



VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

November 12, 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 | | Nick
Fotheringham |
| | 2. | Pledge of Allegiance | | Nick
Fotheringham |
| | 3. | Approval of Area Agency on Aging Advisory Council Minutes of September 9, 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. | | |
| | 5. | Consent Agenda Items | | Nick
Fotheringham |
| | | 5.1 Outreach Committee Report from September 29, 2015 | | |
| | | 5.2 Outreach Committee Report from October 27, 2015 | | |
| | | 5.3 Legislative Committee Report from September 9, 2015 | | |
| | | 5.4 Health Issues Committee Report from September 15, 2015 | | |
| | | 5.5 Senior Nutrition Committee Report from September 21, 2015 | | |
| | | 5.6 Optimal Aging Committee Report from September 23, 2015 | | |
| | | 5.7 Livable Communities Report from September 9, 2015 | | |

DISCUSSION ITEMS/PRESENTATION/MOTION

- | | | | | |
|----------|-----|--|--|------------------------|
| 9:15 a.m | 6.1 | Approval of Optimal Aging Committee Meeting Report from October 28, 2015 and Recommendation to Adopt FY 2015-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan | | Sylvia Taylor
Stein |
| | 6.2 | Approval of Senior Nutrition Committee Meeting Report from October 19, 2015, Including the Recommendation to Direct Staff to Issue a Request for Proposal or Invitation to Bid (RFP/IFB) for Operation of the Senior Nutrition Program for FY 2016-2020; Continue Minimum Baseline Funding for the Smaller Sites in FY 2016-2020; Provide Funding for Site Operation at \$2.75 per Congregate Meal and \$3.00 Per Home Delivered Meal Served; Require All Congregate Meal Programs to Serve a Minimum of Five (5) Days Per Week, Unless Otherwise Approved; Purchase Food for the Program From a Single Vendor For FY 2016-2020; Continue Funding VCAAA Program Oversight at \$173,473 Per Year; and Approve the Use of \$100,345 in FY 2015-2016 One-Time-Only Funds to Cover Additional Jordano's Food Costs | | Toni Olson |

- | | | |
|-----|---|-------------------|
| | Incurred in the First quarter, and to Cover Additional Food Costs Projected Through the Rest of the Fiscal Year. | |
| 6.3 | Approval of the Health Issues Committee Meeting Report from October 20, 2015, and Recommendation to Adopt FY 2015-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan | Ginny Rockefeller |
| 6.4 | FY 2014-2015 Program Performance | Brian Murphy |
| 6.5 | FY 2016-2032 Strategic Plan Discussion | Staff |

INFORMATIONAL ITEMS

- | | | |
|----------|--|-------------------|
| | 7. Advisory Council Meeting Schedule for FY 2015-2016 | Victoria Jump |
| | 8. Other Committee Meetings: | June Glasmeier |
| | a. California Senior Legislature Update | |
| | b. Triple A Council of California Update | |
| | 9. Committee Membership List for FY 2015-2016 | Victoria Jump |
| | 10. California Commission on Aging AgeWatch for September 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:

Wednesday, January 13, 2016 (9:00 am – 10:30 am)
 Area Agency on Aging Advisory Council Center
 646 County Square Drive, Ventura

Individuals who require accommodations for their disabilities (including interpreters and alternate formats) are requested to contact the Area Agency on Aging staff at (805) 477-7300 at least five days prior to the meeting.

VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING MINUTES

Advisory Council Center
646 County Square Drive, Suite 100
Ventura, CA 93003
September 9, 2015

Advisory Council Members Present

Cleo Anderson (Special Population)	Marty Kaplan (Supervisory Appointee)
Dani Anderson (Special Population)	Suz Montgomery (Ventura COA)
Paul Boog (Port Hueneme COA)	Antoinette Olson (Simi Valley COA)
Kay Brainard (Oxnard COA)	Ginny Rockefeller (Ojai COA)
Jay Evans (Camarillo COA)	Neill Spector (Simi Valley COA)
Sandra Fide (Moorpark COA)	Sylvia Stein (Service Provider)
Nick Fotheringham (Thousand Oaks COA)	Alice Sweetland (Oxnard COA)
June Glasmeier (CSL)	Sue Tatangelo (Special Population)
Rose Gossom (Supervisory Appointee)	Robert Taylor (Camarillo COA)
Lori Harasta (Ventura COA)	Donald Todd (Special Population)
Lawrence Hartmann (CSL)	Vicki Tripoli (Moorpark COA)
Nancy Healy (Thousand Oaks COA)	Bill Witt (CSL)

Advisory Council Members Absent

Smita Dandekar (Supervisory Appointee)
Rosemary Flores-Gordon (Service Provider)
Lisa Hayden (Supervisory Appointee)
Marcy Sherbok (Special Population)

VCAAA Staff Present

Marleen Canniff	Katharine Raley
Victoria Jump	Beth Shephard
Brian Murphy	Karen Howard
Monique Nowlin	

Guests

Carol Leish	Martha Shapiro
Marie Garfio	Daniela Flores
A Hildalgo	
Phil Chandler	
Judy Jones	
Blair Craddock	

- 1. Call to Order and Review of Agenda** - The meeting was called to order at 9:03 a.m. by Chair Nick Fotheringham (Thousand Oaks COA). Nick welcomed the new members to the council.
- 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 July 8, 2015, meeting were approved. (Evans/Gossom/Passed). Dani Anderson abstained from voting.

4. Public Comments –

Carol Leish – Carol is a disability awareness speaker who introduced herself to the group. She has a seminar called “Call Me Capable”. She offered to do a presentation for the Advisory Council in the future. She mentioned that the Ventura Council for Seniors will be holding its second senior mobility transportation forum on September 16 from 9:30 – 11:30 am at the Salvation Army Silvercrest apartments.

Phil Chandler – Phil is with Right at Home, a homecare agency. He mentioned that the Ventura Chamber of Commerce is starting another class of “Leadership Ventura”. Leadership Ventura is a professional development class that the Chamber runs. Graduates of the class represented on the advisory council included Lori Harasta and Suz Montgomery.

Marie Garfio – Marie works for the city of Fillmore Senior Center. She mentioned that on October 24, 2015 there will be a resource fair at the Fillmore Senior Center.

Toni Olson – Toni mentioned that on Saturday September 12, 2015, the Simi Valley Council on Aging will be holding a Bingo Bonanza. On October 23 and 24, they will also be holding their annual arts and crafts fair along with their popular all you can eat pancake breakfast.

June Glasmeier – June asked that the agency return to mailing out paper copies of packets for those that want them.

Nancy Healy – Nancy mentioned that the Thousand Oaks Council on Aging will be holding a follow-up Village to Village meeting on October 26, 2015 at the Thousand Oaks Library from 4-5:30 pm and 6-7:30 pm.

5. Consent Agenda Items – the consent agenda containing the Outreach Committee Report from July 28, 2015, Health Issues Committee Report from July 21, 2015, Senior Nutrition Committee Report from July 20, 2015, and the Optimal Aging Committee Report from July 22, 2015, was accepted. (Boog/Todd/Passed).

6. Discussion Items/Presentation/Motion

6.1 **November 2015 Senior Summit** – Supervisor Linda Parks told the Advisory Council about the November 14, 2015 Senior Summit to be held at Cal State Channel Islands. The theme this year is “There’s no place Like Home” with a focus on housing. Lunch will be provided as well as a bus service. The event will run from 9 am – 2:30 pm.

6.2 **FY 2014-2015 Program Performance.** Brian Murphy, VCAAA Fiscal and Contracts Manager presented the data from FY 2014-2015. Questions were asked relating to serving more than 100%, why some numbers appeared to be so high and questions related to the cost of the senior nutrition meal.

6.3 **FY 2015-2016 Strategic Plan Discussion.** Advisory Council members were given an update on the July 2015 Strategic Plan activity. Advisory council members discussed what the agency role should be and what partnerships and resources are needed.

7. **Advisory Council Meeting Schedule.** The meeting schedule for FY 2015-2016 was included for informational purposes.
8. **CSL/TACC Update.** June Glasmeier provided a short update. CSL is in trouble financially and will not be having an annual meeting in Sacramento in October due to the cost. June also mentioned that AB2X15, the Death with Dignity Bill, has been introduced and a special session convened.
9. **Committee Membership Selection for FY 2015-2016.** Included for informational purposes.
10. **California Commission on Aging AgeWatch for June 2015.** Included for informational purposes.
11. **Comments from the Chair** – Nick Fotheringham had no comments.
12. **Other Business** – none.
13. **Adjournment** – the meeting was adjourned at 10:35 am.

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TO: VCAAA Advisory Council Members
FROM: Marty Kaplan, Committee Chair
DATE: November 12, 2015
SUBJECT: Outreach Committee Report from September 29, 2015

Committee Members Present

Marty Kaplan (Supervisory Appointee)
Rose Gossom (Supervisory Appointee)
Kay Brainard (Oxnard)

Committee Members Absent

Paul Boog (Port Hueneme)
Robert Taylor (Camarillo)
Rosemary Flores-Gordon (Service Provider)
Lori Harasta (Ventura)
Cleo Anderson (Special Population Seat – Mental Health)

VCAAA Staff Present

Monique Nowlin
Beth Shephard
Aracely Garcia

Guests

None

1. **Call to Order** – The meeting was called to order at 9:12 a.m. by Marty Kaplan, Committee Chair. A quorum was not present.
2. **Welcome and Introductions** – None
3. **Public Comments** – No public comments.
4. **Review Agency Postcard Sample** – Monique reviewed the revised postcard with the Committee. The Committee approved the postcard for distribution to the public.
5. **Discuss Media Opportunities** - Discussion was held regarding an opportunity to purchase advertising space with Cumulus Media. The Committee would like Staff to prepare a report that delineates the following: cost, is it a feasible expense within the confines of the Agency budget, do we have the staffing in place to handle the content development and recording. Staff will report back to the Committee as soon as possible on this issue.
6. **Other Committee Involvement/Notification** – There was additional discussion, continued from July meeting, that there should be collaboration with the Optimal Aging Committee.

7. **Next Meeting Schedule** – October 27, 2015, 9:00 a.m. – 10:30 a.m.

8. **Adjournment:** – The meeting was adjourned at 10:10 a.m. by the Chair, Marty Kaplan.

