

VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING



June 10, 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

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 May 13, 2015 | Nick
Fotheringham |
| | 4. | Public Comments | |

Procedure: The public is welcome to comments. All comments not related to items on the agenda may be made at the beginning of the meeting only.

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| 5. | Consent Agenda Items | Nick
Fotheringham |
| 5.1 | Legislative Committee Report from May 13, 2015 | |
| 5.2 | Outreach Committee Report from March 31, 2015 | |
| 5.3 | Health Issues Committee Report from May 19, 2015 | |
| 5.4 | Senior Nutrition Committee Report from May 18, 2015 | |
| 5.5 | Optimal Aging Committee Report from May 27, 2015 | |
| 5.6 | Housing and Transportation (Livable Communities Committee) Report from May 13, 2015 | |

DISCUSSION ITEMS/PRESENTATION/MOTION

- | | | | |
|-----------|-----|---|----------------------|
| 9:15 a.m. | 6.1 | Recommendation and Approval of Grant Award in the Cumulative Amount of \$200,000 to the Camarillo Health Care District for the Senior Help Line (Title IIIB) and \$270,000 to Catholic Charities to Establish the Santa Clara Valley Family Caregiver Center (Title IIIE) for a Period of Up to Four Years Commencing FY 2015-2016. | Ginny
Rockefeller |
| | 6.2 | Farmers Market Coupon Program for FY 2015-2016 | Patti Jaeger |
| | 6.3 | VCAAA Nominating Committee Report and Election of Advisory Council Officers for FY 2015-2016 and One Service Provider for FY 2015-2017. | Marty Kaplan |
| | 6.4 | VCAAA Program Update | Victoria Jump |

INFORMATIONAL ITEMS

- | | | |
|----|---|---------------------------------|
| 7. | Advisory Council Meeting Schedule for FY 2016-2016 | Victoria Jump |
| 8. | California Senior Legislature/Triple A Council of California (CSL /TACC) Update | Glasmeyer/
Hartmann/
Witt |

	9.	Committee Membership Selection for FY 2015-2016	Victoria Jump
	10.	California Commission on Aging AgeWatch for May 2015	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:

July 8, 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
May 13, 2015

Advisory Council Members Present

Paul Boog (Port Hueneme COA)	Marty Kaplan (Supervisory Appointee)
Jay Evans (Camarillo COA)	Suz Montgomery (Ventura COA)
Rosemary Flores-Gordon (Service Provider)	Antoinette Olson (Simi Valley COA)
Nick Fotheringham (Thousand Oaks COA)	Ginny Rockefeller (Ojai COA)
June Glasmeier (CSL)	Neill Spector (Simi Valley COA)
Rose Gossom (Supervisory Appointee)	Sue Tatangelo (Special Population)
Lawrence Hartmann (CSL)	Sylvia Taylor Stein (Service Provider)
Lori Harasta (Ventura COA)	Vicki Tripoli (Moorpark COA)
Nancy Healy (Thousand Oaks COA)	Donald Todd (Special Population)
	Bill Witt (CSL)

Advisory Council Members Absent

Smita Dandekar (Supervisory Appointee)
Sandra Fide (Moorpark COA) - EA
Lisa Hayden (Supervisory Appointee)
Karen King (Camarillo COA)
Mel Silberberg (Supervisory Appointee) - EA

VCAAA Staff Present

Marleen Canniff	Elizabeth Renteria
Victoria Jump	Christine Voth
Monique Nowlin	Brian Murphy
Katharine Raley	

Guests

Sinthia Baez	Jenica Polokow
Phil Chandler	Adriana Quintero
Blair Craddock	Beverly Ruiz
Mike Culver	Martha Shapiro
Jennifer Enoch	Robert Taylor
Monica Picard	

- 1. Call to Order and Review of Agenda** - The meeting was called to order at 9:00 a.m. by Chair Nick Fotheringham (Thousand Oaks COA). Nick corrected the agenda for item #6.2 to read

"Quarterly Grantee and Direct Service Performance Report". FY 2014-2015 grant renewals are covered under agenda item #6.3. He also welcomed new Advisory Council members Suz Montgomery (Ventura COA), Robert Taylor (Camarillo COA) and new VCAAA staff member Marleen Canniff (Grants Administrator).

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 March 11, 2015, meeting were approved. (Todd/Olson/Passed)

4. **Public Comments** –

Elizabeth Renteria invited everyone to the outreach movie night on May 19, 2015 at 6:30 pm in Ventura where "His Girl Friday" would be showing. Earlier in the day at 10 am, the advisory council was invited to attend the Board of Supervisors meeting where the Board would be presenting the agency an Older Americans Month proclamation.

5. **Consent Agenda Items** – the consent agenda containing the Legislative Committee Report from March 11, 2015, Outreach Committee Report from March 31, 2015, Outreach Committee Report from April 28, 2015, Health Issues Committee Report from March 17, 2015, Senior Nutrition Committee Report from March 16, 2015, Senior Nutrition Committee Report from April 13, 2015, Optimal Aging Committee Report from March 25, 2015, and Housing and Transportation Committee Report from March 10, 2015, were accepted. (Boog/Todd/Passed). There were no abstentions.

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

6.1 **Measuring Wisdom in Older Adults** - Professor Bob Knight of USC presented the advisory council with information regarding his wisdom study and invited members to become participants in the study.

6.2 **Quarterly Grantee and Direct Service Performance Report** - Brian Murphy went over the handout provided. Questions/Discussion from the AC were as follows: if the grantee is over 100% in funding draw down what does not mean? Do they get additional dollars? (No – they don't have to draw down 1/12 of the total funding every month and 100% of contract is the maximum we will pay); why are some categories so far over, etc.

- 6.3 **Recommendation to Renew FY 2015-2016 Grantee Funding and Related Service Categories Including Service Category Deviations Greater or Less than 10%; Approval of the Award of Sole Source Contracts for the Provision of Legal Services and Ombudsman/Preplacement Counseling Services for a Period of Up to Four Years Commencing FY 2015-2016; Approval of Conversion of Grantee Contract with the Conejo Recreation and Park District to a Vendor Contract.** Victoria Jump went over the report. There was a lot of discussion regarding the change in the meal contract with Thousand Oaks. (Todd/Healy/Passed). Sylvia Taylor Stein and Sue Tatangelo abstained from voting on the items.
- 6.4 **Nominating Committee Regarding the Election of Officers, One (1) Service Provider and Five (5) Special Population Seats for FY 2015-2016.** Victoria Jump provided an update and asked anyone interested to contact her for an application.
- 6.5 **SNAC Representation** - Nick Fotheringham mentioned that with Vivian Johnson resigning from the advisory council a representative from the advisory council to sit on the Senior Nutrition Action Council (SNAC) board was needed. Paul Boog was elected as the Advisory representative.

7. **Advisory Council Meeting Schedule.** The meeting schedule for FY 2014-2015 was included for informational purposes.

8. **CSL/TACC Update** – June Glasmeier mentioned that she would be attending TACC (Triple A Council of California) in May and would report back in June. Regarding the California Senior Legislature (CSL) she mentioned that they are in jeopardy of not meeting that state mandated income tax contribution level. Larry is writing a proposal to address the issue. Larry Hartmann mentioned that CSL is working on a direct marketing proposal to raise money. They also spoke about SB 148 (Death with Dignity) that the Ventura County Board of Supervisors recently voted to support. SB 148 originated in CSL.

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. **Comments from the Chair** – Nick Fotheringham had no comments.

11. **Other Business** - There was no other business.

12. **Adjournment** – the meeting was adjourned at 10:20 am (Boog/Olson/Passed).

