Fotheringham (City of Thousand Oaks)
Rose Gossom (Supervisorial Appointee)
Lori Harasta (City of Ventura)
Antoinette “Toni” Olson (City of Simi Valley)

VCAAA Staff Present
Christine Voth, Manager, Business Strategy & Strategic Planning
Juanita Pulu, HomeShare Program
Jason Sagar, Transportation Coordinator

1. Welcome and Introductions. The meeting convened at 11:00 AM.

2. Public Comments. SEE ATTACHMENT.

3. Minutes from November 9 meeting were approved (Nick/Toni)

4. Special presentation: Inter-City Bus Transportation and VCTC Services for Seniors.
   Guest speaker: Martin R. Erickson, Public Transit Director, Ventura County Transportation Commission (VCTC). Martin Erickson provided an informative overview of VCTC, the update of the Coordinated Plan (for transportation), described the funding sources for local transportation and how transportation is handled in the cities and county. He also spoke about the significant obstacles to creating a coordinated system of inter-city transportation. He stated that VCTC has a call center for persons needing assistance with bus routes. Information is also available online.

This led to a discussion about having a single source to provide information about transportation. It was agreed that such information changes often and it is difficult to coordinate the information because of numerous entities involved. Last year, VCAAA drafted an ElderHelp Transportation Program brochure, however, it was not distributed. Christine will check with VCAAA deputy director, Monique Nowlin, about the brochure.
5. **Transportation Program** – Update from Jason Sagar, VCAAA Staff. Jason reported that Dial-a-Ride tickets are most popular. There is a need to get the word out to east county residents about the availability of tickets; most tickets are consumed by persons in living in the western half of the county. VCTC single tickets are also available. Persons may obtain tickets by calling VCAAA at 805-477-7300. Door-to-door medical transportation is averaging $300 per round trip.

6. **HomeShare Program** – Update from Juanita Pulu, VCAAA Staff. Juanita reported Home Share made 32 matches in 2016 at locations throughout the county. Staff is seeking more providers. Outreach is being conducted in senior centers and churches. Program is expanding in Simi Valley.

7. **Information about activities of other Advisory Council subcommittees:** Health Issues, Legislative, Optimal Aging, Outreach and Senior Nutrition.

8. **Next Meeting** – Wednesday, March 8, 2017

9. **Adjournment** at 12:15 PM.
ELDERHELP TRANSPORTATION TICKET DESCRIPTIONS

**VCTC Single Ride Reduced.** Eligible for 20 Tickets per month valued at $.60 each. Must be 65 or older or have a valid ADA card or reduced fare ID. Good for, Gold Coast, Simi Valley, and Thousand Oaks buses and the following VCTC routes: Hwy 126, Hwy 101, East County, CSUCI, Oxnard-Camarillo Connector.

**VCTC Single Ride Full Fare.** Eligible for 20 Tickets per month valued at $1.25 each. Must be 60 to 65 years of age with no ADA card. Good for, Gold Coast, Simi Valley, and Thousand Oaks buses and the following VCTC routes: Hwy 126, Hwy 101, East County, CSUCI, Oxnard-Camarillo Connector.

**VCTC Intercounty 10-ride Reduced Fare.** Eligible for 2 Tickets per month valued at $13.50 each. Must be 65 or older or have a valid ADA card or reduced fare ID. Good for VCTC routes Coastal Express and Conejo Connection.

**VCTC Intercounty 10-ride Full Fare.** Eligible for 2 Tickets per month valued at $27 each. Must be 60 to 65 years of age with no ADA card. Good for VCTC routes Coastal Express and Conejo Connection.

**Valley Express Senior/Disabled Monthly Super Pass.** Eligible for one month pass valued at $25 each. Must be 65 or older or be ADA certified. Good for cities along Hwy 126 Santa Paula, Fillmore, and Piru.

**Valley Express Youth/Adult Monthly Super Pass.** Eligible for one month pass valued at $30 each. Must be 60 to 64 years of age with no ADA card. Good for cities along Hwy 126 Santa Paula, Fillmore, and Piru.

**Gold Coast Access Dial-A-Ride.** Eligible for 20 Tickets per month valued at $3.00 each. Must be 65 or older or have a valid ADA card. Gold Coast operates in Ojai, Ventura, Port Hueneme and Oxnard.

**Camarillo Area Dial-A-Ride.** Eligible for 2 10-ride Tickets per month valued at $15.00 each. Must be 65 or older or have a valid ADA card. Good for Camarillo and areas close to Camarillo.

**Thousand Oaks Dial-A-Ride.** Eligible for 20 Tickets per month valued at $3.00 each. Must be 65 or older or have a valid ADA card. Good for Thousand Oaks.

**East County Connect Dial-A-Ride.** Eligible for 10 Tickets per month valued at $5.00 each. Must be 65 or older or have a valid ADA card. Good for Moorpark, Simi Valley, Thousand Oaks, and Camarillo, as well as nearby unincorporated areas, such as Newbury Park and Santa Susana Knolls. CONNECT Intercity also connects to western Ventura County through a transfer to Gold Coast Transit and provides connections to Chatsworth through Simi Valley Transit.

**Simi Valley Dial-A-Ride.** Eligible for 20 Tickets per month valued at $1.50 each. Must be 65 or older or have a valid ADA card. Good for Simi Valley.

**Simi Valley Fixed Route Reduced Fare.** Eligible for one 25-ride ticket per month valued at $18.75. Must be 65 or older, ADA-certified individuals, and Medicare card holders.
This page is intentionally blank
TO: VCAAA Advisory Council Members
FROM: Ginny Rockefeller, Chair
DATE: January 17, 2017
SUBJECT: Health Issues Committee Meeting Report from January 17, 2017

Members Present
David Birenbaum, DDS (Supervisory Appointee)
Smita Dandekar (Supervisory Appointee)
Jay Evans (City of Camarillo)
Lori Harasta (Ventura COA)
Ginny Rockefeller (City of Ojai)

Members Absent
Deirdre Daly (City of Ojai)
Sue Tatangelo (Family Caregiver Representative)

VCAAA Staff Present
Christine Voth, Manager, Business Strategy & Strategic Planning
Patti Jaeger, Registered Dietitian

Guests
Susan Landeros, Ventura County Public Health

1. Welcome and Introductions. The meeting was called to order at 1:08 PM

2. Public Comments. David asked hospice and wants to know who controls the pain medications (such as morphine) for persons in hospice. He asked if it is coordinated by the doctor at the facility or the patient's personal physician. He expressed frustration due to a recent hospice experience of someone he knows. This led to a discussion on the new Death with Dignity Law. David asked if someone could speak about this at the next meeting. Lori said she would inquire if someone at Livingston Memorial VNA is available.