TO: VCAAA Advisory Council Members
FROM: Marty Kaplan, Committee Chair
DATE: November 12, 2015
SUBJECT: Outreach Committee Report from October 27, 2015

Committee Members Present

Rose Gossom (Supervisory Appointee)
Lori Harasta (Ventura)
Kay Brainard (Oxnard)
Cleo Anderson (Special Population Seat – Mental Health)

Committee Members Absent

Marty Kaplan (Supervisory Appointee)
Paul Boog (Port Hueneme)
Robert Taylor (Camarillo)
Rosemary Flores-Gordon (Service Provider)

VCAAA Staff Present

Monique Nowlin
Beth Shephard
Aracely Garcia
Vanessa Soto

Guests

None

1. **Call to Order** – The meeting was called to order at 9:05 a.m. by Rose Gossom, Acting Committee Chair in Marty's absence. A quorum was not present.
2. **Welcome and Introductions** – Rose welcomed Cleo, as this was her first Outreach Committee meeting.
3. **Public Comments** – Lori shared some information on two upcoming events. Consider the Conversation on 11/4, sponsored by the Ventura Council for Seniors and Joint Replacement Educational Seminar on 11/20 sponsored by Livingston Memorial Visiting Nurses Association and Dr. Andrew Jeffers.
4. **Election of Committee Chair** – Tabled due to no quorum.
5. **Public Outreach Coordinator Recruitment**- Monique provided an overview of the open recruitment and reminded the Committee that the candidate selected will serve as Staff to the Outreach Committee once appointed.
6. **Discuss Speakers Bureau – Purpose and Deliverables** – Lori stated we should table this

agenda item until Marty could be part of this discussion, since this is his initiative. The Committee concurred and thus this item was tabled.

- 7. Discuss Goals and Objectives for 2015-16** – The Committee was provided two handouts stemming from the Advisory Council’s Strategic Planning Session. One handout was on the Agency Role and the questions posed to the Committee were as follows: Where do we want to go? Who do we want to be? And How can we be most effective with our resources (time and money)? Discussion ensued and the answers were as follows: Where do we want to go? The discussion revealed the Committee would like more coordination with the Councils on Aging and the Senior Centers in relation to outreach efforts and having outreach materials available at the Senior Centers on a more consistent basis. There was also discussion on the Agency reaching out to the local Credit Unions; Navy Federal Credit Union was mentioned. Lastly, they would like to see more collaboration with the military. The question regarding Who do we want to be, was answered by the Committee with the response “not just for seniors anymore”, the tagline they already came up with. In other words, the Committee wants to get the word out about the ADRC. In response to the question on how we can be most effective with our resources (time and money), the Committee stated that the rollout of the Speakers Bureau will save a great deal of staff time and money for the Agency by having volunteers go out presenting on various topics. Additionally, they suggested perhaps we could begin a newsletter and utilize existing social media to get the word out on various Agency issues, activities and outreach events. Further Kay suggested that the Agency notify the respective city representatives on the Advisory Council about upcoming outreach activities in their cities. The second handout was on Partnerships. The questions posed to the Committee was as follows: What partnerships will we need to rely on or which ones we will need to develop or cultivate to get where we want to be? Ensuing discussion on this question revealed that the Committee would like to further cultivate partnerships with the Councils on Aging, Faith Based Organizations, Senior Centers, the Military, large employers (i.e. Amgen, Proctor & Gamble and Patagonia), retirement groups Schools (colleges, high school and middle schools), medical clinics, hospitals, doctor’s offices and the Automobile Club (AAA).
- 8. Other Committee Involvement/Notification** – Lori provided an update on her involvement with the Health Issues Committee, the nexus being how that Committee is striving to educate the medical community and collaborate with the Evidence Based Health Promotion Coalition and perhaps the Outreach Committee can be part of those efforts.
- 9. Next Meeting Schedule** – November 24, 2015, 9:00 a.m. – 10:30 a.m.
- 10. Adjournment:** – The meeting was adjourned at 10:03 a.m. by the Acting Chair, Rose.

TO: VCAAA Advisory Council Members
FROM: Bill Witt, Chair
DATE: November 12, 2015
SUBJECT: **Legislative Committee Report From September 9, 2015**

Legislative Committee Members Present

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

Legislative Committee Members Absent

VCAAA Staff Present

Monique Nowlin
Katharine Raley

Guests

Sue Hughes, Deputy Executive Officer/Legislative Analyst, County of Ventura/CEO
Blair Craddock, Camarillo Health Care District
Suz Montgomery (Ventura COA)

- 1. Call to Order** – The meeting was called to order at 10:47 a.m. by Chair, Bill Witt. A quorum was present.
- 2. Welcome and Introductions** – Bill introduced Bob Taylor, new to the Legislative Committee.
- 3. Public Comments** – None
- 4. Special Guest – Sue Hughes, Deputy Executive Officer/Legislative Analyst, CEO** – Sue provided an overview of where the County is at legislatively speaking and spoke about the legal interests of the Board of Supervisors. She also shared that she will be meeting with the county departments to start working on the Board of Supervisors legislative agenda that gets created in November/December. After further discussion of legislative matters, including the coordinated care initiative and feasibility study relating to utilities, Sue suggested the Committee contact the office of Congresswoman Julia Brownley to see if we can get her or

her staff to come speak to the Legislative Committee. Bill thanked her for her time and asked Sue to return with an update after the County finalizes its legislative platform.

5. **Election of Committee Chair** – Bill opened nominations for the Chair. Nancy nominated Bill and he respectfully declined the nomination stating he had just served. Bill nominated Donald Todd and June nominated Sylvia Taylor-Stein. Since there were dual nominations on the floor, Bill called for a vote and Sylvia won the nomination and was elected to be the new Chair.
6. **Review of Legislation Introduced or Potential Legislation Affecting Seniors and Adults with Disabilities** – Tabled due to time constraints.
7. **Discussion Regarding the Development of the Legislative Platform for VCAAA** – Tabled due to time constraints.
8. **Other Committee Involvement/Notification** – There was no discussion regarding other Committee involvement.
9. **Next Meeting Date** – Next meeting is January 13, 2015
10. **Adjournment** – The meeting was adjourned at 12:00 p.m. by Chair, Bill Witt.

TO: VCAAA Advisory Council Members
FROM: Ginny Rockefeller, Chair
DATE: September 15, 2015
SUBJECT: **Health Issues Committee Meeting Report from September 15, 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 (Supervisory Appointee)
Lisa Hayden (Supervisory Appointee)
Rosemary Flores Gordon (Service Provider representative)

VCAAA Staff Present (3)

Patti Jaeger, Registered Dietitian
Monique Nowlin, Deputy Director
Christine Voth, Manager, Business Strategy and Strategic Planning

Guests (3)

Diane Emerick, County of Ventura, Public Health
Adele Damghany, County of Ventura, Public Health
Teri Helton, Livingston Memorial Visiting Nurses Association

1. **Welcome and Introductions**
2. **Public comments.** None
3. **Committee Goals and Objectives**
 - a. **Goal #4. Senior Nutrition Program Placemat.** Patti Jaeger provided an update on the placemats. She said there will be 15 versions of the placemat; and ten placemats have been completed with another five to be done. She indicated that the placemats will be recycled over time. A recommendation was made that the phone numbers for the resources be verified before each printing.

Patti has an intern starting soon; Patty will ask her to convert the placemat information to a newsletter format that can be featured on VCAAA website. The placemats are useful tool when Patty is providing nutrition counseling.

There was a discussion about making the placemats available to other entities. Teri would like a copy of the placemats on a regular basis for the CATCH program. Lori indicated it might be good to include copies of the placemats on the City of Ventura's website. Jay wondered if the VCAAA

Senior nutrition placemats are copyrighted, and asked if we could make them available to other AAA's. Monique said other programs have asked if they can buy the placemats Ginny remarked that the success of the placemat is an indicator of great teamwork. The placemat started with the food insecurity survey and it has evolved into the wonderful placemats that we have today.

- b. **Goal #1. Update on evidence-based fitness classes and facilitator training.** Regarding the Matter of Balance classes, Sue Tatangelo distributed an informative handout showing the total classes held since 2012 listed by class site, city, start date, finish date, language, number of persons enrolled, and the number of persons leading the training. The handout states there are 27 trained facilitators. A graph was attached to the handout. There has been us or hundred percent increase in enrollment. Surveys of participant satisfaction are 99% positive. One survey respondent indicated that they would like a video of the class. There is a high turnover of facilitators and three new facilitators will be trained in October, two of whom are bilingual.
- c. **Strategic Planning for 2016-2020.** Christine distributed a synopsis of the goals and objectives that the Health Issues Committee has addressed today. It showed goals (in alphabetical order), objectives to be accomplished or proposed in the status of those objectives and new ideas. Completed projects were not included on the list. There was a good discussion.

Regarding collaborations, Sue reminded that we need to raise awareness in the medical community (and specifically physicians) of long-term support services. The faith of healthcare is changing with new legislation, etc. Teri reminded that the faith-based community needs to be included. All agreed that successful collaborations means reaching out to the doctors and educating them through their support staff and consumers. Ginny highly recommended reaching out to the medical support staff. Sue remarked that the medical community needs to see us as being credible.

Relative to education, Jay recommended looking into offering continuing education unit classes. Perhaps a partnership with VCAAA and the Camarillo Health Care District might be a way to go to providing CEU's.

Lori suggested we might use the fall prevention program is a wants to reach medical professionals. Sue remarked that the community of constituents' phone calls may provide ideas on how the community could participate and benefit.

- 9. **Next Meeting Date: October 20, 2015, from 1 PM to 2:30 PM**

The meeting was adjourned at 2:20 PM.

TO: VCAAA Advisory Council Members
FROM: Toni Olsen, Chairperson
DATE: September 21, 2015
SUBJECT: **Senior Nutrition Committee Report from September 21, 2015**

Senior Nutrition Committee Members Present

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

Senior Nutrition Committee Members Absent

None

VCAAA Staff Present

Marleen Canniff
Patti Jaeger, R.D.
Brian Murphy

Guests – Robert Martin, Simi Valley Senior Services Assistant Manager
Suzanna Colwell, Simi Valley Meals On Wheels Coordinator
Hans Hormann, Ventura Adult and Senior Services Coordinator
Patty Bolland, Camarillo Health Care District Community Services Manager
Angel Sierra, Moorpark Active Adult Center Supervisor

1. **Call to Order** - Chairperson Toni Olson called to order the meeting at 10:02 a.m.