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TO: VCAAA Advisory Council Members
FROM: Bill Witt, Chair
DATE: May 13, 2015
SUBJECT: **Legislative Committee Report from May 13, 2015**

Legislative Committee Members Present

William (Bill) Witt (CSL) - Chair
Nancy Healy (Thousand Oaks COA)
Larry Hartmann (CSL)
Sue Tatangelo (Family Caregiver Special Population Seat)
Sylvia Taylor Stein (Service Provider)
Neill Spector (Simi Valley COA)
Nick Fotheringham (Thousand Oaks COA)
June Glasmeier (CSL)
Donald Todd (Veteran Special Population Seat)
Paul Boog (Port Hueneme COA)

Legislative Committee Members Absent

Jay Evans (Camarillo COA)
Mel Silberberg (Supervisory Appointee)
Sandra Fide (Moorpark COA)

VCAAA Staff Present

Monique Nowlin
Katharine Raley
Marleen Canniff
Blair Craddock

Guests

Liora Goodman, District Representative, Senator Hannah-Beth Jackson

1. **Call to Order** – The meeting was called to order at 10:40 a.m. by Chair, Bill Witt. A quorum was present.
2. **Welcome and Introductions** – None.
3. **Public Comments** – None.
4. **Special Guest – Liora Goodman, District Representative, Senator Hannah-Beth Jackson's Office** – Sylvia Taylor-Stein introduced Ms. Goodman and read Senator Jackson's biography to the Committee. Ms. Goodman provided handouts and robust explanations on several bills of interest to the Committee, among them, Senate Bill 128, 243 406, 510, 940 and Senate Resolution 17. Katharine Raley inquired as to Senator Jackson's stance on POLST

and physician's not conducting them because they are not able to get paid for that approximately 45 minutes investment of time. Ms. Goodman stated that she would share that information with the Senator. Sue queried Ms. Goodman on whether or not Senator Jackson is advocating to spend any portion of the budget on serving seniors. Ms. Goodman stated she is not sure, but that Senator Jackson's asks of late have been for early childhood education. Sue further pointed out that caregiving is a huge women's issue, as earlier Ms. Goodman indicated how important women's issues are to Senator Jackson. Sylvia brought up SB128 (the end of life bill) and stated she has been following the progress of this bill. Sylvia expressed her concerns about the elderly population being coerced into ending their lives. She further expressed with Ms. Goodman her belief that funding needs to be towards palliative care and providing a quality end of life experience. Chair Bill asked to discuss equal wages for women and the direction Ms. Goodman saw it going. Bill also wanted to discuss the fast food issue and the push for wages to move to \$15/hour. Chair Bill and the Committee thanked Ms. Goodman for her time and information and she thanked us for the invite and stated she would be sharing the Committees comments on the various issues with Senator Jackson.

5. **Featured Legislative Committee Member – June Glasmeier** – Ms. Glasmeier was born on a farm in Iowa, had 2 sisters and stated she had a wonderful childhood. While they didn't have a lot of money, they had enough. June went on to state the family had no television, but instead, listened to the radio and played a lot of games. June graduated from high school and went on to attend business school. There was no push from her parents to go to college, however, despite that, June went on to attend the University of Iowa, but did not graduate. Instead, she went back to the Savings & Loan job she had held and received a promotion. In fact, June shared that she met her first husband at the Savings & Loan when he came to get a mortgage and asked her out in front of all the tellers. They married and had two children together before he passed away at aged 51. Later, June remarried and was married for 31 years before he passed away 5 years ago. June shared that one day she was reading the paper and saw an article asking for seniors to apply for the California Senior Legislature (CSL) and she did and as a result has learned so much. She has helped educate seniors in this county in many ways; among them was by helping to start the Senior Congress in Thousand Oaks (which has grown to over 300 in attendance) and even co-authoring (with Larry Hartmann) a proposal for a law that would make notary publics mandated reporters for elder financial abuse that made it to the Governor's desk before it was vetoed. June continues to strive to make a difference in this community by her continued participation as a member of the Advisory Council and the CSL. The next Committee member to present their background will be Donald Todd.
6. **Discussion/Vote on Extending an Invitation to CAUSE co-founder Maricela Morales to Speak at June Meeting** – After brief discussion among the Committee members and no objections, it was decided to invite her to speak at the next meeting.
7. **Ventura County Evidence-Based Health Promotion Coalition** – Chair, Bill Witt, pulled Camarillo Health Care District (CHCD) from Public Comments and placed them on the Agenda. Sue Tatangelo stated that for the purposes of this discussion, she is not representing CHCD but the CA Evidence Based Coalition. Sue went on to discuss that SCAN funded them to form a Regional Coalition that advocates for Long Term Services and Support (LTSS). Sue shared with the Committee that there are monthly calls that she, Monique Nowlin and Blair

Craddock participate on. Sue shared the budget priorities that were put together at the April 2, 2015 Community of Constituents conference and provided the Committee with a handout on "Navigating the State Budget Process". Sue also provided the Committee with a handout titled, "A Shattered System: Reforming Long-Term Care in California. Envisioning and Implementing an Ideal Long-Term Care System in California. Sue closed by stating that either she or Blair would be reporting to the Committee on a regular basis.

8. **Update on Pending Legislation in Sacramento Affecting Seniors** – Tabled due to time constraints.
9. **Other Committee Involvement/Notification** – There was no discussion regarding other Committee involvement.
10. **Next Meeting Date** – June 10, 2015.
11. **Adjournment** – The meeting was adjourned at 11:40 p.m. by Chair, Bill.

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TO: VCAAA Advisory Council Members
FROM: Marty Kaplan-Chair
DATE: May 27, 2015
SUBJECT: **Outreach Committee Report from May 26, 2015**

Committee Members Present

Marty Kaplan (Supervisory Appointee)

Committee Members Absent

Lisa Hayden (Supervisory Appointee)
Donald Todd (Veterans Representative)
Lori Harasta (Ventura, COA)
Rose Gossom (Supervisory Appointee)
Neill Spector (Simi Valley, COA)
Paul Boog (Port Hueneme, COA)

VCAAA Staff Present

Elizabeth Renteria
Beth Shepard
Marleen Canniff

Guests

None

- 1. Call to Order** – The meeting was canceled because of the lack of quorum. The survey was reviewed by the Chair Marty and staff for a few additional modifications. The survey will be sent to the committee via email for a vote to present to the full Advisory Council at the July meeting.
- 2. Next Meeting Schedule** – Tuesday, July 28, 2015, 9:00 a.m. – 10:30 a.m.
- 3. Adjournment:** – The Chair, Marty Kaplan asked for a motion to adjourn. The motion was made by Rose Gossom and second by Neill Spector. At 9:28 a.m. the meeting was adjourned.

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TO: VCAAA Advisory Council Members

FROM: Christine Voth, VCAAA Staff

DATE: May 19, 2015

SUBJECT: **Health Issues Committee Meeting Report from May 19, 2015**

Committee Members Present

Jay Evans (City of Camarillo)
Rosemary Flores-Gordon (Service Provider)
Lori Harasta (Ventura COA)
Ginny Rockefeller (City of Ojai)
Sue Tatangelo (Family Caregiver Representative)

Health Issues Committee Members Absent

Smita Dandekar (Supervisorial Appointee)
Lisa Hayden (Supervisorial Appointee)

VCAAA Staff Present

Patti Jaeger, Registered Dietitian
Victoria Jump, Director
Christine Voth, Grants and Planning Manager

Guests

Phil Chandler, Owner, Right at Home
Diane Emerick, County of Ventura, Public Health

1. Welcome and Introductions

2. Public Comments - None

3. Worksheet for Committee Goals and Objectives

- a. Evidence-based exercise classes (Goal #1):
 - (i) Update on classes and facilitator training – A schedule of the fitness classes may be viewed at <http://www.cahealthierliving.org/locations/ventura/>. Matter of Balance classes meet once a week for eight weeks. To date, they have been or will be offered as follows:
 - a. Camarillo Health Care District, 2/2/15 to 3/30/15 and 5/5/15 to 6/23/15
 - b. Goebel Community Center, 4/6/15-6/1/15
 - c. Simi Valley Senior Center, 4/7/15 to 5/26/15
 - d. Ventura Avenue Adult Center, 3/25/15 to 5/13/15

Arthritis Foundation's® Walk with Ease program will be offered three times per week for six weeks at the Camarillo Health Care District, 6/1/15-7/10/15.

Additional classes are being scheduled. Two VCAAA staff members have become master trainers in Matter of Balance and Stepping On. The latter class is related to fall prevention, and will be offered once a week for seven weeks.

- (ii) Two Flyers were reviewed by the committee, *Transform your Health, Transform Your Life* (1- page, 8.5" x 11") and *Introducing Evidence-Based Health and Fitness Classes* (two-pages, front and back, 8.5" x 14"). It was suggested to add the class, *Stepping On*, and the VCAAA web address and phone number to both flyers; plus, mention that fitness classes are free, and there is a \$40 charge for the Chronic Disease Management program, and a \$40 charge for the UCLA Memory Training classes.
- (iii) Optimal Living Club (OLC)¹ – V. Jump shared the OLC logo and free items being considered for distribution to OLC members. Items include T-shirt, towel, key tag, water bottle, exercise bands, pedometer, sport sack, exercise log for tracking, and cookbook. Committee members recommended adding a reflector strip, key holder and pocket calendar with log for noting classes, medical appointment etc. It was agreed that calendar would be discussed further at a future meeting. It was also suggested that a certificate of completion or "Passport to Better Health" be awarded to participants. Giveaway you items will be purchased *this fiscal year* using funds from Title III D of the Older Americans Act.

Regarding the T-shirt, the slogan, "Join the Movement" will be on the back of the shirt along with the name of VCAAA and the agency logo and phone number, and the Ventura County Evidence Based Health Promotion Coalition logo. The front of the T-shirt will have phrase, Optimal Living, and logo.

