

VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING



June 11, 2014

9:00 a.m. to 10:30 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 | Nancy Rowe |
| | 2. | Pledge of Allegiance | Nancy Rowe |
| | 3. | Approval of Area Agency on Aging Advisory Council Minutes of May 14, 2014 | Nancy Rowe |
| | 4. | Public Comments | Nancy Rowe |
| | | <p>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.</p> | |
| | 5. | Consent Agenda Items | Nancy Rowe |
| | 5.1 | Optimal Aging Committee Report from May 22, 2014 | |
| | 5.2 | Senior Nutrition Committee Report from May 19, 2014 | |
| | 5.3 | Legislative Committee Report from May 14, 2014 | |
| | 5.4 | Health Issues Committee Report from May 20, 2014 | |
| | | DISCUSSION ITEMS/PRESENTATION/MOTION | |
| 9:15 a.m. | 6.1 | Nominating Committee Report – Election of Advisory Council Officers for FY 2014-2015 and One (1) Service Provider for FY 2014-2016. | Nancy Rowe |
| | 6.2 | Farmers Market Coupon Program for FY 2014-2015 | Patti Jaeger |
| | 6.3 | 10 year Advisory Council and Agency Retrospective | Staff |
| | 6.4 | Advisory Council Appreciation | Staff |
| | | INFORMATIONAL ITEMS | |
| | 7. | Advisory Council Meeting Schedule for FY 2014-2015 | Victoria Jump |
| | 8. | CSL /TACC Update | June
Glasmeier |
| | 9. | Committee Membership Selection for FY 2014-2015 | Victoria Jump |
| | 10. | Comments from the Chair | Nancy Rowe |
| | 11. | Other Business | Nancy Rowe |
| 10:30 am | 12. | Adjournment | Nancy Rowe |

The next meeting will be:

July 9, 2014 (9:00 a.m. – 10:30 a.m.)

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 five days prior to the meeting.

VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING MINUTES

Advisory Council Center
646 County Square Drive, Suite 100
Ventura, CA 93003
May 14, 2014

Advisory Council Members Present

Tony Bellasalma (Moorpark COA)
Paul Boog (Port Hueneme COA)
Karen Cline (Simi Valley COA)
Ady Esparza (Oxnard COA)
Rosemary Flores-Gordon (Service
Provider)
Rose Gossom (Supervisory Appointee)
June Glasmeier (CSL)
Nick Fotheringham (Thousand Oaks COA)
Lawrence Hartmann (CSL)
Nancy Healy (Thousand Oaks COA)
Marion Holzworth (Ventura COA)
Vivian Johnson (Fillmore COA)

Antoinette Olson (Simi Valley COA)
Joyce Pinkard (Supervisory Appointee)
Ginny Rockefeller (Ojai COA)
Nancy Rowe (Oxnard COA)
Dalila Sankaran (Special Population)
Mel Silberberg (Supervisory Appointee)
Sue Tatangelo (Special Population) – EA
Sylvia Taylor Stein (Service Provider)
Donald Todd (Special Population)
Max VanderWyk (Supervisory Appointee)

Advisory Council Members Absent

Darlene Benz (Immediate Past Chair) - EA
Luis Espinosa (Camarillo COA) - EA
Wayne Evans (Supervisory Appointee)
Lisa Hayden (Supervisory Appointee) - EA
Karen King (Camarillo COA) - EA
Ricardo Melendez (Special Population)
Benjamina Montoya (Moorpark COA)
Bill Witt (CSL) - EA

VCAAA Staff Present

Victoria Jump
Monique Nowlin
Brian Murphy

Katharine Raley
Elizabeth Renteria
Christine Voth

Guests

Jay Evans
Jim White
Larissa White
Darlene Sturgrou
Kathleen Ahern
Lindsey Nibecker
Lori Harrasta

Patty Bolland
Lauren Collart
Phil Chandler
Lisa Powell
Staci Brown

1. **Call to Order** - The meeting was called to order at 9:05 a.m. by Chair Nancy Rowe (Oxnard COA).
2. **Pledge of Allegiance** – Paul Boog led the Pledge of Allegiance. A quorum was present.
3. **Approval of Area Agency on Aging Advisory Council Meeting Minutes** - The minutes of the March 12, 2014, meeting were approved. (Boog/Silberberg/Passed)
4. **Public Comments** –

Lindsey Nibecker – Lindsey spoke about the SCAN Grant that the Camarillo Health Care District received to build a regional coalition around long term services and supports. She mentioned that the coalition is expanding to include other agencies, providers, programs and members.