3. Review and Approval of Minutes of the meeting held on November 15, 2016. Approved (Jay/Smita)

4. Health Issues Committee Goals and Objectives. The committee unanimously approved the revised goals and objectives (Smita/Jay). SEE ATTACHMENT

5. Dementia Friendly Ventura County & Memory Screenings. Christine provided an update on both of these programs.
6. Health Symposium for Faith-based Leaders update. SEE ATTACHMENT

7. Update on Evidence-based Fitness Classes.

8. Reports about relevant activities occurring in other committees – if any: Legislative Committee, Livable Communities Committee, Optimal Aging Committee, Outreach Committee, and Senior Nutrition Committee

9. Next Meeting Date – March 21, 2017, from 1 PM to 2:30 PM at VCAAA. Christine reminded everyone that there will be no meeting in February.

10. Adjourn. The committee adjourned at 2:22 PM.
### GOALS – July 1, 2016 through June 30, 2020 (listed alphabetically)

<table>
<thead>
<tr>
<th>GOAL #</th>
<th>GOAL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Education for Consumers</strong></td>
<td>Educate older adults and persons with disabilities on how to be wise health care consumers; and how to advocate for themselves. To accomplish this goal, VCAA will encourage collaborations among the medical community, community-based service programs, faith-based organizations, insurance providers and government entities.</td>
</tr>
<tr>
<td>2</td>
<td><strong>Education for Providers</strong></td>
<td>Educate representatives of the healthcare sector, including but not limited to hospitals, physicians, discharge planners, home health agencies and health insurance providers about community and family caregiver resources and services.</td>
</tr>
<tr>
<td>3</td>
<td><strong>Emerging Needs</strong></td>
<td>Identify and address, where feasible, emerging needs about healthcare and physical well-being of older adults in Ventura County. This includes but is not limited to dementia and Alzheimer’s disease.</td>
</tr>
<tr>
<td>4</td>
<td><strong>Wellness</strong></td>
<td>Encourage optimal fitness for older adults and persons with disabilities in Ventura County utilizing evidence-based activities.</td>
</tr>
<tr>
<td>5</td>
<td><strong>Family Caregivers</strong></td>
<td>Support family caregivers and help to mitigate Caregiver/Second Patient Syndrome.</td>
</tr>
<tr>
<td>6</td>
<td><strong>Food Insecurity</strong></td>
<td>Help to identify and address food insecurity issues and promote nutrition education for older adults.</td>
</tr>
</tbody>
</table>

### PROJECTS UNDER DEVELOPMENT

<table>
<thead>
<tr>
<th>#</th>
<th>OBJECTIVE</th>
<th>Dates</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Education.</strong> Sponsor or collaborate with other organizations to present one or more events that will provide information about health resources in the community. GOAL #1 AND #2</td>
<td>7/1/2016 to 6/30/2020</td>
<td>Examples: -- HICAP in-service about Preventive Care benefits -- Proposed faith-based seminar</td>
</tr>
<tr>
<td>2</td>
<td><strong>Family caregiving.</strong> Encourage the presentation of and coordinate sponsorship of classes for nursing professionals on the topic of Caregiver/Second Patient Syndrome. GOAL #5</td>
<td>7/1/2017 to 6/30/2020</td>
<td>Is this topic still relevant? Need input from Sue Tatangelo.</td>
</tr>
<tr>
<td>3</td>
<td><strong>Family caregiving.</strong> Distribute tips for “taking care of yourself” to be provided to home care patients who have caregivers. <strong>Suggestion:</strong> Assess what is currently distributed by home health agencies and family caregiver centers. GOAL #5</td>
<td>7/1/2016 to 6/30/2020</td>
<td>Is this necessary? Organizations like Livingston Memorial VNA and VCAA have handouts. Is this a duplication of effort? There are many resources on the Internet. What is being given to clients by the three VCAA-funded family</td>
</tr>
<tr>
<td>#</td>
<td>OBJECTIVE</td>
<td>Dates</td>
<td>REMARKS</td>
</tr>
<tr>
<td>----</td>
<td>---------------------------------------------------------------------------</td>
<td>------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>4</td>
<td><strong>NEW: Emerging Needs.</strong> Utilizing current statistical data, identify the major health issues impacting older adults in each city. <strong>GOAL #3</strong></td>
<td>2/1/2017 to 6/30/2016</td>
<td>Added by staff on 1/12/16. This project will be an update of a project done by the Health Issues Committee in 2009-10.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>#</th>
<th>Objective</th>
<th>Dates</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>Emerging Needs.</strong> Encourage medical or social/case management (such as Housing Plus) programming to low-income residents in senior housing communities to better facilitate aging-in-place. <strong>GOAL #3</strong></td>
<td>7/1/2016 to 6/30/2020</td>
<td>Dementia Friendly Ventura County</td>
</tr>
<tr>
<td>6</td>
<td><strong>Emerging Needs.</strong> Identify best practices that address emerging health and wellness needs such as dementia and Alzheimer’s disease. <strong>GOAL #3</strong></td>
<td>7/1/2016 to 6/30/2020</td>
<td>Dementia Friendly Ventura County</td>
</tr>
<tr>
<td>7</td>
<td><strong>Fall Prevention Education.</strong> Encourage programs that will reduce the number of falls experienced by older adults and persons with disabilities. <strong>GOAL #4</strong></td>
<td>7/1/2016 to 6/30/2020</td>
<td>Collaborate with the Ventura County Evidence Based Health Promotion Coalition and the Ventura County Fall Prevention Coalition. The FP Coalition holds two annual events: September (English) and April (Spanish)</td>
</tr>
<tr>
<td>8</td>
<td><strong>Fitness.</strong> Provide evidence-based fitness classes for older adults throughout Ventura County. <strong>GOAL #4</strong></td>
<td>7/1/2016 to 6/30/2020</td>
<td>Collaborate with the Ventura County Evidence-Based Health Promotion Coalition on the presentation of evidence-based classes.</td>
</tr>
<tr>
<td>9</td>
<td><strong>Food Insecurity.</strong> Work with community organizations to address food insecurity issues for seniors and persons with disabilities. <strong>GOAL #6</strong></td>
<td>6/30/2016 to 6/30/2020</td>
<td>--Assist with FOOD Share’s Supplemental Food Commodity Program. --Senior Nutrition Program (home delivered and congregate meals).</td>
</tr>
<tr>
<td>10</td>
<td><strong>Nutrition Education.</strong> Continue to develop additional healthy living placemats for the Senior Nutrition Program.</td>
<td>7/1/2016 to 6/30/2020</td>
<td>Per Victoria Jump, VCAAA cannot sell the placemats; they are funded by the Older Americans Act. However, the cost to develop it was non-OAA</td>
</tr>
</tbody>
</table>
### Ongoing Projects

<table>
<thead>
<tr>
<th>#</th>
<th>Objective</th>
<th>Dates</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GOAL #6</td>
<td></td>
<td>funded. She suggests obtaining the copyright then sharing it with interested parties with the requirements that VCAAA is credited on placemats being printing by entities using our format. Her question to the committee is: If we are going to “sell” the placemat, what are we selling?</td>
</tr>
</tbody>
</table>

### Health Issues Committee Mission Statement

The mission of the Health Issues Committee is to mobilize resources to improve the health and medical services of seniors and their caregivers.