Welcome and Introductions

2. **Public Comments** - None
3. **Approval of Minutes from the 7/20/2015 Meetings** - *The motion to approve the minutes from the above prior meeting was made by Rose, seconded by Vicki, and was passed unanimously.*

4. **Meals Served Count and Cost Per Meal through August 31, 2015**

The meal count is at **122%** of contracted amount through the end of August. **34,329** meals were served the first two months of fiscal year 2015-16, with 16,813 of that amount served in August. Jordano's-supplied meal count is 14,226 for the month, and the non-Jordano's meal count is 2,587. The cost per meal for Jordano's-supplied food in August is \$3.97, with a total average YTD cost per meal at **\$4.15**.

5. Senior Nutrition Action Council S.N.A.C. Update - None

6. Future Funding Formula for Coming Request for Proposal (RFP) - Don iterated the importance of SNP Committee members hearing about the needs and operations from representatives at all meal sites to help the Committee become fully informed.

Discussion about the FY16-17 Funding Formula began with identifying notable dates: The Ventura County Area Agency on Aging must issue public notice of the Senior Nutrition Program Request for Proposals (RFP) by Friday, November 20. The decision for the FY16-17 Funding Formula is to be approved by the Advisory Council at its November 12th meeting. Therefore, any proposed change to the funding process will need to be completed by the end of October to give the SNP Committee time to review all information to deliver a recommendation to the Advisory Council. The RFP allows 30 days for the submission of applications, creating a due date of December 21 for all applications.

Staff recounted how the current Funding Formula was originally derived: In November 2009, the Advisory Council imposed a Minimum Baseline Funding amount of \$20,000 per year per SNP contractor so that smaller meal sites would be preserved. A Minimum Funding Policy was defined as follows: Heating and serving meals a minimum of four days per week, which also considered the cost of a part-time cook. The meal sites at the City of Fillmore, San Salvador Mission in Piru, and the City of Santa Paula were initially identified as needing minimal funding to remain viable. Because Port Hueneme did not provide congregate meal service, it did not meet the criteria under the Minimum Funding Policy, and so the 2009 task force decided that \$15,000 per year would suffice. During these 2009 discussions, the City of Moorpark was not included in the Minimum Funding Policy, because it was already close to the baseline funding minimum (\$20,000), and it was determined that including them in the funding formula for a baseline increase was more advantageous to them.

The larger sites – which included the City of Moorpark, Camarillo Health Care District, the City of Oxnard, the City of Simi Valley, the City of Ventura, Conejo Recreation and Parks District, and HELP of Ojai – would be allocated the rest of the state funding, mostly based on the number of meals those sites served the prior fiscal year. However, other indicators also determined the funding amount. For example, HELP of Ojai was given more funding per meal to continue its made-from-scratch meals to keep seniors attending its congregate site.

For FY15-16, the sites under the Minimal Funding Policy are Moorpark, Santa Paula, San Salvador Mission (each with an updated minimal baseline funding of \$21,282), and Port Hueneme (with a baseline funding of \$15,962). Funding for the remainder of the sites is divided up based on meal counts and various unique considerations.

Staff explained that if VCAAA had a standard cost per meal that was the same from site to site, it would be much simpler; however, the various cost factors at each site currently make that too difficult. For example, Simi Valley, Moorpark, Fillmore, San Salvador Mission, and HELP of Ojai generally serve hot home-delivered meals daily; Camarillo Health Care District and Port Hueneme use volunteers to deliver frozen HDMs on a weekly/biweekly basis; while Oxnard and Ventura subcontract to FOOD Share for their deliveries, costing Oxnard \$14.75 and Ventura \$13.25 per delivery per individual, regardless if the delivery is for five or 10 days of meals.

A question was raised as to whether or not it still makes sense to have a Minimal Funding Policy. This led to discussion about whether or not a change in the Funding Formula would make a

difference, being that most meal sites are currently presented with the same challenge: the need to expand services while facing inadequate funding. VCAAA is working with the County to keep them aware of the additional funding needed for senior nutrition meals. A suggestion was made that meal site representatives should inform their County Supervisor of their community's need.

Receivable: At the Funding Formula task force meeting on September 28, 2015, staff will bring more information on the Funding Formula.

a. Presentation on City of Simi Valley's Operations and Needs

Robert Martin and Suzanna Colwell presented Simi Valley's operations and needs. Simi Valley is contracted to serve 826 congregate meals per month (about 38 meals per day) and 2,477 Home-Delivered Meals per month (about 113 meals per day).

This past fiscal year, with additional funding from the SNP Incentive Fund, Simi Valley served an average of 44 congregate meals per day and used 25 volunteer drivers to deliver an average of 129 meals per day to homebound seniors from three routes delivering hot daily HDMs and two routes serving frozen meals. Simi Valley would like to make all five HDM routes hot-meal routes for its current 136 homebound seniors, 47 of whom are males and 89 females with an average age of 80.1 years old, and 44% live alone.

Suzanna revealed that Simi Valley's SNP has grown more than 100% in the past decade, serving 21,692 meals in FY04-05 and a total of 45,517 meals in FY14-15.

Simi Valley has received temporary funding of \$35,000 from its Council on Aging to address this growth of its Senior Nutrition Program; however, it is currently working with VCAAA to use these dollars to fund more Jordano's food. VCAAA orders food two months in advance of delivery to the sites, so that an adequate number of meals will be in Jordano's inventory at any given time. VCAAA will need to coordinate the ordering of any additional Jordano's food purchases funded from other sources (such as Simi Valley COA), so that adequate supplies of food will be available to all program sites.

Simi Valley runs an efficient program, using technology to streamline its processes. It uses volunteers wherever possible, such as working in the kitchen, delivering HDMs, preparing food daily, working the check-in desk, and providing help for people with disabilities. Simi Valley reported to VCAAA \$43,102 of in-kind contributions (volunteers mainly) in FY14-15 and left \$90,222 unreported. This reflects a total value of \$133,324 in volunteer service. Although Simi Valley documents these hours on timecards, the site chooses to leave many hours unreported to avoid unneeded paperwork required by the VCAAA grant. Robert and Suzanna expressed the great importance and appreciation of volunteers in its programming.

The Simi Valley site has many community partners supporting its programming. Among a list of examples, the City recently purchased new tables for the SNP multipurpose room where congregate meals take place, and it is currently revamping the kitchen. The Council on Aging upgraded the multipurpose room with the purchase of a new sound system and a T-Coil (Telecoil) system for the hearing impaired.

Robert invited all sites and committee members to visit the Simi Valley meal site to get a better idea of how things operate.

b. Presentation on City of Ventura's Operations and Needs

Hans Hormann presented the City of Ventura's operations and needs. Ventura is contracted to serve 452 congregate meals per month at its Ventura Avenue Adult Center Westside Café (about 21 meals per day, Monday through Friday between 11:30am and 12:30pm) and 1,167 home-delivered meals per month (about 53 meals a day). It also hosts a monthly LGBTQ Dinner, catered with Senior Nutrition Program-approved meals and serving an average of 40 people from the LGBTQ senior community.

Congregate Program: Hans explained that the senior population on the west side of Ventura is about 8,000, while residing on the east side of town are about 19,000 seniors. In FY2009-10 through FY2011-12, temporary state funding allowed Ventura to open a site on the east side town, the Eastside Café, which was hosted at the Salvation Army building on Petit Street. This site served as many as 45-60 seniors a day, and many of these seniors will not or cannot make it across town to the Westside Café on the Avenue. Hans expressed that these seniors have been asking that the Senior Nutrition Program once again be held at this location.

Congregate Program Suggestions: Hans presented ideas to add a second meal site on the east side, relocate the Westside café to the larger site on the east side, or increase funding on the west side to better reach the seniors on the other side of town.

Home-Delivered Meal Program: So far this fiscal year, Ventura has been serving as many as 70 home-delivered meals per day (currently at 132% of its contracted amount), while also maintaining a waitlist of 25 homebound seniors. FOOD Share charges \$13.25 per delivery: Deliveries are for either five or 10 days of frozen meals.

HDM Program Suggestions: Discussion followed about possibly using volunteer drivers for Ventura's HDM program to shave some expense. Hans expressed the importance of increasing HDM capacity.

Items for further discussion include: Is there minimum expectation of external support beyond the SNP grant funding? Should the sites be doing more to supplement additional funding needs?

7. Other Committee Involvement/Notification - None

8. Other Business - None

9. Future Meeting Schedule - Toni asked committee members to volunteer to be chairperson for the October 19 meeting, because she will not be able to attend. Jay, Don and Vicki volunteered for the position.

Funding Formula Task Force Meetings will be held on the following dates at 10 a.m.:

September 28, 2015

October 5, 2015

The next SNP Committee Meeting is scheduled for **Monday, October 19, 2015, at 10 a.m.**

Future SNP Committee meetings are scheduled for the third Monday of each month (excluding December) at 10 a.m. in the in the Advisory Council Room 148.

November 23, 2015

January 11, 2016

February 22, 2016

March 21, 2016

April 18, 2016

May 16, 2016

June 20, 2016

10. Adjournment - The meeting adjourned at 11:46 a.m.

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TO: VCAAA Advisory Council Members
FROM: Sylvia Taylor Stein, Chair
DATE: September 23, 2015
SUBJECT: **Optimal Aging Committee Meeting Report from September 23, 2015**

Members Present (7)

Rose Gossom (Supervisory Appointee)
Toni Olson (City of Simi Valley)
Ginny Rockefeller (City of Ojai)
Sue Tatangelo (Family Caregiver Representative)
Bob Taylor (City of Camarillo)
Sylvia Stein (Service Provider Representative)
Alice Sweetland (City of Oxnard)

Members Absent (3)

Lori Harasta (Ventura COA)
Marty Kaplan (Supervisory Appointee)
Donald Todd (Veterans Representative)

Non-Voting Members Present (1)

Teri Helton (Livingston Memorial VNA)

VCAAA Staff Present (2)

Monique Nowlin, Deputy Director
Christine Voth, Manager, Business Strategy and Strategic Planning

1. **Welcome and Introductions.** New Advisory Council member, Bob Taylor from Camarillo, was welcomed to his first meeting of this committee.
2. **Public Comments** - Sylvia shared that the recent fundraiser held at the Camarillo Airport to benefit Long Term Care Services of Ventura County, Inc. was success. All silent auction baskets were sold; people especially liked baskets that had wine, gift cards and restaurant cards. Casino and poker were popular at the event.
3. **Strategic Planning and Area Plan Update.** Christine Voth distributed a worksheet showing goals and objectives the OAC had agreed upon to-date. She reviewed the goals and objectives with the members; and for the benefit of the newer members, Christine provided background information on the creation of the committee and its goals and objectives. A lively and positive discussion followed and the list was revised. Remarks are documented in the worksheet that will be distributed at the October meeting.
4. **VCAAA E-Magazine Update.** At the last meeting in July, the committee made suggestions for the criteria for selecting someone to be featured in the VCAAA's E-Magazine. The staff person responsible for creating the E-Magazine moved out of

the area. When a replacement person is found, the E-Magazine will resume production. Meanwhile, Christine will prepare the recommendations made by the committee; and they will be available at the meeting on December 1.