Elizabeth Renteria – Elizabeth thanked the Advisory Council members that appeared at the May 13, 2014, Board of Supervisors proclamation of May being Older Americans Month. She passed around the group picture that was taken.

Jim White – Jim works for ARC but also is on the Ventura County Transportation Commission as well as the City of Ventura Housing Authority. He spoke about what is happening with seniors in regards to housing and transportation. Chair Nancy Rowe invited him to attend the VCAAA Housing and Transportation Committee.

Larissa White – Larissa spoke about senior driving issues and the challenges she sees when the DMV gets involved. She works for the Law Offices of William M. Aron who specialize in helping people with DMV hearings.

5. **Consent Agenda Items** – the consent agenda containing the Optimal Aging Committee Report from March 26, 2014, the By-Laws Committee Report from March 11, 2014, Senior Nutrition Committee Report from March 24, 2014, Senior Nutrition Committee Report from April 14, 2014, Legislative Committee Report from March 12, 2014, Housing and Transportation Committee Report from April 8, 2014, Health Issues Committee Report from March 18, 2014, Outreach Committee Report from March 25, 2014 and Outreach Committee Report from April 29, 2014 were accepted. (Olson/Bellasalma/Passed)

6. Discussion Items/Presentation/Motion

- 6.1 **Election of Three (3) California Senior Legislature Representatives for FY 2014-2015 through FY 2017-2018.** Nancy Rowe presented the slate and conducted the election. Nancy asked June Glasmeier why she wanted to serve another term and Larry Hartmann how he would educate others about CSL. Larry Hartmann, June Glasmeier and Bill Witt were elected for the term beginning July 1, 2014 and ending June 30, 2018. Motion made to forward the names on to CSL as representatives of Ventura County. (Tatangelo/Todd/Passed).

6.2 Approval of Changes to the VCAAA Advisory Council By-Laws. Nancy Rowe presented the item. Changes were presented and voted on one by one.

- A. Motion to approve language that in the absence of a local Council on Aging, the Senior Center Director shall appoint two (2) members to the Advisory Council. The Senior Center Director shall recommend the two (2) members to the City Council. The City Council shall then ratify or deny the recommendation. When ratified, the two (2) members shall be seated on the Advisory Council. If denied, the Senior Center Director shall appoint another member using the same process. This shall continue until such time as the City Council approves the Senior Center Directors designation

Motion to approve: Tony Bellasalma
Second: Toni Olson
Abstentions: There were no abstentions
Motion approved by a voice vote.

- B. Motion to approve language in the by-laws allowing the term of membership to be either 2 or 4 years at the discretion of the appointing authority.

Motion to approve: Tony Bellasalma
Second: Vivian Johnson
Discussion: Discussion centered around not the length of the term but on the removal process. Staff was asked to provide clarifying language around the removal of members. There was support around bringing this item back to the council.
Motion was not approved.

- C. Motion to revise language in the by-laws relating to removing members who miss three or more consecutive meetings, changing from an automatic removal to a possible removal based on the circumstances of why the meeting was missed.

Motion to approve: Paul Boog
Second: Ginny Rockefeller
Discussion: A question was asked about wgho has the authority to remove the member. Staff explained that the supporting policy and procedure that goes with this item requires the Director in consultation with the Advisory Council chair to make the determination.
Abstentions: There were no abstentions
Motion approved by a voice vote.

- D. Motion to approve changes to the by-laws relating to committee's including

language regarding selecting a committee chair, naming of standing committees, and the duties of the nominating committee.

Motion to approve: Donald Todd

Second: Nancy Healy

Discussion: A question was asked as to what constitutes a quorum in a committee. Staff explained it was 50% plus 1. Each committee has a different number of members.

Abstentions: There were no abstentions

Motion approved by a voice vote.

E. Motion to approve all other minor changes to the by-laws as presented.

Motion to approve: Paul Boog

Second: Donald Todd

Abstentions: There were no abstentions

Motion approved by a voice vote.