- ii) Medicare-funded options – The committee reviewed two handouts, *Medicare HMO Gym Information, Ventura County*, with one page listing the dental and vision coverage offered by Medicare HMOs; and the other page listing the types of programs available at various gyms through Medicare HMOs. Staff was asked to provide a description of the Silver Sneakers program at the next meeting. J. Evans participates in the program at the YMCA.
- b. Elder Economic Index (EEI) – 2013 updates (Goal #2 and #3) - The handout shows the most recent numbers available for the index. The EEI can be found online under the Insight Center for Economic Development, <http://www.insightcced.org/> Discussion included the remark that it would be nice to know the number of seniors in Ventura County who are at or below the Elder economic index.

¹ OLC members are persons participating in the evidence-based fitness classes (Matter of Balance etc.).

- c. Senior Nutrition Placemats (Goal #4) – P. Jaeger reported the placemats are very popular with the Senior Nutrition Program participants; and GSA Graphics enjoys preparing the placemats. The theme for the next placemat will involve food kitchen safety. Models for the exercise photo are VCAAA staff members, Charles Pember and Rosemary Hernandez.
- d. Second Patient Syndrome (Goal #5) – There was discussion about what it is, and whether this is a common phrase in the world of family caregiving. The syndrome refers to the caregiver becoming ill while providing caregiver services. Some members felt the phrase does not resonate and “caregiver burnout syndrome” might be a more identifiable phrase. L. Harasta suggested, “Don’t be the second patient.”

D. Emerick stated this might be a project for one of her student interns and she will assign someone to identify caregiver resources, and develop a curriculum for 2-hour long caregiver classes, which could be offered twice yearly. Unfortunately, her department has limited funding for seniors.

S. Tatangelo said there can never be too much information on second patient syndrome. The long-term impact on the health of the caregiver takes a toll. It is difficult to get caregivers to recognize that they need to take care of themselves. The immune system can become compromised, high blood pressure occurs, etc. The Camarillo Health Care District (CHCD) has developed a *Tools for Caregiving* curriculum, which is a six-week series of education for caregivers. It originated with the grant wherein curriculum was developed for the local community colleges.

V. Jump shared VCAAA’s master plan for creating four caregiver centers in Ventura County, and the rationale for the rollout of the centers. VCAAA began with funding the Wellness and Caregiver Center of Ventura County (CHCD) in Camarillo in FY 2009-10; the Caregiver Center at Conejo Valley Senior Concerns (Thousand Oaks) in FY 2012-13; is in process of establishing a family caregiver center for Spanish speakers to be headquartered in the Santa Clara Valley (and will serve Spanish speakers countywide) in FY 2015-16; and the fourth center, which will serve west Ventura County (Ventura, Ojai and Oxnard), is scheduled to begin development in FY 2018-19.

P. Chandler inquired if discharge planners provide information to family caregivers. It was felt that minimal information is provided by the discharge planners, however, some are beginning to understand the importance of providing this information and some are making referrals to the family caregiver centers (CHCD and Senior Concerns).

J. Evans suggested offering caregiver classes at adult day health care centers. S. Tatangelo indicated that some caregivers require respite in order to attend a class; and respite is not always available (depending upon who is providing the classes).

A question arose regarding the status of the Community Care Transitions Program (CCTP). V. Jump explained that funding for the program has been eliminated, and the program has shifted to involving individual hospitals. The Care Transitions Program (CTP), which differs from CCTP, transitions a person from skilled nursing facility wherein the money follows the person.

- e. Fall Prevention – Understanding the connection between fall prevention and evidence-based exercise classes (Goal #6). It was agreed that fall prevention and evidence-based fitness classes are important interventions. P. Chandler and L. Harasta suggested they be seen as a joint venture in promoting health and preventing falls. The *Stepping On* program (made possible by funding awarded to Public Health) is a 'higher level' of fall prevention education. The class is offered to persons who have fallen and are clients of VCAAA's Fall Prevention Program.

V. Jump reiterated that *Stepping On* is for people who have fallen, and *Matter of Balance* and *Tai Ji Quan: Moving for Better Balance™* is for people who are at risk of falling. She also spoke about The Otago Exercise Program: Training for Physical Therapists, an online course that aims to train physical therapists to integrate the Otago Exercise Program as part of their practice.

- f. Faith-based autumn event (Goal #7) – This item was tabled since Teri Helton was not at the meeting to contribute to the discussion. If an event is to be held, it would more likely be held in the winter or spring of 2016.
- g. Proposed new objective (Goal #11): Develop and distribute list of dental resources – VCAAA is working on the resource list. Item was tabled for a future meeting.
- h. Other objectives to work on – Tabled for a future meeting.

4. Other Committee Involvement/Notification – if any:

- A. Housing and Transportation Committee
- B. Planning and Allocation Committee
- C. Legislative Committee
- D. Senior Nutrition Committee
- E. Optimal Aging Committee – This committee will be asked to suggest other items for inclusion in the list of items to be given to OLC members.
- F. Outreach Committee

- 5. **Other: Meeting calendar for FY 2015-2016** – The calendar for meetings to be held next fiscal year will be attached to the June agenda.

- 6. **Next Meeting Date:** June 16, 2015, from 1 PM to 2:30 PM

- 7. **Adjournment** – The meeting adjourned at 2:34 PM

TO: VCAAA Advisory Council Members
FROM: Toni Olsen, Chairperson
DATE: May 18, 2015
SUBJECT: **Senior Nutrition committee Report from May 18, 2015**

Senior Nutrition Committee Members Present

Toni Olson (Simi Valley COA) - Chairperson
Donald Todd (Veterans Representative)
Vicki Tripoli (Moorpark COA)
Rose Gossom (Supervisory Appointee)

Senior Nutrition Committee Members Absent

Jay Evans (Camarillo COA)

VCAAA Staff Present

Patti Jaeger, R.D.
Brian Murphy
Christine Voth
Marleen Canniff

Guests – S.N.A.C. Board Officers: Gloria Smith, President; Terry Wolfe, Treasurer

1. **Call to Order** - Chairperson Toni Olson called to order the meeting at 10 a.m.

Welcome and Introductions

2. **Public Comments** - None
3. **Approval of Minutes from the 4/13/2015 Meetings** - The motion to approve the minutes from the above prior meeting was made by Donald Todd, seconded by Rose Gossom, and was passed unanimously.
4. **Meals Served Count and Cost Per Meal through April 30, 2015** - Meal count is at 105% of contracted through the end of April, which means 152,847 have been served to date with 16,820 of that amount served in April. Jordano's-supplied meal count is 16,194 for April, and the non-Jordano's meal count is about 626. April cost per meal for Jordano's-supplied food is \$3.42, with a total average YTD cost per meal at \$3.91. The meal count in April was the highest for the year. All sites are 96% or more with Simi Valley at 115% of total (congregate and home-delivered meals) contracted year to date.

- 5. Introduction of Senior Nutrition Action Council (SNAC) Members and Update - S.N.A.C.** members announced they have new board members and are putting together a new brochure, with VCAAA contributing to the process. A new sign is on their building, making it easier for people to find. The S.N.A.C. Thrift Shop, located on Old Ventura Boulevard in Camarillo, is doing exceptionally well, bringing in funding to assist the Senior Nutrition Program.

Donations to this nonprofit are collected and pooled for the entire County. Discussion followed about Simi Valley and HELP of Ojai's meal sites asking to not use S.N.A.C. funds for various reasons. Staff conveyed that Ventura Avenue Adult Center expressed interest in bringing back the S.N.A.C. Deals on Wheels traveling thrift store; however, board members relayed that, although popular, the program did not bring in enough funding to warrant its continuance.

Advisory Council Member Paul Boog (City of Port Hueneme) plans to continue attending S.N.A.C meetings.

- 6. Revised Funding Formula for FY2016-17** - The funding formula is a method to allocate the funds across the programs, with some sites getting a minimum amount of funding due to their small size, and the rest was divided up among the other sites based on their contracted meal counts. There was no significant change in funding for the current RFP which started in July 2012, so the formula has held since then.

Staff provided additional information on why the City of Simi Valley's meal site funding grew significantly from FY09-10 to FY14-15. Looking at a six-year history of the percentage of total Senior Nutrition Program funding received at each meal site compared to the percentage of contracted meal counts for each site, VCAAA presented the following trends in meal counts:

In general, most sites had a reduction in meal counts in FY11-12 due to less Federal funding when ARRA (Recovery Act) funding terminated. In FY12-13, funding and meal counts changed again, with an explanation that it was the beginning of the RFP, and whatever meal count each site contracted for was approved by the Advisory Council. FY12-13 shows a decrease in meal count at the Ventura Avenue Adult Center, due to the closure of the East Side meal site. The most dramatic trend was noted with the City of Simi Valley and HELP of Ojai's funding compared to meal counts from FY09-10 to FY11-12 compared with FY12-13 through FY14-15.

- (a) From 2009-2012, the City of Simi Valley's meal count average was 24% of total meals with funding averaging 13% of available Senior Nutrition program meal site funds; while from 2012-2015 those percentages leveled to 23% for meals and 21% of funding.
- (b) Conversely, from 2009-2012 HELP of Ojai's meal count averaged 10% with funding averaging 20%; and from 2012-2015 meal counts remained at 10% with funding staying at about 14% of all site funding. This change was due to HELP of Ojai serving made-from-scratch meals with locally purchased food (instead of Jordano's supplied food) only one day a week rather than five days a week.

