



VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

July 9, 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

A G E N D A

- | | | | |
|-----------|----|--|-------------------|
| 9:00 a.m. | 1. | Call to Order and Agenda Review | Nick Fotheringham |
| | 2. | Pledge of Allegiance | Nick Fotheringham |
| | 3. | Approval of Area Agency on Aging Advisory Council Minutes of June 11, 2014 | Nick Fotheringham |
| | 4. | Public Comments | Nick Fotheringham |

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.

- | | | | |
|--|-----|--|-------------------|
| | 5. | Consent Agenda Items | Nick Fotheringham |
| | 5.1 | Senior Nutrition Committee Report from June 16, 2014 | |
| | 5.2 | Housing and Transportation Committee Report from June 10, 2014 | |
| | 5.3 | Outreach Committee Report from June 24, 2014 | |

DISCUSSION ITEMS/PRESENTATION/MOTION

- | | | | |
|-----------|-----|-----------------------------------|----------------|
| 9:15 a.m. | 6.1 | Fall Prevention Program | Carley Vailu'u |
| | 6.2 | Advocacy and Marketing Discussion | Staff |

INFORMATIONAL ITEMS

- | | | | |
|----------|-----|---|-------------------|
| | 7. | Advisory Council Meeting Schedule for FY 2014-2015 | Victoria Jump |
| | 8. | CSL /TACC Update | June Glasmeier |
| | 9. | Committee Membership List for FY 2014-2015 | Victoria Jump |
| | 10. | California Commission on Aging AgeWatch for June 2014 | Nick Fotheringham |
| | 11. | Comments from the Chair | Nick Fotheringham |
| | 12. | Other Business | Nick Fotheringham |
| 10:30 am | 13. | Adjournment | Nick Fotheringham |

The next meeting will be:

September 10, 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
June 11, 2014

Advisory Council Members Present

Tony Bellasalma (Moorpark COA)	Karen King (Camarillo COA)
Darlene Benz (Immediate Past Chair)	Joyce Pinkard (Supervisory Appointee)
Paul Boog (Port Hueneme COA)	Ginny Rockefeller (Ojai COA)
Karen Cline (Simi Valley COA)	Nancy Rowe (Oxnard COA)
Ady Esparza (Oxnard COA)	Mel Silberberg (Supervisory Appointee)
Rosemary Flores-Gordon (Service Provider)	Sue Tatangelo (Special Population)
June Glasmeier (CSL)	Sylvia Taylor Stein (Service Provider)
Nick Fotheringham (Thousand Oaks COA)	Donald Todd (Special Population)
Lawrence Hartmann (CSL)	Bill Witt (CSL)
Lisa Hayden (Supervisory Appointee)	
Nancy Healy (Thousand Oaks COA)	
Marion Holzworth (Ventura COA)	
Vivian Johnson (Fillmore COA)	

Advisory Council Members Absent

Luis Espinosa (Camarillo COA)
Wayne Evans (Supervisory Appointee)
Rose Gossom (Supervisory Appointee) - EA
Ricardo Melendez (Special Population)
Benjamina Montoya (Moorpark COA)
Antoinette Olson (Simi Valley COA) - EA
Dalila Sankaran (Special Population)
Max VanderWyk (Supervisory Appointee) - EA

VCAAA Staff Present

Victoria Jump	Katharine Raley
Monique Nowlin	Christine Voth
Brian Murphy	

Guests

Vicki Tripoli	Martha Shapiro
Jay Evans	Teri Helton
Hans Hormann	Lori Harrasta
Daniela Stalker	

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** – Darlene Benz led the Pledge of Allegiance. A quorum was present.
3. **Approval of Area Agency on Aging Advisory Council Meeting Minutes** - The minutes of the May 14, 2014, meeting were approved. (Bellasalma/Silberberg/Passed)
4. **Public Comments** –

Martha Shapiro – Martha is a care coordinator at the Camarillo Health Care District. She spoke about the six week caregiving series of classes that will be starting July 17 at the district. The classes are free and respite will be provided.