6.3 **Quarterly Grantee and Direct Service Performance Report and FY 2014-2015 Grant Renewals.** Brian Murphy went over year to date performance of grantees and direct programs and was available to answer any questions.

6.4 **Planning and Allocation Committee Report and Recommendation to Renew FY 2014-2015 grants, Recommendation Regarding Use of FY 2013-2014 One-Time Only Funds and Recommendation to Use Available Title IIID to Fund Evidence Based Exercise Programs Countywide.** Toni Olson went over the report and the recommendations.

Motion to approve: Rose Gossom

Second: June Glasmeier

Discussion: AC members asked questions relating to the Title IIID funding and if it could be used for the senior nutrition program (no), targeting goals and what this means, what the contingencies mean contractually for grantees and about the negative amount shown for the cash/material aid.

Abstentions: Sue Tatangelo abstained,

Motion approved by a voice vote.

7. **Advisory Council Meeting Schedule** - The meeting schedule for FY 2013-2014 was included for informational purposes.

8. **CSL/TACC Update** – June notified the group that a blue bag of information regarding the senior Medicare patrol was on the sign in table for members to take. The bag contains information on how to avoid being a victim of Medicare fraud.

9. **California Commission on Aging AgeWatch for April 2014** – included for information purposes only.
10. **Committee Membership List for FY 2013-2014** - The list was included for informational purposes.
11. **Comments from the Chair** – Chair Nancy Rowe reminded everyone about that applications to serve on the executive committee for FY 2014-2015 were being accepted and that the applications were on the sign in table.
12. **Other Business** –

Elizabeth Renteria – Elizabeth notified the group that the agency would be having a table at the Collections in Oxnard on May 27 in celebration of Older Americans Month.

Toni Olson – Toni shared information about a Wellness Expo that was being held on May 21 at the Simi Valley Senior Center.

Nancy Healy – Nancy shared a story about a 90 year old person that told her that no one ever told them that getting older was so hard and expensive.

Jim White – Jim mentioned that the Ventura YMCA was holding a senior day on May 21.

Marion Holzworth – Marion mentioned that on May 27 from 11 am - 1:30 pm the Ventura Council on Aging and The Bonaventure would be holding a senior community forum.

Sylvia Stein – Sylvia mentioned a cell phone scam that has been going around regarding someone supposedly from Best Buy calling to check on an order. The intent of the call is to get your credit card number. Vivian Johnson mentioned her recent fraud experience.

Sue Tatangelo – Sue mentioned Camarillo Health Care District's evidence based coalition. They are available to provide facilitators if organizations are interested in holding classes. There is no charge. Nancy Healy shared that she took the chronic disease self-management class and asked if they could conduct the class in assisted living facilities.

Kayley – Kayley is the Right Aid Wellness Ambassador. She asked if they could share information at the Simi Valley Wellness Expo on May 21.

13. **Adjournment** – the meeting was adjourned at 10:40 a.m.(Bellasalma/Gossom/Passed).

TO: VCAAA Advisory Council Members
FROM: Sylvia Taylor Stein, Committee Chair
DATE: May 22, 2014
SUBJECT: **Optimal Aging Committee Meeting Report from May 22, 2014**

Optimal Aging Committee (OAC) Members Present

Bill Witt (California Senior Legislature)
Ginny Rockefeller (City of Ojai Representative)
Karen Cline (City of Simi Valley Representative)
Karen King (City of Camarillo Representative)
Sylvia Taylor Stein, Chair (Service Provider)
Toni Olson (City of Simi Valley Representative)

Optimal Aging Committee Members Absent

None

VCAAA Staff Present

Christine Voth, Grants and Planning

Guests

Teri Helton, Livingston Memorial VNA
Phil Chandler, Right at Home

1. **Call to Order** – The meeting was called to order at 1:06 pm. A quorum was present.
2. **Welcome and Introductions**
3. **Public Comments** – None.
4. **Approval of Committee Minutes** – Minutes from the meeting held on March 26, 2014 were approved.
5. **Review of Current OAC Goals and Objectives**
6. **Review of break-out discussion groups at Advisory Council meeting on May 14, 2014.** (See attachment.) The committee brainstormed ideas for VCAAA and OAC to provide resources for persons wanting information about how to age successfully. Based on the recent survey and focus groups, the target audience

would be persons aged 45 to 70. The committee does not have any funding, thus, ideas were proposed that would be of little or no cost. Suggestions included:

- a) "Teaser Tips for Aging Well" or "Teaser Tips for Grown-Ups" on the VCAAA website.
- b) Add a link for Optimal Aging on the VCAAA website that would provide links to additional resources on successful aging.
- c) Create a speakers bureau and approach local organizations with a packet of anecdotal information, resources handout, where to go for information, etc.
- d) Utilize social media such as U Tube and do a flash mob on successful aging. Invite the media to attend. Include the local group of ukulele players.
- e) Regarding social media, assess what's already available in social media.
- f) Present a webinar on successful aging.
- g) Hold a story contest or series of stories that are 300 words or less about "What successful aging (or optimal aging) means to me." Toni Olson shared a wonderful story about an activity in Simi Valley wherein 22 persons aged 90 to 103 were asked to share what they enjoyed most about growing older.
- h) Print postcards (similar to Outreach Committee postcards) with teaser tips on aging well along with information about VCAAA, for distribution at appropriate sites throughout Ventura County. This could be tested by first using a business card with limited information since the business card is smaller than the larger postcard.
- i) Create a deck of 52 fun cards, one for each week, with inspiring tips for aging. The cards could be tied to the seasons or local events or national events. For example, suggestions on healthy foods to eat during specific seasons; Heart Healthy Month; labyrinth walk; an autumnal tip of "Don't crunch numbers, crunch leaves," etc. Seed money would be needed to develop/print the cards. The cards could be sold to recoup startup costs.
- j) Ask local media such as the Acorn and The Breeze to include successful aging tips on their web page with a reference to go to the VCAAA link for more information.

7. Information:

- a. Graying of America is Speeding Up – May 6, 2014, New York Times
- b. Kids in Brazil Learning English From Elderly Americans Wanting to Talk – May 13, 2014, Ad Week

c. Resource Reminder: AARP's web program, <http://lifereimagined.aarp.org/>

8. **Other Business** - Ginny Rockefeller shared information on current activities of the Health Committee. Toni Olson shared information about the Senior Nutrition Committee. VCAAA's new SNAP-ED program will roll out on July 1. OAC members were viewed a copy of the educational placemat that will be distributed to congregate meal sites. There was discussion on how some activities of other Advisory Council committees (Health, Senior Nutrition and Outreach) are closely aligned with the OAC.
9. **Next meeting date** - July 23, 2014 - 1:00 p.m. to 2:00 p.m. NO meeting in June.
10. **Adjournment** - The meeting adjourned by Sylvia Stein at 2:10 p.m.

ATTACHMENT

**REPORT ON BREAKOUT GROUPS AT ADVISORY COUNCIL MEETING
HELD ON MAY 14, 2014**

At the Advisory Council (AC) meeting on May 14, the Optimal Aging Committee (OAC), aided by staff, requested feedback/input/ideas to fine tune what population group should receive priority targeting for education and information or other services to promote successful aging; and were asked for ideas on to best reach or engage that population. Meeting attendees (comprised of AC members and members of the public visiting the meeting) broke into five random groups to consider the questions shown below. Their responses are summarized below.

'Successful or optimal aging refers to physical, mental and social well-being in older age.'

1. What population group should be the first to receive education and information about how to age successfully through efforts made by the VCAA and/or its Advisory Council committees (Optimal Aging, Health, Outreach, etc.)? Population groups to consider include Baby Boomers (born 1946-1963), post-Baby Boomers, older adults planning to retire, elderly adults who are socially isolated – age 60+ or 70+ or 80, and any other group to suggest?

The consensus was to target persons aged 45 to 70, with priority being given as follows:

- 1. Baby Boomers aged 51 to 68 years (born 1946-1963);*
- 2. Post-Boomers (Generation X'rs) aged 45 to 50 (born 1965 to 1969);*
- 3. WWII babies aged 69 to 70 (born 1944-1945).*

Targeting the above populations¹ (in priority order) would have the most positive impact to implement successful aging and would lessen the strain on public services (due to health issues, etc.). It was felt that persons aged 45-70 will be more adaptable to change and would be easier to reach.

It was felt, in general, that persons younger than 45 and older than 70 should have lower priority because the younger adults would not necessarily be receptive to and/or comprehend the importance of planning for successful aging; and it might be too late for persons over the age of 70 to be significantly impacted.