Update on CRPD Café-Style Option: It was announced at the Advisory Council Meeting on May 13, 2015, that the available funding for the café-style option at Conejo Recreation and Parks District (CRPD) would be approximately \$71,000. This amount was calculated by the \$3.97

average food cost per meal, plus available grant-funded amount received by CRPD, which is \$29,321. SNP meals will be reimbursed to CRPD on per meal basis. The cost per meal reimbursement to CPRD has not yet been established. Additionally, program income, on average \$2 a meal, will be available to fund additional program meals. VCAAA will be responsible for collecting data for the program clientele and for collecting the program income/donations, because a vendor is not permitted to perform these two functions. CRPD will be able to avail of VCAAA's food contract pricing with Jordano's, and all senior meals must be approved by the Senior Nutrition Dietitian. Don Todd suggested that all volunteers should be outside of café for accountability. The vendor contract will commence on July 1, 2015.

- 7. **HELP of Ojai Program Funding for Locally Prepared/Purchased Entrees** - Staff discussed HELP of Ojai's cost differences between using Jordano's food items and purchasing food locally for meals. HELP of Ojai serves made-from-scratch meals one day per week, which is reflected in the larger amount of grant funds that are directly reimbursed for that site. This is also reflected in HELP of Ojai's higher average grant reimbursement funding per meal.

Staff presented a chart that illustrated the VCAAA historical average funding per meal, comparing HELP of Ojai's funding per meal averages with funding per meal averages at the minimally funded sites (City of Fillmore, City of Moorpark, City of Santa Paula and San Salvador Mission) and all other sites (Camarillo Health Care District, City of Oxnard, City of Port Hueneme, City of Simi Valley, City of Ventura, and Conejo Recreation & Parks District).

Average Funding per Meal

	FY15-16	FY14-15	FY13-14	FY12-13	FY11-12	FY10-11	FY09-10
All Other Sites	\$2.28	\$2.73	\$2.68	\$2.50	\$2.10	\$2.21	\$2.19
Minimally Funded Sites	\$3.83	\$3.83	\$3.81	\$3.37	\$3.06	\$3.06	\$2.32
HELP of Ojai	\$4.29	\$4.43	\$4.11	\$4.11	\$5.08	\$4.07	\$4.57

Staff noted that it would be beneficial to collect data on the number of meals served at HELP of Ojai on the day made-from-scratch meals are served compared with that service on other days of the week.

- 8. **FY15-16 Funding Allocations and Simi Valley's Request to Serve Additional 6,800 HD Meals** - The City of Simi Valley's meal site has a need to serve 6,800 more meals per year. This site is trending on three new home-delivered meals recipient each month. This trend will leave Simi's Senior Nutrition Program with 36 seniors on a waiting list this time next year. Moreover, without additional funding 20 existing recipients will need to be cut. Currently, eight people on the Home-Delivered Meals route are unable to receive the requested hot meals, due to lack of delivery capacity, so these people are receiving frozen meals. A new route to serve these people is desperately needed, but funding is currently unavailable. This year, VCAAA set up an incentive program for the Senior Nutrition Program to encourage sites to serve additional meals. It is designed to pay for the food and an additional \$2 per meal. For example, if a site serves 200 meals beyond its contracted YTD count, it will receive \$400 in extra funding. Many sites applied for it.

For FY15-16 staff anticipated having about \$34,000 for the incentive program; however, estimated funding from the CDA shows a reduction of more than \$15,000 for the Senior Nutrition Program.

Staff posed the question: What can we do to help fund this need? Staff suggested that at some point during the year if some sites aren't using all of their funding, it could be a possibility to move that funding to the Simi Valley site; however, that would be difficult, as each site has its needs. S.N.A.C. funding could be a possibility. It is more likely that incentive funds would be used to help fund this need.

Receivable: Staff will bring a list of the outside funding available to Senior Nutrition Programs independent of VCAAA funding.

The committee's request is carried to the next meeting to find a resolution for funding allocations for the City of Simi Valley's meal site challenge to provide 6,800 additional meals in FY15-16.

9. More Than a Meal Survey Results – Action Items - Staff discussed performing a County survey, sent out with drivers to home-delivered meal recipients from each program site. The results of such a survey might help to communicate the greater health benefits of daily-delivered hot meals and the related social interactions between the client and delivery person/driver, as opposed to a weekly delivery of five frozen meals.

10. Other Committee Involvement/Notification - Health Issues – Patti Jaeger reported that she was working with food suppliers on the availability of new menu items with a lower-sodium content. VCAAA might receive a couple new meal entrees that are low-sodium options.

Farmers' Market coupons (about 1,000 booklets) are set to be distributed at certified Farmers' Markets the end of June or beginning of July.

11. Other Business - None

12. Review Meeting Schedule - The next meeting is scheduled for **Monday, June 22, 2015, at 10 a.m.** Fiscal Year 2015-16 meetings are scheduled for the third Monday of each month (excluding August and December) at 10 a.m. in the in the Advisory Council Room 148.

July 20, 2015
September 21, 2015
October 19, 2015
November 23, 2015
January 18, 2016
February 15, 2016
March 21, 2016
April 18, 2016
May 16, 2016
June 20, 2016

13. Adjournment - The meeting adjourned at 11:11 a.m.

TO: VCAAA Advisory Council Members
FROM: Sylvia Taylor Stein, Committee Chair
DATE: May 27, 2015
SUBJECT: **Optimal Aging Committee Meeting Report from May 27, 2015**

Members Present

Lori Harasta
Marty Kaplan
Toni Olson
Ginny Rockefeller
Sue Tatangelo
Sylvia Taylor Stein, Chair

Members Absent

Donald Todd

VCAAA Staff Present

Victoria Jump
Christine Voth

1. Welcome and Introductions

2. Public Comments – None

3. New: Optimal Living Club (OLC, is a Health Issues Committee project) – C. Voth explained the OLC will be comprised of persons participating in the Title III E funded-evidence based fitness classes (*Matter of Balance, the Arthritis Foundation's® Walk with Ease program, Tai Ji Quan: Moving for Better Balance, etc.*). As an incentive/reward for taking part in the classes, participants will receive free “goodies” such as an Optimal Living T-shirt, sport sack, water bottle, pedometer, etc. The OAC has been invited to recommend other items to be given to the estimated 1000 participants. The intention is to encourage participants to maintain an active lifestyle. The OAC discussed the below listed items.

- Awarding gift certificate to fitness classes or gift care to 'healthy' food store.
- Proof of continued participation in the classes would enable participants to become eligible for drawing of prizes wherein he/she could select their choice of prizes. Prize recommendations included optimal living books such as *Living to 100: Lessons in Living to Your Maximum Potential at Any Age* or *Longevity Rules*; gift certificates/cards related to optimal aging (e.g., other fitness activities/classes, tickets to cultural venues like the Rubicon Theater, classes at the Osher Lifelong Learning Institute, etc.) Proof of continuous participation might take the form of a “fitness passport,” which would be stamped by the instructor each time the person attended an evidence-based fitness classes. A collection of X number of stamps would enable the participant to redeem them for a reward.

- 4. New: Discussion – What would the committee do if funds were to be made available for its use? AND**
- 5. Old: OAC Goals and Objectives; OAC priorities** – These agenda items were interconnected thus, they were discussed jointly. The question was asked regarding the source of potential funding. Staff replied that funding would most come from sources already available. S. Tatangelo shared that the Institute for Optimal Aging might be a resource for funding OAC projects (and gave information to C. Voth).

The updated goals and objectives (G&O's) for July 1, 2015 through June 30, 2019 were shared by C. Voth. OAC members suggested a few minor changes to the G&O's. Attention was drawn to the inclusion of new objective regarding the OAC's participation in the planning process for the VCAA's four-year Master Strategic plan, 2016-2019.

C. Voth shared the Collaborative on Positive Aging's (COPA) results of their Positive Aging Survey conducted in 2012, which used the SWOT analysis (strengths, weaknesses, opportunities and threats). Also distributed was information on COPA's 12-month workshop series, *Planning for Your Longevity: a 12 Month Workshop Series for Developing Your Personal Plan*. These items were shared to assist OAC members with developing ideas for planning (re Objective #3), and presenting classes or seminars (re Objective #10) in the future.

G. Rockefeller said it was important for the committee to recognize the cultural and gender differences that may occur when defining positive aging.

M. Kaplan inquired if the OAC classes/seminars would be grouped in an event format (such as the VCAA's Baby Boomer events) or standalone classes. It would be up to the OAC members to decide.

