



## VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

March 11, 2015  
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  | Toni Olson     |
|           | 2.   | Pledge of Allegiance   | Toni Olson     |
|           | 3.   | Approval of Area Agency on Aging Advisory Council Minutes of January 14, 2015  | Toni Olson     |
|           | 4.   | Public Comments  | Toni Olson     |
|           |      | 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   | Toni Olson     |
|           | 5.1  | Legislative Committee Report from January 14, 2015   |                |
|           | 5.2  | Outreach Committee Report from January 27, 2015  |                |
|           | 5.3  | Outreach Committee Report from February 24, 2015   |                |
|           | 5.4  | Health Issues Committee Report from January 20, 2015   |                |
|           | 5.5  | Senior Nutrition Committee Report from February 23, 2015   |                |
|           | 5.6  | Optimal Aging Committee Report from January 28, 2015   |                |
|           | 5.7  | Housing and Transportation Committee Report from January 13, 2015  |                |
|           |      | <b>DISCUSSION ITEMS/PRESENTATION/MOTION</b>  |                |
| 9:15 a.m. | 6.1* | FY 2015-2016 Strategic Plan Update Public Hearing  | Christine Voth |
|           | 6.2  | Approval/Modification/Discussion of the VCAA FY 2015-2016 Strategic Plan Update  | Toni Olson     |
|           | 6.3  | Formation of a nominating Committee for Election of Officers, One (1) Service Provider and Five (5) Special Population Seats for FY 2015-2016.   | Toni Olson     |
|           | 6.4  | Planning and Allocation Committee Report and Recommendation to Provide a 6.41% Consumer Price Index Increase for Senior Nutrition Program Grantees, and to Approve FY 2015-2016 Grant Amounts for Unallocated Funds and to Direct Staff to Issue Sole Source Provider Notices and Requests for Proposals | Toni Olson     |
|           | 6.5  | Senior Nutrition Committee Report from January 12, 2015 and Recommendation to Allow Senior Nutrition Program Equipment Installation Costs to be Included in the One-Time –Only Requests and to be Reviewed on a Case by Case Basis   | Toni Olson     |

	6.6	Quarter 2 - Quarterly Grantee and Direct Service Report**	Brian Murphy
		<b>INFORMATIONAL ITEMS</b>	
	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 January 2015	Toni Olson
	11.	Older Americans Act Summary	Toni Olson
	12.	Comments from the Chair	Toni Olson
	13.	Other Business	Toni Olson
10:30 am	14.	Adjournment	Toni Olson

\*9:15 time certain for the public hearing  
\*\* materials to be provided at the meeting

The next meeting will be:  
May 13, 2015 (9:00 am – 10:30 am)  
Area Agency on Aging Advisory Council Center  
646 County Square Drive, Ventura County

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  
January 14, 2015

Advisory Council Members Present

Paul Boog (Port Hueneme COA)	Marty Kaplan (Supervisorial Appointee)
Ady Esparza (Oxnard COA)	Antoinette Olson (Simi Valley COA)
Rosemary Flores-Gordon (Service Provider)	Mel Silberberg (Supervisorial Appointee)
Sandra Fide (Moorpark COA)	Sue Tatangelo (Special Population)
Nick Fotheringham (Thousand Oaks COA)	Sylvia Taylor Stein (Service Provider)
Rose Gossom (Supervisorial Appointee)	Vicki Tripoli (Moorpark COA)
Lawrence Hartmann (CSL)	Bill Witt (CSL)
Nancy Healy (Thousand Oaks COA)	

Advisory Council Members Absent

Smita Dandekar (Supervisorial Appointee)  
Jay Evans (Camarillo COA)  
June Glasmeier (CSL)  
Lori Harasta (Ventura COA)  
Lisa Hayden (Supervisorial Appointee)  
Vivian Johnson (Fillmore COA)  
Karen King (Camarillo COA) - EA  
Ginny Rockefeller (Ojai COA)  
Nancy Rowe (Immediate Past Chair)  
Neill Spector (Simi Valley COA)  
Donald Todd (Special Population)

VCAAA Staff Present

Beth Shepard	Elizabeth Renteria
Victoria Jump	Christine Voth
Monique Nowlin	Brian Murphy
Katharine Raley	

Guests

Daniela Stalker	Mike Culver
Maria Diaz	Marisue Eastlake
Adriana Quintero	Courtney Darrough
Blair Craddock	Janine Jackson
Kathleen Ahern	Marie Lakin

1. **Call to Order** - The meeting was called to order at 9:05 a.m. by Chair Nick Fotheringham (Thousand Oaks COA).
2. **Pledge of Allegiance** – Nick Fotheringham led the Pledge of Allegiance. A quorum was present.
3. **Approval of Area Agency on Aging Advisory Council Meeting Minutes** - The minutes of the November 12, 2014, meeting were approved. (Boog/Olson/Passed)

4. **Public Comments –**

Daniela Stalker with Vesper Home Hospice introduced herself to the council. Vesper is a new hospice in Ventura County despite having a long presence in the Los Angeles and Long Beach areas. She left flyers on the table and stated that they are also looking for volunteers.

Nick Fotheringham welcomed Rose Gossom back onto the council and notified the council that Ady Esparza had resigned effective the end of the day.

5. **Consent Agenda Items** – the consent agenda containing the Legislative Committee Report from November 12, 2014, the Senior Nutrition Committee Report from November 17, 2014, the Outreach Committee Report from November 25, 2014, the Health Issues Committee Report from November 18, 2014, the Optimal Aging Committee report from November 19, 2014 and the Housing and Transportation Committee Report from December 12, 2014, were accepted. (Olson/Gossom/Passed). There were no abstentions. Mel Silberberg mentioned that the Housing and Transportation Committee is making a lot of progress and putting together the pieces of the puzzle and were looking for additional members.

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

- 6.1 **Presentation Regarding the Ventura County Aging and Disability Resource Center and Benefit Enrollment Center.** Victoria Jump presented a PowerPoint on the Aging and Disability Resource Center and Benefit Enrollment center and answered questions from the audience and council members.
- 6.2 **Public Hearing Regarding the Amendment of the FY 2014-2015 VCAAA Strategic Plan Update.** The public hearing was called to order at 9:15 am. Christine Voth provided a detailed presentation on the changes being made in the plan. There was no public testimony. Written comments would be accepted until 5 pm on January 14, 2015.
- 6.3 **Approval/Modification/Discussion of the Amended VCAAA FY 2014-2015 Strategic Plan Update.** There were no modifications of the plan requested by the council and the update as presented was approved. (Boog/Silberberg/Passed). There were no abstentions.