### Health Issues Committee Target Population

Persons aged 60 and older.

### Health Issues Committee Philosophical Framework

While the Health Issues Committee is not responsible for solving all the health and medical care problems of seniors in Ventura County it is responsible for investing its funds and staff time based on knowledge of the documented health status of seniors, risk factors, and services being provided by the major public and private agencies and professionals.

VCAAA can be the honest broker that asks relevant agencies what they are doing in key areas, what they would like do, and what help would be welcomed. VCAAA resources include staff support, grant seed money in selected categories, case management, and outreach to encourage system efficiencies via better coordination of services and continuity of care.

Meeting this challenge requires that we understand our communities, document where needs are greatest, and target resources appropriately. The VCAAA database on unduplicated services to seniors with three or more limitations in the activities of daily living can track progress and outcomes of our most vulnerable seniors.

Recommendations are based on preventive services recommended by the U.S. Preventive Services Task Force ([www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov)) and the surgeon general.

The basic guiding principle of regional chronic disease programs is care designed and organized around the patients rather than providers. The four principles of a regional approach are as follows:

- Physician involvement
- Collaborate with existing community organizations
- Self-management (including disease prevention, health promotion, and health/medical care compliance)
- Use technology to facilitate patient home care.
<table>
<thead>
<tr>
<th>WHEN:</th>
<th>Fall 2017 (tentative)</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHERE:</td>
<td>Camarillo (because of its central location)</td>
</tr>
<tr>
<td>TYPE OF VENUE:</td>
<td>A non-denominational venue such as the County Education Office in Camarillo</td>
</tr>
<tr>
<td>DAY OF THE WEEK:</td>
<td>Wednesday, Thursday or Friday. Morning to noon. 2-4 hours. Light breakfast, fruit snacks, coffee.</td>
</tr>
<tr>
<td>WORKING TITLE:</td>
<td>“You Are Not Alone”</td>
</tr>
<tr>
<td>TARGET AUDIENCE:</td>
<td>Spiritual/faith-based leaders with congregations and/or an audience</td>
</tr>
<tr>
<td>CONTENTS:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• To REINFORCE THE CONNECTION BETWEEN PHYSICAL HEALTH, MENTAL HEALTH, AND SPIRITUAL HEALTH for faith-based communities.</td>
</tr>
<tr>
<td></td>
<td>• To educate and inform leaders/participants on: How to and why to build a health component into their ministries, for the purpose of supporting the mental and physical health, along with the spiritual health of their congregants.</td>
</tr>
<tr>
<td></td>
<td>• To provide resources for spiritual leaders, including family caregiving.</td>
</tr>
<tr>
<td></td>
<td>• Include a discussion about alternative (non-medical) therapies?</td>
</tr>
<tr>
<td>POTENTIAL SPEAKERS – NEED TO BE FAITH BASED &amp;/OR -HEALTH BASED:</td>
<td>Instead of a keynote speaker, there will be a panel discussion to represent mind, body, and spirit.</td>
</tr>
<tr>
<td>Panelists:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• MIND-CONFIRMED: Dr. Brock Travis, PhD (Psychology, Mindfulness and Ancient Wisdom). Teri may have someone who can do the MIND segment. If so, move Dr. Travis to SPIRIT.</td>
</tr>
<tr>
<td></td>
<td>• BODY: TERI HELTON WILL INVITE: Dr. Lanyard Dial</td>
</tr>
<tr>
<td></td>
<td>• SPIRIT: See above comment under MIND.</td>
</tr>
<tr>
<td>POTENTIAL EXHIBITORS:</td>
<td>Senior centers that provide health and fitness activities</td>
</tr>
<tr>
<td>Alma Via/Elder Care Alliance</td>
<td>Senior Concerns</td>
</tr>
<tr>
<td>Alzheimer's Association-Central Coast</td>
<td>Senior Nutrition Program Partners</td>
</tr>
<tr>
<td>Chapter</td>
<td>Turning Point Foundation</td>
</tr>
<tr>
<td>Cal-Fresh</td>
<td>VCAA, VCAA-HICAP</td>
</tr>
<tr>
<td>Camarillo Health Care District (CHCD)</td>
<td>VCAA-SNAP-Ed</td>
</tr>
<tr>
<td>Caregivers: Volunteers Assisting the Elderly</td>
<td>VCMC and other local hospitals</td>
</tr>
<tr>
<td>Catholic Charities/OASIS Family</td>
<td>Ventura County Behavioral Health</td>
</tr>
<tr>
<td>Caregiver Center</td>
<td>Ventura County CATCH</td>
</tr>
<tr>
<td>CHCD-Ventura County Evidence-Based Health Promotion Coalition</td>
<td></td>
</tr>
</tbody>
</table>
HOW WILL WE FUND THIS EVENT?
Through vendors and exhibitors (some of the entities listed above).

Sponsorship ideas:
- Amgen
- Kaiser
- SCAN
- Funeral homes
- Dignity Health
- VCMC and other hospitals
- Home Care agencies
- Hospice agencies
- Media such as the VC Star, Ventura Breeze, Acorn

NON-HIC PERSONS INTERESTED IN BEING INVOLVED:
- Rev. Judy Pando, Associate Minister, (Centers for Spiritual Living), Ventura
- Desta Goehner, CLU
- Rabbi Mike (check with Teri for contact info.)
- Rev. Julie Morris (Episcopal), Abundant Table

WHO WILL DO THE WORK TO PRODUCE THIS EVENT?
To be determined.

GOALS OF THE SYMPOSIUM
- To educate faith leaders on the importance and advantages of health promotion, which includes congregational enrichment and cohesiveness, and growing the congregation numerically.
- To demonstrate how having healthy diet and lifestyle complements care of the body, mind, and spirit.
- To provide tools and information to increase faith-leaders’ awareness of the support systems, community resources and health enhancing programs in Ventura County (with many being low cost or free).
- To help faith-based leaders and organizations to develop and strengthen relationships with entities focused on health promotion and services that support well-being. These organizations the entities listed above.
TO: VCAA Advisory Council Members

FROM: Bob Taylor, Chair

DATE: March 8, 2017

SUBJECT: Outreach Committee Report from January 31, 2017

Committee Members Present (3)
Bob Taylor (Camarillo) - Chair
Rose Gossom (Supervisorial Appointee)
Dr. Karen Gorback (Thousand Oaks)

Committee Members Absent (2)
Nancy Healy (Thousand Oaks)
Cleo Anderson (Special Population Seat – Mental Health)

VCAA Staff Present (2)
Monique Nowlin
Katharine Raley

Guests (0)
None

1. Call to Order – The meeting was called to order at 9:00 a.m. by the Chair, Bob Taylor. A quorum was present.

2. Welcome and Introductions – None

3. Public Comments – None

4. Discussion of One Time Only Funds $11,137 - Outreach To Family Caregivers - The Committee discussed the funds and after much discussion decided the funds should be used for the Older Americans Month event in May. They added that with these funds, the event should be focused on caregivers. The Committee directed Staff to bring ideas for the Committee to consider at the February meeting.

