



VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

September 10, 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 July 9, 2014 | Nick Fotheringham |
| | 4. | Public Comments | Nick Fotheringham |
| <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 | Nick Fotheringham |
| | 5.1 | Outreach Committee Report from July 29, 2014 | |
| | 5.2 | Legislative Committee Report from July 9, 2014 | |
| | 5.3 | Housing and Transportation Committee Report from July 8, 2014 | |
| | 5.4 | Health Issues Committee Report from July 15, 2014 | |
| | 5.5 | Senior Nutrition Committee Report from July 28, 2014 | |
| <p>DISCUSSION ITEMS/PRESENTATION/MOTION</p> | | | |
| 9:15 a.m. | 6.1 | Fall Prevention Program – Continued Discussion from July | Staff |
| | 6.2 | Home Share, Housing and the Housing Roadmap | Staff |
| <p>INFORMATIONAL ITEMS</p> | | | |
| | 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 July 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:

November 12, 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
July 9, 2014

Advisory Council Members Present

Paul Boog (Port Hueneme COA)	Mary Kaplan (Supervisorial Appointee)
Smita Dandekar (Supervisorial Appointee)	Karen King (Camarillo COA)
Jay Evans (Camarillo COA)	Antoinette Olson (Simi Valley COA)
Ady Esparza (Oxnard COA)	Ginny Rockefeller (Ojai COA)
Rosemary Flores-Gordon (Service Provider)	Mel Silberberg (Supervisorial Appointee)
June Glasmeier (CSL)	Neill Spector (Simi Valley COA)
Sandra Fide (Moorpark COA)	Sue Tatangelo (Special Population)
Nick Fotheringham (Thousand Oaks COA)	Sylvia Taylor Stein (Service Provider)
Lawrence Hartmann (CSL)	Donald Todd (Special Population)
Nancy Healy (Thousand Oaks COA)	Vicki Tripoli (Moorpark COA)
Vivian Johnson (Fillmore COA)	Bill Witt (CSL)

Advisory Council Members Absent

Lori Harasta (Ventura COA)
Lisa Hayden (Supervisorial Appointee)
Marion Holzworth (Ventura COA)
Ricardo Melendez (Special Population)
Nancy Rowe (Immediate Past Chair)- EA

VCAAA Staff Present

Ashley Alberts	Katharine Raley
Aracely Garcia	Elizabeth Renteria
Victoria Jump	Christine Voth
Denise Noguera	Denise Jawad-Wendell
Monique Nowlin	
Brian Murphy	

Guests

Brenda Birdwell
Kathleen Ahern
Phil Chandler
Ann Springer

1. **Call to Order** - The meeting was called to order at 9:00 a.m. by Chair Nick Fotheringham (Thousand Oaks COA).

2. **Pledge of Allegiance** – Nancy Healy the Pledge of Allegiance. A quorum was present. Nick Fotheringham asked all new members to introduce themselves.

3. **Approval of Area Agency on Aging Advisory Council Meeting Minutes** - The minutes of the June 11, 2014, meeting were approved. (Tatangelo/Silberberg/Passed)

4. **Public Comments** –

Elizabeth Renteria – Elizabeth introduced herself to the new members as the Outreach Coordinator and asked that they get in touch with her in order to get their picture for their Advisory Council badge taken.

Brenda Birdwell – Brenda is now working for the Braille Institute as their Adult Services Manager, She explained about the services that they offer in the community.

Ann Springer – Ann introduced herself as the business development manager for the Camarillo Health Care District. She spoke about the Healthy Attitudes magazine and the renovation of CHCD's adult day care center.

Paul Boog – Paul spoke about the deterioration of Port Hueneme's beaches and the efforts to save them. He encouraged those that were interested to attend a coastal commission hearing.

Phil Chandler – Phil introduced himself to the Council as working for the home care agency Right at Home. He spoke about the USC Center for Body Computing and a current study on heart health that advisory council members could become a part of.

Smita Dandekar – Smita spoke about current classes being offered at Simi Valley Senior Center that are free and open to all such as chair yoga.

Kathleen Ahern – Kathleen notified the group about a fundraiser on July 20 at the Anacapa Yacht Club for disabled veterans.

Marty Kaplan – Marty introduced himself as a Supervisorial Appointee and also the chair of the board of Caregivers. He invited all to an Art Exhibit at the Maritime Museum in Oxnard on July 9 to benefit Caregivers.

5. **Consent Agenda Items** – the consent agenda containing the Senior Nutrition Committee report from June 16, 2014, the Housing and Transportation Committee report from June 10, 2014 and the Outreach Committee report from June 24, 2014 were accepted. (Boog/Todd/Passed)

6. **Discussion Items/Presentation/Motion**

6.1 **Fall Prevention Program.** Monique Nowlin gave a presentation on the new fall prevention program at the VCAAA in collaboration with Community Memorial

Hospital, Ventura County Medical Center, Ojai Valley Hospital, Emergency Medical Services (EMS), Ventura County Public Health, Ventura City Fire Department, Ventura County Fire, Livingston Memorial and Assisted Home Health. Due to the number of falls, the impact on the senior's health, and the increasing health care costs associated with them, the Ventura County Board of Supervisors has funded a Fall Prevention Coordinator position at the VCAAA. When a person over the age of 65 falls and 911 is called the person becomes part of the fall prevention program. The VCAAA Fall Prevention Coordinator, Carley Vailu'u, becomes the point of contact with EMS and the Emergency room doctor ultimately keeping track of fall assessment data, services recommended and received and measurable objectives. The advisory council had a lot of questions about the program and personal stories about the impact of loved ones falling in their lives. Due to the interest and importance of the topic, falls will be discussed at the September meeting as well with some initial program data being provided.