7. **Advisory Council Meeting Schedule.** The meeting schedule for FY 2014-2015 was included for informational purposes.
8. **CSL/TACC Update** – the written report was included in the packet.
9. **Committee Membership Selection for FY 2014-2015.** Members were asked to review the list and make sure that their committee choices were reflected.
10. **California Commission on Aging AgeWatch for December 2014.** Included for informational purposes.
11. **Comments from the Chair** – Nick wished everyone a happy new year and shared that Toni Olson would be chairing the meeting in March.
12. **Other Business** -
  - Nancy Healy – Thousand Oaks is holding a wellness fest later in January raising money for wellness programs.
  - Victoria Jump – She was asked to share that St. John’s is holding two health in the community events: On January 26, 2015 from 6-7 pm at the Camarillo Health Care District the topic will be “Wound Care and Hyperbaric Conversion” and on February 10, 2015, from 6-7 pm at the Camarillo Health Care District the topic will be “What’s in your Lungs?”. Also the City of Oxnard is holding CDGB meeting later in the month. See her for the pre-meeting application.
  - Sandra Fide – asked if there was any feedback from MMP on their mileage reimbursement program. Mike Culver with MMP was in the audience and stated that they have had an unbelievable response. 40 people so far have been approved for their pilot program.
13. **Adjournment** – the meeting was adjourned at 10:45 am

**TO:** VCAAA Advisory Council Members  
**FROM:** Bill Witt, Chair  
**DATE:** January 14, 2015  
**SUBJECT:** **Legislative Committee Report from January 14, 2015**

Legislative Committee Members Present

William (Bill) Witt (CSL) - Chair  
Nick Fotheringham (Thousand Oaks COA)  
Nancy Healy (Thousand Oaks COA)  
Larry Hartmann (CSL)  
Mel Silberberg (Supervisorial Appointee)  
Sue Tatangelo (Family Caregiver Special Population Seat)  
Sandra Fide (Moorpark COA)  
Paul Boog (Port Hueneme COA)  
Sylvia Taylor Stein (Service Provider)  
Neill Spector (Simi Valley COA)

Legislative Committee Members Absent

Donald Todd (Veteran Special Population Seat)  
Jay Evans (Camarillo COA)  
June Glasmeier (CSL)

VCAAA Staff Present

Monique Nowlin

Guests

Blair Craddock (Camarillo Health Care District)  
Adriana Quintero (Camarillo Health Care District)

- 1. Call to Order** – The meeting was called to order at 10:55 a.m. by Chair, Bill Witt. A quorum was present.
- 2. Welcome and Introductions** – Chair Bill welcomed the Guest Speaker Marie Lakin and provided the Committee with an overview of Ms. Lakin's background.
- 3. Public Comments** – Sue Tatangelo provided a snapshot of the Ventura County Evidence Based Health Promotion Coalition. The meeting is to be held on January 30, 2015. Sue offered an open invitation to those who would like to attend. Sue further stated that the District (CHCD) is writing a LTSS Strategic Plan and that Blair Craddock has replaced Lindsey as Project Manager.

- 4. Special Guest – Marie Lakin, District Rep for Senator Fran Pavley** – Ms. Lakin began by sharing that Chair Bill won an award for volunteerism and congratulated him. Ms. Lakin went on to discuss Senator Pavley's work background and provide an overview of her constituency, areas her constituency covers and areas of legislation currently being focused on. Ms. Lakin also shared that Senator Pavley has an autistic son and an aged mother (93) and thus is aware of the need for services for both the disabled and seniors. Bill queried Ms. Lakin on hydraulic fracturing and she provided a robust response on this topic. Neill queried Ms. Lakin about benzene going into the air as a result and her response was that all reports indicate that it does not, it stays in the water. Chair Bill thanked Ms. Lakin for her time with the Committee. Bill shared with the Committee that he would like to have Assemblymember Jacqui Irwin or her designee attend the March meeting to present. He queried the Committee on if they would be willing to change the March date in order to accommodate Assemblymember Jacqui Irwin's schedule if need be and all answered in the affirmative.
  
- 5. Featured Legislative Committee Member – Sylvia Taylor-Stein** – Ms. Taylor-Stein provided an overview of her background in the area of seniors in Ventura County. She shared that she is currently the Executive Director of the Long Term Care Services of Ventura County Ombudsman. She proceeded to provide a brief overview of the history of the Ombudsman program in Ventura County. Sylvia also shared a bit of her experiential background prior to her work with the Ombudsman. With her background in business, Sylvia has also had a career in international publishing and owned a radio station. On a more personal note, Sylvia had a grandmother with Alzheimer's so she is further empathetic with the issues the Advisory Council strives to address. The next Committee member to present their background will be Larry Hartmann.
  
- 6. Discussion/Vote on Extending an Invitation to Brasilia Perez to Speak At March Meeting** – There was a brief discussion and a vote. It was decided that Ms. Perez will not be invited to speak at the March meeting.
  
- 7. Other Committee Involvement/Notification** – There was no discussion regarding other Committee involvement.
  
- 8. Next Meeting Date** – March 11, 2015. Sandra Fide stated she would be unable to attend this meeting.
  
- 9. Adjournment** – The meeting was adjourned at 11:56 p.m. by Bill Witt.

**TO:** VCAAA Advisory Council Members

**FROM:** Marty Kaplan, Committee Chair

**DATE:** February 18, 2015

**SUBJECT:** **Outreach Committee Report from January 27, 2015**

Committee Members Present

Marty Kaplan (Supervisory Appointee)  
Paul Boog (Port Hueneme, COA)  
Rose Gossom (Supervisory Appointee)

Committee Members Absent

Neill Spector (Simi Valley, COA)  
Lisa Hayden (Supervisory Appointee)  
Lori Harasta (Ventura, COA)

VCAAA Staff Present

Monique Nowlin  
Katharine Raley  
Elizabeth Renteria

1. **Call to Order** – The meeting was called to order at 9:05 a.m. by Marty Kaplan, Committee Chair. A quorum was not present.
2. **Welcome and Introductions** – None.
3. **Public Comments** – None
4. **Review of First Draft of Trifold/Multifold** – Several modifications were requested to be added to the trifold under the Caregiver classification including: Elder Fraud and Abuse awareness, transportation, long-term services, and family caregiver assistance. Committee member also suggested that HICAP and Covered California be included. Additional suggestions included both postcard and pamphlet including the current web address [ventura.org/vcaaa](http://ventura.org/vcaaa) and at the bottom of the trifold adding “Call!!! We’ve got answers” and phone number.

Because of the changing focus of the agency with the new programs such as the BEC & ADRC, the committee suggested changing the agency’s mission statement to read “for all ages.” VCAAA’s mission statement might consider something like, “Furthermore, the VCAAA reaches out to persons who are under 60 who are disabled,



caregivers, and non-Medicare eligible who are seeking information for health-care insurance, long-term care, and public benefits and assist with the application process.” The other possibility might be to have the ADRC have its own mission statement to include others that are not included in the VCAAA mission statement.

5. **Review of Modified Postcard** – The committee reviewed the draft postcard and asked to add the terms “What We Do...” for Older Adults, Disabled & Their Caregivers. More suggestions were additional bullets to include Fraud/Financial Abuse, separate bullets for housing, transportation, and family caregiver assistance.
6. **Discussion of Speakers Bureau** – Part of the previous committee discussion was to develop a “Speakers Bureau” to widen the list of current VCAAA list of speakers. The hope is to include the AC members and topics that fit with their field of expertise. The suggested topics and a survey will be developed at the next committee meeting along with the modification of the previous Outreach PowerPoint. The committee decided to work on a generic presentation to complement the Speaker Bureau plan for specific topic areas.
7. **Health Issues Committee – Marketing Ideas.** The committee discussed getting the word out for the “A Matter of Balance” professional training and certification program set for February 23 & 24<sup>th</sup>. Flyer distribution suggestion is to post on the VCAAA website, senior centers, Senior Network, the local colleges and universities, and gyms in the community.
8. **Next Meeting Schedule** – Tuesday, February 24, 2015, 9:00 a.m. – 10:30 a.m.
9. **Adjournment:** – The meeting was adjourned at 10:28 a.m. by Marty Kaplan.