5. Upcoming Outreach Events and Evidence Based Classes – Staff provided the Committee with an overview of upcoming outreach events and evidence based classes. Bob requested that outreach events be added to the website when it is re-developed.

6. Overview of Current Marketing Materials – Staff provided the Committee with a copy of all of the current marketing materials for their review. This will be done annually so the Committee can stay apprised of what materials the public is receiving.
7. **Discussion of Older Americans Month Outreach Event in May** – This item was combined with the agenda item where the one time only funds were discussed. The Committee directed Staff to bring ideas for them to consider at the February meeting.

8. **Other Committee Involvement/Notification** – None.

9. **Next Meeting Schedule** – February 28, 2017, 9:00 a.m. – 10:30 a.m.

10. **Adjournment** – The meeting was adjourned at 10:02 a.m. by the Chair, Bob Taylor
Senior Nutrition Committee Members Present
Jay Evans (Camarillo COA)
Rose Gossom (Supervisory Appointee)
Donald Todd (Veterans Representative)
Vicki Tripoli (Moorpark COA) - Chairperson

Senior Nutrition Committee Members Absent
Alice Sweetland (Oxnard COA)
Deirdre Daly (Ojai COA)
Toni Olson (Simi Valley COA)

VCAAA Staff Present
Marleen Canniff, Grants Administrator
Brian Murphy, Fiscal and Contracts Manager

Guests – None

1. Call to Order – Chairperson Vicki Tripoli called to order the meeting at 10:00 a.m. A quorum was present.

Welcome and Introductions

2. Public Comments – None

3. Approval of Minutes from the 10/17/2016 and 11/21/2016 Meetings – Approval of the minutes from the prior two meetings passed unanimously.

4. Meal Count and Cost per Meal Year-to-Date – VCAAA meal sites served 102,143 meals year to date, which is 99% of the contracted amount. While 16,755 meals were served in December, we saw a 6% increase from last month’s meal counts, with a 5% increase in the number days of service. Jordano’s-supplied meal count is 13,254 for the month, and the non-Jordano’s meal count is 3,501. While VCAAA’s budgeted food cost is $4.00 per meal, Jordano’s-supplied food cost year to date is at $3.91.
   a. Revised service units for contracted meals from January 1 through June 30, 2017
   Contract amendments for FY2016-17 are being executed between the Senior Nutrition Program meal providers and the County to more accurately address the needs in each
community and to revise service levels to correspond with what meal sites have communicated they can provide. These revisions were based on the Planning and Allocation Committee analysis of all meal site year-to-date service levels and meal count projections.

<table>
<thead>
<tr>
<th></th>
<th>Congregate (C1)</th>
<th>Home-Delivered (C2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camarillo HCD</td>
<td>-207</td>
<td>6,557</td>
</tr>
<tr>
<td>Fillmore</td>
<td>129</td>
<td>-938</td>
</tr>
<tr>
<td>Moorpark</td>
<td>602</td>
<td>-61</td>
</tr>
<tr>
<td>Oxnard</td>
<td>667</td>
<td>1,018</td>
</tr>
<tr>
<td>Port Hueneme</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Santa Paula</td>
<td>27</td>
<td>352</td>
</tr>
<tr>
<td>Simi Valley</td>
<td>43</td>
<td>1,556</td>
</tr>
<tr>
<td>Ventura</td>
<td>-1,416</td>
<td>-1,479</td>
</tr>
<tr>
<td>Conejo RPD</td>
<td>922</td>
<td>0</td>
</tr>
<tr>
<td>HELP of Ojai</td>
<td>-1,300</td>
<td>4,372</td>
</tr>
<tr>
<td>Piru - Poncho's Place</td>
<td>143</td>
<td>1,383</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>-389</strong></td>
<td><strong>12,760</strong></td>
</tr>
</tbody>
</table>

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

SNAC currently has a six-member Board of Directors. They continue to search for additional members.

6. **SNP Site Donations/Program Income** – Staff reported the donation/program income amounts of each SNP meal site for the first quarter of FY1617. Across all sites, the Congregate (C1) Program has an average total of $1.17 in donations per meal, while the Home-Delivered Meal (C2) Program has $0.75 in donations per meal, totaling $0.89 in donations per meal for both programs. For congregate services, Camarillo Health Care District has the highest average donations per meal at $2.76. Regarding home-delivered meal services, the City of Simi Valley has the highest average donations per meal at $1.21. The projected donation total for FYE1617 is $181,255.
FY16-17 Donations per Site – Q2  
(July 1, 2016 through December 31, 2016)