6.2 Advocacy and Marketing Discussion. Victoria Jump provided some information about what the Outreach Committee was working on and that this exercise would provide some needed guidance and input for the committee. Members and guests were broken up into small groups and asked to visit the seven (7) question stations around the room putting down their thoughts. After all groups had a chance to respond to all questions, each person was asked to place a colored dot on what they thought was the most relevant response to each questions. The collective responses will be used to help the outreach committee prioritize. The responses are as follows:

1. What is our message?

AC	Non AC	Idea
8	1	Assisting seniors to remain independent as long as they can and provide assistance when they can't remain independent
7		We advocate for the aging population and identify services for seniors and get them matched together
2		Identify positive aspects of being a senior
	3	Notify community of available senior services
		Find a way to get info to isolated seniors
		We are advocates and experts
		If seniors don't hang together we'll and separately

2. What kind of commitment can you make to being an advocate?

AC	Non AC	Idea
6		Being another voice where needed
3	2	Hot topics from our CSL – for newspaper articles such as the Star, Breeze, VC reporter, Acorn, etc.
2	1	Encourage others - be a role model
2		Present as a speaker once a month is needed

2		COA broadcast locally emphasizing the VCAAA and what it is about
1		Attend council and board of supervisors meetings
1		8 hours a month
1		Uniform information we as members deliver to our community. Uniform presentations
		This question is key to the success of our mission

3. How do we honor the past efforts of our predecessors while adapting to the changing needs of seniors today?

AC	Non AC	Idea
6	1	Continue what is working; change what is not working
5		Recognition spurs the energy to continue to volunteer
4	1	I don't see a need for formal recognition of a job well done
3		Give credit where credit is due
	1	Recognition is a way of bring these efforts to the community as a PR – marketing tool
1		Establish a legacy award
		Continued memory of past accomplishments so that they are not reinvented

4. How can we work together as committee members to bring about change and move our agenda forward?

AC	Non AC	Idea
9	1	Council members need to take information back to their councils on aging
6		Come prepared, participate and accept assignments and follow through
5		Accept others options even when different from yours
5		Take responsibility and do lot
3		Does the work of the committees get incorporated into the strategic plan? If so does AC approve plan before it goes to the state.
2		From my experience some members rarely attend meetings and contribute little and do nothing outside of meetings. Attendance at meetings should be required – missing a certain number should excuse people from the committee and members should be told that committee work involves more than attending meetings
	1	Have uniform effort to work countywide and avoid duplication and address gaps.
		Help VCAAA focus on annual work plan

		Attend meetings remotely
		Keep and honor what is means to participate actively.

5. As advisory council members what do you need that you aren't getting?

AC	Non AC	Idea
3	1	Happy with current information and materials
2		More committee meetings right after primary meeting
2		Phone in meetings
2		pizza
1		Consistent meeting time – less meeting time change
		Doughnuts or alternatives

6. Other than the partnerships we currently have, who else can we partner with that's not part of our current circle? What sort of events can we host or sponsor to get our face out in the community?

AC	Non AC	Idea
9		More effective interface with all the senior centers
3		Churches – partner with faith community
2		New sectors including deeper penetration in health care sector
1	1	NAMI
1		Local trade association – Bar, MD's, hospitals
1		Partner to hand out information
	3	Look at organizations serving seniors in the community – private businesses and non-profits
1		Welcome wagon – new town group
1		Association of realtors
		Fraternal organizations – Lions, Elks, Rotary, Kiwanis
		Restore the community events like we had before

7. How would you get the message out to the larger population about what VCAAA does?

AC	N o n A C	Idea
5		Public service spots/City TV channel
3		Community newspapers – Acorn
3		Press – human interest story to showcase the work of the AAA. Front page articles in primary paper or on TV

3	1	Healthcare sector partnership gives greater outreach and credibility to agency
2	2	Social media - Facebook page – YouTube seniors in action
2		Local service organizations
	1	Network or invite other organizations serving seniors
1		More publicity in media; reinstate the events we had for boomers
		Co-op advertising with other organizations
		City newsletter – Camarillo “City Scene”

7. **Advisory Council Meeting Schedule** - The meeting schedule for FY 2014-2015 was included for informational purposes.
8. **CSL/TACC Update** – June reported that there was no TACC report for July. She would be attending the TACC meeting in August and would report in September. Larry Hartmann provided a brief update on current bills of interest. Bills mentioned included ones relating to elder abuse, establishing a southern California Veterans Cemetery, increasing the tax credit for long term care and a bill relating to in-home supportive services.
9. **Committee Membership Selection for FY 2014-2015** - Members were review the list and make sure that their committee choices were reflected.
10. **California Commission on Aging AgeWatch for June 2014** – Included for informational purposes.
11. **Comments from the Chair** – There were no comments from the chair.
12. **Other Business** – there was no other business.
13. **Adjournment** – the meeting was adjourned at 10:35 a.m.(Boog/?/Passed).

TO: VCAAA Advisory Council Members
FROM: Ady Esparza, Committee Chair
DATE: July 29, 2014
SUBJECT: **Outreach Committee Report from July 29, 2014**

July 29th: Committee Members Present

Ady Esparza (Oxnard, COA)
Neill Spector (Simi Valley, COA)

June 29th: Committee Members & Staff Absent

Nancy Rowe (Oxnard, COA)
Smita Dandekar (Supervisory Appointee)
Marty Kaplan (Supervisory Appointee)
Jay Evans (Camarillo, COA)
Sandra Fide (Moorpark, COA)
Vicki Tripoli (Moorpark, COA)
Marion Holzwarth (Ventura, COA)
Lori Harasta (Ventura, COA)
Sylvia Taylor Stein (Chair-Optimal Aging Committee)
Nick Fotheringham (Chair-Executive Committee)
Mel Silberberg (Chair-Housing & Transportation Committee)