5. **Other Committee Involvement/Notification, if any:**

Senior Nutrition. Toni Olson shared that the Senior Nutrition Committee will hold a work session on Monday, September 28, at 10 AM at VCAAA. The purpose of the session will be to discuss the formula for distributing Senior Nutrition Program monies when the new funding cycle commences in 2016.

6. **Next meeting: Wednesday, October 28, 2015.** Sue Tatangelo and Toni Olson said they would not be able to attend the October meeting.

The meeting adjourned at 2:12 PM.

TO: VCAAA Advisory Council Members
FROM: Jay Evans, Chair
DATE: September 9, 2015
SUBJECT: **Livable Communities Report from September 9, 2015**

Committee Members Present (3)

Jay Evans (City of Camarillo)
Rose Gossom (Supervisory Appointee)
Nick Fotheringham (City of Thousand Oaks)

Health Issues Committee Members absent (1)

Suz Montgomery (City of Ventura)
Toni Olson (City of Simi Valley)

VCAAA Staff Present

Victoria Jump, Director
Marleen Canniff, Grants Administrator
Beth Shephard, ElderHelp Program Coordinator
Ashley Alberts, HomeShare

1. **Welcome and Introductions**
2. **Public Comments - none**
3. **Election of Committee Chair for FY 2015-2016** – Jay Evans was elected chair by the committee.
4. **Report: VCAAA Transportation Program** – Beth Shephard provided a brief update of the VCAAA transportation program.
5. **Report: HomeShare Program** – deferred to November 2015 meeting due to time constraints.
6. **FY 2015-2030 Strategic Plan Discussion regarding housing, transportation and livable communities.** The majority of the meeting was spent reviewing the July 2015 Advisory Council Strategic Plan activity related to transportation with members discussing the current and future state of the system and everything from access to paratransit, pedestrian safety and DMV issues to the need for planning. The chart has been updated to reflect issues and opportunities and will be provided to the group at the November meeting. Discussion around housing needs was tabled until the next meeting.
7. **Other Committee Involvement/Notification, if any: none at this time.**
9. **Next Meeting Date: November 12, 2015 from 11 am – 12 pm**

The meeting was adjourned at 12:00 pm.

TO: VCAAA Advisory Council Members
FROM: Sylvia Taylor Stein, Chair
DATE: October 28, 2015
SUBJECT: **Approval of Optimal Aging Committee Meeting Report from October 28, 2015 and Recommendation to Adopt FY 2015-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan**

Members Present (5)

Lori Harasta (Ventura COA)
Marty Kaplan (Supervisory Appointee)
Ginny Rockefeller (City of Ojai)
Sylvia Stein (Service Provider Representative)
Alice Sweetland (City of Oxnard)

Members Absent (4)

Toni Olson (City of Simi Valley)
Sue Tatangelo (Family Caregiver Representative)
Bob Taylor (City of Camarillo)
Donald Todd (Veterans Representative)

VCAAA Staff Present (3)

Patty Jaeger, Registered Dietitian
Monique Nowlin, Deputy Director
Christine Voth, Manager, Business Strategy and Strategic Planning

1. **Welcome and Introductions**
2. **Public Comments** – Lori shared information about two upcoming events involving the Ventura Council on Seniors: on 11/4/15, at Ventura Adult and Continuing Education in Ventura, the documentary, Consider the Conversation. Discussion will follow with Dr. Lanyard Dial. On 11/20/15, a joint replacement educational seminar featuring Dr. Andrew Jeffers and hosted by Livingston Memorial Visiting Nurse Association.

Marty shared a chart reflecting responses from the village-to-village survey. Due to time constraints, this item will be discussed at the meeting on December 1.
3. **Committee report from meeting on September 23, 2015.** Minutes were approved. (Motion by Lori and seconded by Ginny.)
4. **Update on Senior Nutrition Program placemats.** Patti Jaeger reported twelve placemats have been completed and three placemats are at the printers. The

placemats have evolved from being 1-sided and English only, to 2-sided and in an English version as well as a Spanish version.

The current quantity of each placemat being printed is 3000. They are distributed to congregate meal sites, recipients of home delivered meals and Senior Share food bags. (Monique said that the placemats were also distributed recently, in Spanish and English, as an educational tool at a forum on fall prevention.) Each congregate meal site decides how to distribute their placemat allocation. The placemats are rotated approximately each month.

Patty reported that the seniors love the placemats, and she has even received calls on the recipes. She feels the increase in the number of persons requesting nutrition counseling is due to the placemats. Lori asked if it would be possible to get copies of all the recipes that have been included on the placemats. Ginny thought it would be nice to capture first reactions on the first day when new placemats are distributed.

The idea of the placemats originated with the Health Issues Committee, and input was sought from the Senior Nutrition Committee, and the Optimal Aging Committee. Patty shared prototypes of the beautifully designed placemats. OAC members enjoyed seeing the inclusion of Optimal Aging-oriented tasks on side 2 of each placemat.

4. **Strategic Planning and Area Plan Update.** Based on discussions held at the meeting on September 23, Christine distributed a new worksheet on the objectives. The committee reviewed a total of eleven objectives. Nine objectives were approved and are included in the attachment. Two objectives were deleted: (1) Create an Optimal Aging information packet that will be a living useable tool, and (2) post interviews of older adults on the VCAAA website. OAC members decided that replacing the packet with a flyer would be more beneficial. Posting interviews to the VCAAA website is already being done by VCAAA's E-magazine and Senior Tube, thus it would be a duplication of effort.
5. **Other Committee Involvement/Notification, if any.**
6. **Next meeting:** Tuesday, December 1, 2015, in VCAAA's Garden View Room

The meeting adjourned at 2:10 PM.

**OPTIMAL AGING COMMITTEE MEETING – October 28, 2015
2016-2020 GOALS AND OBJECTIVES – FINAL**

***“Old age is like everything else. To make a success of it, you’ve got to start young.”
---Fred Astaire***

OAC MISSION STATEMENT: The Optimal Aging Committee’s mission is to encourage and inspire older adults to enhance the quality of their lives, to maintain their identity and independence, to foster self-direction and to encourage them to be engaged and productive in a variety of activities regardless of disabilities or adverse medical conditions. The committee will accomplish this by exploring and recommending methods, programs, services and educational tools.

OAC TARGET POPULATIONS: First priority = persons aged 45 to 70 (based on survey and agreed upon in prior meetings). Second priority = persons aged 71 and older. *Note: If using Older Americans Act funds for any projects, the target audience must be aged 60 and older.*

GOALS:

Reminder: Goals are intangible. Objectives are measurable with start and end date.

1. To promote and facilitate positive aging, and overcome the stigma of ageism.
2. To facilitate opportunities for older individuals to engage in activities that will:
 - Enhance and maintain their sense of identity and self-worth;
 - Promote mental acuity, socialization and physical well-being, and
 - Nurture financial viability.
3. To educate and inspire Ventura County’s older adults, especially those aged 45 to 70 years, on how to plan successfully for their “second adult life-time.” To accomplish its goals, the OAC will (1) provide resources, education and information on successful aging, healthy aging, volunteerism, mentoring, intergenerational activities, financial planning and lifelong learning, and (2) will identify and collaborate with entities that support positive aging, and the goals of the OAC.

2015-2020 OBJECTIVES

OBJ. #	OBJECTIVE	REMARKS/STATUS	PRIOR-ITY
1	Create initial OAC goals and objectives for VCAAA's four-year Master Strategic Plan, 2016-2012. (Completed)	Each year, the OAC will have the opportunity to review and update goals and objectives.	A
2	Provide tips <i>or</i> brain engaging activities for the Optional Aging segment on Senior Nutrition Program Placements. (Ongoing)	Fifteen versions of the placemat have been designed. If funding becomes available, more versions (up to 24) will be created.	A
3	Create an Optimal Aging link on the VCAAA website that will provide information and resources on successful aging, and <i>Teaser Tips for Aging Well</i> . To be completed by 6/30/2016.	During the previous months, OAC members have submitted resources to C. Voth, and she has created a list of resources, which will be updated as needed. <i>Teaser Tips</i> will be light-hearted yet provide real information such as: "Never pass up the chance to go to the bathroom"; and personal tips, e.g., Supervisor Bennett suggests XYZ tip. VCAAA staff will create the link and load information onto the website.	B
4	Create an attractive deck of 52 spiral bound cards (that can be flipped) containing inspirational and/or informative tips for successful aging. Card decks will be available for sale (to recoup costs and raise funds). To be completed by 6/30/2017.	Cards could feature English on one side and Spanish on the other side. OAC members suggested partnering with (1) an entity (such as financial planner, health organization, etc.) that would underwrite the costs; or, (2) a nonprofit entity willing to secure grant funds for the project. The following action items should be considered: (1) Research current market to avoid duplication of effort. (2) Determine cost to produce cards. (3) Develop marketing plan.	C
5	Create and distribute a flyer that defines optimal aging and provides information on how to age successfully. To be completed by 6/30/2017.	Committee members exchanged excellent ideas on how to engage middle-aged persons (and their children and parents) to age successfully. The flyer could be sponsored by an insurance company; they have a vested interest in keeping their clients healthy and living a long time.	C