5. **Consent Agenda Items** – the consent agenda containing the Optimal Aging Committee Report from May 22, 2014, the Senior Nutrition Committee report from May 19, 2014, the Legislative Committee report from May 14, 2014, and the Health Issues Committee Report from May 20, 2014 were accepted. (Tatangelo/Benz/Passed)

6. Discussion Items/Presentation/Motion

- 6.1 **Nominating Committee Report – election of Advisory Council Officers for FY 2014-2015 and One (1) Service Provider for FY 2014-2016.** Karen King presented the slate of Advisory Council officers for FY 2014-2015 and the service provider for FY 2014-2016 and opened up the floor for nominations. There being none, the slate was elected as presented. Nick Fotheringham was elected as chair, Toni Olson as Vice-Chair and Rosemary Flores-Gordon as Secretary. Sylvia Stein was reelected as a service provider for FY 2014-2016. (Bellasalma/Boog/Passed).
 - 6.2 **Farmers Market Coupon Program for FY 2014-2015** – Patti Jaeger, Registered Dietitian for the VCAA, gave a brief overview of the program and solicited volunteers to distribute the booklets at local certified farmers' market over the next month.
 - 6.3 **10 Year Advisory Council and Agency Retrospective** – Victoria Jump gave a PowerPoint presentation on the work that the Advisory Council has done over the last 10 years.
 - 6.4 **Advisory Council Appreciation** – members leaving the council were presented with plaques to commemorate their years of service. They included Tony Bellasalma, Darlene Benz, Max Vanderwyk, Joyce Pinkard, Rose Gossom, Wayne Evans, Luis Espinosa and Karen Cline.
7. **Advisory Council Meeting Schedule** - The meeting schedule for FY 2014-2015 was included for informational purposes.

8. **CSL/TACC Update** – Larry Hartmann provided a brief update on their CSL proposal for last year regarding funeral directors notifying social security upon a person's death.
9. **Committee Membership Selection for FY 2014-2015** - members were asked to select what committee that they wanted to be on in FY 2014-2015 and return their signed form.
10. **Comments from the Chair** – There were no comments from the chair.
11. **Other Business** –

Brian Murphy – Brian reminded all AC members to turn in mileage reimbursement forms for this year.

Tony Bellasalma – Tony shared that he put in for a supervisorial appointment and hopes to be at the July meeting in a new role

Teri Helton – Terri left flyers on back table regarding diabetes classes that Livingston Memorial is offering.
12. **Adjournment** – the meeting was adjourned at 10:50 a.m.(Boog/Benz/Passed).

TO: VCAAA Advisory Council Members
FROM: Brian Murphy, VCAAA Staff
DATE: June 16, 2014
SUBJECT: SENIOR NUTRITION COMMITTEE REPORT - DRAFT

Senior Nutrition Committee Members Present

Tony Bellasalma (Moorpark COA)
Darlene Benz (Immediate Past Chair)
Vivian Johnson (City of Fillmore Representative)
Antoinette Olson – Committee Chair (City of Simi Valley Representative)

Senior Nutrition Committee Members Absent

Luis Espinosa (Camarillo COA)
Marion Holzwarth (City of Ventura Representative)
Rose Gossom (Supervisory Appointee) – excused absence

VCAAA Staff Present

Patti Jaeger
Brian Murphy

Guests

None

1. **Call to Order** – The meeting was called to order at 10.03 A.M. by Toni Olson. A quorum was present.
2. **Welcome and Introductions** – None needed.
3. **Public Comments** – None.
4. **“Your Plate” Placemat** – A new paper placemat developed by Patti Jaeger, R.D., is being distributed to all meal sites to be made available with each meal served. Each month the placemat will show a different healthful and very affordable recipe, made from items that are available at the 99 Cent store.
5. **Meal Count and Cost Per Meal through May 31, 2014** – Staff reported 162,013 meals for this period, or 103% of YTD contracted meal count. The average food cost per meal (purchased from Jordanos) was \$3.73 – or 2.73% lower than the budgeted amount of \$3.83.
6. **YTD May 2014 Program Income by Meal Site:** Staff provided a list showing that meal sites had reported program income in the total amount of \$82,202, or an

average of \$8,696 per month, through May 31, 2013. The average monthly program income ranged from \$2,230 to \$90 per meal site for the 11 months.

The committee also requested staff to provide the program income per meal, by site. The average program income per meal was **\$0.50** per meal, and by site, this ranged from \$1.45 per to \$0.08 per meal.