June 29th: VCAAA Staff Present

Victoria Jump
Monique Nowlin
Katharine Raley
Elizabeth Renteria

Guests

Ann Springer

- 1. Call to Order** – The meeting was called to order at 9:00 a.m. by Ady Esparza, Committee Chair. A quorum was present.
- 2. Welcome and Introductions** – Introductions were made to the new Outreach Committee Member, Neill Spector.
- 3. Public Comments** – No public comments.
- 4. Election – New Chair** – No election was held. There was no quorum. Election for the new Chair is scheduled for the next Outreach Committee meeting in September.
- 5. Review Advisory Council July 2014 Activity** – The committee members reviewed the Advisory Council (AC) July 2014 Activity question exercise. It was concluded

from them that the message from the A.C. is in line with the VCAAA Area Plan of seniors remaining independent. The conclusion from the exercise is that the A.C. members would like to see more advocacy and more commitment from the entire A.C. with encouragement in "taking back" information to their Councils on Aging. It was suggested that the VCAAA have quarterly meetings for all the Councils on Aging. Neill brought up his concern for Vets living in their car. The idea was tabled for a future meeting.

6. **Marketing Plan Discussion** – In reviewing the marketing plan and evaluating the SWOT (strength, weaknesses, opportunities and threats) and building awareness it was noted that the perception of the VCAAA is that we are just another senior agency in the community and not a government agency with free services. It was also noted that the community perception of "free" is sometimes seen as being of low quality without a staff of professionals. Another problem is that people are only coming to the VCAAA in times of emergency. It was suggested that as a part of the marketing plan we need to take a look at the positive aspects of being a senior and not just coming to VCAAA when in need. Part of the messaging would be to put a different spin on aging by emphasizing nutrition, good health, exercise classes, and dealing with a positive message about senior interest and hobbies. Take a fresh look and highlight the different stages of aging by drawing interest and encouraging people to utilize our services.

Another noted issue is that seniors don't see themselves as seniors. One possible way of outreaching to them is by highlighting identifiers such as "If you were born before..." and by emphasizing what VCAAA provides. The committee suggested that we could also consider an advisory or mentor service, or by sending out the message of independence, advocacy, fresh meals, prevention, and high quality services.

The committee worked through the "Customer Analysis" spreadsheet portion of the marketing plan and the best way to communicate with our customer. The committee completed the Customer Analysis and the updated plan will be sent to the committee before the next meeting in September. The committee's "homework" for the next meeting is to review part C, "Marketing Objectives and Goals", of the marketing plan and come up with ideas for different messaging. Monique distributed a VCAAA Social Media flyer (attachment A) informing the committee of the newly rolled out social media for the agency; twitter, Facebook, and Instagram.

7. **Other Committee Involvement/Notification** – Chairs of other VCAAA committee are encouraged to continue attending to provide input to the overall agency marketing plan.
8. **Next Meeting Schedule** – Tuesday, September 30, 2014, 9:00 a.m. – 10:30 a.m.
9. **Adjournment:** – The meeting was adjourned at 10:45 a.m. by the Chair, Ady Esparza.

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TO: VCAAA Advisory Council Members
FROM: Monique Nowlin, VCAAA Deputy Director
DATE: July 9, 2014
SUBJECT: **Legislative Committee Report from July 9, 2014**

Legislative Committee Members Present

Nick Fotheringham (Thousand Oaks COA)
Neill Spector (Simi Valley COA)
William Witt (CSL)
June Glasmeier (CSL)
Donald Todd (Veteran Special Population Seat)
Sue Tatangelo (Family Caregiver Special Population Seat)
Sandra Fide (Moorpark COA)

Legislative Committee Members Absent

Mel Silberberg (Supervisory Appointee)
Lawrence Hartmann (CSL)
Sylvia Taylor Stein (Service Provider)
Nancy Healy (Thousand Oaks COA)

VCAAA Staff Present

Monique Nowlin
Katharine Raley

Guests

Sue Hughes, Deputy Executive Officer/Legislative Analyst, County of Ventura
Paul Boog (Port Hueneme COA)
Jay Evans (Camarillo COA)

1. **Call to Order** – The meeting was called to order at 10:46 a.m. by Nick Fotheringham. A quorum was present.
2. **Welcome and Introductions** – Nick welcomed Sue Hughes and the new members to the Committee.
3. **Public Comments** – None.
4. **Sue Hughes** – Ms. Hughes provided an overview of her duties and her role with the County of Ventura. She shared how the legislative process works at her level and

offered insight into how she can partner with the Legislative Committee. Ms. Hughes stated that if the Committee is looking for answers, she can be of assistance. Ms. Hughes shared that the County of Ventura has contracted with a lobby firm in Sacramento and Washington D.C. and thus has dedicated staff, which she has access to, if we need additional information beyond what she can provide. She further stated that if the Legislative Committee wants to express interest or concern over a particular piece of legislation, it is best to speak with legislative officials in Sacramento or Washington D.C., as opposed to District Staff. Further, Ms. Hughes offered her services via establishing a "watch list" for legislation the Committee wants to follow. Upon request from Committee Members, Ms. Hughes provided input on the Legislative Update the Committee is creating. She said it is an excellent idea. Her ideas were as follows: keep it one page, add a version date, add the website, find a way to interest the legislature, perhaps create a Legislative Update for each topic of interest, as opposed to trying to place many topics in one communication piece. Ms. Hughes offered to review the Update upon request. Lastly, it was requested that Ms. Hughes come and speak to the Committee again and she stated it would be her pleasure to come as often as the Committee would like to have her present. Nick, suggested that she at least come speak to the Committee annually.