2015-2020 OBJECTIVES

OBJ. #	OBJECTIVE	REMARKS/STATUS	PRIOR-ITY
6	Hold an annual story contest about <i>“What Successful Aging Means to Me.”</i> To be completed by 6/30/2017.	Initial focus will be on involving young people in the lives of their elders; thus, partnering with a local school would be a good idea. Suggestions included having kids submit their stories and photos via Instagram. Criteria will need to be developed for the contest. Legal releases may be necessary so stories can be published in free print media and on VCAAA website.	C
7	Recommend that the Advisory Council create an annual award event/dinner to recognize the accomplishments of older adults and/or the magnificent state of aging. To be completed by 6/30/2020.	Categories for recognition might include writing, videography, art, persons who serve as role models in aging, etc. Award recipients might include persons of any age depending upon the topic and criteria. This activity would bring countywide attention to achievements related to aging, and to the VCAAA and its Advisory Council.	D
8	Hold a series of seminars featuring topics about successful aging, such as: Your Personal Plan for Longevity; Exploring Personal Values; Financial Planning; Managing Change; Self-Care and Balance; Housing and Living Arrangements; Physical Fitness; Mental Fitness, Exploring Resources for Well Being; Volunteerism; Legal Issues; and Spiritual Living. <i>(Some ideas for topics were extracted from the Collaborative on Positive Aging in Sonoma County.)</i> To be completed by 6/30/2020.	This would be an opportunity for collaborating with other organizations (nonprofit, and/or for-profit and/or government). Action items to consider: (1) Determine how many seminars to hold, topics and format. (2) Determine time frame to rollout seminars. (3) Identify possible venues. (4) Form an ad hoc planning committee that would include volunteers who have experience and/or ideas presenting such seminars. (5) Identify and arrange for speakers. (6) Publicize the seminars.	D
9	Gather stories/anecdotes from older adults on how to best prepare for the aging process; and provide those stories to free print media. To be completed by 6/30/2020.	This activity would serve the individuals who prefer reading print media as well as for persons who access electronic media.	D

TO: VCAAA Advisory Council Members

FROM: Vicki Tripoli, Chairperson (Pro Tem)

DATE: October 19, 2015

SUBJECT: Approval of Senior Nutrition Committee Meeting Report from October 19, 2015, Including the Recommendation to Direct Staff to Issue a Request for Proposal or Invitation to Bid (RFP/IFB) for Operation of the Senior Nutrition Program for FY 2016-2020; Continue Minimum Baseline Funding for the Smaller Sites in FY 2016-2020; Provide Funding for Site Operation at \$2.75 per Congregate Meal and \$3.00 Per Home Delivered Meal Served; Require All Congregate Meal Programs to Serve a Minimum of Five (5) Days Per Week, Unless Otherwise Approved; Purchase Food for the Program From a Single Vendor For FY 2016-2020; Continue Funding VCAAA Program Oversight at \$173,473 Per Year; and Approve the Use of \$100,345 in FY 2015-2016 One-Time-Only Funds to Cover Additional Jordano's Food Costs Incurred in the First quarter, and to Cover Additional Food Costs Projected Through the Rest of the Fiscal Year.

Senior Nutrition Committee Members Present

Rose Gossom (Supervisory Appointee)
Donald Todd (Veterans Representative)
Vicki Tripoli (Moorpark COA)

Senior Nutrition Committee Members Absent

Jay Evans (Camarillo COA)
Toni Olson (Simi Valley COA) - Chairperson

VCAAA Staff Present

Marleen Canniff
Patti Jaeger, R.D.
Brian Murphy

Guests – S.N.A.C. Board Officers: Gloria Smith, President; Terry Wolf, Treasurer
Patty Bolland, Camarillo Health Care District Community Services Manager
Debbie Estrada, Oxnard Senior Nutrition Program Coordinator
Hans Hormann, Ventura Adult and Senior Services Coordinator
Robert Martin, Simi Valley Senior Services Assistant Manager
Beverly Ruiz, Santa Paula Community Services Senior Coordinator
Angel Sierra, Moorpark Active Adult Center Supervisor

11. Call to Order - Acting Chairperson Vicki Tripoli called to order the meeting at 10 a.m. A quorum was present.

Welcome and Introductions

12. Public Comments - None

13. Approval of Minutes from the 9/21/2015 Meetings - Vicki Tripoli moved to approve the minutes from the above prior meeting; it was seconded by Donald Todd and was passed unanimously.

14. Meals Served Count and Cost Per Meal through September 30, 2015 - The meal count is at 114% of contracted amount through the end of September. 49,508 meals were served so far in fiscal year 2015-16, with 16,104 of that amount served in September. Jordano's-supplied meal count is 14,319 for the month, and the non-Jordano's meal count is 1,785. The cost per meal for Jordano's-supplied food in September is \$4.41, with a total average YTD cost per meal at \$4.56.

15. Senior Nutrition Action Council S.N.A.C. Update - The Senior Nutrition Action Council (S.N.A.C.) Thrift Shoppe continues to do well, with abundant donations coming in regularly, as well as a growth in shoppers. S.N.A.C. is in need of more volunteers at its Thrift Shoppe.

16. Future Funding Formula for Coming Request for Proposal (RFP)

The Senior Nutrition Program Committee stated that after having listened to input from most of the meal sites and studied the past and current funding formulas, they can agree on two points:

1. We do not have the resources to fully fund each site; and
2. We would like to preserve the autonomy of each site as long as they use the funds in accordance with the Older Americans Act.

The SNP Committee introduced the following Funding Formula proposals for discussion:

- 1) Continue Minimum Meal Count Policy at 100/week (about 5,000/year), but set a maximum to distinguish minimally funded sites from larger sites – possibly 10,000/year. This was not approved.
- 2) Continue minimum baseline funding of \$21,282 for smaller sites offering both Congregate and Home-Delivered Meals (HDM) and \$15,962 for a site that only provides frozen HDMs. This includes the City of Moorpark, the City of Santa Paula, and San Salvador Mission in Piru, because they must remain viable to serve hot meals daily; and the lesser funding amount of \$15,962 for the City of Port Hueneme, because it provides only frozen HDMs and no Congregate Meals. This was approved (Todd/Tripoli/Passed).
- 3) Remainder of funds would be distributed to the larger sites based on the number of meals those sites served the prior fiscal year (with a proposal to add HDM waitlist amounts), but on a tiered basis favoring HDMs. It was proposed to do this by weighting Congregate and HDM in relation to the difference in actual cost between the two. This was not approved.
- 4) Establish a minimum baseline amount for all SNP sites, regardless of size, with meal count separated above that with a flat-rate cost per meal to standardize a second-tier of funding to allow for equity. This was not approved.
- 5) Weight HDM more than congregate without concern between frozen and hot, due to the extra cost for each site in delivery and burden to perform this service. The Committee suggested that perhaps HDMs are of greater value because the homebound seniors in that program are generally in greater need than those in the Congregate Meal program.

A proposal was made to weight HDMs by adding a standard delivery cost per meal. This was approved (Tripoli/Todd/Gossom/ Evans/Passed)

Subsequent discussions between committee members and staff concluded with additional recommendations being made, which appear below. Some of the additions are to provide clarifying language in the RFP/IFB.

Recommendation

1. Direct staff to issue a Request for Proposal or Invitation for Bid (RFP/IFB) for operation of the Senior Nutrition Program for FY 2016-2020.
2. The RFP/IFB will continue the current minimum baseline funding of \$21,282 for the smaller sites, which include Moorpark, Santa Paula, and San Salvador Mission, because they must remain viable to serve hot meals daily; and \$15,962 for Port Hueneme, because it provides only frozen home-delivered meals and no congregate meals.
3. The RFP/IFB will provide the remaining funds to the larger sites based on the number of meals those sites propose to serve using a standardized funding per meal, weighting HDM more than congregate without concern between frozen and hot, but rather due to the extra cost for each site in delivery and burden to perform this service. The staff suggests funding congregate (C1) at \$2.75 per meal and HDM (C2) at \$3.00 per meal¹.
4. The RFP/IFB will require all congregate programs to serve a minimum of 5 days per week, unless otherwise approved.
5. The RFP/IFB will not provide additional funding for made-from-scratch meals to champion a standardized "funding per meal" formula. Potential sites can apply to cook and serve their own meals; however, they must be approved by the VCAA Registered Dietician and funding will not be provided beyond the average (currently Jordano's) food cost per meal (to be determined yearly) plus the home-delivered or congregate operational funding per meal, as listed in item #3 above.
6. The RFP/IFB will be opened to accept bids from qualified food suppliers with the award going to a single vendor for the next four years, commencing on July 1, 2016. The current cost per meal is \$4.56 (based on the three month's cost of food purchased through September 30, 2015). This cost per meal is variable.
7. VCAA program management will continue to be funded at \$173,473 per year. This covers program management, registered dietitian services, Care Access fees (Q data base system), transportation, and overhead. This amount may increase if potential sites elect to purchase and prepare their own food, as this is an additional cost for the Registered Dietician who must approve all menus.
8. The RFP/IFB will accept bids from qualified entities interested in providing congregate and/or home-delivered meals in their community. In order to address changing and future needs of communities, the RFP will ask potential qualified applicants to specify the quantity of congregate and home-delivered meals to be served. Preference will go to vendors that can provide both congregate and home-delivered meals.

As requested by committee members, see spreadsheet, *SNP Funding – Using a Standard Funding Amount per Meal*, on following page. Please note, this is an illustration to show what the current funding per senior nutrition meal site is along with the recommended standardization

¹ The available funding for the non-minimally funded sites (\$442,610) was divided by those sites' contracted meals (151,347) for FY15-16, resulting in a standard cost of \$2.92447 per meal. The HDM meal funding was weighted up to \$3.00 per meal. This left funding for the congregate program = \$2.75 per meal.

of funding per meal (\$2.75 congregate/\$3.00 home delivered). It shows the proposed funding formula implemented on the current baseline contracted meal counts. While based on the current meal status and not on potential needs, it illustrates more congregate meals and fewer home-delivered meals. Recommendation #8 above more accurately reflects the future of the program as potential sites can apply for what their community needs.

17. One-Time-Only Funds

As mentioned in agenda item number four above, the reported YTD SNP meal count is 114% of the contracted count. The food purchased from Jordano's by VCAAA is over budget through September 30, 2015, in the amount of \$43,725 (\$20,605 is due to price variance and \$23,120 due to volume variance). *Previously, only the price variance was reported, instead of the total variance.* The food budget for this period was \$159,889 and the actual cost was \$203,614. Sites have been asked to cut back on any extra meals. Projections show this overage would likely continue due to the need to serve more meals and to eliminate HDM waiting lists throughout the county. While staff is actively working to control these costs, funding for Jordano's food purchases for the program will run out before the end of the fiscal year if this cost overage isn't covered.