**TO:** VCAAA Advisory Council Members

**FROM:** Paul Boog, Pro-Tem Committee Co-Chair

**DATE:** February 27, 2015

**SUBJECT:** Outreach Committee Report from February 24, 2015

Committee Members Present

Rose Gossom (Supervisorial Appointee)  
Paul Boog (Port Hueneme, COA)  
Donald Todd (Veterans Representative)  
Neill Spector (Simi Valley, COA)

Committee Members Absent

Marty Kaplan (Supervisorial Appointee)  
Lisa Hayden (Supervisorial Appointee)  
Lori Harasta (Ventura, COA)

VCAAA Staff Present

Elizabeth Renteria

Guests

Susan Williams

- 1. Call to Order** – The meeting was called to order at 9:03 a.m. by Elizabeth Renteria, VCAAA Staff. A quorum was present. The Chair of the Outreach Committee, Marty Kaplan, was out ill. A request for a Co-Chair was put to the A.C. Members. Paul Boog offered to be Co-Chair but only for this meeting. Motion was made by Rose Gossom and Donald Todd seconded the motion.
- 2. Welcome and Introductions** – Paul welcomed everyone and introductions were made.
- 3. Public Comments** – Susan Williams of Ventura announced that she is a resident in Ventura and was asked by Lori Harasta to sit in for her. She also announced that she is running for a seat on Ventura's Council for Seniors.
- 4. Review of Second Draft of Trifold/Multifold & Postcard**-The committee was informed that the second draft of both the trifold and the postcard are still with the General Services Agency (GSA) and were not available for review. The committee should have them by the next meeting.
- 5. Distribution Suggestions for Postcard & Trifold** – It was suggested that the Ventura Mobile Home Residents Council (VMRC) would be a good place for distribution of the VCAAA marketing materials and would be a good way to get out the message to more than one park at a time. The same was said about reaching out to the Interfaith Community. Other suggestions were the Camarillo Health Care District's Caregiver Resource Center, the Jury room at the Government Center, and the Ventura County Military Collaborative.

Donald voiced his concern that the VCAAA was not “doing enough” to outreach to the special population. He noted that the agency was doing a good job outreaching to the general population, but not to the special populations. It was noted that the special population representatives on the Advisory Council need to help the VCAAA into those communities such as the LGBT, Disabled, Veterans, Caregivers, and the Spanish speaking.

Neil was concerned that we were not focusing on the Caregivers and that the marketing pieces were not geared toward seniors who may be overwhelmed with all the “information” out there and it was Caregivers that we needed to target. It was noted that the marketing pieces were created to take into consideration all audiences. A brief history of what the Outreach Committee has already accomplished in the past 6 years was given for the new members and agreed that we can go much further with everyone working together.

6. **Revamping PowerPoint** – A proposal was put to the committee to create a VCAAA introductory video for the Speakers Bureau of instead “revamping the old VCAAA PowerPoint.” The creation of the video would serve several purposes. It could eventually be reduced to a 30 second commercial for television and the internet. All four committee members were in favor of the video introduction instead of the PowerPoint.
7. **Other – Suggested Topics for Speaker Bureau - Experts in:**
  - a. Community Resources – Education leads
  - b. Changing Stigma of Aging
  - c. Respecting Elders
  - d. Gerontology
  - e. Special Population
  - f. Over medications
  - g. Fall Prevention
  - h. Mental Health
  - i. Caregivers
  - j. Adult Protective Services
  - k. Elder Scams
  - l. Brain Injury
  - m. Legal Clinics for Veterans
  - n. Senior Nutrition/Meals
  - o. Elder Abuse
8. **Other Committee Involvement/Notification – Health Issue Committee** – The committee were informed that the Health Issues Committee need 2 types of flyers for marketing the “A Matter of Balance” to attract attendees for Older Seniors & Baby Boomer Seniors along with locations for placement. A draft of both flyers will be created before the next Outreach meeting.
9. **Next Meeting Schedule** – Tuesday, March 31, 2015, 9:00 a.m. – 10:30 a.m.
10. **Adjournment:** – The meeting was adjourned at 10:17 a.m. by the Pro-Tem Co- Chair, Paul Boog.

**TO:** VCAAA Advisory Council Members  
**FROM:** Ginny Rockefeller, Committee Chair  
**DATE:** January 23, 2015  
**SUBJECT:** **Health Issues Committee Meeting Report from January 20, 2015**

Health Issues Committee Members Present

Ginny Rockefeller (City of Ojai)  
Sue Tatangelo (Family Caregiver Representative)

Health Issues Committee Members Absent

Jay Evans (City of Camarillo)  
Rosemary Flores-Gordon (Service Provider)  
Lisa Hayden (Supervisory Appointee)  
Smita Dandekar (Supervisory Appointee)  
Lori Harasta (Ventura COA)  
Nancy Rowe (Immediate Past Chair)

VCAAA Staff Present

Christine Voth  
Victoria Jump  
Monique Nowlin  
Elizabeth Renteria  
Katharine Raley  
Patti Jaeger

Guests

Blair Craddock  
Phil Chandler  
Terri Helton  
Gloria Forgea

1. **Welcome and Introductions.** The meeting was called to order at 1:02 pm. A quorum was not present.

2. **Public Comments –**

Phil Chandler spoke about Right at Home working with Harvard Medical School and Clear Care on evaluating whether home care reduces the cost of medical care.

Sue Tatangelo mentioned that the Camarillo Health Care District was being trained by the Rosalynn Carter Institute for Caregiving on the REACH evidence based caregiver support program.

**3. Worksheet for Committee Goals and Objectives – Update**

a. Discussion and approval for items to be put on the back of the senior nutrition placemat. The committee decided on the following topics:

1. Fall prevention and keeping active
2. Disaster preparedness
3. Safety in the kitchen
4. Medication management
5. Warning signs of cancer, stroke, heart attack, etc.
6. Shot reminders - flu, pneumonia, shingles, etc.
7. Evils of soda and importance of drinking water
8. Amounts of protein needed to prevent muscle loss and low cost ways to create whole proteins
9. Common food allergies
10. Label reading and what ingredients to avoid
11. Wise breakfast choices and value of eating breakfast
12. Value of carbohydrates, protein and fat – why all are important.

The committee also decided that each placemat would have a resource section, a section on a superfood and a section on optimal aging. Fall prevention and keeping active will be the first topic for the placemat to go into production in April 2015.

b. Exercise class update:

- i. Matter of Balance Training - will take place February 23 and 24 at the VCAAA. The committee reviewed the forms for the master trainer and the lay leader and suggested changes.
- ii. VCAAA 24/7 fit club discussion – discussed was the possibility of forming a fitness club around the evidence based programs that seniors could belong to. The committee liked the name “optimal living club”.
- iii. 8 month schedule for all evidence based programs – staff is in the process of developing a calendar for the class role out and is costing out the classes long term to determine what is feasible given the budget. The Evidence Based Health Coalition was discussed along with CHCD’s experience with relying solely on volunteers to teach the class. A mix between paid staff and volunteers has worked for them.
- iv. Strategy for master trainers – staff shared a chart of the existing master trainers and lay leaders for Walk with Ease, Tai Chi, Stepping On and Matter of Balance as well as when and the location of the master trainer classes. The committee reviewed the

commitment form for the master trainer and agreed that asking the person to commit to two years of providing lay leader training was reasonable. The committee may be needed to interview and vet applicants that want to be master trainers if members of the committee are not familiar with them. The MOB master trainer session will be held in May in Portland, Maine.

- v. Advertising/marketing for volunteers and classes – the committee viewed the flyer for the training and discussed getting it out to as wide a group as possible including those that spoke additional languages. It was also suggested that a job description be created to entice people. Due to the potential of many people wanting to sign up the committee discussed screening applications by 1/ ability to speak more than English and 2/ when they would offer classes with those offering classes at night or the weekend receiving priority.
- c. Food Share Food Truck Collaboration – Food Share was not present at the meeting but staff shared that they heard a rumor that the truck was at the port.

**13. Other Committee Involvement/Notification** – Information regarding the committees activities will be shared with the outreach committee and optimal aging committee.