5. **Legislative Update for Elected Officials** – Tabled for discussion at the next meeting. Staff to submit another draft with proposed revisions.
6. **C4A Budget Action** – Tabled.
7. **Other Committee Involvement/Notification** – There was no discussion regarding other Committee involvement. However at this time, Nick entertained nominations for Chair, as his term has expired. William Witt (aka Bill Witt) was nominated and elected as the new Chair of the Legislative Committee.
8. **Next Meeting Date** – September 10, 2014.
9. **Adjournment** – The meeting was adjourned at 11:55 a.m. by Nick Fotheringham.

TO: VCAAA Advisory Council Members

FROM: Monique Nowlin, VCAAA Deputy Director

DATE: July 8, 2014

SUBJECT: **Housing and Transportation Committee Report from July 8, 2014**

Housing and Transportation Committee Members Present

Mel Silberberg (Supervisorial Appointee) – Acting Chair
Jay Evans (Camarillo COA)
Vivian Johnson (Fillmore COA)

Housing and Transportation Committee Members Absent

Paul Boog (Port Hueneme COA)
Karen King (Camarillo COA)
Marion Holzworth (Ventura COA)

VCAAA Staff Present

Monique Nowlin
Elizabeth Renteria
Christine Voth

Guests

Ann Springer, CHCD (Camarillo Health Care District)

1. **Call to Order** – The meeting was called to order at 9:04 a.m. by Acting Chair, Mel Silberberg. Although a quorum was present, it was decided by the members that Mel would continue in the role of Acting Chair until the full committee was present and could vote on a new Chair for this year.
2. **Welcome and Introductions** – Mel welcomed the two new committee members present and provided an overview of the Housing and Transportation Committee.
3. **Public Comments** – None.
4. **HomeShare Update** - Monique provided an update on the HomeShare program becoming part of the VCAAA. She also provided an update on the recruitment efforts for Homeshare and stated that prospectively, a member of the Homeshare staff would be attending the meeting to provide updates on the program.

5. **Action Plan and Strategy for 2015** - There was a further discussion about the Committee's focus for 2015 and addressing the changing demographics of seniors, however in order to give the full committee the opportunity for input, this item was tabled for a future meeting. Mel asked that committee members be prepared to discuss strategy at the next scheduled meeting.
6. **Road Map for Housing** - There was further discussion on the need to modify this Road Map and make the information more robust; perhaps to use as a communication piece. In addition, Mel stated that we should add mobile homes to the map and Homeshare to the Road Map as well. Mel stated that we should consider a partnership with the Health Issues Committee, in particular relating to the shortage of beds for long term care; he stated this needs to be blended into the goals of this committee. Mel went on to add that perhaps we should create Housing Update form, similar to the one being created by the Legislative Committee. Mel asked, and Christine committed to emailing every committee member the excerpt regarding housing from the Area Plan.
7. **Other Committee Involvement/Notification** – There was a discussion regarding this Committee partnering with the Health Issues and Legislative Committee.
8. **Next Meeting Date** – September 9, 2014 from 9 – 10 am
9. **Adjournment** – The meeting was adjourned at 10:40 a.m. by Mel Silberberg.

TO: VCAAA Advisory Council Members
FROM: Christine Voth, VCAAA Staff
DATE: July 15, 2014
SUBJECT: **Health Issues Committee Meeting Report from July 15, 2014**

Health Issues Committee Members Present (3)

Smita Dandekar (Supervisorial Appointee)
Jay Evans (City of Camarillo)
Ginny Rockefeller (City of Ojai)

Health Issues Committee Members Absent (4)

Lisa Hayden (Supervisorial Appointee)
Rosemary Flores-Gordon (Service Provider)
Nancy Rowe (City of Oxnard)
Sue Tatangelo (Family Caregiver Representative)

VCAAA Staff Present

Christine Voth, Grants and Planning Manager
Elizabeth Renteria, Public Outreach Coordinator
Patti Jaeger, Registered Dietitian
Elizabeth Vaccaro, Registered Dietitian (new)
Teresa Nigro, Registered Dietitian (new)

Guests

Phil Chandler, Owner, Right at Home
Diane Emerick, County of Ventura, Public Health
Susan Haverland, Vice President, Programs & Services, FOOD Share

1. Welcome and Introductions
2. Public Comments - None
3. Election of New Chair for Committee – A quorum was not present so this action was tabled to the September meeting.
4. Update on Project Goals Related to Food Insecurity
 - A. My Plate and Healthy Eating Project – Placemat – Patti Jaeger shared the latest mockup of the “Your Plate” placemat, which included a recipe comprised of ingredients that can be purchased at the \$.99 store or similar type of store. The placemat will change each month. It will be distributed to approximately 3000 people per month including home delivered meal participants, congregate meal participants, and Senior Share Program (formerly known as Brown Bag)

participants. It will measure 11" x 17". It is intended to be a usable visual teaching tool. The Registered Dietitians will create the monthly recipe. Ingredients from a discount store were chosen because many seniors buy food there. Patti stated, "We want to show that you can eat healthy on any budget."

The placemat will also be on the VCAAA website. A small batch of Spanish language placemats will be distributed to meal sites where there is a larger Spanish-speaking population (Piru, Fillmore, Oxnard and Santa Paula). The group responded enthusiastically to the placemat concept. Susan Haverland suggested there might be a recipe contest among seniors that resulted in the award of gift cards to a discount food store.

- B. SNAP-ED Grant Activities - Patti Jaeger updated the group on activities related to the new Supplemental Nutrition Assistance Program Education (SNAP-ED). She explained it is a component of the Cal-Fresh program and includes evidence-based nutrition and exercise. Two presentations have been done and more are scheduled in July. The emphasis for exercise and nutrition go hand-in-hand.

Patty shared that she is looking at more venues to present the program. Susan Haverland suggested low income senior housing projects. For Senior Nutrition Program meal sites to qualify for SNAP ED presentations, 50% or more of the participants at the site must be eligible for Cal Fresh. Today, six areas qualify for SNAP ED, however, the Simi Valley site is not one of them because only 49% qualify for Cal-Fresh. They need 13 more participants to report as being 'low income.' A discussion followed about the importance of Senior Nutrition Program Meal participants accurately reporting their income on the meal intake forms and not selecting the option "declined to state" relative to their income.

