

TO: VCAAA Advisory Council Members

FROM: Ginny Rockefeller, Chair

DATE: June 16, 2015

SUBJECT: Health Issues Committee Meeting Report from June 16, 2015

Committee Members Present (4)

Jay Evans (City of Camarillo)

Lori Harasta (Ventura COA)

Ginny Rockefeller (City of Ojai)

Sue Tatangelo (Family Caregiver Representative)

Health Issues Committee Members Absent (3)

Smita Dandekar (Supervisorial Appointee)

Lisa Hayden (Supervisorial Appointee)

Rosemary Flores Gordon (Service Provider representative)

VCAAA Staff Present (4)

Patti Jaeger, Registered Dietitian

Victoria Jump, Director

Elizabeth Renteria, Outreach Coordinator

Christine Voth, Manager, Business Strategy and Strategic Planning

Guests (3)

Blair Craddock, Camarillo Health Care District

Diane Emerick, County of Ventura, Public Health

Steve Lehman, Manager, SCAN Health and Wellness Center, Ventura

- 1. Welcome and Introductions**
- 2. Minutes approved from meeting on May 19, 2015** (J. Evans/S. Tatangelo)
- 3. Public comments.** Steve Lehman shared information and distributed a flyer about a new evidence-based class, *Tai Chi Rehabilitation*, which will be presented at the SCAN Health and Wellness Center. Camille Torgeson will teach the class. The class targets persons recovering from an illness or surgery. A person does not need to be a member of SCAN to take the class. Steve also shared information about a balance screening

that will be conducted on the afternoon of June 17. Spaces are still available for interested persons.

4. **Worksheet for Committee Goals and Objectives:**

- a. **Goal #1. Updates on evidence-based exercise classes and facilitator training; flyer and Optimal Living Club.** Blair Craddock distributed two updated flyers for the classes and provided an update on the scheduling of the classes. She has talked to several people/instructors regarding venues and scheduling of classes. Victoria Jump expressed appreciation to Blair for all the hard work she has done to coordinate the classes, develop the flyers and track the data. If anyone has an idea for a venue, please advise Blair. Lori Harasta will ask Hans Hormann, director of the Ventura Avenue Adult Center, about using space in that facility.

Victoria would like to have impact quotes from persons who have taken the class, such as comments from participants about improvements in health and/or function that they have noticed since taking the class. Sue Tatangelo said she will bring some participant quotes/feedback to the next meeting.

- b. **Goal #2 and #3. Elder Economic Index (EEI); People 65+ Living Below Poverty Level in Ventura County (LBPL); and 2015 SocioNeeds Index (SNI).** Attendees reviewed both tables and asked questions. Victoria Jump said she would like to give priority to providing evidence-based fitness classes in those zip code areas where the poverty level is high for persons aged 65+ and the Health Rank⁴ is high. The index shows that these communities meet that criteria: Fillmore (93015), east Oxnard (93030) and College Park area of Oxnard (93033), Port Hueneme (93041), Santa Paula (93060) and western/downtown Ventura (93001).

- c. **Goal #4. Review latest Senior Nutrition Placement and update on FOOD Share's food truck.** Patti Jaeger showed the newest placemat to the group, which is in process of being distributed. A Spanish version will be distributed to those meal sites that requested them. VCAAA intends to distribute twelve placemats per year to the congregate meal sites, home delivered meal recipients and Senior Share (Brown Bag) recipients. It was noted that the exercise models on the placemats are VCAAA staff members Rosemary Hernandez and Charlie Pember.

The group agreed that the placemat provides excellent information and is attractive. Patti reported that consumer feedback has been very positive. She added there has been an increase in the number of seniors wanting nutrition counseling, which she feels is a result of featuring this service on the placemat. Victoria said the placemat project

⁴ Health Rank is derived from the 2015 SocioNeeds Index created by the Healthy Community Institute. The index measures 100+ social, health and economic factors in a community and assigns a score. Scores range from 1 (lowest in need) to 5 (in greatest need). Note that the health rank pertains to persons of all ages (not just older adults).

was undertaken to address the issue of food insecurity and provide nutrition education. Steve Lehman remarked the placemat could be “taken to the next level” wherein the private sector may want to utilize it. He asked if it was being shared throughout the state. Victoria said no, she is waiting until the Spanish version is available; and, she would prefer to present it as a completed project. Ginny Rockefeller remarked, “This proves that committees work!”

Patti Jaeger provided an update on SNAP-Ed. She said that 25 more sites have been added based on census data and/or congregate meal participants self-reporting that they are low income. To be a SNAP-Ed site, 51% the congregate meal participants must self-report as being low income. VCAA provides SNAP-Ed to Cal-Fresh (food stamp) eligible persons aged 60 and older, and Public Health service persons under the age of 60. Sue Tatangelo noted the importance of low-income congregate meal participants reporting (on the Senior Nutrition intake form) the correct income level versus selecting “not stated.”

Regarding the FOOD Share’s new food truck, Christine Voth said she would follow up with Susan Haverland to check on the current status of the truck. Patti has seen the truck and reports it is a “huge, beautiful truck with a state-of-the-art kitchen.” She said that FOOD Share plans to hire a chef to do cooking demonstrations, and fresh produce will be distributed. The truck will appear in communities that are designated low income per the US Census. Ginny said it would be helpful to have a schedule of when and where the truck will be.

- d. **Goal #5. Follow-up discussion on Second Patient Syndrome.** As a follow-up to the May meeting, Diane Emerick reported her intern will start tomorrow. At the May meeting, there was discussion about whether people understood the phrase, *Second Patient Syndrome*. Sue Tatangelo conducted some Internet research on the term. As a result of her research, she recommends the committee use the phrase, Caregiver Second Patient Syndrome, rather than just Second Patient Syndrome.
5. **Faith based event in the future.** This item was tabled. Lori Harasta will contact Teri Helton (who is interested in presenting an event) and advise her this item will be addressed when she is next able to attend a Health Issues Committee meeting.
6. **Prioritizing Health Issues Committee issues, goals and objectives for VCAA’s Master Strategic Plan for 2016-2020, and beyond.** Christine gave of the brief overview of process of developing the master strategic plan. She asked members to think about

the priorities for health issues that they would like to have included in the plan. This topic will be addressed at a future meeting.

7. **Other Committee Involvement/Notification, if any:**
 - **Optimal Aging Committee.** This committee has added items for inclusion in the Optimal Living Club kit.
8. **Information Items:**
 - a. **Silver Sneakers Program.** In response to a request made at the May meeting, information was shared about the program and the locations where the program is available in Ventura County. Lori Harasta commented that the Center for Medicare/Medicaid (CMS) needs to be educated on the importance of paying for more programs like this one. Sue Tatangelo remarked that demonstration projects are being paid for by insurance companies. Steve Lehman said there are many excellent programs available despite them not having the designation of being evidence-based.
 - b. **California Health Care Almanac 2015.** Staff distributed a handout regarding this booklet, including the web link to view/download it. The report, developed by the California Health Care Foundation, shows 11.4 million California adults have at least one chronic condition.
9. Next Meeting Date: July 21, 2015, from 1 PM to 2:30 PM
10. The meeting was adjourned at 2:35 PM.