**14. Next Meeting Date:** March 17, 2015

**15. Adjournment** – The meeting adjourned at 2:30 p.m.

**TO:** VCAAA Advisory Council Members  
**FROM:** Toni Olsen, Chairperson  
**DATE:** February 23, 2015  
**SUBJECT:** **Senior Nutrition Committee Report from February 23, 2015**

Senior Nutrition Committee Members Present

Toni Olson (Simi Valley COA)  
Donald Todd (Veterans Representative)  
Vicki Tripoli (Moorpark COA)

Senior Nutrition Committee Members Absent

Paul Boog (Port Hueneme COA)  
Jay Evans (Camarillo COA)  
Rose Gossam (Supervisory Appointee)  
Vivian Johnson (Fillmore Senior Center)

VCAAA Staff Present

Karen Howard  
Patti Jaeger, R.D.  
Brian Murphy  
Christine Voth

Guests

Zach Jenkins, Care Patrol

1. **Call to Order** – The meeting was called to order at 10:00 A.M. by Chairperson Toni Olson. A quorum was not present.
2. **Welcome and Introductions**
3. **Public Comments - None**
4. **Approval of Minutes from the 1/13/2015 Meeting** – Minutes not approved since a quorum was not present.
5. **Meals Served Count and Cost Per Meal through January 31, 2015.** The total meals served for the seven months through January 31, 2015 was 104,869 with 14,637 meals served in January. The average monthly meals served is 14,981. The actual meal count at January 31, 2015 is 103% of the contracted count. The YTD cost per meal for Jordano's supplied food is \$3.98.

6. **Meal Site Funding Formula for Fiscal Year (FY) 2016-17.** Staff presented information relative to potential funding formula changes:
  - a. CPI increase from July 2010 to date = 6.41%
  - b. Annual Food Cost per meal
    - i. FY 12-13 average cost \$3.54
    - ii. FY 13-14 average cost \$3.70
    - iii. FY 14-15 average cost \$3.98 (Year to date January 31, 2015)
  - c. Jordano's food cost per meal, by site for the current FY
    - i. Jordanos food cost year to date for program is \$406,893 for 101,915 meals
    - ii. The average food cost per meal ranges from \$3.42 to \$5.12 for the meal sites.
  - d. Current program grant funding by meal site
    - i. Total funding (including grant funds and food) = \$1,195,526
    - ii. Average total funding per meal (baseline + annualized food costs/annualized meal counts) = \$6.62
  - e. Current FY program income/donations reported at the meal sites
    - i. Total program income reported Jul – Dec 2014 = \$55,139
    - ii. Total program income per meal Jul – Dec 2014 = \$0.61
    - iii. Program income comprises about 8% of total funding
  - f. Historical meal counts from July 2011 to date
    - i. FY 2011-12 total meals = 192,883 (end of ARRA funding)
    - ii. Meal sites are on target for +180,000 meals this fiscal year
  
7. **Additional Data Request on Funding Formula.** The committee directed staff to provide the funding formula used to allocate funds to each of the sites for the current RFP, at the next meeting:
  
8. **Café Style Meal Program Model – CRPD.** Staff reported that the Conejo Recreation and Parks District (CRPD) was exploring the possibility of changing their current meal program to a Café style model. The agency will be meeting with CRPD to discuss this potential change.
  
9. **Other Committee Involvement/Notification.** Christine Voth presented an update on the SNP funding recommendations from the February 18, 2015, Planning and Allocation Committee meeting:
  - a. Unallocated funds in the amount of \$142,963 from the current fiscal year to be allocated as follows
    - i. A CPI increase of 6.41% or \$82,956 to the Senior Nutrition Program
    - ii. \$57,000 rollover from FY 2014-15 to FY 2015-16 as OTO funding
    - iii. The remaining amount (approximately \$3,007) to be moved to Title III-B funding to be used for transportation. SNP transportation is (and has been for a number of years) funded through Title III B. This amount would increase if any of the SNP providers declined to accept the CPI increase.



- b. Unallocated Senior Nutrition Program Funds in FY 2015-16 in the amount of \$115,442 will be allocated as follows:
  - i. The CPI increase = \$82,956
  - ii. The SNP incentive program will continue in the amount of \$32,486

**10. Other Business:** Staff will request feedback from the committee members about scheduling the SNP committee meetings on the most convenient date, so that a quorum will be available.

**11. Review Meeting Schedule** - The next meeting is scheduled for **Monday, March 16, 2015, at 10:00 a.m.** Future meetings will be held at 10 a.m. on a Monday in each month (excluding December and August):

- April 20, 2015
- May 18, 2015
- June 22, 2015

**12. Adjournment:** The meeting adjourned at 10:56 AM.

**TO:** VCAAA Advisory Council Members  
**FROM:** Sylvia Taylor Stein, Committee Chair  
**DATE:** January 28, 2015  
**SUBJECT:** **Optimal Aging Committee Meeting Report from January 28, 2015**

Optimal Aging Committee (OAC) Members Present

Marty Kaplan  
Karen King  
Toni Olson  
Ginny Rockefeller  
Sylvia Taylor Stein, Chair  
Donald Todd  
Bill Witt

Optimal Aging Committee Members Absent

Lori Harasta  
Sue Tatangelo

VCAAA Staff Present

Victoria Jump  
Monique Nowlin  
Christine Voth

Guests

None

**1. Welcome and Introductions**

**2. Public Comments** – None (See announcement on page 3)

**3. Old Business: finalize goals and objectives for 2014 through June 30, 2016 (and of 4-year planning cycle for VCAAA)** – Committee members reviewed various activities and options for as their objectives. The first objective will be to create a link for Optimal Aging on the VCAAA website. Members were asked to submit suggestions to staff for links and resources. The committee members agreed the name of the link will be Optimal Aging, after much discussion. It was felt the identification of information categories needed to be developed first because other objectives will be dependent upon this information. The categories to be included under the Optimal Aging link could tie in with Advisory Council committee names such as Housing and Transportation, etc. It was suggested that categories might reflect those used in the *Best Cities for Successful Aging*. Marty Kaplan added that we need to define the categories such as income level, health level, etc.

The second objective will be to create Teaser Tips for Aging Well for inclusion on the senior nutrition program placemats beginning in April 2015. Sylvia Taylor Stein agreed to help develop the tips. (Execution of this objective will be concurrent with developing the Optimal Aging link on the VCAAA website.)

Additional activities to be done in the future will be to create an Optimal Aging information packet that will be a living usable tool; and gathering and documenting stories/anecdotes and suggestions from older adults about how to best prepare for the aging process. The latter could be accomplished by creating storytelling projects in the form of writing project and/or videography project. Bill Witt reminded the group that funding is an issue and recommended focusing on projects that are low or no cost such as a storytelling pilot project at a senior center (which could be tied into a Wellness Symposium).

Sylvia Taylor Stein remarked that reminiscence is very important to adults as they approach the end of their lifespan and an intergenerational activity might be a good idea. Victoria Jump suggested having a child interview older relatives on their cell phones as an intergenerational activity. This could be done as a pilot project in a local school. Certificates of participation could be offered to the kids. Karen King talked about having Silver Spirit Award (which would require sponsors) to include writing, art, videography, with the intent to engage others at different levels. Marty Kaplan stated there was a professor at Cal State who might be a good contact.

Another objective will be to create a deck of cards or spiral bound cards that can be flipped. The cards will provide tips that are inspirational and informative about aging well. Again, all additional objectives are dependent upon identifying information categories, links and resources for aging well.

**4. New Business: Involvement of optimal aging committee with VCAAA placemats -** As stated above, the Optimal Aging Committee will have the opportunity to provide tips for successful living that will be included in the placemats delivered to senior nutrition program participants.

**5. New Business: Discussion of future agenda topics, activities, and ideas for guest speakers -** Staff shared information about potential guest speakers and activities. This item was tabled for future discussion.