- C. Food Share Food Truck Collaboration - Susan Haverland shared the background on how the Port of Hueneme decided to give Food Share funding for a food truck. The full commercial kitchen trailer is expected to be ready in three months. They are seeking a healthy food chef who will also be able to drive the vehicle. The roving truck will deliver food and provide food demonstrations/education at venues throughout the County. They will also be partnering with the Public Health bus. Food Share expects to make 150 visits per year to senior centers, etc. The first area of focus will be those venues in the City of Port Hueneme.

Susan said that Food Share literally gets tons of produce from the Port of Hueneme. Typically, this is produce that has been rejected by local markets for various reasons. She said the produce is distributed to "food deserts in Ventura County," i.e., locations where there are no major supermarkets and/or where there are pockets of individuals with low income.

5. Increasing Physical Activity at Every Age Goal:

- A. Developing Evidence Based Exercise Classes in Each City – Christine Voth stated VCAAA wants to develop an informational tool that would inform the senior community, including persons to be served by the new Fall Prevention Program, about evidence based physical activity classes in Ventura County.

Christine distributed a list of many such classes broken down by city. She said if a brochure was done (as the tool), the list would have to be pared down and only evidenced based classes could be listed. She asked if a brochure might be a good too; and the committee said yes.

Christine distributed copies of Older Americans Act Title III D Evidence Based Criteria and explained that there are currently three levels of criteria. However, in FY 2015-16, only one level - the highest level criteria will be permitted, which states and evidence based program must be: "Proven effective with the older adult population using experimental or quasi-experimental design; and fully translated in one or more community sites; and includes developed dissemination products that are available to the public." When asked, it was the consensus of the committee to only list programs in the brochure that meet the highest level criteria.

There was discussion about the classes listed in the handout, and that the list was incomplete. Jay Evans stated that the evidence based programs Silver Sneakers (available at sites in Ventura County) and Enhance Fitness need to be added to the list. (Bill Witt teaches 'Active Living Everyday' at Kaiser.)

Smita Dandekar recommended adding yoga, especially Yoga for Diabetes, which is taught at the Simi Valley Senior Center. Smita shared a program brochure and information about the value of yoga.

- B. Fall Prevention Program Grant Application – Christine Voth told the committee about a new grant application that VCAAA has submitted (to the Administration for Community Living or ACL), which would augment the existing new Fall Prevention Program. If awarded, ACL funds (along with Title III D funds) would be used to provide evidence-based fitness classes such as Simplified Tai Chi throughout Ventura County. If awarded, VCAAA would have to roll out the project in September 2014.

6. The Disease/Condition Specific Support Groups – Phil Chandler distributed a list that he created on disease/condition specific Support Groups in Ventura County. He said that support groups for stroke and heart health seem to focus on prevention; and, Alzheimer's groups focus on how to manage the disease. Regarding a heart support group for women, "Go Red for Women" has a website, but no local support group. Groups to be added to the list include one for Parkinson's and Ojai and Arthritis and Simi Valley.

Phil mentioned the statistics on page 2 of his handout are the latest such stats available. A recommendation was made to include grief support groups on the list.

7. Other Committee Involvement/Notification – if any:

- A. Housing and Transportation Committee
- B. Planning and Allocation Committee
- C. Legislative Committee
- D. Senior Nutrition Committee – Patti Jaeger reported that Farmers Market coupons are being distributed now. Ventura County is #5 in the state for coupon redemption, which is excellent. Coupons may be used to purchase fruits, vegetables and honey. A question arose about some vendors in Simi Valley not accepting the coupons and/or limiting the use of the coupons. Patty stated she will talk to the Executive Director of Farmers Markets in Ventura County to address this issue.

Patti shared that she is working with Senior Nutrition Program cooks to develop new recipes and use new foods. She is encouraging the cooks to be creative. One of the new foods includes wild Alaska salmon.

- E. Optimal Aging
- F. By-Laws
- G. Outreach Committee
- H. Executive Committee

8. Other – Concept: Shopping List for 99 Cents Store (or similar vendor) – Elizabeth Renteria provided three handouts regarding a videotape cooking show of the recipes to be featured on the "Your Plate" placement. A lively discussion ensued about the concept of having a "celebrity" chef prepare recipes on camera using low-cost foods. Elizabeth stated the \$.99 store has a video on its website but not a celebrity chef. The videos could be played on local access television, be viewed on the VCAA webpage, and could be a featured program on Food Share's new food truck television.

Other – Health Issues Committee Goals - Christine Voth distributed a worksheet listing the committee's current long-term goals. She reviewed the status of each goal. For homework, she asked the committee to review the list and develop a new goal to be finalized at the November meeting. The new goal will need to fit with the other goals and have a realistic timeline.

9. Next Meeting Date: September 16, 2014

10. Adjournment – The meeting adjourned at 2:35 p.m.

TO: VCAAA Advisory Council Members

FROM: Brian Murphy, VCAAA Staff

DATE: July 28, 2014

SUBJECT: **Senior Nutrition Committee Report from July 28, 2014**

Senior Nutrition Committee Members Present

Vicki Tripoli (Moorpark COA)

Jay Evans (Camarillo COA)

Vivian Johnson (City of Fillmore Representative)

Antoinette Olson – Committee Chair (City of Simi Valley Representative)

Senior Nutrition Committee Members Absent

Donald Todd - Absent

VCAAA Staff Present

Patti Jaeger, R.D.