2. Once you have decided what population group(s) should receive priority, how do you recommend we engage or reach that population?

The following ideas were recommended to engage/reach target populations:

- *VCAAA website*
- *Councils on aging*
- *Fraternal organizations*
- *Health care providers/physicians*
- *YMCA and fitness centers*
- *Insurance companies (could provide incentives for persons working on their health)*
- *Utility bill inserts*
- *Social media*
- *Print media – News articles in VC Star, Acorn, Ventura Breeze, etc.*
- *Church groups*
- *Employers; Employer Sponsored Wellness Programs*
- *Senior Centers*
- *Family Caregiver Centers/Organizations*
- *Service Providers in the Aging Services Network*
- *Home Delivered Meals/Meals on Wheels*

¹ Generation Labels: - 2000-Present - New Silent Generation or Generation Z; 1980-2000 - Millennials or Generation Y; 1965-1979 - Generation X; 1946-1964 - Baby Boom; 1925-1945 - Silent Generation; 1900-1924 - G.I. Generation

TO: VCAAA Advisory Council Members
FROM: Brian Murphy, VCAAA Staff
DATE: May 19, 2014
SUBJECT: **Senior Nutrition Committee Report from May 19, 2014**

Senior Nutrition Committee Members Present

Tony Bellasalma (Moorpark COA)
Darlene Benz (Immediate Past Chair)
Rose Gossom (Supervisory Appointee)
Marion Holzworth (City of Ventura Representative)
Vivian Johnson (City of Fillmore Representative)
Antoinette Olson – Committee Chair (City of Simi Valley Representative)

Senior Nutrition Committee Members Absent

Luis Espinosa (Camarillo COA) – EA

VCAAA Staff Present

Christine Voth
Patti Jaeger
Brian Murphy

Guests

None

1. **Call to Order** – The meeting was called to order at 10.05 A.M. by Toni Olson. A quorum was present.
2. **Welcome and Introductions** – None needed.
3. **Public Comments** – None.
4. **Meal Count and Cost Per Meal through April 30, 2014** – Staff reported 146,912 or 103% of YTD contracted meal count. The food cost per meal (Jordanos only) was \$3.74 – or 2.4% lower than the budgeted amount of \$3.83.
5. **YTD Jordanos Food Cost Per Site:** Staff provided the list showing that meal sites had received a total value of grant funded food = \$531,036 for the 10 months through April 30, 2014. By site, this amounted to between \$11,025 (lowest) and \$127,070 (highest) for the same period.
6. **Menu Item Variety** – Considerable discussion was held regarding the difficulty in expanding the menu item availability to the meal sites and the resulting perception by the meal site participants that the food served at the sites tends to lack variety and is

boring. Staff advised that (i) Jordanos stores the food and has a limited amount of space allocated to the program's menu items; (ii) A new menu item can only be added if an existing menu item is discontinued. (iii) A new menu item has to meet the nutritional standards of the program (including a maximum sodium content); (iv) menu items must be ordered from Jordanos about two months in advance, to allow for the logistics of delivery from out of state sources.

Staff is working with Jordanos to add new menu items – but it is a slow process. Recently, low sodium spices and herbs were sent to the meal sites for testing on the existing menu items earlier this month. Also, ground turkey has been made available to the sites so that they can prepare some different meals on site.

7. **YTD Program Income By Site** – Staff will present this at the next meeting
8. **OTO Update** – All contract amendments were sent to the grantees last week.
9. **Base-line Funding for FY2014-15** – Staff reported that the program will have an additional **\$53,692** for next year. Committee members discussed if these funds should be made available to the meal sites by means of an incentive fund to serve more meals. Only those sites in full compliance with their contract commitments (both program and fiscal) would be eligible to receive funds from such an incentive fund.

Staff will provide some additional data at the next meeting to facilitate the development of the incentive proposal.