One-Time-Only (OTO) federal funds of \$100,345 for this fiscal year have been allocated to VCAAA for the Senior Nutrition Program. VCAAA staff proposed that these funds be used to cover the additional Jordano's food costs incurred in the first quarter, and to cover additional food costs projected through the rest of the fiscal year. *(Todd/Tripoli/Passed)*

Recommendation:

Approve the use of \$100,345 in FY 2015-2016 one-time-only funds to cover additional Jordano's food costs incurred in the first quarter, and to cover additional food costs projected through the end of the Fiscal Year.

SNP Funding - Using a Standard Funding Amount per Meal

	Funding	Meals	Per Meal
Minimally Funded SNP Sites	\$79,808	22,632	\$3.53
Non-Minimally Funded SNP Sites	\$442,610	151,347	\$2.92
Meal Service Funding	\$522,418	173,979	\$3.00
Food	\$793,168	173,979	\$4.56
Program Management	\$173,473	173,979	\$1.00
Total Funding	\$1,489,059	173,979	\$8.56
Shift from C1 to C2			
Non-Minimally Funded SNP Sites	\$442,610	151,347	\$2.92
		46,553	\$2.75
		104,794	\$3.00

The table below is an illustration to show what the current funding per senior nutrition meal site is along with the recommended standardization of funding per meal (\$2.75 congregate/\$3.00 home delivered). It shows the proposed funding formula implemented on the current baseline contracted meal counts. While based on the current meal status and not on potential needs, it illustrates more congregate meals and fewer home-delivered meals. To address changing and future needs of communities, the RFP will ask potential qualified applicants to specify the quantity of congregate and home-delivered meals to be served.

	FY15-16 Baseline Funding		FY15-16 Contracted		FY15-16 Baseline Funding		FY15-16 Contracted		FY15-16 Baseline Funding		FY15-16 Contracted		C1 & C2 Meal Count Differences Based on FY15-16 Funding
	C1 & C2	C1	C1	C2	C1	C2	C1	C2	C1	C2	C1	C2	
Minimally Funded SNP Sites													
City of Moorpark	\$21,282	\$9,172	3,262	\$2.81	3,262	\$3.04	3,988	\$3.04	3,988	\$3.04	3,988	0	0
City of Port Huemene	\$15,962	\$0	0	\$0	0	\$2.46	6,500	\$2.46	6,500	\$2.46	6,500	0	0
City of Santa Paula	\$21,282	\$21,282	4,900	\$4.34	4,900	\$0	0	\$0	0	\$0	0	0	0
San Salvador Mission	\$21,282	\$16,932	2,622	\$6.46	2,622	\$3.20	1,360	\$3.20	1,360	\$3.20	1,360	0	0
	\$79,808	\$47,386	10,784	\$4.39	10,784	\$2.74	11,848	\$2.74	11,848	\$2.74	11,848	0	0
Non-Minimally Funded SNP Sites													
CHCD	\$55,942	\$4,340	660	\$6.58	660	\$2.61	19,800	\$2.61	17,201	\$2.61	17,201	-2,599	-1,681
City of Fillmore	\$29,419	\$17,047	5,771	\$2.95	5,771	\$2.42	5,116	\$2.42	4,124	\$2.42	4,124	-992	-564
City of Oxnard	\$85,906	\$55,960	10,000	\$5.60	10,000	\$1.28	23,400	\$1.28	9,982	\$1.28	9,982	-13,418	-3,069
City of Simi Valley	\$110,394	\$40,276	9,910	\$4.06	9,910	\$2.36	29,728	\$2.36	23,373	\$2.36	23,373	-6,355	-1,620
City of Ventura	\$58,568	\$21,670	5,426	\$3.99	5,426	\$2.64	14,000	\$2.64	12,299	\$2.64	12,299	-1,701	753
Conejo Recreation & Park District*	\$29,321	\$29,321	10,511	\$2.79	10,511	\$0	0	\$0	0	\$0	0	0	151
HELP of Ojai	\$73,060	\$20,284	4,275	\$4.74	4,275	\$4.14	12,750	\$4.14	17,592	\$4.14	17,592	4,842	7,943
	\$442,610	\$188,898	46,553	\$4.06	46,553	\$2.42	104,794	\$2.42	84,571	\$2.42	84,571	-20,223	1,914

*CRPD excludes \$41,679 in funding for Jordano's Food.

Total SNP Grant Funding: \$522,418 \$230,577

18. Other Committee Involvement/Notification - None

19. Other Business

The City of Simi Valley has proposed to avail of funding from its Council on Aging (SVCOA) to serve an additional 660 meals per month beginning in December 2015. VCAAA will bill SVCOA each month for these additional food purchases from Jordano's, at the average food cost per meal for the program. The estimated cost of the food for these additional meals, based on the current YTD cost per meal of \$4.56 = \$21,067 ($\$4.56 \times 660 \text{ meals} \times 7 \text{ months}$).

20. Future Meeting Schedule

The next SNP Committee Meeting is scheduled for **Monday, November 23, 2015, at 10 a.m.**

Future SNP Committee meetings are scheduled for the third Monday of each month (excluding December) at 10 a.m. in the in the Advisory Council Room 148.

January 11, 2016
February 22, 2016
March 21, 2016
April 18, 2016
May 16, 2016
June 20, 2016

21. Adjournment

The meeting adjourned at 11:45 a.m.

TO: VCAAA Advisory Council Members

FROM: Ginny Rockefeller, Chair

DATE: October 20, 2015

SUBJECT: Approval of the Health Issues Committee Meeting Report from October 20, 2015, and Recommendation to Adopt FY 2015-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan

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 (3)

Katharine Raley, HICAP Manager
Christine Voth, Manager, Business Strategy and Strategic Planning
Patti Jaeger, Registered Dietitian

1. **Welcome and Introductions**
2. **Public comments.** Katharine shared information about the 38 One Stop events scheduled to assist Medicare-eligible individuals during open enrollment, which closes 12/7/2015. She urged persons to have their prescriptions evaluated each year because of changes in the formulary.
3. **Review/Approval of Minutes from September 15 meeting.** Approved (Jay/Ginny).
4. **Committee Goals and Objectives**
 - a. **Update on evidence-based fitness classes and facilitator training.** Blair is teaching a class today so Sue provided an update on the classes and a handout showing the list of classes held, and the number of individuals enrolled and number of individuals who have completed the classes since 2012.

Currently, there are 35 class facilitators and five master trainers. Sue said that one class will include a guest healthcare professional to talk about how to get up after a fall. It was mentioned that payments to some trainers are

overdue because of glitches in the County's new fiscal management system.

- b. **Strategic Planning for 2016-2020.** Christine distributed a new list of objectives, which reflect discussions held at the September meeting. The final results of the discussions held today (October 20) are on pages 3 and 4 of this report. To help with the discussion, staff distributed handouts showing recommendations on Social Services, Caregivers and Exercise, which were generated during a recent planning session held concurrent with an Advisory Council meeting.

There was considerable discussion about educating staff at health care facilities about community resources and resources for family caregivers. Hospitals do not always realize that their patients go outside their walls for other services. Sue and Katharine stated more legislation is coming regarding healthcare. Sue would be happy to provide information on legislative updates. She encouraged interested members to participate in the SCAN monthly calls and to learn more about the Community of Constituents. Sue said now is the time to educate health entities about long term services and supports, of which VCAAA and the Camarillo Health Care District are important parts.

It was remarked that the Coordinated Care Initiative program is expected to expand to other counties, including Ventura County, in July 2016. Katharine indicated that she is heard mixed reactions to the program.

There was also discussion about the Village-to-Village model that is being explored in Thousand Oaks. Lori thought it might be a good concept for Ojai residents. Patty asked if anyone knows how many village-to-village communities are in California.²

9. **Next Meeting Date: November 17, from 1 PM to 2:30 PM**

The meeting was adjourned at 2:22 PM.

² According to the www.vtvnetwork.org, the Village-to-Village model is a membership-driven, grass-roots organization run by volunteers and paid staff for the purpose of coordinating access to affordable services including transportation, health and wellness programs, home repairs, social and educational activities and trips; and offer vetted-discounted providers. The Village Model is intended to complement other community approaches to aging such as Naturally Occurring Retirement Communities (NORCs) and area agencies on aging programs. There are numerous programs nationwide in various stages of development. A map of these programs can be found at the www.vtvnetwork.org website

**SETTING PRIORITIES FOR FY 2016 TO 2020
HEALTH ISSUES COMMITTEE MEETING – FROM OCTOBER 20, 2015**

To discuss and identify priorities for 2016 to 2020, the committee reviewed a synopsis of the goals and objectives the committee had addressed in the prior and current fiscal years. The results of the committee member's discussion on October 20 are shown below. NOTE: Goals/objectives that pertain primarily to VCAAA staff (such as seeking out funding opportunities, updating the family caregiver resource list for the agency website and tracking data by ZIP Code of areas where seniors may reside at a higher health risk) will be addressed by VCAAA staff.

GOALS 2016 to 2020 (listed alphabetically)	
1	Education for the Consumer: Educate older adults to be wise health care consumers and to advocate for themselves by encouraging collaborations among the medical community, community based service programs, faith-based organizations, insurance providers and government entities, which will provide this information.
2	Education for Providers: Educate representatives of the healthcare sector, including but not limited to hospitals, physicians, discharge planners, home health agencies and health insurance providers about community and family caregiver resources and services.
3	Emerging Needs: Identify and address, where feasible, emerging needs relative to healthcare and physical well-being of older adults in Ventura County.
4	Fitness: Encourage and/or facilitate fitness activities for older adults in Ventura County utilizing evidence-based activities.
5	Family Caregivers: Support the family caregiver to mitigate Caregiver/Second Patient Syndrome.
6	Food Insecurity: Help to identify and address food insecurity issues older adults.