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** – New committee members Vicki and Jay were welcomed by the Chair.
- 3. Approval of Minutes from the 6/16/2014 Meeting** – This motion to approve the minutes was made by Vivian Johnson, seconded by Jay Evans and approved unanimously with no changes.
- 4. Public Comments** – None.
- 5. New Food Items** – Patti Jaeger advised that two new fish entrees, a selection of spices and a low sodium marinara sauce will be added to this year's food list. It is hoped that these additions with the recently introduce ground turkey will help the sites provide a more varied meal selection.
- 6. "Your Plate" Placemat** – The new paper placemat was shown to the committee by Patti Jaeger who also developed it. Each month a new one will be distributed to all meal sites.
- 7. Meal Count and Cost Per Meal through June 30, 2014** – Staff reported 177,395 meals (14,782 per month) were served during FY 2013-14. This is 3% more than the

contracted meal count. The average food cost per meal (purchased from Jordanos) was \$3.70, or 3.4% lower than the budgeted amount of \$3.83.

- 8. Revised Funding Formula For FY2016-17** – Staff advised that the current funding formula consists of a minimum level of funding of \$20,000 for a site offering a congregate meal and \$15,000 for a site offering a home delivered meal. These amounts were developed based on the cost of staffing these sites at a minimum level in order to ensure that some of the smaller sites could be viable.

The remaining available funding (after the minimum level was allocated to each site) was divided up proportionally by % of meals served in prior years (when there was not a cap on the maximum number of meals served). The funding formula was developed quite a few years ago. This is being reviewed by the committee to see if a revised formula would be appropriate for the next four year contract - which will commence in July 2016 and for which an RFP will be issued around January 2016.

It was noted by staff that most of the sites are quite unique, and because of this, it is difficult to develop a truly comparable cost per meal per site:

- Some sites use volunteers to deliver meals, others use a contractor (Food Share, Inc.).
- Some sites deliver five frozen meals once a week, while other sites deliver a hot meal each day during the week.
- We know the cost of the food supplied (through Jordanos) and the grant funds provided to each site.
- We know the program income reported by each site.
- We know the amount of funds matched by each site's organization.
- We do not always know if a site receives additional funds (from their city or from another organization) for their meal program.

The committee will continue to work on developing a response to this issue at the next meeting.

- 9. Proposed Incentive Pool for FY 2014-15:** In the June meeting, the committee voted unanimously to establish an incentive fund pool for FY 2014-15. The incentive pool will be available to serve additional meals (baseline services). Grantees that meet all contractual obligations will be eligible to participate in the incentive pool.

The unallocated funds which could be made available for the Incentive Pool are currently estimated to be **\$115,772**.

Additionally, the California Department of Aging announced on August 11, 2014 that **\$46,586** in State one-time-only funds would be made available at the end of September 2014. These funds may not be spent on base-line services as these are one-time-only funds.

- 10. Other Committee Involvement/Notification** – None reported.

11. Review Meeting Schedule - The next meeting is scheduled for September 15, 2014.

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

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



**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 cancelled
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 Cancelled – committee attending conference	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

Note: all meetings to be held at the VCAAA, unless otherwise noted.

*Meeting to follow Advisory Council Meeting adjournment.
Updated 09/02/2014

TACC Update
June Glasmeier

I attended the TACC (Triple A Council of California) meeting in Sacramento on May 23 – 24, 2013. The first speaker was Diana Steele, Attorney El Dorado County who spoke on their in-house legal services. Diana has been an attorney there since 2003 and this is the only in-house legal services in the TACC community.

Daniel Pone, Senior Attorney, Office of Governmental Affairs Judicial Council of California, spoke on the Omnibus Conservatorship and Guardianship Reform Act of 2006. He explained how conservatorships work and do not work, their cost and ways to avoid them. Things were going well with the Reform Act of 2006 until it hit the Governor's desk and he blue lined many items so it reverted back to the way it was before.

Sandy Fitzpatrick stated there are 12 new members of the Commission and 8 returning members. Sandy gave an update on the sequester cuts as well as dual eligibility on Medical and Medicare.

Friday we went via bus to attend the hearing on the California State Plan on Aging 2013-2017 from 9:00 to 12:00. There were approximately 50 people in attendance. I do believe this the third and final hearing on this plan. Lora Connolly, Director of the California Department of Aging was the spokesperson

I handed to each person present one of the VCAAA Outreach Seniors and Caregivers cards.

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			X			X		
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	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	Vacant								
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	Behavioral Heath - Vacant								
Special Population Seat	LGBT – vacant								

CCoA

Volume 5, Issue 6

July, 2014



California Commission on Aging

AGEWATCH

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

The Older Americans Act: improving older adults' lives for 49 years

This month marks 49 years since President Johnson signed the Older Americans Act into law. In the 1960s, only 9 percent of the country's population was over age 65, but many of them lived in poverty. Today the demographics of aging are much different. There is less overall poverty among older adults, but the older population has grown exponentially, as has the diversity of their needs.

The Older Americans Act provides services for people in their communities. In 2012, the aging services network provided 8 million hours of adult day care; 2 million nutrition education sessions; and nearly 25 million rides to and from medical appointments, shops, and social events. With the help of hundreds of thousands of volunteers, the aging services network served more than 225 million meals, providing essential nutrition so hundreds of thousands of older adults can stay healthy.

Even as the population of older Americans has grown, funding for the Older Americans Act has remained steady over time. Despite varying economies in states through the years, the aging services network has effectively leveraged an average of \$3 for every dollar of federal investment. It has also maintained a steady corps of senior volunteers who share their time, experience, and resources with their neighbors and communities. To read more about OAA programs, visit the Administration for Community Living website at <http://www.acl.gov/NewsRoom/Observances/2014/July14-OlderAmericansAct.aspx>

Reprinted from the Administration for Community Living Newsroom's National Observances page.