10. Other Committee Involvement/Notification – None at this time.

11. Review Meeting Schedule - The next meeting is scheduled for **Monday, June 16, at 10:00 a.m.**

Future meetings will be held at 10 a.m. on a Monday in each month (excluding December and August):

July 21, 2014
September 15, 2014
October 20, 2014

12. Adjournment: – the meeting was adjourned at 11:10 AM by Toni Olson

TO: VCAAA Advisory Council Members
FROM: Monique Nowlin, VCAAA Deputy Director
DATE: May 14, 2014
SUBJECT: **Legislative Committee Report from May 14, 2014**

Legislative Committee Members Present

Nick Fotheringham (Thousand Oaks COA) – Chair
Mel Silberberg (Supervisory Appointee)
Paul Boog (Port Hueneme COA)
Lawrence Hartmann (CSL)
Sylvia Taylor Stein (Service Provider)
Nancy Healy (Thousand Oaks COA)
June Glasmeier (CSL)
Donald Todd (Veteran Special Population Seat)
Sue Tatangelo (Family Caregiver Special Population Seat)

Legislative Committee Members Absent

Luis Espinosa (Camarillo COA)
Karen Cline (Simi Valley COA)
William Witt (CSL)
Rosemary Flores-Gordon (Service Provider)

VCAAA Staff Present

Monique Nowlin
Katharine Raley

Guests

Lindsey Nibecker (CHCD)

1. **Call to Order** – The meeting was called to order at 11:01 a.m. by Nick Fotheringham. A quorum was present.
2. **Welcome and Introductions** – Nick welcomed newcomers to the Committee, Donald Todd and Sue Tatangelo.
3. **Public Comments** – None.

4. **Review N4A Policy Priorities 2014** – No discussion. Nick encouraged Committee members to review in its entirety.
5. **Legislative Update for Elected Officials** – A draft of a legislative update form was submitted to the Committee for review and approval. Robust discussion ensued about the look and of the communication piece for local, state and federal legislatures. There was also discussion initiated by Donald regarding the frequency of release of the legislative update. Suggestions were submitted to staff and Nick requested that staff implement the suggestions and bring a revised draft to the next meeting. Among the myriad of changes, a title was suggested and agreed upon by the group. Older Californians Critical Concerns, as opposed to the current title of VCAAA Update. Nick shared that Sue Hughes, the County's Legislative Analyst, will be attending the July meeting to share insight into the County's legislative process. Nick suggested that the Committee query Ms. Hughes at that time for any suggestions she might have as to what content would be good to include. Further, Nick proposed that at the June meeting, the Committee discuss how best to utilize the Committee's time with Ms. Hughes in July.
6. **CSL Bills for October Session** – CSL representatives provided a brief overview of what bills will be carried forth for the October session and the deadline of June 1, 2014. Among them, the reintroduction of the bill to make it mandatory for mortuaries to notify the Social Security Administration of a death. Right now it is voluntary. There was discussion that there really is no downside to supporting this bill.
7. **C4A Budget Action** – No discussion. Nick encouraged Committee members to review in its entirety.
8. **Other Committee Involvement/Notification** – Mel Silberberg prompted discussion regarding coordinating with the Housing & Transportation Committee to obtain pertinent facts and issues regarding senior housing to include on the Legislative Update form. There was also discussion about coordinating with the Outreach Committee once the Legislative Update has been finalized for their review and suggestions regarding its visual appeal, format, content and frequency of release.
9. **Next Meeting Date** – June 11, 2014 following the Advisory Council meeting.
10. **Adjournment** – The meeting was adjourned at 12:10 p.m. by Nick Fotheringham.

TO: VCAAA Advisory Council Members
FROM: Ginny Rockefeller, Acting Health Issues Chair
DATE: May 20, 2014
SUBJECT: **Health Issues Committee Report From May 20, 2014**

Health Issues Committee Members Present

Ginny Rockefeller (City of Ojai)
Sue Tatangelo (Family Caregiver – Special Population Seat)

Health Issues Committee Members Absent

Lisa Hayden (Supervisory Appointee), Chair
Karen Cline (City of Simi Valley)
Rose Gossom (Supervisory Appointee)
Rosemary Flores-Gordon (Service Provider)
Nancy Rowe (City of Oxnard)

VCAAA Staff Present

Monique Nowlin
Katharine Raley
Christine Voth
Patti Jaeger
Elizabeth Renteria
Jelon Peavy