V. Jump suggested tying the classes to the OLC; getting email addresses of the OLC participants and marketing OAC classes to them (as a starting point). C. Voth suggested surveying OLC participants (using Survey Monkey) to prioritize topics of interest. L. Harasta reminded the OAC of the importance of providing classes for caregivers (especially on self-care) and addressing issues relevant for persons with hearing impairments.

The discussion evolved into the topic, livable communities. M. Kaplan shared an excellent synopsis that he prepared relative to the publication, *Best Cities for Successful Aging: 2014* (www.successfulaging.milkeninstitute.org). The OAC agreed that it needs to look at the criteria for successful aging. S. Tatangelo shared information about the AARP's Livable Communities website (<http://www.aarp.org/livable-communities/>) and discussion followed.

The question arose: How can we improve Ventura County's livability score? S. Tatangelo suggested the OAC recommend to the Advisory Council that it work towards increasing the livability score. Staff will prepare a list of criteria, plus scores for each city in the county for the next Advisory Council meeting (on June 10). It was suggested that the criteria for livable communities also be shared with city councils via the councils/commissions on aging.

There was more discussion about Objective #2, the Optimal Aging link on the VCAA website. It

was suggested to consider inclusion of links to topics that promote livability. Such links might include senior centers, County parks, education, employment resources, VACE, pool at CLU, caregiver resources, cultural and performing arts, drinking/smoking cessation programs, housing resources, transportation, volunteer opportunities, how to access information about Medicare and health insurance, HICAP workshops, legal workshops, free newspapers and magazines and chambers of commerce (e.g., Ventura West tourism campaign).

Staff will prepare a list of suggested categories to be available at the June meeting. OAC members agreed to table making a decision on offering classes until that list is available. M. Kaplan stated there may be an opportunity to collaborate with the Outreach Committee on classes.

There was also discussion about VCAAA's E-magazine. L. Harasta mentioned that there does not seem to be a set schedule for when to expect the release of the magazine, and would like to know the schedule of when it is to be published (quarterly or twice yearly, etc.). V. Jump asked M. Kaplan (who is a member of both the OAC and Outreach Committee) to have the Outreach Committee develop a formal process (specific criteria) for nominating a person to be featured in VCAAA's E-magazine. S. Stein requested that consideration be given to featuring a long-time Ombudsman volunteer who is aged 92. (Contact S. Stein for more information.)

- 6. Old: Optimal Aging link on VCAAA website.** Attendees/members were asked to bring at least two (2) new resources and/or links to resources regarding optimal/successful aging for possible inclusion on the website. Three members provided lists of resources.

7. Informational

- a. OAC meeting schedule for FY 2015-16 - This will be distributed at the June meeting.
- b. Article: *How Old is Old?* United Healthcare survey of ten-year olds and 100-year olds.

8. Other Committee Involvement/Notification – if any:

- a. Health Issues Committee
- b. Legislative Committee
- c. Livable Communities Committee
- d. Outreach Committee - M. Kaplan said the Outreach Committee is making excellent progress and moving in a positive direction. The committee is in the process of creating a speakers bureau to address a variety of topics before organizations, some topics being relevant to optimal aging. The Outreach Committee will work with the OAC to fine tune these presentations.
- e. Planning and Allocation Committee
- f. Senior Nutrition Committee

- 9. Next scheduled meeting** – Wednesday, June 24, 2015, 1:00 p.m. to 2:00 p.m.

- 10. November meeting** – Due to the Thanksgiving holiday, the regular November meeting will be held on Tuesday, December 1, 2015 at 1 PM, in the Garden View Room at the VCAAA office.

- 11. Adjournment** – The meeting was adjourned by Sylvia Stein at 2:15 p.m.

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TO: VCAAA Advisory Council Members
FROM: Jay Evans, Acting Chair
DATE: May 13, 2015
SUBJECT: **Livable Communities Committee Report from May 13, 2015**

Committee Members Present

Jay Evans (Camarillo COA), Acting Chair for this meeting only
Rose Gossom (Supervisory Appointee)

Committee Members Absent

Mel Silberberg (Supervisory Appointee)

VCAAA Staff Present

Elizabeth Renteria, Public Outreach Coordinator
Beth Shepherd, Transportation Coordinator
Christine Voth, Manager, Business Strategy & Strategic Planning

Guests

Mike Culver, Director of Operations, Mobility Management Partners (MMP)

1. **Call to Order** – The meeting was called to order at 11:06 a.m. by Jay Evans, Acting Chair. There is was a quorum. (Two of three committee members were in attendance.)
2. **Welcome and Introductions**
3. **Public Comments** – None
4. **Re-Launch And Revitalization of the Committee** – C. Voth reviewed the rationale for re-launching the committee. Housing and transportation are critical components of ensuring livable communities for older adults and persons with disabilities. The working title of Livable Communities Committee (LCC) will continue to focus on housing and transportation. The term, livable communities, is a more contemporary jargon and is more readily identifiable by city/county planners, etc. Committee membership has dwindled with there being no quorum for many meetings this fiscal year (and thus, no activity). It is hoped that changing the meeting date to coincide with Advisory Council meetings will attract more members even though the LCC now meets at the same time as the Legislative Committee. (Paul Boog, who had been attending this committee's meetings indicated a preference for attending the Legislative Committee meetings.) C. Voth noted there are several vacancies on the Advisory Council and filling those vacancies may attract new members to the LCC.
5. **County of Ventura General Plan** – Tabled to June meeting.

6. Meeting with County Planners Group – Tabled to June meeting.

- 7. Transportation Report** – B. Shepherd shared the process of how transportation referrals are made to VCAAA's ElderHelp program; and she went over the ElderHelp Transportation Program report for April 2015. She reviewed the availability of tickets, vendors, and statistics, including costs, and number of tickets/rides provided and number of clients served fiscal year-to-date through April. Medi-Rides are on hiatus until July 1, when the new fiscal year starts. Funding for medi-rides has been exhausted due to a strong demand for services early in the fiscal year. M. Culver indicated MMP may be able to help some clients (who would qualify for Medi-Rides) with MMP's Mileage Reimbursement Program.

Transportation referrals are highest in Oxnard (44) and Ventura (22); are low in Camarillo, Ojai, Piru, Santa Paula, Port Hueneme and Thousand Oaks; and there are none in Simi Valley. Tickets are available but VCAAA has not received any referrals. B. Shepherd will contact Laurie Dickinson, Senior Center Director in Simi Valley, to advise her of the availability of tickets and see if the clients in her center might have an interest.

C. Voth inquired about written materials for the transportation program, and remarked on a directory published years ago by VCTC. R. Gossom said she has a copy of the old directory and will bring it to the June meeting. B. Shepherd said VCAAA will be issuing a brochure specific to ElderHelp transportation as well as general brochures on transportation. J. Evans recommended expanding awareness of the transportation program.

- 8. HomeShare Report** – B. Shepherd reviewed the HomeShare report of activities occurring fiscal year-to-date, including marketing efforts, outreach, office efficiency and statistics. More than 200 applications have been received since July 2014. HomeShare now has satellite offices in Thousand Oaks and Simi Valley. Staff stresses the quality of each match ensuring that it is a beneficial living arrangement for both the home seeker and home provider. Staff strives to ensure that HomeShare is building a solid reputation as a safe and professional home matching service. The screening process includes background checks and home visits by staff. B. Shepherd will bring a HomeShare application to the June meeting.

It was asked that future HomeShare reports show the demographics (such as zip code) of each match, and if possible, general characteristics of typical seekers and providers.

J. Evans inquired about publicity efforts to promote HomeShare. E. Renteria said the Outreach Committee is working on a plan, and will be adopting goals at their next meeting. Per B. Shepherd, Karen Howard (on VCAAA staff), who gathers statistics on the program, has found that word-of-mouth about the program is very strong. An article was recently featured in the *Ventura Breeze* (a free newspaper published twice monthly and distributed throughout Ventura.) J. Evans suggested exploring the use of mailing lists that target seniors, and listing the program in the "Rooms for Rent" section of the newspaper.

- 9. New Goals and Objectives (attached)** – C. Voth reviewed the committee's purpose and goals along with objectives (activities and/or achievements) that the committee has accomplished thus far, and may want to consider in the future. There was positive discussion and a few changes recommended. The committee voted unanimously to approve the purpose, and amended goals and objectives. Motion was made by J. Evans and seconded by R. Gossom.

Regarding Transportation Goal #T3, B. Shepherd asked how VCAAA can get its clients more involved with the programs of MMP (Mobility Management Partners). M. Culver said interested persons are encouraged to call MMP at (888) 667-7003. Lettie Gutierrez handles information about the mileage reimbursement program. MMP has done workshops at senior centers and at Leisure Village in Camarillo.