The committee asked staff to provide the contract language describing how program income should be collected and managed by the grantees. This was provided to the committee by email on June 21, 2014.

- 7. Proposed Incentive Pool for FY 2014-15:** The committee voted unanimously to establish an incentive fund pool, for the next fiscal year, from which grantees that met all contractual obligations after the first quarter would be eligible to access the incentive pool to serve additional meals (this motion was proposed by Tony Bellasalma and seconded by Vivian Johnson).

Additionally, the committee voted unanimously to establish the incentive pool at \$50,000 (or another higher amount if available) (this motion was proposed by Vivian Johnson and seconded by Tony Bellasalma)

Additional rules for accessing these funds will be determined at the next meeting on July 28, 2014. Also, the committee asked that staff report on the available unallocated program funds for FY 2014-15 at the next meeting.

- 8. Revised Funding Formula For FY2016-17** – The committee asked that staff provide the current funding formula at the next meeting, and that the committee would then commence work on a new formula for the next RFP due to be issued in the Spring of 2016..

- 9. Other Committee Involvement/Notification** – None at this time.

- 10. Review Meeting Schedule** - The next meeting is scheduled for **Monday, July 28, at 10:00 a.m.**

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

September 15, 2014
October 20, 2014

- 11. Adjournment:** The motion to adjourn the meeting was passed and adjournment was at 11:26 AM.

TO: VCAAA Advisory Council Members

FROM: Monique Nowlin, VCAAA Deputy Director

DATE: June 10, 2014

SUBJECT: **Housing and Transportation Committee Report**

Housing and Transportation Committee Members Present

Mel Silberberg (Supervisory Appointee) - Chair
Paul Boog (Port Hueneme COA)
Tony Bellasalma (Moorpark COA)

Housing and Transportation Committee Members Absent

Max Vanderwyk (Supervisory Appointee)
Rose Gossom (Supervisory Appointee)
Darlene Benz (Ventura COA)

VCAAA Staff Present

Monique Nowlin
Christine Voth

Guests

Dave Ward, Planning Manager, City of Ventura and Section Director, American Planning Association, California Chapter, Central Coast Section

1. **Call to Order** – The meeting was called to order at 9:05 a.m. by Mel Silberberg. A quorum was not present.
2. **Welcome and Introductions** – Monique Nowlin introduced Dave Ward to the Committee.
3. **Public Comments** – None.
4. **Dave Ward's Presentation to the Committee** – Dave gave the Committee an overview on his role as the Section Director of the American Planning Association, California Chapter, Central Coast Section. He spoke to the make-up of the Planning Association and provided suggestions as to how the Committee can best utilize this resource. Dave stated the best way to marshal support from the Planning Directors and Planning Managers that comprise the Association, is to have a representative of this Committee speak at one of their meetings. Sharing the Committees overall goals and its specific goal to implement the concept of Universal Design could engender support from the individuals who would likely be responsible for implementing such a

change. Further, meeting with this group could stimulate discussion on how best to advocate for such a change in each individual city. Dave shared with the Committee while this body is informal and not sanctioned, they could act as an advocate on the Committee's behalf.

5. **HomeShare Update** - Monique provided an update on the HomeShare program becoming part of the VCAAA.
6. **Action Plan and Strategy for 2015** - There was a brief discussion about the Committee's focus for 2015 and addressing the changing demographics of seniors.
7. **Road Map for Housing** - There was a brief discussion on the need to modify this Road Map and make the information more robust; perhaps to use as a communication piece.
8. **Other Committee Involvement/Notification** – There was a discussion on this Committee partnering with the Legislative Committee on bills that affect housing and transportation and in regards to creating a similar communication piece to what the Legislative Committee is developing as a communication piece for seniors, legislators and the general public.
9. **Next Meeting Date** – July 8, 2014 from 9 – 10 am
10. **Adjournment** – The meeting was adjourned at 10:10 a.m. by Mel Silberberg.