**6. Informational:** Article attached to agenda, *A New Kind of College Education* by Andrea Gallagher (Certified Senior Advisor and Pres. of Senior Concerns), excerpt did from [www.rethinkingyourfuture.com](http://www.rethinkingyourfuture.com)

**7. Other Committee Involvement/Notification – if any:**

- a. Health Issues Committee - Victoria Jump shared information about evidence-based exercise classes to be presented by VCAAA. There was discussion of an Optimal Living Club wherein people who attend *A Matter of Balance* and other exercise

classes will receive a swag bag, which could include the inspirational deck of cards planned by the Optimal Aging Committee.

- b. Housing and Transportation Committee – No comments
- c. Planning and Allocation Committee – No comments
- d. Legislative Committee – No comments
- e. Senior Nutrition Committee - No comments
- f. Outreach Committee - Marty Kaplan provided an update on activities. The Outreach Committee is working on a new phrase to reach pre-seniors, caregivers and persons utilizing the services of the ADRC/BEC, and that phrase is “Not just for seniors anymore.” The committee is also working on a postcard for distribution. Marty asked if it might be timely to resurrect the Baby Boomer type workshops. Victoria Jump stated it was possible but added that it would entail a lot of work. Also funding stream would need to be identified for presenting the workshops, which typically target persons under the age of 60. VCAAA’s funding stream is typically for persons aged 60 and older. There was discussion of previous Baby Boomer workshops held by VCAAA. (The topics included proper nutrition, health/balance, HICAP, financial planning, self-worth issues, etc. and were a vehicle for debuting VCAAA’s new brochure.)

Donald Todd talked about the need to reach the Vietnam era veterans with our information. He stated that we need to show the veterans that the system does work and is here for them; their perception, in general, is that the system is broken. Victoria jump shared information regarding the ADRC, which veterans will be able to use. There will be no wrong door when seeking information. Donald indicated he would be interested in assisting with ADRC. Marty Kaplan suggested that the Optimal Aging committee consider a future event in collaboration with the Outreach Committee.

Marty indicated that the Outreach Committee is needing new members and invited interested parties to attend their meeting on the fourth Tuesday of the month from 9 AM to 10:30 AM.

**Announcement** - Donald Todd announced that the Military Collaborative will be presenting a free Vet Expo in August at the Camarillo Senior Center. The event features resources for veterans. The Military Collaborative meets the second Wednesday of each month.

**8. Next scheduled meeting date** – Wednesday, March 25, 2015 at 1:00 p.m.

**9. Adjournment** - The meeting was adjourned by Sylvia Stein at 2:20 p.m.

**TO:** VCAAA Advisory Council Members  
**FROM:** Mel Silberberg, Chair  
**DATE:** January 13, 2015  
**SUBJECT:** **Housing and Transportation Committee Report from January 13, 2015**

Housing and Transportation Committee Members Present  
Mel Silberberg (Supervisory Appointee) – Acting Chair

Housing and Transportation Committee Members Absent  
Marion Holzworth (Ventura COA)  
Vivian Johnson (Fillmore COA)  
Paul Boog (Port Hueneme COA)  
Jay Evans (Camarillo COA)

VCAAA Staff Present  
Monique Nowlin  
Elizabeth Renteria  
Sean Zellers  
Beth Shephard  
Ashley Alberts

Guests  
None

1. **Call to Order** – The meeting was called to order at 8:46 a.m. by Acting Chair, Mel Silberberg. There was not a quorum.
2. **Welcome and Introductions** – None.
3. **Public Comments** – None.
4. **Election of a Chair** – This was tabled due to no quorum present.
5. **HomeShare Update** – Sean provided monthly HomeShare statistics.
6. **Transportation Update** – Ashley provided an overview of Transportation statistics.

Agenda Item #5.7

7. **California Statewide Housing Strategy** – This was tabled due to no quorum present
8. **Housing & Transportation Committee 2015 Goals** – This was tabled due to no quorum present.
9. **Other Committee Involvement/Notification** – None.
10. **Next Meeting Date** – March 10, 2015.
11. **Adjournment** – The meeting was adjourned at 9:31 a.m. by the Chair, Mel.

**TO:** VCAAA Advisory Council Members

**FROM:** Nick Fotheringham, Advisory Council Chair

**DATE:** February 18, 2015

**SUBJECT:** **Planning and Allocation Committee Report and Recommendation to Provide a 6.41% Consumer Price Index Increase for Senior Nutrition Program Grantees, and to Approve FY 2015-2016 Grant Amounts for Unallocated Funds and to Direct Staff to Issue Sole Source Provider Notices and Requests for Proposals.**

Planning and Allocation Committee Members Present

Toni Olson  
Rose Gossom  
Nick Fotheringham  
Karen King  
Mel Silberberg  
Smita Dandekar  
Bill Witt

Planning and Allocation Committee Members Absent

Marty Kaplan  
Ginny Rockefeller

VCAAA Staff Present

Victoria Jump  
Monique Nowlin  
Brian Murphy  
Christine Voth

Guests

None

1. **Call to Order** – The meeting was called to order at 1:05 pm by Nick Fotheringham. A quorum was present.
2. **Welcome and Introductions and Disclosure of Conflicts of Interest** – Members introduced themselves. Members disclosed the following conflicts of interests and were notified that they could not participate when discussions occurred regarding the following grantees:
  - a. Long Term Care Ombudsman – Toni Olson – program volunteer

- 3. FY 2014-2015 Senior Nutrition One-Time-Only and Senior Nutrition Program Incentive funds** - Staff notified the committee that the remaining uncommitted funds for FY 2014-2015 were \$142,963. After much discussion, in recognition of the fact that costs have increased, the committee decided to provide a baseline increase of 6.41% to the program providers (\$82,956) as well as to roll over \$57,000 in funds to FY 2015-2016. \$57,000 is the maximum amount of funds that can be rolled over from one fiscal year to another. The 6.41% Consumer Price Index (CPI) increase is the percentage increase in the CPI over the past four years. Finally, the committee decided to transfer \$3,007 out of Senior Nutrition (Title IIIC) to Title IIIB for transportation. If any senior nutrition provider turns down the CPI increase, the committee recommends that any remaining funds be transferred to Title IIIB for transportation. It was noted that many planning and service areas use Title III C money to fund Senior Nutrition transportation, however, VCAAA does not. Instead all Title III C monies go directly to the Senior Nutrition Program. (Witt/Olson/Passed).
- 4. FY 2015-2016 Planning** – Staff provided an update of the community needs assessment showing the current needs as well as anticipated needs ten (10) years from now. This was provided in context of the Maslow's Hierarchy of Needs and currently funded projects, reminding the committee the Advisory Council's focus in recent years has been on meeting basic physiological needs and safety/security needs.
- 5. FY 2015-2016 Committed Grantees and Amounts, and Grants in Final Year and Needed Requests for Proposals.** The committee reviewed the list of all grants and grantees, including grants that have received four years of funding (the maximum allowable under regulations) and will expire on June 30, 2015. The committee is making the following recommendations (Olson/Silberberg/Passed):

  - a. Issue a sole source provider request for (1) Legal Services for Older Adults for \$59,000 and (2) Ombudsman/Preplacement Counseling for \$156,499. This amount includes \$129,875 in Ombudsman Funding (amount determined by the California Department of Aging) and \$27,624 (preplacement counseling). Toni Olson did not participate in the discussion or decision regarding the Long Term Care Ombudsman/Preplacement Counseling grant. Committee members asked for more advertising of the preplacement counseling service.
  - b. Issue a request for proposal to establish a Title IIIE funded family caregiver center in the Santa Clara Valley. Funding for year one (planning phase) will be \$30,000 for FY 2015-2016 and \$80,000/year for years 2-4. This center will serve the Latino caregiver and will be required to have bi-lingual and bi-cultural staff.
  - c. Provide a one-time allocation to the Camarillo Health Care District in the amount of \$20,000 to continue providing caregiver services for Title IIIE eligible caregivers in Western Ventura County until the rest of the



caregiver centers are established (per the long-term plan to open four centers in four phases from 2009 to 2022)<sup>i</sup>.