CCoA's 40th Anniversary Acknowledged

CCoA was honored this spring with a Congressional resolution from Representative Karen Bass, of California's 37th Congressional District. Representative Bass spoke at the Commission's March symposium at USC on *The Future of Aging*. Pictured at right are Representative Bass (at left) and Commission Chair Virgie P. Walker.



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.

Senate Select Committee on Aging and Long Term Care begins work to identify the ideal system of long-term services and supports

The first hearing of the California Senate's new Select Committee on Aging and Long Term Care drew from a pool of experts and academicians to describe the ideal system of services and supports for California's aging population. Chaired by Senator Carol Liu, the information-gathering hearing was held July 8th in Pasadena and was titled "California's Service Delivery System for Older Adults: Envisioning the Ideal System."

Panelists for the day included USC Professor of Gerontology Kathleen Wilber, UCLA Researcher Steve Wallace, Gretchen Alkema of The SCAN Foundation, USC Associate Professor of Social Work Karen Lincoln, Amber Cutler of the National Senior Citizens Law Center, Los Angeles Department of Aging General Manager Laura Trejo, Cheryl Phillips of LeadingAge, and CCoA Executive Director Sandi Fitzpatrick.

The Select Committee's second hearing is set for August 12 in Sacramento.

Materials from the July hearing are available on the Select Committee's website at <http://senate.ca.gov/agingandlongtermcare>.



CCoA Director Fitzpatrick honored by Congress of California Seniors

The Congress of California Seniors has been an active advocacy voice for seniors for nearly forty year. In recent times, CCS has recognized individuals who have made an important contribution to improving the lives of seniors... usually devoting an entire career to the cause.

For 2014, CCS was pleased to honor CCOA Executive Director Sandi Fitzpatrick as the Advocate of the Year. "Sandi has worked tirelessly to help seniors achieve a better quality of life ...to spend their golden years in the Golden State," said CCS State President Hank Lacayo. "She's been a true friend of seniors and we are pleased to partner with her and the Commission in our work."

Fitzpatrick was recognized at the CCS 2014 Policy Conference in San Jose on June 23rd.

Press release provided by CCS.



CCoA Executive Director
Sandi Fitzpatrick

HHS helps facilitate conversation on brain health

The topic of brain health can be complicated when talking with older adults. With an eye toward facilitating conversations with older people about brain health, new set of resource materials is now available from the U.S. Department of Health and Human Services.

The four-part set of materials is written in plain language and explains what people can do to help keep their brains functioning best. Topics include: preventing falls to avoid head injury, refraining from excessively drinking alcohol, getting enough sleep, and managing diabetes and blood pressure. The basics of Alzheimer's disease as a primary threat to brain health with age and managing possible risk factors are also explained in the materials. Although no activity or medicine has yet been shown to prevent the disease or reduce risk, some of the healthy lifestyle and chronic disease management strategies presented are good for healthy aging and may prove, with further research, to directly protect against cognitive decline and Alzheimer's disease.



The materials are intended for use at senior centers and in other community settings. "Staff and volunteers at senior centers, area agencies on aging, health departments, local clinics, and community organizations of all kinds are in a wonderful position to debunk myths and share accurate information about this subject," notes Kathy Greenlee, assistant secretary for aging and administrator of ACL. "Evidence-based resources like these can go a long way to make sure that people with concerns about brain health can get the information they need from the community caregivers they trust."

The Brain Health Resource contains: • A PowerPoint presentation that teaches older adults and their caregivers how to reduce risks related to brain health. • An accompanying Educator Guide that provides additional information for presenters to share with audiences. • A one-page handout for older adults and caregivers called "Brain Health as You Age: You Can Make a Difference!" • A supplementary handout, Brain Health as You Age: Key Facts and Resources, that includes basic information and resources for the topics covered in the presentation.

To read more and obtain the Brain Health Resource, visit http://www.acl.gov/Get_Help/BrainHealth/Index.aspx.

Reprinted in part from *U.S. Administration for Community Living, Department of Health and Human Services, HHS Offers Evidence-based Materials for Conversations About Brain Health.*

CDC launches second wave of the National Study of Long-Term Care Providers

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

In the next few weeks, the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics will begin fielding the second wave of the National Study of Long-Term Care Providers (NSLTCP). This biennial National Study of Long-Term Care Providers (NSLTCP) is a groundbreaking initiative to monitor trends in the major sectors of care services providers.

NSLTCP includes adult health agencies, hospices, living and similar residential study will help policymakers better understand future long-term care and disabled young



The NSLTCP uses data care communities and well as administrative agencies, nursing homes and obtained from mail and web questionnaires administered to facility directors (or their designees) and will take on average 30 minutes to complete. The vision for NSLTCP is to offer reliable, accurate, relevant and timely statistical information to support and inform long-term care services policy, research and practice.

day services centers, home nursing homes, and assisted living care communities. This study will help policymakers, health care planners, and care providers stand, plan for, and serve the needs of the older population adults.

from surveys of residential adult day service centers, as well as data on home health agencies, hospices. Information will be

A fact sheet on the study and publications from the first wave of research in 2012 are available at <http://www.cdc.gov/nchs/nsltcp.htm>.

NASUAD Friday Updates, June 13, 2014

AGEWATCH

July 2014

Upcoming Events

July 19, 4th Annual West Coast Disability pride Parade & Festival, Mountain View. Contact the Silicon Valley Independent Living Center (<http://www.svilc.org/>) for information.

August 12, Senate Select Committee on Aging, 2:00 p.m., Room 113, State Capitol, Sacramento. Information at <http://senate.ca.gov/agingandlongtermcare>

August 12 - 13, Triple-A Council of California, Vagabond Inn, Sacramento. www.4TACC.org.

September 29-30, California Commission on Aging, Hyatt Regency Sacramento. www.ccoa.ca.gov.