Guests

Phil Chandler
Lindsey Nibecker
Teri Helton

1. **Call to Order** – The meeting was called to order at 1:05 p.m. by Monique Nowlin. A quorum was not present. At this point Ginny Rockefeller agreed to serve as Acting Chair for this meeting.
2. **Welcome and Introductions** – New VCAAA Intern Jelon Peavy was welcomed.
3. **Public Comments** – None.
4. **Update on Project Goals Related to Food Insecurity** –
 - a. My Plate and Healthy Eating Project - The committee went over the revised mockup of the placemat. It was decided the placemat would be titled “Your Plate”. There were some additional modifications suggested by Ginny and

Sue Tatangelo regarding format, but overall the Committee liked the mockup and agreed to go to print with this iteration. There was some discussion about having a Spanish version on the reverse of the placemat. Patti stated she and Victoria discussed that a dual sided color placemat is costly, but she stated she would let Victoria know the Committee's request for this addition. It was agreed Staff would proceed with the placemat with the suggestions presented.

- b. SNAP-ED Grant – Patti Jaeger gave a brief update as to what is transpiring in relation to this grant with her program, including an overview of the evidence based yoga and nutrition education component she will facilitate. Lindsey Nibecker invited Patti to join the Ventura County Evidence-Based Health Promotion Coalition.
 - c. Food Share Food Truck Collaboration - Food Share was not present at the meeting so no update was provided. However, the Committee discussed potential dates to have this event. It was decided to table the discussion of a date until all Committee members could be present to select a date. During the discussion, Elizabeth suggested Patti work with her to video 3 minute cooking vignettes to be shown during the event and possibly meal sites. The Committee and Patti were amenable to this idea. Monique added that these videos could be shown on the VCAAA television in the lobby and perhaps on the website. Sue offered the Camarillo Health Care District's Produce Day as a platform to present the Food Truck to the community. She stated the District has approximately 300 attendees at this event and that holding the event in conjunction with this day would give the event a solid base of attendees.
 - d. Physical Activity Class Pamphlet – Jelon Peavy provided an overview of his involvement with this grant and the work he is doing regarding determining where the evidence based exercise programs are located in this County; city by city. Sue stated that Lindsey is engaged in a similar project and can be of assistance to Jelon. Lindsey went on to state that this project is in concert with the work of the Ventura County Evidence-Based Health Promotion Coalition. Monique stated Jelon would attend the next meeting of the Coalition with her.
- 5. Disease/Condition Specific Support Group Models** – Since the full Committee was not present, the Committee discussed this topic in general. Phil Chandler discussed his findings on how to set-up and establish support groups. Kathy Raley suggested there needs to be a support group specifically for women with heart problems. There was some discussion about the group Mended Hearts Inc. Phil volunteered to contact them and see what support groups they offered and report back to the Committee.
- 6. Other Committee Involvements/Notification** - Committee members suggested continuing to involve the outreach committee regarding the rollout of Your Plate and regarding the marketing of the impending Food Share Food Truck Collaboration.

The Committee also directed Staff to present and discuss the Your Plate placemat with the Senior Nutrition Committee.

7. Next meeting date – July 15, 2014 from 1-2 pm

8. Adjournment – The meeting was adjourned at 2:12 pm by Ginny.

To: Advisory Council Members

From: Karen King, Committee Chair

Date: June 3, 2014

Subject: **VCAAA Nominating Committee Report and Election of Advisory Council Officers for FY 2014-2015 and One (1) Service Provider for FY 2014-2016.**

The committee met via teleconference on June 3, 2014 to discuss the need for filing all offices. Karen King served as chair of the committee. Committee members included Tony Bellasalma, Sylvia Taylor Stein and June Glasmeier.

Per the current by-laws, individuals are limited to serving no more than three years in one office and must be eligible to serve on the council at the time of election. One of the current office holders expressed a desire to continue serving on the executive committee. Applications for the positions were accepted from Advisory Council members until May 27, 2014. The committee discussed potential officers and selected the following slate of officers to present to the Advisory Council for election at the June meeting.

Chair: Nick Fotheringham
Vice-Chair: Toni Olson
Secretary: Rosemary Flores-Gordon

Recommendation - The committee is recommending that per the by-laws, an election be held to determine which of the above mentioned individuals will occupy each office. Nominations from the floor will also be accepted and added to the slate. Only those eligible for reappointment to the Advisory Council will be reconsidered.