- d. Issue a request for proposal for the Senior Support Line in the amount of \$50,000 per year for 4 years. The required Title IIB service categories will be Telephone Reassurance and Peer Counseling and a 1(800) toll free line will be required.
- e. Unallocated Senior Nutrition Program funds in the amount of \$115,772 will be allocated as follows:
  - (i) The CPI increase of 6.41% (= \$82,956) will be applied to increase the Senior Nutrition Program's base-line funding for FY 2015-2016
  - (ii) Use \$32,816 in uncommitted senior nutrition funds for FY 2015-2016 to continue the senior nutrition incentive funds program.

**6. Adjournment** – The meeting was adjourned at 2:40 pm.

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<sup>i</sup> Caregiver center roll-out: Camarillo/Oxnard/western Ventura County, 2009-2013 (Camarillo Health Care District's Wellness & Caregiver Center); Thousand Oaks/Simi Valley/eastern Ventura County, 2012-2016 (Conejo Valley Senior Concerns); Santa Clara Valley/Spanish bilingual population, 2015-2019; and Ojai/Ventura in 2018-2022.

**TO:** VCAAA Advisory Council Members

**FROM:** Toni Olsen, Chairperson

**DATE:** January 12, 2015

**SUBJECT:** **Senior Nutrition Committee Report from January 12, 2015 and Recommendation to Allow Senior Nutrition Program Equipment Installation Costs to be Included in the One-Time –Only Requests and to be Reviewed on a Case by Case Basis**

Senior Nutrition Committee Members Present

Toni Olson (Simi Valley COA)  
Donald Todd (Veterans Representative)  
Vicki Tripoli (Moorpark COA)  
Vivian Johnson (Fillmore Senior Center)

Senior Nutrition Committee Members Absent

Jay Evans (Camarillo COA)  
Paul Boog (Port Hueneme COA)

VCAAA Staff Present

Patti Jaeger, R.D.  
Brian Murphy

Guests

Kara Ralston, Chief Operating Officer, Camarillo Health Care District,  
Patricia Bolland, Community Services Manager, Camarillo Health Care District,  
Sue Tatangelo, Chief Resource Officer, Camarillo Health Care District,

- 1. Call to Order** – The meeting was called to order at 10:03 A.M. by Chairperson Toni Olson. A quorum was present.
- 2. Welcome and Introductions**
- 3. Public Comments** - None
- 4. Approval of Minutes from the 7/28/2014, 9/15/2014, 10/20/2014 and 11/17/2014 Meetings** – *The motion to approve the minutes from the above prior meetings was made by Donald Todd, seconded by Vivian Johnson, and was passed unanimously.*
- 5. One-Time-Only Funds (OTO) – Installation Costs.** The current policy excludes installation costs from reimbursable OTO expenditures. The committee discussed the possibility of allowing equipment installation costs to be included in future OTO requests by the meal sites. The motion *“to allow equipment installation costs to be included in*

*the One-Time –Only requests and to be reviewed on a case by case basis,”* was made by Vicki Tripoli, seconded by Donald Todd and passed unanimously.

6. **Meals Served Count and Cost Per Meal through December 31, 2014.** Draft meal counts were presented at the meeting. The following numbers are the updated actual counts. The total meals served for the six months through December 31, 2014 = 90,017 with 15,727 served in December. The average monthly meals served = 15,002. The actual meal count at the halfway point in the year is 103% of the contracted count. The YTD cost per meal for Jordano’s supplied food is \$4.03.
7. **Meal Site Funding Formula For Fiscal Year (FY) 2016-17.** The committee discussed the ongoing process of reviewing (and revising, if deemed appropriate) the funding formula for the next contract cycle (2016-2020).

Staff presented SNP Committee notes from October 28, 2009 to provide background on the current formula. A minimum funding amount of \$20,000 for smaller sites serving congregate and home delivered meals was deemed appropriate at that time. The expected minimum meal count was set at 100 meals per week. The City of Port Hueneme’s baseline funding = \$15,000 (home delivered meals service only).

The committee directed staff to provide the following at the next meeting:

- a. Any additional information used in determining the current funding formula;
- b. CPI increases since the last funding formula was established;
- c. Jordano’s food cost per meal, by site for the current FY;
- d. Current base-line (excludes OTO & Incentive Program) funding by meal site;
- e. Current FY program income collected at each meal site.

The committee is considering a two-tiered funding formula comprised of a minimum funding amount, plus a variable funding amount per incremental meal, for those sites that have the capacity and desire to serve additional meals. The variable funding amount could be similar to the incentive funding program introduced in December 2014, if deemed appropriate by the committee.

8. **Other Committee Involvement/Notification – None**
9. **Other Business - None**
10. **Review Meeting Schedule -** The next meeting is scheduled for Monday, February 23, 2015, at 10:00 a.m. Future meetings will be held at 10 a.m. on a Monday in each month (excluding December and August):
  - March 16, 2015
  - April 20, 2015
  - May 18, 2015
  - June 22, 2015

11. **Adjournment:** The meeting adjourned at 11:08 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
<b>July 2014</b>	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
<b>August 2014</b>	None	None	None	None	None	None	None	None
<b>Sept 2014</b>	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
<b>Oct 2014</b>	None	Oct 28 9 – 10:30	None	Oct 7 9-10 am	Oct 21 1-2 pm	TBD	Oct 20 10 am	None
<b>Nov 2014</b>	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 19 1-2:30 pm
<b>Dec 2014</b>	None	None	None	None	None	None	None	None
<b>Jan 2015</b>	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
<b>Feb 2015</b>	None	Feb 24 9 – 10:30	None	None	None	None	Feb 23 10 am	None
<b>March 2015</b>	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
<b>April 2015</b>	None	April 28 9 – 10:30	None	None	None	None	April 20 10 am	None
<b>May 2015</b>	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
<b>June 2015</b>	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 2/18/2015

**TO:** VCAAA Advisory Council Members

**FROM:** June Glasmeier, Triple A Council of California (TACC) PSA 18 Representative

**DATE:** March 2, 2015

**SUBJECT:** **February 2015 TACC Report**

I attended the February 24-25, 2015 TACC meeting in Sacramento. The following presentations were given during the two day meeting.

Veterans on the Edge by Ron Brad, Information Officer, California Veterans Affairs, spoke on the 8 veteran homes in California. He reviewed the necessary qualifications needed to live in the home and encouraged all Advisory Councils to visit the home nearest in proximity. The home in Saticoy would be the nearest home for PSA 18 TO visit. For further information visit [www.calvet.ca.gov](http://www.calvet.ca.gov).

A documentary entitled "Fleeced" was presented by Clare Smith and Annette Smith of Elder Financial Protection. This documentary covered elder banking financial abuse and is available for loan. Bank of the West is touted as the most age-friendly bank.

Robert MacLaughlin, Consultant, Assembly Aging and Long Term Care Committee gave a 2015 Legislative update. Chair Yamada has retired from the Aging and Long Term Care Committee and the new chair is Cheryl Brown. A copy of a letter written to Chair Shirley Weber of the Assembly Budget Committee was a handout which requested reinstatement of nine senior programs which have been cut.

Robin Jordan, California Department of Aging, reported on the California Aging and Disability Resource Center Connection Program (ADRC). There are 54 states with 530 sites participating in this program. There are six established ADRC's in California and six counties in the process of developing partnerships, Ventura County bring one of them.