September 30, The SCAN Foundation's 2014 Annual Long-Term Services and Supports Summit, Sacramento Convention Center - Information at: <http://www.thescanfoundation.org/register-now-september-30-2014-scan-foundations-2014-california-ltss-summit#sthash.q9DaxR7n.dpuf>

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



2015 White House Conference on Aging planning begins

Discussions began yesterday at the White House around plans for the 2015 White House Conference on Aging (WHCoA). These decennial events are held to engage with stakeholders and individuals interested in aging about issues and areas important to older individuals and people in the aging field.

A 2015 White House Conference on Aging will coincide with the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The event would be an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade. Issues that could be addressed at the event include:

Retirement security: Financial security in retirement provides essential peace of mind for older Americans, but requires attention during our working lives to ensure that we are well prepared for retirement.

Long-term services and supports: Older Americans overwhelmingly prefer to remain independent in the community as they age. They need supports to do so, including a caregiving network and well-supported workforce.

Healthy aging: As medical advances progress, the opportunities for older Americans to maintain their health and vitality should progress as well.

The Elder Justice Act was enacted as part of the Affordable Care Act, and we need to realize its vision of protecting seniors from scam artists and others seeking to take advantage of them.

No date or details have yet been determined for the 2015 WHCoA. The previous WHCoA was held in December 2005. The White House will launch WhiteHouseConferenceOnAging.gov later this summer as the official conference site.

White House officials intend to use new technology, agencies' regional offices, partners, and other strategies to engage directly with older Americans and stakeholders on these issues.

Excerpted from The White House Blog, July 29, 2014. 2015 White House Conference on Aging planning begins. www.WhiteHouse.gov.



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Why Not the Older Americans Act?

Guest Editorial

By Robert Blancato



Robert Blancato

The American public's cynicism about Washington can diminish when bipartisanship prevails and bills become law. The most recent example of this was the signing into law of the Workforce Innovation and Opportunity Act by President Obama yesterday, July 22. There are earlier examples including the reauthorizations of the Violence Against Women Act (VAWA) and the Farm Bill. As is the case with most legislation, none of these bills were perfect, but they contained sufficient bipartisan support to make it across the finish line.

So why is the reauthorization of the Older Americans Act not in this group? The law's name may not be recognizable for some, but many of the services the law provides and funds are widely recognized, such as Meals on Wheels, senior centers, elder abuse prevention and low-income community service employment.

This month the Older Americans Act (OAA) celebrates its 49th anniversary of becoming law. That makes it a longer-standing program than either the Workforce Act or VAWA. Over its history, the OAA has been one of the most effective programs ever enacted. It is a program which operates in every Congressional district. It saves Medicaid and Medicare considerable amounts of money through its services which allow older adults to remain in the community or at home, choices which are also preferred by older adults. It is a job creator and job retainer program in communities.

The law is now almost four years late in being renewed. There is no logical reason for this. The Senate has moved the process to the point where an excellent bill, S. 1562, has been voted out of the Senate Health, Education, Labor and Pensions (HELP) Committee and awaits full Senate action. The House has two pending bills but no sign of any action.

The upcoming August recess is a special opportunity for grassroots advocates to communicate directly with their representatives in Congress. The message can be simple: renew the Older Americans Act because it is important to seniors in our community; the Act has more than proven its value and will continue to as our population ages.

Reprinted from HuffingtonPost.com, July 29, 2014, with permission from the author.

Medicare beneficiaries' savings under ACA revealed

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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

The Department of Health and Human Services announced today that more than 8.2 million seniors and people with disabilities with Medicare have saved \$11.5 billion since 2010 due to changes made through the Affordable Care Act.

The news follows the recent release of the Medicare Trustees report, which indicates the life of the Medicare Trust Fund has been extended to 2030, up from its projection of 2017 in 2009, and Part B premiums are expected to stay the same for the second year in a row. Additionally, a new HHS report found that per capita, Medicare spending growth has averaged 2 percent over 2009 - 2012, and nearly 0 percent in 2013, one-third of the growth rate over the 2000-2008 period.

The Affordable Care Act makes Medicare prescription drug coverage more affordable by gradually closing the coverage gap, known as the donut hole, where beneficiaries had to pay the full cost of their prescriptions out of pocket before catastrophic coverage took effect.

According to HHS, more than 8.2 million seniors and people with disabilities with Medicare have saved over \$11.5 billion on prescription drugs since 2010 as a result of discounts in the donut hole and rebates in 2010, for an average of \$1,407.

In California, 139,965 Medicare beneficiaries have received a total \$951.9 million in discounts on prescription drugs as a result of the gradual closure of the coverage gap, including about \$123.6 million in 2014.

The average discount per beneficiary in the state was \$883 in 2014 ([CMS report](#), July 2014). To read the announcement, visit <http://www.hhs.gov/news>. For state-by-state information on discounts on the donut hole, please visit: <http://downloads.cms.gov/files/Medicare-Part-D-Donut-Hole-Savings-Summary-2010-June-2014.pdf>.

Excerpts from HHS Press Release, *Over 8.2 million seniors have saved more than \$11.5 billion on prescription drugs since 2010*, July 29, 2014.

AGEWATCH

July 30, 2014

Upcoming Events

August 12, Senate Select Committee on Aging, 2:00 p.m., Room 113, State Capitol, Sacramento. Information at <http://senate.ca.gov/agingandlongtermcare>.

August 12 - 13, Triple-A Council of California, Vagabond Inn, Sacramento. www.4TACC.org.

September 29-30, California Commission on Aging, Hyatt Regency Sacramento. www.ccoa.ca.gov.

September 30, The SCAN Foundation's 2014 Annual Long-Term Services and Supports Summit, Sacramento Convention Center - Information at: <http://www.thescanfoundation.org/register-now-september-30-2014-scan-foundations-2014-california-ltss-summit#sthash.q9DaxR7n.dpuf>

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