At the May 6, 2014 meeting of the nomination committee, Committee members (Bellasalma, King and Glasmeier) discussed the service provider seat (Sylvia Taylor Stein) whose first term was ending. Sylvia was not present during this portion of the meeting. Sylvia is eligible to be reappointed for another two year term.

Recommendation – The committee is recommending that Sylvia Taylor Stein be reappointed as an Advisory Council service provider representative for FY 2014-2016.



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

Date	Advisory Council	Outreach	Leg.	Housing & Trans.	Health Issues	By-Laws	Senior Nut.	Opt. Aging
July 2014	July 9 9-11 am	July 29 9 – 10:30	July 9*	July 8 9-10 am	July 15 1-2 pm	TBD	July 21 10 am	July 23 1-2:30 pm
August 2014	None	None	None	None	None	None	None	None
Sept 2014	Sept 10 9-11 am	Sept 30 9 – 10:30	Sept 10*	Sept 9 9-10 am	Sept 16 1-2 pm	TBD	Sept 15 10 am	Sept 24 1-2:30 pm
Oct 2014	None	Oct 28 9 – 10:30	None	Oct 7 9-10 am	Oct 21 1-2 pm	TBD	Oct 20 10 am	None
Nov 2014	Nov 12 9-11 am	Nov 25 9 – 10:30	Nov 12*	Nov 11 9-10 am	Nov 18 1-2 pm	TBD	Nov 17 10 am	Nov 26 1-2:30 pm
Dec 2014	None	None	None	None	None	None	None	None
Jan 2015	Jan 14 9-11 am	Jan 27 9 – 10:30	Jan 14*	Jan 13 9-10 am	Jan 20 1-2 pm	TBD	Jan 19 10 am	Jan 28 1-2
Feb 2015	None	Feb 24 9 – 10:30	None	None	None	None	Feb 23 10 am	None
March 2015	March 11 9-11 an	March 31 9 – 10:30	March 11*	March 10 9-10	March 17 1-2 pm	TBD	Mar 16 10 am	March 25 1-2
April 2015	None	April 28 9 – 10:30	None	None	None	None	April 20 10 am	None
May 2015	May 13 9-11 am	May 26 9 – 10:30	May 13*	May 12 9-10 am	May 19 1-2 pm	TBD	May 18 10 am	May 27 1-2
June 2015	June 10 9-11 am	None	June 10*	None	None	None	June 22 10 am	None

July 8, 2014 – New Member Orientation from 1-2:30 pm
 Note: all meetings to be held at the VCAA, unless otherwise noted.

*Meeting to follow Advisory Council Meeting adjournment.
 Updated 05/28/2014

2014-2015 COMMITTEE PREFERENCE

Name: _____

Current Advisory Council by-laws call for all council members to participate one at least one committee. Please select your committee preferences for FY 2013-2014 and return to the VCAAA by June 30, 2014. You may continue with your present choice and add or change to another choice.

Committee		Continued membership	New membership
Outreach Committee	This committee focuses on Agency outreach, marketing, etc. This committee meets monthly.		
Housing and Transportation Committee	This committee focuses on affordable housing issues and transportation issues facing Ventura County seniors. This committee meets monthly.		
Health Issues	This committee looks at health issues relating to seniors. Preventative health and chronic disease are some of the issues important to this committee. This committee meets monthly.		
Legislative Committee	This committee works with the California Senior Legislators to develop and respond to legislation that is of interest to seniors and disabled adults. This committee meets 7 times a year after advisory council meeting.		
Senior Nutrition	This committee meets as needed to provide guidance to the Senior Nutrition Program. This committee meets as needed.		
Planning and Allocation Committee	This committee focuses on working with AAA staff and to determine grant funding and program development in		

Committee		Continued membership	New membership
	the Spring. This committee includes selected members of all standing committees. This committee meets as needed.		
Optimal Aging Committee	This new committee was formed to address the positive aspects of aging. This committee will explore and recommend methods, programs, services and educational tools that will encourage and inspire older adults to enhance the quality of their lives; maintain their identity and independence; and foster self-direction. The committee will encourage older adults to be engaged and productive in a variety of activities including part-time employment and volunteerism. Committee will start meeting in September 2013.		
By-Laws Committee	This committee will meet to develop the needed operational policies and procedures that support the by-laws and the activities of the advisory council.		