OBJECTIVES 2020 TO 2016			
	OBJECTIVES	REQUIRED ACTION: WHO, HOW & STATUS	PRI-ORITY *
1	Education for the Consumer: Collaborate with the Ventura County Evidence Based in Coalition and Fall Prevention Coalition to promote healthy living. Ongoing		A
2	Education for the Provider: Sponsor and/or collaborate with other organizations to present an educational event for health-related providers that will educate them about community resources.	Katharine volunteered to contact Mary at the VC Medical Association about creating an opportunity to educate MDs and their staff on how to bill CMS so seniors can get wellness checks every 12 months.	A

OBJECTIVES 2020 TO 2016

	OBJECTIVES	REQUIRED ACTION: WHO, HOW & STATUS	PRI-ORITY *
	To be completed by 12/31/2016.		
3	Fitness. Provide evidence based fitness classes for older adults throughout Ventura County. Ongoing.		A
4	Fitness. Collaborate with the Ventura County Evidence Based Coalition on the presentation of evidence-based classes. Ongoing.		A
5	Food Insecurity. Continue to work with VCAAA staff and other AC committees to develop additional healthy living placemats for the Senior Nutrition Program to be distributed at congregate meal sites, with home delivered meals and Senior Share. Ongoing.		A
6	Emerging Needs. Encourage medical and/or social/case management programming to low-income residents in senior housing communities to better facilitate aging-in-place. Ongoing.		B
7	Emerging Needs. Identify best practices that address the emerging health and wellness needs such as the Village-to-Village concept. To be completed by 6/30/2016.		B
8	Family caregiving. Encourage the presentation of and/or coordinate sponsorship of classes for nursing professionals on the topic of Caregiver/Second Patient Syndrome. To be completed by 6/30/2017.	Diane Emerick indicated that Public Health is working on developing this type of class. The committee will reach out to discharge planners, SNFs and home healthcare agencies and provide them with educational materials and possibly an educational event. Hospitals need to understand how critical family caregiver services are to the patient as well as the caregiver.	C
9	Family caregiving. Distribute tips for "taking care of yourself" to be provided to home care patients with caregivers. Suggestion: Assess what is currently being distributed by home health agencies and family caregiver centers. To be completed by 6/30/2017.		C
10	Food Insecurity. Work with Food Share to develop potential collaborations and		C

OBJECTIVES 2020 TO 2016

	OBJECTIVES	REQUIRED ACTION: WHO, HOW & STATUS	PRI-ORITY *
	opportunities for participation in outreach events with their food truck. To be completed by 6/30/2017.		

***Priority Code**

A	Highest Priority
B	Secondary Priority
C	Lowest Priority



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 2 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 11 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 22 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

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The California Senior Legislature Quarterly Connection

Agenda Item #8a

CSL Partner Newsletter

Summer 2015

California Senior Legislature

The CSL Celebrates 35 Years!
Submitted by Lauren Rolfe, JRC Chair

1020 N Street,
Rm 513
Sacramento,
CA 95814

Phone (916)
552-8056
Fax (916) 552-
8013

www.4csl.org

The California Senior Legislature (CSL) will be celebrating their 35th Anniversary this fall! Unfortunately, the 120 volunteer members from throughout the State will not be at the Capitol in late October due to a reduction in tax check-off contributions to the California Senior Legislature Fund (Code 427). However, members will still be working to identify the Top 10 State Senior Priorities and Top 4 Federal Senior Priorities for the 2016 Legislative Session.

What is the Most Important Box on the 2014 Tax Form for California Seniors?

American Red Cross, California Chapter Fund	• 425	0.00
California Senior Legislature Fund	• 427	110.00
Habitat for Humanity Fund	• 428	0.00
California Sexual Violence Victim Services Fund	• 429	0.00
110 Add code 400 through code 429. This is your total contribution	• 110	110.00

ON FORM 540 CA STATE INCOME TAX FORM

With the decline in donations from the tax check-off, the group decided they would conduct session this fall via teleconference and mail to identify the top priorities for California's aging population. This will be less expensive, but will preserve the long standing mission of the organization.

In lieu of the traditional Annual Session Program Booklet, the group will be publishing 35th Commemorative edition booklet. This publication will reflect the history, successes and 35 years of memories of the group known for "giving seniors a strong voice at the State Capitol." A limited amount of advertising space is available and commemorative letters are

welcome. Proceeds from this publication support the operating budget of the California Senior Legislature.

For details and advertising specifications, click here: [Advertisement Form](#)

While it is disappointing that the members will not be in Sacramento in October for their Annual Session, we will continue to work aggressively to make California a truly senior friendly state and our Legislative Committee will be walking the halls and knocking on doors of State Legislators in 2016 asking them to support senior friendly legislation.

Do You Want to Make A Difference in the Lives of Aging Californians?

The California Senior Legislature (CSL) is seeking Friends of CSL (FoCSL) Members throughout the State. Friends of CSL will help the CSL in its efforts to:

- Provide Input on Issues Affecting Seniors that need addressed through Legislation
- Promote and Support Legislative Proposals drafted by CSL
- Educate other Seniors about the Accomplishments of the CSL
- Participate in Rally Days and Other Advocacy Opportunities

Our goal is to raise awareness across the State and have strong representation and advocacy for seniors state wide.

All membership fees support the advocacy work of the California Senior Legislature. These fees help maintain a strong voice at the State Capitol for seniors across the Golden State!

We have a robust goal of 25,000 Friends of CSL members by 2020! Help us meet this goal, raise awareness of the CSL and spread awareness throughout the State.

Report from the Legislative Committee

The California Senior Legislature has been successful in getting nine (9) bills authored and two have already been enrolled. The remaining bills are still moving through their legislative committees.

CSL bills:

AB 139 Gatto
(White)

Nonprobate Transfers: Revocable Transfer on Death Deeds. Creates the revocable transfer on death deed which would transfer real property on the death of its owner without a probate proceeding. *Enrolled 9/4/15*

AB 441 Wilk (Kammerer)	Identity Theft: Seniors: Enhancements Provides an enhanced sentence of imprisonment for a felony conviction when the victim was 65 years of age or older.
AB 563 Lopez (Shontz)	Developmental Services Requires the State Department of Developmental Services and State Department of Aging to develop guidelines and protocols establishing best practices for providing services and supports to aging consumers with developmental and intellectual disabilities.
AB 643 Nazarian (Murphy)	Emergency Services: Silver Alerts Relates to a report of a missing person who is 65 years of age or older, developmentally disabled, or cognitively impaired. Authorizes the Silver Alert to be made by changeable message sign. <i>Enrolled 9/4/15</i>
AB 778 Chu (Gould)	Pharmacy Makes non-substantive changes to the Pharmacy Law that requires an oral or an electronic data transmission prescription to include a legible notice of drug purpose.
AB 1235 Gipson (Walker)	Long-Term Care: Home Upkeep Allowance To increase the personal allowance of Medi-Cal clients.
ACR 38 Brown (Young)	California Task Force on Family Care-giving Establishes the California Task Force on Family Care-giving, to collaborate with a broad range of stakeholders, and make legislative recommendations regarding the development of an Internet Website containing resources for caregivers. <i>To Third Reading</i>
ABX2-15 Eggmn, Alejo & Stone (Ryan)	End of Life Enacts the End of Life Option Act. Authorizes an adult who meets certain qualifications, determined by the attending physician to be suffering from a terminal illness to make a request for medication prescribed for the purpose of ending his or her life. <i>Committee on Finance</i>
AB 1275 Gray (Molnar)	Personal Income Taxes: Military Retirement Pay Excludes military pay and survivor benefits from taxation.

CSL Presents Proclamation to Ms. Senior California of America



*Senior Assembly Member Queen Johnson presents Proclamation
to Ms. Senior California*

Dr. Gayle Kalp Jackson

The San Diego Caucus of California Senior Legislature (PSA 23) attended the annual 2015 California State Pageant. Representing the CSL were Senior Assembly Member Camille Cowlshaw, Senior Assembly Member Queen Johnson, Senior Assembly Member Fred Davis and Senior Senator Ted Kagan.

Senior Assembly Member Queen Johnson presented a Proclamation on behalf of the California Senior Legislature to Ms. Senior California 2014, Dr. Gayle Kalp Jackson for the hard work that the California State Pageant has done on behalf of all seniors in the State of California.

The Mission of the Senior America Pageant is based on the belief that seniors are the Foundation of America, and our most valuable treasure. It is upon the knowledge, experience and resources of seniors that the younger generation has an opportunity to build a better society.

It was a great honor and privilege that the California Senior Legislature partnered with the California State Pageant.



*Senior Assembly Member Camille Cowlshaw, Senior Assembly Member
Fred Davis, Senior Assembly Member Queen Johnson and Senior
Senator Ted Kagan*

Beverly Hills City Council
Recognizes
Senior Senator Sol
Fingold



Senior Senator Sol
Fingold was recognized
the Beverly Hills City
Council Study Session in
August.

at
early

Keep up the great work Sol!

**Did you File An Extension for your Taxes? If so, Please
Support the CSL by Checking the**

California Senior Legislature Fund (Code 427)

on Your California Income Tax Form 540

The California Senior Legislature is funded by donations. The organization does not receive any funding from the State General Fund. The CSL is one of the voluntary contribution organizations listed on the State Tax form. Voluntary tax check-off donations are the primary source of funding for the CSL.

Beginning with the 2014 tax return, the CSL's fund name has changed to THE CALIFORNIA SENIOR LEGISLATURE FUND (Code 427), previously known as the California Fund for Senior Citizens (Code 402).

Donations to support the California Senior Legislature's advocacy efforts on behalf of California's aging population are more important than ever. When you file your tax return, we urge you to donate to the CALIFORNIA SENIOR LEGISLATURE FUND.

CSL Meetings

Joint Rules Committee (JRC) Meetings(Teleconference)

March 25, 2015

May 14, 2015

July 22, 2015

September 16, 2015

Legislative Committee (LEG) Meetings

January 13-14, 2015

February 10-11, 2015

Agendas can be viewed at www.4csl.org 10 days prior to the meeting.