<table>
<thead>
<tr>
<th></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 Meals Counts</th>
<th>C1 &amp; C2 Donations Per Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camarillo HCD</td>
<td>$813</td>
<td>294</td>
<td>$2.76</td>
<td>$12,234</td>
<td>11,834</td>
<td>$1.03</td>
<td>$13,046</td>
<td>$12,128</td>
</tr>
<tr>
<td>Fillmore</td>
<td>$2,468</td>
<td>2,876</td>
<td>$0.86</td>
<td>$1,055</td>
<td>1,793</td>
<td>$0.59</td>
<td>$3,524</td>
<td>$4,669</td>
</tr>
<tr>
<td>Moorpark</td>
<td>$1,591</td>
<td>1,802</td>
<td>$0.88</td>
<td>$558</td>
<td>2,314</td>
<td>$0.24</td>
<td>$2,149</td>
<td>$4,116</td>
</tr>
<tr>
<td>Oxnard</td>
<td>$5,384</td>
<td>6,852</td>
<td>$0.79</td>
<td>$1,476</td>
<td>11,895</td>
<td>$0.12</td>
<td>$6,860</td>
<td>$18,747</td>
</tr>
<tr>
<td>Port Hueneme</td>
<td>$0</td>
<td></td>
<td></td>
<td>$520</td>
<td>3,179</td>
<td>$0.16</td>
<td>$520</td>
<td>$3,179</td>
</tr>
<tr>
<td>Santa Paula</td>
<td>$3,844</td>
<td>2,454</td>
<td>$1.57</td>
<td>$2,836</td>
<td>2,887</td>
<td>$0.98</td>
<td>$6,680</td>
<td>$5,341</td>
</tr>
<tr>
<td>Simi Valley</td>
<td>$5,792*</td>
<td>5,461</td>
<td>$1.06</td>
<td>$21,989*</td>
<td>18,115</td>
<td>$1.21</td>
<td>$27,788*</td>
<td>23,576</td>
</tr>
<tr>
<td>Ventura</td>
<td>$7,723</td>
<td>4,878</td>
<td>$1.58</td>
<td>$2,205</td>
<td>7,066</td>
<td>$0.31</td>
<td>$9,928</td>
<td>11,944</td>
</tr>
<tr>
<td>Conejo RPD</td>
<td>$10,065</td>
<td>6,428</td>
<td>$1.57</td>
<td>$0</td>
<td></td>
<td></td>
<td>$10,065</td>
<td>6,428</td>
</tr>
<tr>
<td>HELP of Ojai</td>
<td>$1,975</td>
<td>1,734</td>
<td>$1.14</td>
<td>$7,720</td>
<td>6,995</td>
<td>$1.10</td>
<td>$9,695</td>
<td>8,729</td>
</tr>
<tr>
<td>Poncho's Place</td>
<td>$272</td>
<td>1,323</td>
<td>$0.21</td>
<td>$100</td>
<td>1,571</td>
<td>$0.06</td>
<td>$372</td>
<td>2,894</td>
</tr>
<tr>
<td><strong>TOTALS:</strong></td>
<td><strong>$39,935</strong></td>
<td><strong>34,102</strong></td>
<td></td>
<td><strong>$50,693</strong></td>
<td><strong>67,649</strong></td>
<td></td>
<td><strong>$90,628</strong></td>
<td><strong>101,751</strong></td>
</tr>
</tbody>
</table>

*denotes estimates.  

Projected Donation Total for FYE1617: $181,255

* This total excludes the Aggregate Wasted Meal count. C1&C2 meal count total is actually 102,143.

7. **Additional Funding and Requirements to Augment the Home-Delivered Meal Program** –  
As of December 31, 2016, the VCAA Home-Delivered Meal program has a countywide waitlist of 81 homebound seniors.

a. **ARCH Program Funds** – Gold Coast Health Plan has sponsored 2,666 meals through VCAA’s ARCH Home-Delivered Meal Program. Program details are being finalized to allow for current SNP providers and FOOD Share to deliver the meals for this program.

b. **State General Fund Home-Delivered Nutrition Services Program OTO Funding** – Of the One-Time-Only funds the Advisory Council approved for additional meals this fiscal year, $34,211 was allocated to VCAA by the State of California General Fund exclusively to assist the state’s Home Delivered Meal (HDM) programs in decreasing HDM waitlists. Each quarter, VCAA will be required to report the number of individuals removed from the waitlists along with narratives about the impact of this funding. The program funding will allow individuals to receive weekday and weekend meals. Staff has confirmed the ability of the meal sites to sustain such services beyond this funding, so as not to leave homebound seniors without meals on July 1, 2017, when this funding ends.

8. **Other Committee Involvement/Notification**

a. **Planning and Allocation Committee** – At the January 11, 2017, Advisory Council meeting, PAC members recommended and received approval of the use of $85,889 in FY16-17 one-time-only funds to cover the cost of providing 13,698 additional meals. The remaining OTO funds = $24,623 will be used for placemats, SNP Education, and additional meal-site kitchen inspections (Ventura East and Oxnard Palm Vista).

9. **Other Business**
a. *Environmental Health Approval to Use Local Donated Produce* – Environmental Health has given approval to allow the SNP meal sites to use whole fruits and vegetables (donated by local farmers, gleaners, and individuals) in the program meals served at the sites. VCAAA staff is working on developing a policy for this program enhancement that adheres to the California Health & Safety Code and SNP requirements. Environmental Health has previously approved the distribution of whole fruits and vegetables to meal participants for consumption off-site.

b. *Farmers’ Market Coupons* – Redemption rates of the coupons should become available at the end of January, when Patti Jaeger will report the outcomes.

c. *New SNP Foods Status* – A 2- to 3-ounce beef hamburger and whole wheat roll have been introduced as potential new items on the SNP menu, as well as scrambled eggs and a whole wheat tortilla. The majority of the participants tasting the samples of the previously reported new menu items returned a positive taste result; however, the Ginger Carrot Soup has received mixed reviews. Patti will continue to monitor this item to determine if it should remain on the menu.

d. *FOOD Share Senior Supplemental Food Program* – The state recently assigned FOOD Share funding for a caseload of 4,000 seniors (ages 60-plus, no more than 130% of FPL) to receive 25-pound food boxes every month. They are actively seeking outreach and distribution locations where a minimum of 150 eligible seniors live or can go to pick up the food boxes.

10. **Future Meeting Schedule** - The next SNP Committee Meeting is scheduled for **Monday, February 13, 2017, at 10 a.m.** in the Garden View Room 135.

11. **Adjournment** – The meeting adjourned at **11:18 a.m.**
TO: VCAAA Advisory Council Members

FROM: Vicki Tripoli – Chairperson

DATE: February 13, 2017

SUBJECT: Senior Nutrition Committee Report from February 13, 2017

Senior Nutrition Committee Members Present
Jay Evans (Camarillo COA)
Rose Gossom (Supervisorial Appointee)
Toni Olson (Simi Valley COA)
Donald Todd (Veterans Representative)
Vicki Tripoli (Moorpark COA) - Chairperson

Senior Nutrition Committee MembersAbsent
Alice Sweetland (Oxnard COA)
Deirdre Daly (Ojai COA)

VCAAA Staff Present
Marleen Canniff, Grants Administrator
Patti Jaeger, Registered Dietitian
Brian Murphy, Fiscal and Contracts Manager

Guests – None

1. Call to Order – Chairperson Vicki Tripoli called to order the meeting at 10:11 a.m. A quorum was present.

   Welcome and Introductions

2. Public Comments – None

3. Approval of Minutes from the 1/23/2017 Meetings – Approval of the minutes from the prior meeting passed unanimously.

4. Meal Count and Cost per Meal Year-to-Date – VCAAA meal sites served 118,292 meals year to date, which is 98% of the contracted amount. While 16,149 meals were served in January, we saw a 4% decrease from last month’s meal counts, through the same number of days of service. Jordano’s-supplied meal count is 12,283 for the month, and the non-Jordano’s meal count is 3,866. While VCAAA’s budgeted food cost is $4.00 per meal, Jordano’s-supplied food cost year to date is at $3.94.
5. **Senior Nutrition Action Council S.N.A.C. Update**
SNAC currently has a six-member Board of Directors. They continue to search for additional members.