TO: VCAAA Advisory Council Members
FROM: Ady Esparza, Committee Chair
DATE: June 24, 2014
SUBJECT: Outreach Committee Report from June 24, 2014

Outreach Committee Members Present

Ady Esparza (Oxnard, COA) - Chair
Nancy Rowe (Oxnard, COA)
Sylvia Taylor Stein
Nick Fotheringham
Mel Silberberg

Outreach Committee Members Absent

Darlene Benz (AC Past-Chair)
Rose Gossom (Supervisory Appointee)
Joyce Pinkard (Supervisory Appointee)
Lisa Hayden (Supervisory Appointee)
Paul Boog (Port Hueneme, COA)

VCAAA Staff Present

Victoria Jump
Monique Nowlin
Aracely Garcia Vela
Christine Voth
Elizabeth Renteria

Guests

Larissa White, DMV Law Firm
Anne Springer, Camarillo Health Care District

- 1. Call to Order** – The meeting was called to order at 9:03 a.m. by Ady Esparza, Committee Chair. A quorum was present.
- 2. Welcome and Introductions** – Introduction of guest Larissa White from DMV Law Firm in Santa Barbara.
- 3. Public Comments** – Larissa White from the DMV Law Firm from Santa Barbara, provided an overview of the services her firm offers, in particular highlighting that her firm represent seniors at DMV hearings. Their staff of case managers conduct a physical and mental evaluation before representing a client in court to assess if the senior should be assisted in retrieving their right to drive.
- 4. VCAAA Information and Assistance (I&A) Report** – There was discussion on the I&A report. The report showed the variety of calls made to the agency; many of which

Agenda Item #5.3

were for transportation. There was some discussion about how to capture the effectiveness of the Committee's efforts; i.e. the report showed a low volume of effectiveness of the postcard campaign. There was discussion that the Committee needs to come up with a way to demonstrate the effectiveness of a campaign or communication piece. It was suggested to add a source code for identification or determine some other definitive method.

5. **Development of a marketing plan for the VCAAA** – The committee was given the framework for the Marketing Plan Development for review in preparation for the next meeting. The committee was asked to review and identify what marketing efforts are working and not working, from their perspective.
6. **Discussion regarding developing an awards program** – There was discussion regarding recognition of individuals who are doing outstanding work for seniors in the community by having an awards ceremony. It was suggested that the initial awards ceremony take place at the year-end Advisory Council meetings in June.
7. **Other Committee Involvement/Notification** – Other Committee Chairs present for the meeting to discuss developing a coordinated effort in Marketing on behalf of the VCAAA: Mel Silberberg, Housing and Transportation; Sylvia Taylor Stein, Optimal Aging; Nick Fotheringham, Legislative Committee.
8. **Other** – No discussion.
9. **Next Meeting** - July 29, 2014
10. **Adjournment:** – The meeting was adjourned by Ady Esparza at 10:30 a.m.



**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 28 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 4 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 12 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 VCAAA, unless otherwise noted.

*Meeting to follow Advisory Council Meeting adjournment.

Updated 7/2/2014

FY 2014-2015 Advisory Council Committee Membership List

Council Representation	Appointee	Outreach	H&T	Health	Leg.	SNP	PAC	Opt.Ag.	By-Laws
Board of Supervisors	Smita Dandekar								
Board of Supervisors	Vacant								
Board of Supervisors	Lisa Hayden	X		X					
Board of Supervisors	Marty Kaplan								
Board of Supervisors	Mel Silberberg		X		X		X		
Board of Supervisors	Vacant								
California Senior Legislature	June Glasmeier				X				
California Senior Legislature	Lawrence Hartmann				X				
California Senior Legislature	Bill Witt				X				
City of Camarillo	Jay Evans		X					X	
City of Camarillo	Karen King		X					X	X
City of Fillmore	Vivian Johnson		X			X			
City of Fillmore	Vacant								
City of Moorpark	Sandra Fide				X				
City of Moorpark	Vicki Tripoli					X		X	
City of Ojai	Ginny Rockefeller		X					X	
City of Ojai	Vacant								
City of Oxnard	Ady Esparza	X							
City of Oxnard									
City of Port Hueneme	Paul Boog								
City of Port Hueneme	Vacant								
City of Santa Paula	Vacant								
City of Santa Paula	Vacant								
City of Simi Valley	Neill Spector	X			X				
City of Simi Valley	Antoinette Olson					X	X	X	
City of Ventura	Marion Holzwarth		X					X	
City of Ventura	Lori Harasta							X	
City of Thousand Oaks	Nancy Healy				X				
City of Thousand Oaks	Nick Fotheringham				X				
Immediate Past Chair	Nancy Rowe	X		X					
Service Provider	Rosemary Flores-Gordon			X					
Service Provider	Sylvia Taylor Stein				X			X	
Special Population Seat	Ricardo Melendez								
Special Population Seat	Sue Tatangelo			X	X			X	X
Special Population Seat	Donald Todd Sr.					X		X	
Special Population Seat	Dalila Sankaran								
Special Population Seat	LGBT – vacant								