10. Other Committee Involvement/Notification – if any:

- a. Health Issues Committee
- b. Legislative Committee
- c. Optimal Aging Committee
- d. Outreach Committee – E. Renteria reiterated that efforts are being made to promote HomeShare.
- e. Planning and Allocation Committee
- f. Senior Nutrition Committee

11. Information Items:

- a. *Best Cities for Successful Aging* by the Milken Institute, 2014. This informative report is viewable at this interactive website: <http://successfulaging.milkeninstitute.org/bcsa2014.html>
- b. *Ride to Wellness* (article was attached to agenda)

12. Next Meeting Date – June 10, 2015 from 11 AM to Noon. Meeting begins after the conclusion of the Advisory Council Meeting.

The meeting was adjourned at 12:10 PM.

LIVABLE COMMUNITIES COMMITTEE

GOALS AND OBJECTIVES— JULY 1, 2015 THROUGH JUNE 30, 2016 (REVISED AND APPROVED MAY 13, 2015)

▶A goal is a general intention towards the attainment of something. It is often intangible and non-measurable.

▶An objective is specific, tangible and measurable, and specifies the steps on how the goal will be achieved. It has a beginning and ending date.

PURPOSE:

The Livable Communities Committee focuses on livability² issues, especially housing and transportation, and their impact on persons aged 60 and older, and adults with disabilities. The aim is to help older adults, and persons with disabilities, to remain living as independently as possible in Ventura County; and to advocate for policies and programs that will provide these populations with access to transportation and a safe and affordable housing.

GOALS AND OBJECTIVES:

HOUSING	
H1	Identify housing issues, barriers and resources in each community.
	<p>Objectives achieved to-date:</p> <ul style="list-style-type: none"> A. Consulted with experts to learn more about housing issues in Ventura County. This has been ongoing for the past few years. B. Explored the housing elements for each city (needs to be updated?). C. Published a position paper subsequent to the review of the housing elements, which included areas of need and identified ways for the Advisory Council to be involved. D. Began development of a <i>Road Map for Housing</i> (decision tree). <p>Future objectives:</p> <ul style="list-style-type: none"> A. Review the <i>Analysis of Impediments (AI) to Fair Housing</i> in each community. (Oxnard and Ventura recently published this information online.) B. Continue development of <i>Road Map</i> (per H1.D above) that includes HomeShare.
H2	Campaign for affordable fair housing and the elimination of homelessness for older adults, and persons with disabilities.
	<p>Objective achieved to-date: Development of VCAAA's HomeShare program.</p>

² Livability is the sum of the factors that add up to a community's quality of life—housing, transportation, neighborhood, environment, economy, education, educational opportunity, and cultural, entertainment and recreation possibilities. The LCC will focus primarily on housing and transportation, pursuant to Advisory Council by-laws regarding standing committees.

H3	Advocate for the incorporation of aging-in-place concepts, including Universal Design and shared housing concepts.
	Objectives achieved to-date: A. Advisory Council took a position on aging-in-place and universal design. B. Committee chair, Mel Silberberg, provided testimony on 4/23/15, at Community Workshop #2 re Ventura County General Plan
H4	Identify, establish and maintain a relationship community-based organizations, city and County planners and other stakeholders to address housing issues.
	Objective achieved to-date: Victoria Jump (VCAAA Director) and Monique Nowlin (VCAAA Deputy Director) recently met with representatives of the county planning group.
TRANSPORTATION	
T1	Identify transportation issues and resources in each community.
	Objective achieved to-date: The committee published a position paper on transportation, which includes recommendations for the role that VCAAA might play in transportation planning.
T2	Identify, establish and maintain a relationship with transportation providers and stakeholders relative to addressing transportation needs and issues.
	Objectives achieved to-date: A. Establishment of VCAAA's Medi-Ride Program (through ElderHelp). B. Provision of bus tickets/vouchers for seniors.
T3	Helps seniors who do not drive by identifying, advocating for, and educating them about, alternate transportation (including education about route systems and time schedules of local transit).
	Objectives achieved to-date: A. Established relationship with Mobility Management Partners (MMP) and encouraged use of their educational program on how to use public transit. B. Encouraged use/shared information about MMP's Mileage Reimbursement Program.

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TO: Advisory Council Members

FROM: Ginny Rockefeller, New Grants Task Force Chair

DATE: May 27, 2015

SUBJECT: Recommendation and Approval of Grant Award in the Cumulative Amount of \$200,000 to the Camarillo Health Care District for the Senior Help Line (Title IIIB) and \$270,000 to Catholic Charities to Establish the Santa Clara Valley Family Caregiver Center (Title IIIE) for a Period of Up to Four Years Commencing FY 2015-2016.

NOTE: Advisory Council members who are employees, board members, or former employees receiving a pension or who have a direct connection with an applicant organization are not eligible to participate in the review or voting process. These persons must identify and recuse themselves from the grant award process.

The VCAAA issued a request for proposal (RFP) on April 10, 2015, for the purpose of awarding grants in FY 2015-16 in the following funding areas, categories and amounts:

Category	Annual Amount	Maximum Amount for 4-Year Grant Cycle	Renewal Eligibility After Initial Contract Period*
Title III B: Supportive Services	\$50,000 per year (FY 2015-19)	\$200,000	June 30, 2016
Title III E: Family Caregiver Support Services	FY 2015-16: \$30,000 for startup (Y1) FY 2016-19: \$80,000 per year (Y2, Y3, & Y4)	\$270,000	June 30, 2016

*The initial (first) contract period for the three grants will be July 1, 2015, through June 30, 2016. The grants may be eligible for renewal in subsequent fiscal years through June 30, 2019. Annual renewals are not guaranteed; they are at the discretion of the VCAAA and are subject to renegotiation and the availability of federal, state and local funding.

An email announcement with the RFP attached was sent to 485 individuals, including representatives of various organizations involved with providing services to monolingual Spanish speaking individuals on April 10, 2015. Public notice of the RFP, budget, and application were posted to the agency website on April 10, 2015. Additionally, a legal notice was published, as required, on April 9, 2015, in the Ventura County Star notifying the public

that proposals were being solicited. Applications were due to be submitted to VCAA on May 11, 2015. On May 27, 2015, the New Grants Task Force met to review the applications. California Code of Regulations, Title 22 requires that the VCAA convene a panel that may consist of Advisory Council members, AAA staff and/or other qualified individuals. The task force was comprised of three members: Advisory Council Member Ginny Rockefeller, a qualified individual from Fillmore, and a qualified individual from Santa Paula. The individuals from Fillmore and Santa Paula are bilingual in Spanish and English, and are longtime residents of those communities. Each task force member evaluated the proposals independently in writing, using a standardized rating form that corresponded to the rating criteria published in the RFP Addendum.

California Code of Regulations, Title 22, Section 7358, dictates that the recommendation(s) of the New Grants Task Force (RFP Evaluation Panel) are advisory to the AAA decision-making body, which shall be responsible for all award decisions. If award decisions are based on factors other than the evaluation criteria contained in the RFP, a full justification for the decision shall be documented. The award decision shall also be free from all real, apparent or potential conflict of interest. As such, the New Grants Task Force is making the following recommendations:

Task Force Ratings

1. Senior Help Line – For the RFP for the Title III B Supportive Services in the amount of \$50,000, one (1) organization submitted an application: Camarillo Health Care District. The scoring was as follows:

Camarillo Health Care District – 88.67 points out of 100 (89%)

Applicant:	Camarillo Health Care District		
RFP Project Title:	Supportive Services		
Applicant Project Title:	Senior Help Line		
Funding Category:	Title III B	Grants Possible per RFP:	One (1)
Total Score Possible:	100		
Applicant's Score:	89%		
Project Ranking in Grant Category Based on Score:	#1 of 1		
STAFF REMARKS: No members of the Task Force had a conflict of interest in reviewing this proposal.			

2. Family Caregiver Resource Center – For the RFP for the Title III E Family Caregiver Support Services for the Family Caregiver Resource Center in Santa Clara Valley in the amount of \$30,000 (Year 1, startup), two (2) organizations submitted applications:

Camarillo Health Care District and Catholic Charities of Los Angeles, Inc. The scoring was as follows: Catholic Charities – An average 124 points out of 125 (99%), Camarillo Health Care District – An average 100.33 points out of 125 (80%)

Applicant:	Catholic Charities		
RFP Project Title:	Family Caregiver Support Services		
Applicant Project Title:	Family Caregiver Resource Center – Santa Clara Valley		
Funding Category:	Title III E-FCSP	Grants Possible per RFP:	One (1)
Total Score Possible:	125		
Applicant's Score:	99%		
Project Ranking in Grant Category Based on Score:	#1 of 2		
STAFF REMARKS: No members of the task force had a conflict of interest in reviewing this proposal.			

Applicant:	Camarillo Health Care District		
RFP Project Title:	Family Caregiver Support Services		
Applicant Project Title:	Family Caregiver Resource Center – Santa Clara Valley		
Funding Category:	Title III E-FCSP	Grants Possible per RFP:	One (1)
Total Score Possible:	125		
Applicant's Score:	80%		
Project Ranking in Grant Category Based on Score:	#2 of 2		
STAFF REMARKS: No members of the task force had a conflict of interest in reviewing this proposal.			