6. **Augmented Home-Delivered Meal Program** – As of January 31, 2017, the VCAA Home-Delivered Meal program has a countywide waitlist of 62 homebound seniors.
   c. **ARCH HDM Program Status** – Gold Coast Health Plan has begun sending VCAA referrals for the ARCH Home-Delivered Meal Program. Thus far, five clients have been identified by GCHP to receive these meals. VCAA staff is working with meal sites to provide this service. VCAA will reimburse each provider per meal monthly, using GCHP funding. VCAA will also use GCHP funding to cover the food costs associated with these meals. Staff is working on an internal plan to use staff/volunteers to perform initial assessments and FOOD Share to provide ARCH meal deliveries in areas where meal sites are unable to participate. Program details are being finalized.
   d. **State General Fund Home-Delivered Nutrition Services Program Status** – On February 13, VCAA submitted to the California Department of Aging (CDA) its first required survey report. This monthly report documented that 15 unduplicated older individuals were moved from an 81-person countywide waitlist (recorded on December 31, 2016) to the active rosters in several cities using the Title IIIC-2 OTO funds. The report also provided narrative information about the impact of these funds.

7. **Other Committee Involvement/Notification**
   None

8. **Other Business**
   e. **New SNP Foods Status** – The 2- to 3-ounce beef hamburger and whole wheat roll and scrambled eggs and a whole wheat tortilla should start appearing at meal sites this quarter. Patti Jaeger will continue to monitor the new items to determine if they should remain on the menu.
   f. **AARP and Caesars Foundations Hunger in Older Adults Report** – A new report has come out addressing hunger in older adults: The Hunger in Older Adults report offers resources and recommendations, designed to enable state and local program leaders as well as advocates to work together to better meet the needs of vulnerable older adults. The full report is available at the following link: Hunger in Older Adults.
   g. **Farmers’ Market Coupons** – Redemption rates of the coupons should become available at the end of January, when Patti Jaeger will report the outcomes.
   h. **FOOD Share Senior Supplemental Food Program** – FOOD Share has begun to implement its state-funded program to provide food boxes every month to seniors (ages 60-plus) who live in Ventura County and meet the Federal Income Requirements. FOOD Share is working to enroll its monthly caseload of 3,500 eligible seniors as soon as possible. They are actively seeking outreach and distribution locations where a minimum of 150 eligible seniors live or can go to pick up these Senior Kits. Each box weighs 25-30 pounds and contains the following shelf-stable items:
      - Canned fruits and vegetables
- Juice
- Canned meat and fish
- Beans or peanut butter
- Cheese
- Shelf-stable milk
- Pasta or rice
- Cereal or oats

9. Future Meeting Schedule
The next SNP Committee Meeting is scheduled for Monday, March 20, 2017, at 10 a.m. in the Garden View Room 135.

10. Adjournment – The meeting adjourned at 11:05 a.m.
This page is intentionally blank
TO: VCAAA Advisory Council Members
FROM: Bob Taylor, Chair
DATE: March 8, 2017
SUBJECT: Legislative Committee Report from January 11, 2017

Legislative Committee Members Present (11)
Bob Taylor (Camarillo COA) - Chair
Sylvia Taylor-Stein (Service Provider)
William (Bill) Witt (CSL)
Neill Spector (Simi Valley COA)
Sandra Fide (Moorpark COA)
Nancy Healy (Thousand Oaks COA)
Sue Tatangelo (Family Caregiver Special Population Seat)
Larry Hartmann (CSL)
June Glasmeier (CSL)
Marcy Sherbok (LGBT Special Population Seat)
Donald Todd (Veteran Special Population Seat)

Legislative Committee Members Absent (1)
Suz Montgomery (Ventura COA)

VCAAA Staff Present (2)
Monique Nowlin
Katharine Raley

Guests (0)
None

1. Call to Order – The meeting was called to order at 10:44 a.m. by the Chair, Bob Taylor. A quorum was present.

2. Welcome and Introductions – None.

3. Public Comments – None

4. HICAP/SHIP Funding Update – Kathy stated that more information would be revealed in April, but it does not bode well.

5. California Senior Legislature (CSL) Update - No update.
6. Discussion and Approval of Legislative Committee Objectives for 2017 – Marcy moved and Don seconded to approve the Objectives as revised at the 1/11/17 Legislative Committee meeting.

7. Distribution and Discussion of Sample Letters to Legislators – The Committee reviewed letters and discussed when letters should be utilized.

8. Other Committee Involvement/Notification – There was no discussion about working with the other Committees on any specific projects.

9. Next Meeting Date – Next meeting is May 10, 2017

10. Adjournment – The meeting was adjourned at 11:27 a.m. by the Chair, Bob Taylor.
TO: VCAAAA Advisory Council Members

FROM: Sylvia Taylor Stein

DATE: January 25, 2017

SUBJECT: OPTIMAL AGING COMMITTEE (OAC) REPORT FROM JANUARY 25, 2017

Members Present
Deirdre Daly (City of Ojai)
Rose Gossom (Supervisory Appointee)
Lori Harasta (City of Ventura)
Ginny Rockefeller (City of Ojai)
Bob Taylor (City of Camarillo)
Sylvia Stein (Service Provider Representative)

Members Absent
Marty Kaplan (Supervisory Appointee)
Alice Sweetland (City of Oxnard)
Sue Tatangelo (Family Caregiver Representative)

VCAAAA Staff Present
Christine Voth, Manager, Business Strategy and Strategic Planning

Community Members/Guests Present
None

1. Welcome and Introductions. The meeting was called to order at 2:05 PM.

2. Public Comments

3. Approval of minutes of the meeting held on November 30, 2016. The minutes were approved (Bob/Ginny).

4. VCAAAA Optimal Aging Champion Awards. Christine distributed a worksheet that included ideas formulated to-date for the award program. The minutes from the meeting held on November 30, 2016 were also used for the discussion. Based on the committee’s recommendations, Christine will draft and present the nomination packet (which includes the application) at the February meeting.

5. VCAAAA Successful Aging photography competition. Christine shared information on the Council on Aging-Southern California (COASC) Aging as Art Photography Show. (This Council on aging is in Orange County, California.) This juried art project is in partnership with the
Bowers Museum and Newport Beach Public Library. The idea of a photography contest was presented to the committee as a possible alternative to a story contest. It would be relatively easy for interested individuals to submit photographs using a cell phone. The committee reviewed discussed the information and recommended that a pilot program be pursued.

6. Other Committee (Health Issues, Legislative, Livable Communities, Outreach, Senior Nutrition) Involvement/Notification – if any

7. Next scheduled meeting date is Wednesday, February 22, 2017, 2:00 PM to 3:00 PM

8. Adjournment. The meeting adjourned at 3:00 PM.
TO: VCAAA Advisory Council Members
FROM: Ginny Rockefeller, Temporary Chair
DATE: February 22, 2017

SUBJECT: Optimal Aging Committee Report and Recommendation to Approve the Establishment of the VCAAA Optimal Aging Champion Awards 2017 and Associated Timeline.