CCoA



California Commission on Aging

AGEWATCH

... as a citizen's voice in government...

June 15 is WORLD ELDER ABUSE AWARENESS DAY

Every year an estimated **5 million, or 1 in 10**, older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported.

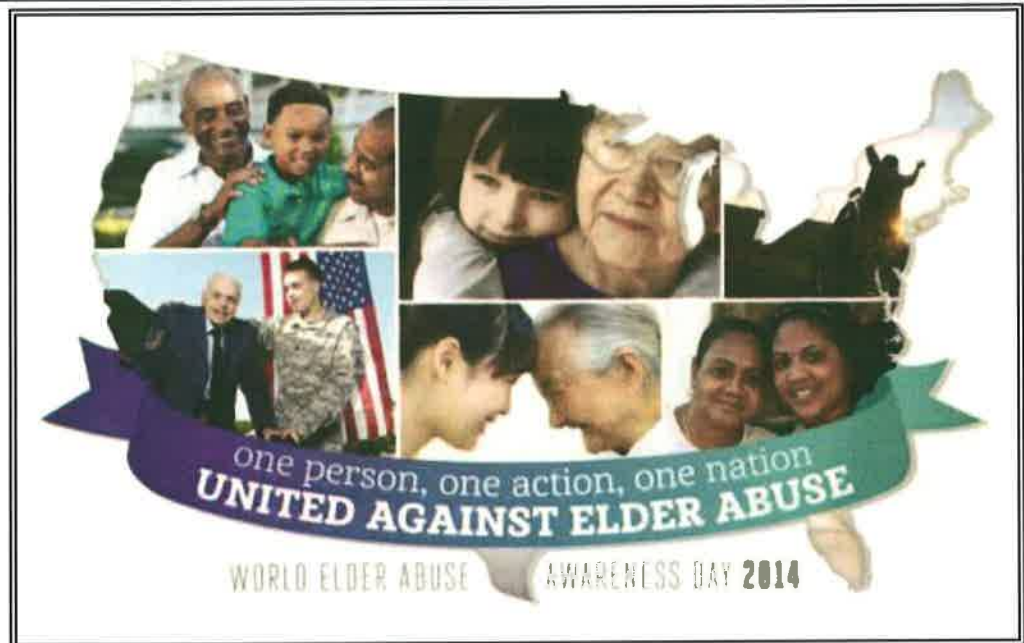
The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first

World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. WEAAD is in support of the UN's International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders.

The Administration on Aging (AoA), encourages national, state, and local organizations to raise awareness about elder abuse, neglect, and exploitation and to empower individuals in every community to get involved and take action. Community organizations, places of worship, and small businesses including banks, pharmacies, and grocery stores, as well as senior centers and community centers, are on the front-line when it comes to elder abuse prevention.

To see a calendar of WEAAD events in California, go to <http://www.acl.gov/NewsRoom/Observances/WEAAD/Events/Event-Lookup.aspx>.

Information from the U.S. Administration for Community Living, *World Elder Abuse Awareness Outreach Guide* at http://www.acl.gov/NewsRoom/Observances/WEAAD/docs/WEAAD2014_outreachGuide.pdf



AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834.

Continuity of care examined in new UCLA policy note

A new policy note released by the UCLA Center for Health Policy Research examines the importance of continuity of care in the lives of California's 450,000 "dual eligibles" who are being transitioned to managed care under the state's combined Medi-Cal/Medicare managed care program called Cal MediConnect. The first of these frail seniors and persons with disabilities living in an eight-county pilot region underwent the transition on April 1 of this year.