Regarding scoring for the Family Caregiver Resource Center applications, task force members expressed that Catholic Charities' proposal illustrated that it was already embedded in the community and would be more attuned to seeking opportunities for this program's target population, evidenced in its longtime experience and successful track record serving the Santa Clara Valley. Task force members were concerned Camarillo Health Care District's outreach and reach was too limited and would likely not reach target clients, as it would be based primarily within the medical system.

Task Force Recommendations

The task force is recommending approval of a grant award in the amount of \$50,000 be awarded to Camarillo Health Care District for the Senior Help Line for a contract term of July 1, 2015 – June 30, 2016, with the grant being eligible for renewal for up to three subsequent contract periods (FY 2016-2017, FY 2017-2018 and FY 2018-2019). The task force

recommends that this grant be contingent upon a requirement that Camarillo Health Care District expand its client base to reach more Limited English Proficient (LEP) seniors.

The task force is recommending approval of a grant award in the amount of \$30,000 be awarded to Catholic Charities to establish the Santa Clara Valley Family Caregiver Resource Center for a contract term of July 1, 2015 - June 30, 2016, with the grant being eligible for renewal for up to three subsequent contract periods (FY 2016-2017, FY 2017-2018 and FY 2018-2019). For the first year of the grant the contract amount will be \$30,000 and for the subsequent years, \$80,000 a year.

TO Advisory Council Members

FROM: Marty Kaplan, Committee Chair

DATE: June 3, 2015

SUBJECT: VCAA Nominating Committee Report and Election of Advisory Council Officers for FY 2015-2016 and One (1) Service Provider for FY 2015-2017.

The committee met via teleconference and email during April 2015 to discuss the need for filing all offices. Marty Kaplan served as chair of the committee. Committee members included Rose Gossom and Paul Boog.

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

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

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

Committee members also discussed the service provider seat (Rosemary Flores-Gordon) whose first term was ending. Rosemary is eligible to be reappointed for another two year term.

Recommendation – The committee is recommending that Rosemary Flores-Gordon be reappointed as an Advisory Council service provider representative for FY 2015-2017.

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

Date	Advisory Council	Outreach	Leg.	Livable Comm.*	Health Issues	Senior Nut.	Opt. Aging
July 2015	July 8 9-11 am	July 28 9-10:30 am	July 8 11-12	July 8*	July 21 1-2:30 pm	July 20 10-11:30 am	July 22 1-2 pm
August 2015	None	None	None	None	None	None	None
Sept 2015	Sept 9 9-11 am	Sept 29 9-10:30 am	Sept 9 11-12	Sept 9 11-12	Sept 15 1-2:30 pm	Sept 21 10-11:30 am	Sept 23 1-2 pm
Oct 2015	None	October 27 9-10:30 am	None	Oct 7 11 – 12	Oct 20 1-2:30 pm	Oct 19 10-11:30 am	Oct 28 1-2 pm
Nov 2015	Nov 12** 9-11 am	Nov 24 9-10:30 am	Nov 12** 11-12	Nov 12** 11-12	Nov 17 1-2:30pm	Nov 23 10-11:30 am	None
Dec 2015	None	None	None	None	None	None	Dec 1 1-2 pm
Jan 2016	Jan 13 9-11 am	Jan 26 9-10:30 am	Jan 13 11-12	Jan 13 11-12	Jan 19 1-2:30 pm	Jan 18 10-11:30 am	Jan 27 1-2 pm
Feb 2016	None	Feb 23 9-10:30 am	None	None	Feb 16 1-2:30 pm	Feb 15 10-11:30 am	Feb 24 1-2 pm
March 2016	March 9 9-11 am	March 29 9-10:30 am	March 9 11-12	March 9 11-12	March 15 1-2:30 pm	March 21 10-11:30 am	March 23 1-2 pm
April 2016	None	April 26 9-10:30 am	None	None	April 19 1-2:30 pm	April 18 10-11:30 am	April 27 1-2 pm
May 2016	May 11 9-11 am	May 31 9-10:30 am	May 11 11-12	May 11 11-12	May 17 1-2:30 pm	May 16 10-11:30 am	May 25 1-2 pm
June 2016	June 8 9-11 am	June 28 9-10:30 am	June 8 11-12	June 8 11-12	June 21 1-2:30 pm	June 20 10-11:30 am	June 22 1-2 pm

*Housing and Transportation Committee - name change

**Due to holiday - meeting is on a Thursday.

July 27, 2015 – New Member Orientation from 1-2:30 pm

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

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2015-2016 COMMITTEE PREFERENCE

Name: _____

Current Advisory Council by-laws call for all council members to participate one at least one committee. Please select your committee preferences for FY 2015-2016 and return to the VCAA by June 30, 2015. You may continue with your present choice and add or change to another choice.

Committee		Sign me Up
Outreach Committee	This committee focuses on Agency outreach, marketing, etc. The develop outreach strategies and materials for public use. This committee meets monthly.	
Livable Communities Committee (Formerly Housing and Transportation Committee)	This committee focuses on affordable housing issues and transportation issues facing Ventura County seniors. This committee discusses the VCAA HomeShare program and the ElderHelp Medi-Ride program as well as advocacy surrounding universal design. This committee meets monthly.	
Health Issues	This committee looks at health issues relating to seniors. Preventative health and chronic disease are some of the issues important to this committee. The committee designs materials to increase physical fitness and nutrition (nutrition placemats) and is the steward of the agencies Title IIID dollars which go towards evidence based classes. This committee meets monthly.	
Legislative Committee	This committee works with the California Senior Legislators to develop and respond to legislation that is of interest to seniors and disabled adults. The committee meets with elected officials and discusses what their priorities are. This committee meets 7 times a year after the advisory council meeting.	
Senior Nutrition	This committee meets as needed to provide guidance to the Senior Nutrition Program. In FY 2015-2016 this committee will be developing the reimbursement mechanism for the home delivered and congregate meal program. This committee meets monthly.	

Committee		Sign me Up
Planning and Allocation Committee	This committee focuses on working with AAA staff and to determine grant funding and program development in the Spring. This committee includes the chair of all standing committees (unless they have a conflict of interest). This committee meets once or twice a year.	
Optimal Aging Committee	This committee was formed to address the positive aspects of aging. This committee will explore and recommend methods, programs, services and educational tools that will encourage and inspire older adults to enhance the quality of their lives; maintain their identity and independence; and foster self-direction. The committee will encourage older adults to be engaged and productive in a variety of activities including part-time employment and volunteerism. Committee will start meeting in September 2013.	
By-Laws Committee	This committee will meet to develop the needed operational policies and procedures that support the by-laws and the activities of the advisory council. Meets as needed.	
Strategic Plan Ad-Hoc Committee	This committee will meet regularly to provide input and review key elements of the FY 2016-2016 strategic plan.	

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AGEWATCH

Celebrating the Contributions of Older Americans during *Older Americans Month*



May is *Older Americans Month*, a time for communities across the nation to honor and acknowledge the contributions – both past and current – of older Americans. Americans over 60 can be credited with the advances that made the U.S. the advanced and prosperous nation that it is, building the economy, its infrastructure, the health care system and services people need to thrive. This same group continues to contribute today, devoting millions of hours each year to volunteerism.

The theme chosen by the Administration for Community Living for this year's celebration is "*Get into the Act,*" to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

This year Older Americans Month also comes during the 50th anniversary year of the Older Americans Act, signed into law by President Johnson in July 1965. Contact your Area Agency on Aging at 1-800-510-2020 for information on OAA events in your community.



Just how old IS old?

United HealthCare's annual 100@100 survey polls 100 centenarians each year to examine their attitudes and opinions on health, family, likes and dislikes, and more. When asked what age they truly feel, more than half (52 percent) of 100-year-olds say they feel younger than their actual age. On average, centenarians report feeling more than two decades younger at 79 years old.

Keeping a positive attitude is the most important factor in staying healthy, according to a quarter of the centenarians surveyed. The next most popular answers are eating healthy (21 percent), exercising regularly (10 percent), and keeping busy (9 percent). To see the full survey results, visit <http://www.uhc.com/news-room/2015-news-release-archive/survey100>.

Excerpted from United HealthCare, *How Old Is Old? Centenarians Say It Starts in Your 80s: Kids Say Your 40s*. April 30, 2015 news release.

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.

2015 WHITE HOUSE CONFERENCE on AGING

California invitees share their expertise at the White House Conference on Aging Regional Forum

California was well-represented at the March 2015 White House Conference on Aging Regional Forum in Phoenix, AZ, where federal officials heard from seniors, their caregivers, advocates, community leaders and others on the key issues affecting older Americans today.



California invitees to the March 31 White House Conference on Aging Regional Forum in Phoenix, AZ included (L-R) Victoria Jump, Michelle Haddock, James Monson, Gloria Sanchez, Steve Schmoll, Paul Downey, Lori Delagrammatikas, Sandi Fitzpatrick and David Ishida.