There was a roundtable discussion on area plan development strategies. Sandy Fitzpatrick gave a detailed report of the area plan and its annual update. The remainder of the meeting was spent on reviewing the PSA reports.

**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	X					X	X	
Board of Supervisors	Mel Silberberg		X		X		X		
Board of Supervisors	Rose Gossom		X			X	X		
California Senior Legislature	June Glasmeier				X				
California Senior Legislature	Lawrence Hartmann				X				
California Senior Legislature	Bill Witt				X		X	X	
City of Camarillo	Jay Evans		X	X	X	X			
City of Camarillo	Karen King						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	X	
City of Ojai	Vacant								
City of Oxnard	Ady Esparza	X							
City of Oxnard	Vacant								
City of Port Hueneme	Paul Boog	X	X		X	X			
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	Vacant								
City of Ventura	Lori Harasta	X		X				X	
City of Thousand Oaks	Nancy Healy				X				
City of Thousand Oaks	Nick Fotheringham				X		X		
Immediate Past Chair	Nancy Rowe	X		X					
Service Provider	Rosemary Flores-Gordon			X					
Service Provider	Sylvia Taylor Stein				X			X	
Special Population Seat	Disabled - vacant								
Special Population Seat	Sue Tatangelo			X	X			X	X
Special Population Seat	Donald Todd Sr.				X	X		X	
Special Population Seat	Behavioral Health - Vac.								
Special Population Seat	LGBT – vacant								

**CCoA**  
California Commission on Aging

# AGEWATCH

## NEW SENATE REPORT URGES AGING AND LONG-TERM CARE REFORM

A new report released in January by California Senate Select Committee on Aging and Long-Term Care urges major reform of California's system of programs, services and support for the aging and disabled adults.

Chaired by Senator Carol Liu, of La Cañada Flintridge, the Committee's final report, "**A Shattered System: Reforming Long-Term Care in California**," identifies problem areas and makes 30 recommendations for reform to enable elderly and disabled adults to live with dignity, choice, and independence and avoid unnecessary institutionalization. Recommendations include state agency reorganization, better integration and coordination among programs, and expanded home and community-based services.

"California is long overdue for a system overhaul," said Senator Liu. "With limited funding, overlapping programs, and no centralized leader, the state's fragmented system is almost impossible for consumers and their caregivers to navigate."

The report also describes serious and growing gaps in the workforce needed to provide a range of services and supports, especially in rural areas. The research-driven recommendations include a call for cultural competency among aging and long term care medical services and support providers to meet the needs of an ethnically diverse aging population. Copies of the report can be obtained online at: <http://sd25.senate.ca.gov> or <http://sd25.senate.ca.gov/sites/sd25.senate.ca.gov/files/AgingLong%20TermCareReport.pdf>

### **2015 White House Conference on Aging Regional Forums Announced**

New developments in plans for the 2015 White House Conference on Aging have been announced by the White House, including five regional forums in Tampa, FL on February 19, Phoenix, AZ on March 31, Seattle, WA on April 9, Cleveland, OH on April 27, and Boston, MA on May 28. Cecilia Muñoz, Assistant to the President and Director of the Domestic Policy Council said the regional events will be co-sponsored by AARP and are being planned in coordination with the Leadership Council of Aging Organizations. "Each will allow us to hear directly from the public on issues such as ensuring retirement security, promoting healthy aging, providing long-term services and support, and protecting older Americans from financial exploitation, abuse, and neglect. They will also help us to reach older Americans and their caregivers, advocates, and other stakeholders." To read Ms. Muñoz' full comments on the White House blog, visit: <http://www.whitehouse.gov/blog/2015/01/13/regional-forums-provide-input-and-ideas-2015-white-house-conference-aging>

Information from the Administration for Community Living, Tuesday, January 13, 2015

AGE WATCH 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.

## Older Americans Act Reauthorization on the Fast Track: Approved Unanimously by the Senate HELP Committee on Wednesday

The Senate Health, Education, Labor and Pensions Committee voted unanimously this week to reauthorize the Older Americans Act (OAA), making the action one of its first markups of the 114th Congress, according to reports from the National Council on Aging (NCOA).

Chairman Alexander (R-TN) relied on bipartisan support for passage the Older Americans Act bill, S. 192, which builds upon nearly identical legislation that the committee adopted in 2013.

According to National Area Agency on Aging Association (n4a) CEO Sandy Markwood,

“Passage of the Older Americans Act Reauthorization Act of 2015 by the Senate HELP Committee puts us one step closer to ensuring that older adults can age in place and remain independent in their homes and communities for as long as possible. n4a’s members work on the front lines of aging every day, doing their part to realize the vision of the Older Americans Act in communities all across the country, and we appreciate this swift and sensible action early in the new 114th Congress. We look forward to working toward full Senate passage and House consideration of this legislation.”

S. 192 reflects a number of NCOA’s and other advocates’ priorities for OAA reauthorization, including provisions that:

- Create new support for modernizing multipurpose senior centers
- Highlight the importance of addressing economic needs
- Require that health promotion and disease prevention initiatives be evidence-based
- Promote chronic disease self-management and falls prevention

Two noteworthy differences from last year’s OAA bill are a revision in the federal-to-state formula for Title III funding and the elimination of language proposed in 2014 to authorize a study on senior transportation due to the report’s finalization last year. The new Title III funding formula amends current OAA “hold harmless” provisions, providing that for each of the next three years the OAA is authorized and the formula is adjusted to reflect changes in states’ senior populations, every state is guaranteed to receive at least 99% of its Title III allocation from the previous year.

To read more about S. 192 and read the Senate HELP Committee’s summary, [visit http://www.ncoa.org/public-policy-action/older-americans-act/](http://www.ncoa.org/public-policy-action/older-americans-act/).

*Information excerpted from NCOA Week, 1.17.2015, Senate Moves Swiftly on OAA Reauthorization in Anniversary Year and n4a Legislative Update - OAA Reauthorization Approved By Senate HELP Committee, January 28, 2015.*



Meals on Wheels is one of the community-based programs operated nation-wide through the Older Americans Act.



## “Demographic Dividend” concept advanced by Irish geriatrician Desmond O’Neill, winner of the GSA 2014 Samuel T. Freeman Award

Dr. Desmond O’Neill, of Trinity College, Ireland, was awarded the Joseph T. Freeman Award at the 67<sup>th</sup> annual scientific meeting of the Gerontological Society of America, held in Washington D.C in November. The Samuel T. Freeman Award is given to a prominent physician in the field of aging – both in research and practice – who is a member of the Society’s Health Sciences section.

Dr. O’Neill’s approach focuses on the benefits of and growth possible in the aging mind. “The narrative has been a simplistic one of loss and decline,” said O’Neill, professor of Medical Gerontology at Trinity College and consultant physician in geriatric and stroke medicine at the Tallaght Hospital campus. “There’s a huge swing back against that. “We’ve got to recognize growth in later life. And also not only recognize growth, but also the extraordinary abilities of people in later life to cope with the existential problems they have.”

This concept, described as “the Demographic Dividend” by Dr. O’Neill, was presented to the UCLA Geriatrics program during his U.S. visit in November. In the lecture, he eloquently described the “radical creativity” of late life associated with many famous painters, writers and composers.

He challenged leaders in the field of aging to strongly communicate and advocate for the enormous pay-off of maintaining health late into life, for personal benefit as well as for families and society as a whole. Hence, aging should not be viewed as a burden but as a dividend. *Information from Commissioner Steve Castle, M.D., of the UCLA David Geffen School of Medicine, Geriatrics Division, and Irish Echo, Aging sees growth and loss; O’Neill, January 6, 2015, <http://irishecho.com/2015/01/06/>*



Dr. Marilyn Gugliucci (R) presented the Samuel T. Freeman Award to Dr. O’Neill in November.