Members Present
Rose Gossom (Supervisorial Appointee)
Lori Harasta (City of Ventura)
Ginny Rockefeller (City of Ojai)
Sue Tatangelo (Family Caregiver Representative)
Bob Taylor (City of Camarillo)

Members Absent
Marty Kaplan (Supervisorial Appointee) - Excused
Alice Sweetland (City of Oxnard) - Excused
Sylvia Stein (Service Provider Representative) - Excused

VCAAA Staff Present
Christine Voth, Manager, Business Strategy and Strategic Planning

Community Members/Guests Present
Sharon Esparza

1. Welcome and Introductions. The meeting was called to order at 2:10 PM.

2. Public Comments

3. Approval of minutes of the meeting held on January 25, 2017. The minutes were approved (Bob/Rose).

4. VCAAA Optimal Aging Champion Awards. Christine presented the committee's project proposal that she prepared based on committee discussions in November and January. After reviewing and discussing the proposal, a motion was made (Sue/Bob) to recommend approval of the proposed project to the full Advisory Council. The motion passed unanimously. See Attached Proposal for VCAAA Optimal Aging Champion Awards 2017 and timeline.

5. Other Committee (Health Issues, Legislative, Livable Communities, Outreach, Senior Nutrition) Involvement/Notification – if any

6. Next scheduled meeting date is Wednesday, March 29, 2017, 2:00 PM to 3:00 PM

7. Adjournment at 3:05 PM.
PROPOSAL FOR VCAAA OPTIMAL AGING CHAMPION AWARDS 2017

What is optimal or successful aging?
“The capacity to function across many domains— Physical, functional, cognitive, emotional, social, and spiritual – To one’s satisfaction and in spite of one’s medical conditions.”
~ Kenneth Brummel-Smith MD (2007)

Purpose of Awards.
The purpose of the awards is to bring attention to the importance of optimal aging – what is it and to showcase local examples of individual and organizational achievements in optimal aging (which may also be called successful aging). Optimal aging champions are:
- Persons aged 60 or older who have made a significant positive difference in their community regardless of their age or medical condition; and
- Organizations that support, encourage and inspire older adults to age successfully.

Award Categories for 2017.
As shown below, the committee is recommending six awards in four categories. Caveat: If something special is brought to the attention of the committee via the nomination process, a "special" award might be given.

1-OPTIMAL AGING: Two awards -- Individual and Organization
One person and one organization that encourage and inspire older adults to enhance the quality of their lives, to maintain their identity and independence, to foster self-direction and to encourage them to be engaged and productive in a variety of activities regardless of disabilities or adverse medical conditions. The nominees’ specialty may include, but not be limited to academia, aging services, arts and culture, fitness and health, lifelong learning, recreation, teaching, volunteerism, etc. For both the individual and organizational nominations, those nominees' whose achievements and contributions directly serve adults aged 60 and older will receive priority consideration.

For the individual award, the nominee's volunteer efforts are those worthy of recognition for his or her community leadership and service regardless of whether those contributions are well known in the community or if the person works behind the scenes quietly helping others. Services provided to the community must be a result of a personal commitment and not substantially as a result of the person's primary employment or public responsibilities.

2-DEMENTIA FRIENDLY: One award -- Organization
This awardee will be an organization that exemplifies what it means to be dementia friendly in the community and especially with its clients. This organization has demonstrated an understanding and acceptance of the needs of persons with dementia. It has helped those individuals by showing respect and consideration and by educating its employees or volunteers on how to make their services and organization dementia friendly.

3-ADVOCACY & LEADERSHIP: Two awards -- Individual and Organization
One person and one organization that has advocated for senior issues and has a leadership role in improving the lives of Ventura County's older adults. Advocacy and leadership may apply to a variety of issues, including but not limited to, cultural issues, housing, transportation, ageism...
legislation, family caregiving, veterans, mental health issues, LGBT (lesbian, gay, bisexual and transgender) issues, grandparents raising grandchildren, healthcare issues and social issues.

For the individual award, the nominee's volunteer efforts are those worthy of recognition for his or her community leadership and service regardless of whether those contributions are well known in the community or if the person works behind the scenes quietly helping others. Services provided to the community must be a result of a personal commitment and not substantially as a result of the person's primary employment or public responsibilities.

4-MEDIA: One award -- Organization
One organization (print media, social media, radio, television, etc.) that consistently portrays older adults (aged 60 and older) in a positive and life-affirming manner. The nominee may have brought awareness to senior issues and problems.

Eligibility.
Individuals: At the time of nomination, the nominee must be alive, aged 60 or older, and a resident of Ventura County, California.

Organizations: An eligible organization must provide services in and have an office in Ventura County. The organization may be a non-profit (including faith-based entities) or for-profit organization or a unit of government.

Restrictions and Other Requirements.
1. The nominee must have a reputation for dedication, reliability and integrity.
2. County of Ventura employees and elected officials cannot be nominated during the year of the nomination.
3. VCAAA cannot be nominated for an organization award.
4. For individual awards, current members of the VCAAA Advisory Council cannot nominate another current member of the Advisory Council. This requirement is to avoid the appearance of collusion and any conflict of interest. A non-Advisory Council member may submit a nomination for an Advisory Council member.
5. Nominations must not be a surprise to the nominees. Nominees must be advised of and agree in advance that if selected, they will cooperate with the duties of being an Optimal Aging Champion. The nominator has a duty to inform the nominee that duties will include:
   a) Attending any awards ceremonies
   b) Participating in interviews, which may include a videotaped interview;
   c) Being photographed and person's photo may be featured on the VCAAA website, Facebook site, in press releases and other media materials.
   d) Executing a media release form for use of one's likeness in media materials, etc.

Who Can Submit a Nomination.
Nominations may be submitted by individual citizens or organizations such as community and faith-based organizations, civic organizations or a business. A person cannot self-nominate. An organization can self-nominate.

About the Application for Nomination.
1. Responses on the application form should be typed. Minimum type font is 11.
2. Information must be entered in the space provided. No additional pages or attachments will be considered.
3. Forms that are complete and succinctly written shall be given ideal consideration.
4. Name and personal information on the form (such as contact information) will be kept confidential.
5. Forms will not be returned.
6. Applications may be submitted by hard copy or electronically to VCAAA’s Christine Voth.
7. Nominators are strongly encouraged to paint an interesting picture of their nominee through descriptive explanations of the nominee’s volunteer activities and accomplishments as they pertain to the specific award category.
8. If necessary, the nominator may be asked for more information; and it may be necessary to interview a nominee.