In studying Cal MediConnect, which was designed to provide improved care coordination and access to support services, the UCLA researchers found "that continuity of care is best achieved through care that is familiar and responsive, is assured through long-standing relationships with providers, and involves family members, social service providers, and others who are invested and instrumental in meeting their needs." The report's findings are based on interviews with numerous older adults who qualify for the program and recommends that the state incorporate the broader health and social needs of beneficiaries in the definition of care continuity, giving higher consideration for the beneficiaries' experience as consumers.

To read the full policy note, *Smooth Landing?: How California Can Ensure Continuity of Care for Vulnerable Seniors Transitioning to Managed Care*,

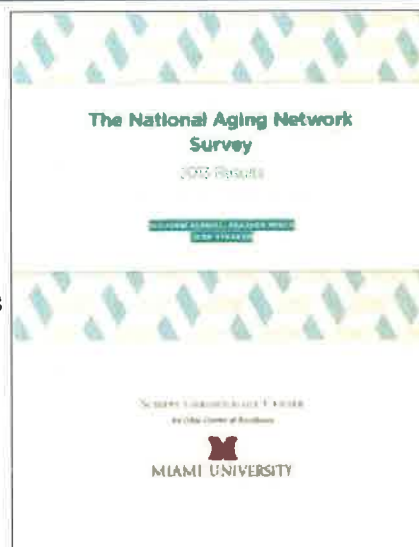
visit <http://healthpolicy.ucla.edu/publications/search/pages/detail.aspx?PubID=1289>

Information from UCLA Center for Health Policy Research Health Policy News, June 11, 2014.

Trends and New Directions: Findings from 2013 Area Agencies on Aging (AAA) Survey

Evolving trends and the range of services available through the aging network nationwide are the subject of a new report supported by the federal Administration for Community Living and the Administration on Aging. Conducted by Scripps Gerontology Center at Miami University in Ohio, the report surveys area agencies on aging across the U.S. to assess the opportunities, challenges, and new directions in programming.

Released in May, the 2013 National Aging Network Survey of AAAs was conducted by Scripps in partnership with the ACL and AOA, with the goal of assessing their evolving role in a balanced long-term care system. Topics addressed in the survey included Organizational Infrastructure, Key Features and Services of Area Agencies on Aging, Innovative Care Delivery, Elder Abuse Prevention, Sustainability Strategies and Business Development, and Training Needs. Additionally, the survey looked at the expanding role of the aging network in the new healthcare delivery system.



The full report can be accessed at: <http://www.scripps.miamioh.edu/content/national-aging-network-survey-2013-results>

Information from the Administration on Aging, http://aoa.gov/AoARoot/AoA_Programs/OAA/Aging_Network/Index.aspx

Older Californians get high marks for healthy living

California residents age 65 and older engage in more healthy behaviors than seniors in any other state, according to a report by the United Health Foundation, the *Monterey Herald* reports. However, the state ranked 18th overall for the health of its older residents.

Released last month, *America's Health Rankings Senior Report* by United Health rates each state's over-65 population on 34 measures. The highest scores came in the areas of 1) avoiding obesity, 2) maintaining dental care, 3) not smoking, and 4) remaining physically active. For America's Health Rankings Senior Report, researchers used data from more than one dozen federal agencies and private research associations to assess each state's senior health on 34 measures.



The report found that California in 2014 ranked 18th in the country for senior health, up from 24th in 2013. California's older adults had the highest overall score for healthy behaviors in the country, with the state scoring among the top 10 in the U.S. for avoiding obesity, maintaining dental care, not smoking, and taking part in physical activities. In addition, the report found that the state ranked fifth for having prescription drug coverage available to 88.4% of seniors.

The report also found that nursing home quality in the state has increased, with 51.6% of beds receiving a rating of four or five stars, compared with 45.6% in 2013. Hospital deaths among seniors also declined by 10% over the past year, according to the report. However, the report noted that there is a high rate of food insecurity in California, as well as limited access to home health care and high rates of hospital deaths. To read the full report, visit <http://www.americashealthrankings.org/senior>.

Information from California Healthline, CALIFORNIA SENIORS HAVE HEALTHIEST BEHAVIORS IN U.S., REPORT FINDS, Thursday, May 22, 2014.