Californians at the forum included area agency on aging directors Victoria Jump (Ventura), Michelle Haddock (Riverside) and Steve Schmoll (Santa Clara); AAA advisory council members James Monson (Marin) and Gloria Sanchez (Riverside); Paul Downey (National Association of Nutrition and Aging Service Providers); Lori Delagrammatikas (National Adult Protective Services Association); Sandi Fitzpatrick (California Commission on Aging); and David Ishida (Administration for Community Living).

The 2015 White House Conference on Aging is intended to help inform the landscape of aging policy for the future. One of five regional forums planned this spring, the March 31st event provided an opportunity to hear directly from the community regarding issues such as protecting retirement security, promoting healthy aging, providing long-term services and supports, and protecting older Americans from financial exploitation, abuse and neglect.

Earlier WHCoA regional forums were held in Tampa, FL; Seattle, WA; and Cleveland, OH; with the final forum scheduled for Boston on May 28. Webcasts from each of the regional forums are posted on the WHCoA website at <http://whitehouseconferenceonaging.gov/index.html>. Policy briefs on the primary topic areas of Healthy Aging, Long-Term Services and Supports and Elder Justice are available there as well.

Governor Brown Releases May Budget Revisions

Governor Brown has released revisions to his January budget proposal for 2015-2016, reflecting a \$6.7 billion increase in General Fund revenues. Despite booming state revenues, the "May Revise" includes few changes to the health and human service programs serving older adults and persons with disabilities.

Among the increases in the document is \$61.6 million in primarily federal funds for additional payments to health plans that participate in the Health Homes Program beginning January 2016. The program permits DHCS to develop a health homes program will provide comprehensive care management, care coordination, health promotion, comprehensive transitional care, individual and family support, and referral to community and social support services. The May Revise also includes an increase of \$147.6 million General Fund in 2014-15 and \$179.1 million General Fund in 2015-16 associated primarily with increases in IHSS caseloads. The Governor's revised budget also includes an unexpected proposal for a multi-year goal of closure of the State's three remaining developmental centers, with a closure goal of 2018.

Information from Department of Finance, *2015-2016 May Revision Summary*, May 14, 2015 and CDCAN DISABILITY-SENIOR RIGHTS REPORT, CALIFORNIA DISABILITY-SENIOR COMMUNITY ACTION NETWORK, MAY 14, 2015, THURSDAY MORNING.

NIH Recommends New Approach to Alzheimer's Disease Research

Recommendations released on May 1 by the National Institutes of Health call for a "bold and transformative Alzheimer's disease research agenda." Developed at the recent [Alzheimer's Disease Research Summit 2015: Path to Treatment and Prevention](#), the highly anticipated recommendations provide the wider Alzheimer's research community with a strategy for speeding the development of effective interventions for Alzheimer's and related dementias.

The recommendations, which are to be considered by the National Advisory Council on Aging at its meeting this week outline new scientific approaches to address critical knowledge gaps and propose ways to harness emerging technologies to accelerate treatments for people at all stages of the disease. They also identify infrastructure and partnerships necessary to successfully implement the new research agenda and strategies to empower patients and engage citizens.

Overarching Alzheimer's disease research themes include:

- Understand all aspects of healthy brain aging and cognitive resilience to inform strategies for Alzheimer's disease prevention.
- Expand integrative, data-driven research approaches such as systems biology and systems pharmacology.
- Develop computational tools and infrastructure in order to enable storage, integration and analysis of large-scale biological and other patient-relevant data.
- Leverage the use of wearable sensors and other mobile health technologies to inform discovery science as well as research on Alzheimer's disease care.
- Support and enable Open Science in basic, translational and clinical research.
- Change the academic, publishing and funding incentives to promote collaborative, transparent and reproducible research.
- Invest in the development of a new translational and data science workforce.
- Engage citizens, caregivers and patients as equal partners in Alzheimer's disease research.

To read more about the February 2015 research summit and recommendations, visit:

<http://www.nia.nih.gov/research/recommendations-nih-ad-research-summit-2015>

Excerpted from National Institutes of Health news release, *NIH summit delivers recommendations to transform Alzheimer's disease research. May 1, 2015.*

Long-Term Care Reform Package Making Its Way Through Legislature

California legislators are considering a package of 24 bills this session collectively aimed at improving the state's support network for aging services and long-term care.

The bills – 12 in the Assembly and 12 in the Senate – deal with a variety of issues involving some of the 112 separate programs for aging and long-term care overseen by 20 different agencies and departments in the state and county governments.

Many of the reforms are in response to a report by the Senate Select Committee on Aging and Long Term Care, which spent more than a year reviewing services for older people in California. The committee's report – "[A Shattered System: Reforming the Aging and Long Term Care System in California](#)" – contends that the state's disparate efforts to support aging Californians are disjointed and less effective than they could and should be.

The bills from more than a dozen lawmakers range from sweeping reforms, such as those proposed by Sen. Carol Liu (D-La Cañada Flintridge), to specific, finite changes, such as a 60-day limit for investigating nursing home complaints and broadening the scope of practice for nurse practitioners.

Liu, chair of the Senate Select Committee on Aging and Long Term Care, introduced legislation that would create a new HHS department – the Department of Community Living, create a new post – Assistant Secretary of Aging and Long Term Care, and develop a state Aging and Long Term Care Plan. Another Liu bill calls for the creation of a statewide web portal linked with regional websites giving consumers and caregivers information on aging and long-term care services and supports.

Reprinted from California Healthline - *Long-Term Care Reform Package Making Its Way Through Legislature*. Monday, April 27, 2015

CCoA joins Long List of Advocates Voicing Support for Older Americans Act Reauthorization

California Commission on Aging

Virgie Walker,
Chair, Carson

Marian Last,
Vice Chair,
Rossmoor

Commissioners

Donna Benton,
Los Angeles

Betsy Butler,
Marina del Rey

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 Schuldberg,
Chico

Ed Walsh,
Rancho Mirage

California organizations have joined the long list of advocates nationwide calling for reauthorization of the Older Americans Act in 2015. The *California Commission on Aging* partnered with *C4A* and the *California Association of Public Authorities* in sponsoring **ACR 38** in the State Legislature, which honors the continued value of OAA programs during the Act's 50th anniversary year and calls on Congress to reauthorize and fully fund OAA programs in 2015. Carried by Assembly Aging & Long-Term Care Committee Chair Cheryl Brown, the resolution won unanimous support in the Assembly last week.

In a January 20, 2015 press release, the *National Consumer Voice for Quality Long-Term Care* (Consumer Voice) applauded the bipartisan introduction of the **Older Americans Act Reauthorization Act of 2015, S. 192**. The Consumer Voice notes that without reauthorization "the future of essential programs and services under the Act that benefit seniors – such as home-and-community based services; nutritional and transportation programs; family caregiver support; and programs that protect vulnerable seniors, such as the long-term care ombudsman reauthorization, program – remain uncertain. In addition, the reauthorization of the *Older Americans Act* allows Congress to update and improve upon the law's vital programs and services. S. 192 would strengthen the current law in a number of ways."

In the *National Association of Social Workers'* (NASW) April 2015 press release, NASW noted the importance of the OAA to the social work profession, pointing to vital services that help older adults remain healthy and independent, as well as those seeking address neglect, abuse and exploitation of the elderly. According to NASW "Reauthorization offers critical opportunity to meet the needs of a 21st century population."

Other organizations advocating for OAA reauthorization include LeadingAge; National Committee to Preserve Social Security; the National Association of Nutrition and Aging Services Programs; AARP; Eldercare Workforce Alliance; Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE); and the Leadership Council of Aging Organizations.

Information from: National Association of Social Workers. Issue: *Support Reauthorization of the Older Americans Act (S.192) to Support Older Adults Dignity and Independence*. April 2015 press release. - Consumer Voice Applauds Introduction of Bipartisan Legislation to Reauthorize the *Older Americans Act* in the U.S. Senate - *Bill would Strengthen Long-Term Services and Supports*. January 20, 2015.

AGEWATCH

May 2015

Upcoming Events

May 15, 2015 – **Building Awareness of Elder Financial Fraud and Abuse**; screening of *Fleeced: Speaking Out Against Senior Financial Abuse*. 1:00 pm – 2:30 pm, Davis Senior Center, 646 A Street, Davis, CA 95616. Call (530) 757-5696 to RSVP.

May 19 - 20, 2015 – **Triple-A Council of California**. Vagabond Inn, Sacramento. www.4tacc.org for information.

June 15, 2015 – First Global Summit on Elder Financial Exploitation in honor of the 10th anniversary of World Elder Abuse Awareness Day. Washington, D.C. www.napsa-now.org/WFAAD for details.

June 16 - 17, 2015 – **California Commission on Aging**. Embassy Suites Hotel, San Diego. www.ccoa.ca.gov for agenda and meeting information.

California Commission on Aging staff:
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Carol Sewell, Legislative Director