FY 2015-2016 Advisory Council Committee Membership List

Council Representation	Appointee	Outreach	Liv. Com	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					
Board of Supervisors	Marty Kaplan	X						X	
Board of Supervisors	Vacant								
Board of Supervisors	Rose Gossom	X	X			X	X	X	
California Senior Legislature	June Glasmeier				X				
California Senior Legislature	Lawrence Hartmann				X				
California Senior Legislature	Bill Witt				X				
City of Camarillo	Jay Evans		X	X		X			
City of Camarillo	Robert Taylor	X			X			X	
City of Fillmore	Vacant								
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	Alice Sweetland					X		X	
City of Oxnard	Kay Brainard	X							
City of Port Hueneme	Paul Boog	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	Suz Montgomery		X						
City of Ventura	Lori Harasta	X						X	
City of Thousand Oaks	Nancy Healy				X				
City of Thousand Oaks	Nick Fotheringham		X				X		
Service Provider	Rosemary Flores-Gordon	X		X					
Service Provider	Sylvia Taylor Stein				X			X	
Special Population Seat	Dani Anderson		X						
Special Population Seat	Sue Tatangelo			X	X			X	X
Special Population Seat	Donald Todd Sr.				X	X		X	
Special Population Seat	Cleo Anderson	X							
Special Population Seat	Marcy Sherbok								

CCoA
California Commission on Aging

AGEWATCH

Value of Centers Highlighted during National Senior Center Month



Senior Centers have a special place in the lives of older adults and service providers alike. The important work centers do is recognized each September during National Senior Center Month, with events and celebrations highlighting the ways centers enhance

seniors' lives.

This year the National Council on Aging (NCOA) has announced the 2015 Senior Center Month theme of *Celebrate LIFE at Your Senior Center*, focusing on how senior centers provide opportunities for Learning, Independence, Friendship, and Energy. Senior centers nationwide are planning special events to highlight their year-long offerings for older adults in the community.

"From the youngest baby boomers turning 50 to nonagenarians, older adults today are looking for empowerment, and senior centers are evolving to support their needs," said Maureen O'Leary, Program Manager of NCOA's National Institute of Senior Centers (NISC).

Older adults are a dynamic generation, looking for the opportunity to share their diverse skills and talents. Senior centers provide a space for them to learn and socialize with their peers, as well as offering tools and resources to help them manage their health and finances to stay independent.

To find out more about National Senior Center Month, visit ncoa.org/SeniorCenterMonth.



Celebrate LIFE at Your Senior Center!

SEPTEMBER 2015

LEARNING
Expand your knowledge

INDPENDENCE
Live on your terms

FRIENDS
Enjoy life

ENERGY
Discover health and vitality

ncoa
National Institute of Senior Centers

National Senior Center Month

National Aging News

Draft Guidelines for Adult Protective Services Systems available for Review

The Administration for Community Living (ACL) has released [Draft Voluntary Consensus Guidelines for State APS Systems](#) in an effort to support states in developing effective Adult Protective Services (APS) systems. The ACL has made the document available for public comment, and anyone with background or interest in Adult Protective Services or the elder justice field is encouraged to review.

As the first official guidance for the national network of APS systems, the new draft guidelines were written by experts in the field using the best research available on effective practices. According to ACL, the goal of the new guidelines is to ensure that older adults and people with disabilities are afforded proper protection and services. ACL acknowledges the diversity of the network that works with APS and they want to hear feedback from all parts of this system. The deadline for comments is **Friday, October 30, 2015**.

To read the draft guidelines, register for a listening session or to submit comments, visit the [Administration for Community Living website](#).

Information from the Administration for Community Living.

Support sought for the SSI Restoration Act

The advocacy organization *Justice in Aging* reports that the [Supplemental Security Income \(SSI\) Restoration Act of 2015](#) (S 1387 and HR 2442), which was introduced in Congress on May 19, 2015, is gaining traction in both the Senate and the House. Currently ten Senators and more than 30 Representatives have signed on to the bill to reduce senior poverty. The bill will provide for long-overdue updates to the SSI program that millions of the poorest older Americans and people with disabilities rely on as their sole source of support.

SSI was established in 1972 as a safety net for those who (through disability or age) were unable to work and had little to no pension, savings, or Social Security benefits. But, because important aspects of the program have not been updated in more than 30 years, some of our country's most vulnerable citizens are deeper in poverty today than they were then. With 6.4 million seniors living in poverty today and income inequality on the rise, senior poverty is a huge and growing problem. The Supplemental Security Income Restoration Act of 2015 would update the income and asset limits to better reflect reasonable assistance in today's dollars.

For more information on the Social Security Income Restoration Act, visit the Justice in Aging [website](#).

Information from Justice in Aging.



The First Week of Fall Is Fall Prevention Awareness Week

Falls are a leading cause of deaths, injuries, and hospital admissions among older adults. Falls can take a serious toll on older adults' quality of life and independence. To recognize this critical issue, at the state level, SCR 77 (D-Lowenthal) was passed in 2008 declaring the first week of Fall each year as Fall Prevention Awareness Week in California.

At the heart of this initiative is the message that falls are preventable. During Fall Prevention Awareness Week, California's fall prevention coalitions, health care providers, and senior service agencies will hold presentations, health fairs, screenings, and workshops to raise awareness among older adults and their families and caregivers, elder care professionals, and the general public about the seriousness of falls and ways to reduce fall risk.

For resources to use in promoting fall prevention at home and in your community, visit the Fall Prevention Center of Excellence [website](#).



Step It Up! U.S. Surgeon General Call to Action Promotes Walking and Walkable Communities

Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health. Increasing people's physical activity level will significantly reduce their risk of chronic disease and premature death and support positive mental health and healthy aging.

One out of every two U.S. adults is living with a chronic disease, such as heart disease, cancer, or diabetes. These diseases contribute to disability, premature death, and health care costs. Increasing people's physical activity levels will significantly reduce their risk of chronic diseases and related risk factors. Because physical activity has numerous other health benefits—such as supporting positive mental health and healthy aging—it is one of the most important actions people can take to improve their overall health.

Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities recognizes the importance of physical activity for people of all ages and abilities. It calls on Americans to be more physically active through walking and calls on the nation to better support walking and walkability. Improving walkability means that communities are created or enhanced to make it safe and easy to walk and that pedestrian activity is encouraged for all people. The purpose of the *Call to Action* is to increase walking across the United States by calling for improved access to safe and convenient places to walk and wheelchair roll and by creating a culture that supports these activities for people of all ages and abilities.

To read *Step It Up! The Surgeon General's Call to Action on Walking and Walkable Communities*, visit <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>.

Excerpted from the U.S. Surgeon General's report *Step It Up! The Surgeon General's Call to Action on Walking and Walkable Communities*. 2015.

California
Commission on Aging

Virgie Walker,
Chair, Carson

Marian Last,
Vice Chair,
Rossmoor

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Donna Benton,
Los Angeles

Betsy Butler,
Marina del Rey

Steven Castle,
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San Diego

Lucille Fisher,
San Francisco

Stuart Greenbaum,
Sacramento

Barbara Mitchell,
Riverside

Gail Nickerson,
Granite Bay

Robert Petty,
Monterey

Carmen Reyes,
Whittier

Jane Rozanski,
Camarillo

Rita Saenz,
Sacramento

David Sanchez,
San Francisco

Jean Schulberg,
Chico

Ed Walsh,
Rancho Mirage

New Report Highlights Progress; Disparities for Older Adults in L.A.

A new report released by the [USC Edward R. Roybal Institute on Aging](#) at the USC School of Social Work found that while Angelenos overall are living longer, there are significant differences in health prospects for older adults of certain racial and ethnic backgrounds, depending on where they live in the county.

The *2015 Los Angeles Healthy Aging Report* details important information about the health and overall well-being of adults age 50 or older living in Los Angeles County, with an emphasis on those in South Los Angeles, East Los Angeles and the Harbor area. One of the most comprehensive explorations of aging and quality of life ever conducted on LA's older residents, the study reports on health status, access to and use of health care, and social and economic factors affecting healthy aging.

"While we have made progress in fostering an environment for healthy aging in some areas, our sub-county data tells us that we've fallen behind in providing adequate and accessible health and wellness resources to many of our communities," said Provost Professor William Vega, executive director of the Roybal Institute. "The findings put a spotlight on several areas where changes are needed."

Using data from numerous L.A. based organizations, the report finds:

- Life expectancy for older L.A. residents increased by more than six years between 1991 and 2011; declining heart disease, stroke, lung cancer and diabetes rates led to an 18 percent drop in mortality in the region.
- Significant disparities in health care providers in the L.A. region, with 1,000 physicians for every 100,000 residents of West L.A., and fewer than 50 physicians for every 100,000 residents in South L.A.

The full report is available on the USC Edward R Roybal Institute on Aging [website](#).

Excerpted from USC News. Lim, Vincent. USC report highlights challenges for Los Angeles County's aging adults. Sept. 14, 2015

AGEWATCH

September 2015

Upcoming Events

September 17-18, 2015 – California Commission on Aging, Chico. www.ccoa.ca.gov for information.

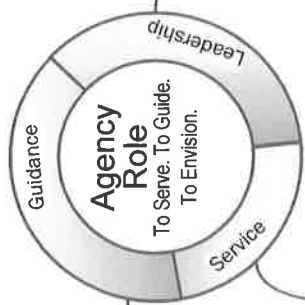
October 26, 2015 – Congress of California Seniors 2015 Convention -- California -- A Place to Age. Holiday Inn Capitol Plaza, Sacramento. www.seniors.org for information.

October 27, 2015 – The SCAN Foundation 2015 Long-Term Services and Support Summit. Sacramento Convention Center. Visit The SCAN Foundation website for [registration](#) information.

November 17-19, 2015. C4A 2015 Annual Meeting and Allied Conference. Sheraton Gateway Los Angeles. Registration information at 916-443-2800 or e-mail aging@c4a.info.

California Commission on Aging staff:
Sandra Fitzpatrick, M.A., Executive Director
Carol Sewell, Legislative Director
Marcella Villanueva, Administrative Assistant

1. Developing resources to provide to members of the public and partners
2. Maintaining and updating website with community calendar as means to disseminate information
3. Through the use of social media and technology, inform public of services they would not otherwise be aware of
4. Coordinate with councils on aging, senior centers and the senior network in identifying emerging needs and training opportunities



1. Increasing community awareness of needs and challenges facing older adults, caregivers and people with disabilities
2. Promoting models of successful community living
3. Advocacy at city, county, state and national level
4. Fostering relationships with elected officials and keeping them abreast of the issues
5. Creating new opportunities through partnerships with public and private entities

1. Provider of safety net programs to seniors, caregivers and adults with disabilities
2. Connect people to public benefits
3. Provide information and education
4. Provide opportunities for life planning for seniors and adults with disabilities

VCAAA Advisory
 Council Strategic
 Plan Activity Update
 - November 12,
 2015