## Innovative Partnership leads to Renovation of Blythe Senior Center

Senior citizens in the town of Blythe have a safe, accessible and vital place to gather for meals, programs and functions for years to come, thanks to a joint project of Riverside County and the City of Blythe.



The city and county partnered to fund the \$400,000 renovation, which brought the kitchen up to commercial standards, reconfigured sidewalks and parking to better accommodate seniors with disabilities, as well as added new flooring, energy-efficient lighting fixtures, updated bathrooms, automated front doors, upgraded air conditioning and a refreshed exterior with new landscaping.

The Riverside County Office on Aging (RCOA) provides the senior nutrition program and “Fit After 50” exercise program at the center. Approximately 60 meals are served to seniors every weekday and an additional 30 are served through the homebound delivery program.

Officials celebrating completion of the project this month included County Supervisor John Benoit and RCOA Director Michele Haddock.

*Information from Riverside County District 4 Supervisor John J Benoit press release: Riverside County, City of Blythe to Celebrate Renovation of Blythe Community Center, January 5, 2015.*

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Chico

Ed Walsh,  
Rancho Mirage

## California Senior Special Fund educates and builds capacity of California's Area Agency on Aging Advisory Councils

Older California taxpayers can assist the work of their local Area Agency on Aging through their state tax check-off contributions to the California Senior Special Fund. California seniors who are 65 years of age or older as of December 31, 2014, and claim the Senior Exemption Credit on Form 540 or 540 A line 9, can contribute \$102 per person, or \$204 for qualifying couples. Contributions entered to this fund support education and training for the state's 33 Area Agency of Aging Advisory Councils (TACC), who guide the work of the local Area Agencies on Aging. The Senior Special Fund is line 400 of your state income tax form.

To learn more about TACC, visit the organization's website at [www.4TACC.org](http://www.4TACC.org).



AGEWATCH

January 2015

### Upcoming Events

- February 9 -- 11 -- LeadingAge California Policy & Leadership Summit, Sacramento. Information at [www.aging.org/i4a/pages/index.cfm?pageid=1](http://www.aging.org/i4a/pages/index.cfm?pageid=1)
- February 24-25 -- Triple A Council of California, Vagabond Hotel, Sacramento. Information at [www.4tacc.org](http://www.4tacc.org)
- February 25 -- LeadingAge California Human Resources Conference, Burbank, CA. Information at <http://www.aging.org/i4a/pages/index.cfm?pageid=2691>
- March 23 - 27 -- Aging in America Conference, Chicago, ILL. Information and registration at <http://asaging.org/aia>
- March 31 - April 2, California Commission on Aging, Sheraton Grand Hotel Sacramento. Information and agendas at [www.ccoa.ca.gov](http://www.ccoa.ca.gov).

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## Summary of Older Americans Act Reauthorization Act of 2015

This legislation reauthorizes the Older Americans Act of 1965, a federal law with longstanding bipartisan support. The law provides for the organization and delivery of social and nutrition services to older Americans and their caregivers.

This bill reauthorizes programs through 2018 and includes provisions that aim to protect vulnerable elders by strengthening the Long-Term Care Ombudsman program and existing elder abuse screening and prevention efforts. The bill also promotes the delivery of evidence-based programs, such as falls prevention and chronic disease self-management programs. The reauthorization streamlines federal level administration of programs, promotes the efficient and effective use of transportation services, and improves coordination between programs at the federal, state, and local levels.

### Elder Abuse

- To be consistent with current law, updates definitions of “adult protective services,” “abuse,” “exploitation and financial exploitation,” and “elder justice”
- Improves coordination of activities between the state and local aging offices
- Promotes best practices related to responding to elder abuse, neglect, and exploitation in long-term care facilities through the Administration on Aging
- Promotes States’ submission of data concerning elder abuse
- Directs the Administration on Aging to include, as appropriate, training for States, area agencies on aging, and service providers on elder abuse prevention and screening

### Long-Term Care Ombudsman Program

- Allows ombudsmen to serve all residents of long-term care facilities, regardless of age
- Ensures private, unimpeded access to the ombudsman for all residents of long-term care facilities
- Provides for identification and resolution of potential individual and organizational conflicts of interest
- Clarifies the role of ombudsman program in advocating for residents unable to communicate their wishes
- Clarifies that ombudsman may continue to serve residents transitioning from a long-term care facility to a home care setting
- Clarifies that the ombudsman office is a “health oversight agency” for purposes of HIPAA

### Title III Grants to States Formula

- To account for geographic changes in the older population, adjusts the formula for the Title III programs of supportive services, congregate meals, home meals, and preventive services.
- The formula adjustment would update the 2006 hold harmless by using the most recent fiscal year funding as a baseline for an annual dynamic hold harmless, reflecting more recent population trends and ensuring funding better meets the nationwide needs of older adults while also protecting every state from experiencing a negative adjustment of no more than 1 percent a year. After three years, the formula’s hold harmless would again freeze in place at FY2018 funding levels. Minimum grant states are not affected.

### Transportation Services

- Directs the Assistant Secretary to provide information and technical assistance to States, area agencies on aging, and service providers on providing efficient, person-centered, transportation services, including across geographic boundaries

#### Aging and Disability Resource Centers (ADRCs)

- Improves ADRC coordination with area agencies on aging and other community-based entities in disseminating information regarding available home and community-based services for individuals who are at risk for, or currently residing in, institutional settings
- Updates the definition of “Aging and Disability Resource Center” to be consistent with current practice and current law, including an emphasis on independent living and home and community-based services

#### Health and Economic Welfare

- Makes clear the Assistant Secretary’s responsibilities related to the development of plans, program implementation, and preparation and dissemination of education materials on the health and economic welfare of older individuals

#### Senior Centers

- Directs the Assistant Secretary to provide information and technical assistance to support best practices for the modernization of multipurpose senior centers
- Encourages efforts to modernize multipurpose senior centers and promote intergenerational models

#### National Family Caregiver Support Program

- Clarifies current law that older adults caring for adult children with disabilities and older adults raising children under 18 are eligible to participate in the Family Caregiver Support Program

#### Preventing Fraud and Abuse

- Continues support for Medicare program integrity initiative that trains senior volunteers to prevent and identify healthcare fraud and abuse

#### Administration Demonstration Authority

- Streamlines the Act by eliminating three outdated demo programs: Computer Training, Multidisciplinary Centers and Multidisciplinary Systems, and Ombudsman and Advocacy Demonstration Projects

#### Home Care

- Directs the Assistant Secretary to develop a consumer-friendly tool, when feasible, to assist older individuals and their families in choosing home and community-based services

#### Emphasis on Evidence-based Programs

- Ensures that, in accordance with current practice, disease prevention and health promotion programs are “evidence-based”
- Encourages the delivery of falls prevention and chronic disease self-management programs
- Mentions the aging network may include oral health screenings among disease prevention and health promotion activities
- Directs the Assistant Secretary to provide technical assistance and share best practices to improve collaboration and coordination with health care entities, such as Federally Qualified Health Centers, to enhance care coordination for individuals with multiple chronic illnesses

#### Nutrition Services

- When feasible, encourages the use of locally grown foods in meals programs
- Clarifies that, as appropriate, supplemental foods may be part of a home delivered meal at the option of a nutrition services provider

#### Mental Health

- Updates references of mental health to also include “behavioral health,” as appropriate to reflect the Aging Network’s current practice

#### Holocaust Survivors

- Directs the Assistant Secretary to develop guidance on serving Holocaust survivors through Older Americans Act programs