AGEWATCH

June, 2014

New Interactive Takes a Look at Income and Assets Among Medicare Beneficiaries, Now and in the Future

A small share of the 52.4 million Medicare beneficiaries have relatively high incomes, but most are of modest means -- with half living on incomes of less than \$23,500 last year. Although the majority of beneficiaries have some savings, the value of their assets varies dramatically, and is much lower for black and Hispanic than white beneficiaries, for widows than for widowers, and for younger Medicare beneficiaries with disabilities and seniors over age 85.

The Kaiser Family Foundation enables readers to see these differences in beneficiaries' income and assets by using the Foundation's newest interactive tool. The tool allows you to select from three measures: income, savings, or home equity, and then to choose one or two demographic categories, such as age, education level, gender, marital status or race/ethnicity. The tool lets users see how trends are expected to change over time by comparing 2013 data and 2030 inflation-adjusted projections. To learn how to further explore this data, a short video clip accompanies the interactive tool. To watch the video and use the tool, visit <http://kff.org>.

Information from the Kaiser Family Foundation, June 12, 2014.

California
Commission on Aging

Virgie Walker,
Chair, Carson

Marian Last,
Vice Chair,
Rossmoor

Commissioners

Donna Benton,
Los Angeles

Bert Bettis,
Wilton

Steven Castle,
Los Angeles

Julie Conger,
Sonoma

Paul Downey,
San Diego

Lucille Fisher,
San Francisco

Stuart Greenbaum,
Sacramento

Barbara Mitchell,
Riverside

Gail Nickerson,
Granite Bay

Robert Petty,
Monterey

Carmen Reyes,
Whittier

Jane Rozanski,
Camarillo

Rita Saenz,
Sacramento

David Sanchez,
San Francisco

Jean Schulberg,
Chico

Ed Walsh,
Rancho Mirage



12 Things that Anyone Can Do to Prevent Elder Abuse

1 Learn the signs of elder abuse and neglect.



2 Call or visit an elderly loved one and ask how he or she is doing.

3 Provide a respite break for a caregiver.



4 Ask your bank manager to train tellers on how to detect elder financial abuse.

5 Ask your doctor to ask you and all other senior patients about possible family violence in their lives.



6 Contact your local Adult Protective Services or Long-Term Care Ombudsman to learn how to support their work helping at-risk elders and adults with disabilities.

7 Organize a "Respect Your Elders" essay or poster contest in your child's school.

8 Ask your religious congregation's leader to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.

9 Volunteer to be a friendly visitor to a nursing home resident or to a homebound senior in your neighborhood.

10 Send a letter to your local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.



11 Dedicate your bikeathon/marathon/other event to elder mistreatment awareness and prevention.

12 Join the Ageless Alliance. Ageless Alliance connects people of all ages, nationwide, who stand united for the dignity of older adults and for the elimination of elder abuse. You can join (it's free) and get involved at agelessalliance.org.



Find local resources for Seniors, People with Disabilities, and Caregivers!
Call the ElderCare Locator at 1-800-677-1116 or visit www.eldercare.gov.

For more information on elder abuse prevention,
please visit www.ncea.aoa.gov or www.centeronelderabuse.org.

Find us on Facebook, YouTube and POPVOX!

PREPARED FOR NCEA BY:  CENTER OF EXCELLENCE ON ELDER ABUSE AND NEGLECT UNIVERSITY OF CALIFORNIA, IRVINE For more information: www.ncea.aoa.gov

This document was developed for the National Center on Elder Abuse and is supported in part by a grant from HHS/HRSA/2010 from the Administration on Aging, U.S. Department of Health and Human Services (HHS). It is being carried out through the auspices of the University of California, Irvine. The views expressed are those of the author and do not necessarily represent official Administration on Aging or HHS policy.

AGEWATCH

June 2014

Upcoming Events

June 15, 2014 -- World Elder Abuse Awareness Day

June 23, 2014 -- Congress of California Seniors Aging Policy Conference, San Jose Airport Garden Hotel, San Jose. (916) 442-4474 for information.

California Commission on Aging staff:
Sandra Fitzpatrick, M.A., Executive Director
Carol Sewell, MAG, Program Analyst on Aging
Marcella Lopez, Administrative Assistant