Review of Nomination Forms and Recommendations of Awardees.
1. Designated VCAAA staff will review the nomination forms to ensure that all questions have been answered and that the form is complete.
2. The Optimal Aging Committee will review the forms and select the top three (3) entities (persons or organizations) to in each category. The committee will consider the geographic and cultural balance in making its selection.
3. The recommendations of the Optimal Aging Committee will be forwarded to the VCAAA Director for review to ensure there are no conflicts of interest or negative ramifications resulting from the selection. After review, the recommendations will go to the ad-hoc committee for making the final decision.
4. An ad-hoc committee will make the final decision for each award category. Said committee will consist of three members of the Advisory Council who do not have a conflict of interest and who do not serve on the Optimal Aging Committee.

Announcement of Awards and Distribution of Forms.
After the Advisory Council’s approval of the proposed project on March 8, VCAAA (Christine Voth) will send an email blast to the Senior Network that will include an announcement of the award program and nomination packet. All senior center directors and contact persons for focal points are part of the Senior Network. A press release will be issued to the media. Advisory Council members will be asked to take information about the awards to their respective councils or commissions on aging, city councils and senior centers, etc.

Nomination Packet.
The application will be simple and short. Responses from the nominator should include a concise description of the below-listed items, which will be assigned points for the Optimal Aging Committee to assess the applications.
1. Describe how the nominee inspired or impressed the nominator to submit the nomination in the specific category (up to 3 points);
2. Describe the nominee’s achievements pertinent to the award category (up to 3 points);
3. Who benefitted from the nominee’s services or activities (up to 3 points);
4. If applicable, describe any difficulties the nominee had to overcome to be of service in the community (up to 1 point).
Total points possible: 10 points
Award.
Each awardee will receive a physical representation such as a plaque, trophy, etc. Christine will research the options and cost of the award; and will email the information to committee members for review.

PROPOSED TIMELINE FOR OPTIMAL AGING CHAMPION AWARDS

<table>
<thead>
<tr>
<th>Date/Day</th>
<th>Event/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 22, Wednesday</td>
<td>OAC recommends approval of program to Advisory Council (AC)</td>
</tr>
<tr>
<td>March 8, Wednesday</td>
<td>AC approves program</td>
</tr>
<tr>
<td>On or before March 10, Friday</td>
<td>After approval by AC, nomination form available to the AC members, public, etc. and email blast sent to Senior Network and local media</td>
</tr>
<tr>
<td>April 7, Friday</td>
<td>Deadline to submit nomination to VCAAAN</td>
</tr>
<tr>
<td>April 10-14, Monday-Friday</td>
<td>Review of forms by VCAAAN staff. Optimal Aging Committee reviews nominations and makes recommendations.</td>
</tr>
<tr>
<td>April 12-14, Wednesday-Friday</td>
<td>OAC Meeting - Review of nominations by the Committee</td>
</tr>
<tr>
<td>Week of April 16</td>
<td>Final award decision made by ad-hoc committee</td>
</tr>
<tr>
<td>On or before April 21, Friday</td>
<td>Nominees notified of award and process for recognition on May 10, 2017.</td>
</tr>
<tr>
<td>May 10, Wednesday*</td>
<td>Awards distributed at the VCAAAN meeting</td>
</tr>
<tr>
<td>May 16, 23 or 30, Tuesday (tentative)</td>
<td>Recognition of awardees by the Board of Supervisors</td>
</tr>
</tbody>
</table>

*May is Older Americans Month.
This page is intentionally blank
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>July 2016</td>
<td>July 13 9-11 am</td>
<td>July 26 9-10:30 am</td>
<td>July 13 11-12</td>
<td>July 13*</td>
<td>July 19 1-2:30 pm</td>
<td>July 18 10-11:30 am</td>
<td>July 27 2-3 pm cancelled</td>
</tr>
<tr>
<td>August 2016</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Sept 2016</td>
<td>Sept 14 9-11 am</td>
<td>Sept 27 9-10:30 am</td>
<td>Sept 14 11-12</td>
<td>Sept 14 11-12</td>
<td>Sept 20 1-2:30 pm</td>
<td>Sept 19 10-11:30 am</td>
<td>Sept 28 2-3 pm</td>
</tr>
<tr>
<td>Oct 2016</td>
<td>None</td>
<td>October 25 9-10:30 am</td>
<td>None</td>
<td>None</td>
<td>Oct 18 1-2:30 pm</td>
<td>Oct 17 10-11:30 am</td>
<td>Oct 26 2-3 pm</td>
</tr>
<tr>
<td>Nov 2016</td>
<td>Nov 9 9-11 am</td>
<td>Nov 29 9-10:30 am</td>
<td>Nov 9 11-12</td>
<td>Nov 9 11-12</td>
<td>Nov 15 1-2:30 pm</td>
<td>Nov 21 10-11:30 am</td>
<td>Nov 30 2-3 pm</td>
</tr>
<tr>
<td>Dec 2016</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Jan 2017</td>
<td>Jan 11 9-11 am</td>
<td>Jan 31 9-10:30 am</td>
<td>Jan 11 11-12</td>
<td>Jan 11 11-12</td>
<td>Jan 17 1-2:30 pm</td>
<td>Jan 23 10-11:30 am</td>
<td>Jan 25 2-3 pm</td>
</tr>
<tr>
<td>Feb 2017</td>
<td>None</td>
<td>Feb 28 9-10:30 am</td>
<td>None</td>
<td>None</td>
<td>Feb 24 1-2:30 pm cancelled</td>
<td>Feb 13 10-11:30 am</td>
<td>Feb 22 2-3 pm</td>
</tr>
<tr>
<td>March 2017</td>
<td>March 8 9-11 am</td>
<td>March 28 9-10:30 am</td>
<td>March 8 11-12</td>
<td>March 8 11-12</td>
<td>March 21 1-2:30 pm</td>
<td>March 20 10-11:30 am</td>
<td>March 22 2-3 pm</td>
</tr>
<tr>
<td>April 2017</td>
<td>None</td>
<td>April 25 9-10:30 am</td>
<td>None</td>
<td>None</td>
<td>April 18 1-2:30 pm</td>
<td>April 17 10-11:30 am</td>
<td>April 26 2-3 pm</td>
</tr>
<tr>
<td>May 2017</td>
<td>May 10 9-11 am</td>
<td>May 30 9-10:30 am</td>
<td>May 10 11-12 Cancelled</td>
<td>May 10 11-12 Cancelled</td>
<td>May 16 1-2:30 pm</td>
<td>May 15 10-11:30 am</td>
<td>May 24 2-3 pm</td>
</tr>
<tr>
<td>June 2017</td>
<td>June 14 9-11 am cancelled</td>
<td>June 27 9-10:30 am</td>
<td>June 14 11-12 Cancelled</td>
<td>June 14 11-12 Cancelled</td>
<td>June 20 1-2:30 pm cancelled</td>
<td>June 19 10-11:30 am</td>
<td>June 28 2-3 pm</td>
</tr>
</tbody>
</table>

**VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING SCHEDULE**