



## VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

January 13, 2016  
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.                                   | <ol style="list-style-type: none"> <li>1. Call to Order and Agenda Review</li> <li>2. Pledge of Allegiance</li> <li>3. Approval of Area Agency on Aging Advisory Council Minutes of November 12, 2015</li> <li>4. Public Comments</li> </ol> <p style="margin-left: 20px;">Procedure: The public is welcome to comments. All comments not related to items on the agenda may be made at the beginning of the meeting only.</p> <ol style="list-style-type: none"> <li>5. Consent Agenda Items</li> </ol> <ol style="list-style-type: none"> <li>5.1 Livable Communities Report from November 12, 2015</li> <li>5.2 Health Issues Committee Report from November 17, 2015</li> <li>5.3 Senior Nutrition Committee Report from November 23, 2015</li> <li>5.4 Optimal Aging Committee Report from December 2, 2015</li> </ol> | <p>Nick<br/>Fotheringham</p> <p>Nick<br/>Fotheringham</p> <p>Nick<br/>Fotheringham</p> <p>Nick<br/>Fotheringham</p> |
| <b>DISCUSSION ITEMS/PRESENTATION/MOTION</b> |   |   |
| 9:15 a.m.                                   | <ol style="list-style-type: none"> <li>6.1 Approval of Outreach Committee Report from November 24, 2015 and Recommendation to Adopt FY 2016-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan</li> <li>6.2 Approval of Legislative Committee Report from November 12, 2015, and Recommendation to Adopt FY 2016-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan</li> <li>6.3 Overview of Needs Assessments and Demographics</li> <li>6.4 FY 2016-2032 Strategic Plan Agency Role Discussion and Adoption</li> </ol>   | <p>Marty Kaplan</p> <p>Sylvia Taylor<br/>Stein</p> <p>Christine<br/>Voth</p> <p>Christine<br/>Voth</p>              |
| <b>INFORMATIONAL ITEMS</b>                  |   |   |
|   | <ol style="list-style-type: none"> <li>7. Advisory Council Meeting Schedule for FY 2015-2016</li> <li>8. Other Committee Meetings:               <ol style="list-style-type: none"> <li>a. California Senior Legislature Update</li> <li>b. Triple A Council of California Update</li> </ol> </li> </ol>  | <p>Victoria Jump</p> <p>June<br/>Glasmeier</p>  |

- |          |     |  |                   |
|----------|-----|--|-------------------|
|          | 9.  | Committee Membership List for FY 2015-2016                             | Victoria Jump     |
|          | 10. | California Commission on Aging AgeWatch for November and December 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, March 9, 2016 (9:00 am – 11:00 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  
November 12, 2015

Advisory Council Members Present

Kay Brainard (Oxnard COA)	Marty Kaplan (Supervisory Appointee)
Smita Dandekar (Supervisory Appointee)	Suz Montgomery (Ventura COA)
Jay Evans (Camarillo COA)	Antoinette Olson (Simi Valley COA)
Sandra Fide (Moorpark COA)	Ginny Rockefeller (Ojai COA)
Nick Fotheringham (Thousand Oaks COA)	Marcy Sherbok (Special Population)
June Glasmeier (CSL)	Neill Spector (Simi Valley COA)
Rose Gossom (Supervisory Appointee)	Sylvia Stein (Service Provider)
Lori Harasta (Ventura COA)	Alice Sweetland (Oxnard COA)
Lawrence Hartmann (CSL)	Sue Tatangelo (Special Population)
Nancy Healy (Thousand Oaks COA)	Vicki Tripoli (Moorpark COA)

Advisory Council Members Absent

Cleo Anderson (Special Population)	Lisa Hayden (Supervisory Appointee)
Dani Anderson (Special Population)	Robert Taylor (Camarillo COA)
Paul Boog (Port Hueneme COA)	Donald Todd (Special Population)
Rosemary Flores-Gordon (Service Provider)	Bill Witt (CSL)

VCAAA Staff Present

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

Guests

Martha Shapiro	Michelle Machart
Chrissy Riley	Carrie Salas

- 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).
- 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 September 9, 2015, meeting were approved. (Glasmeier/Gossom/Passed).

**4. Public Comments –**

Carrie Salas - Carrie notified the council of upcoming events at Senior Concerns including a community conversation on LGBT elders that will be held December 15, 2015 from 5:30 – 7:00 pm at Senior Concerns. They are also hosting a savvy savings senior seminar in conjunction with Bank of America around the use of pre-paid cards.

Toni Olson – Toni mentioned that the Simi Valley Soroptimist club would be holding holiday home tours in the Simi Valley area December 12 and 13 from 4-8 pm. Tickets can be ordered online at <http://www.soroptimistsv.org/> for \$20.

Larry Hartmann – Larry mentioned that yesterday was Veterans Day and mentioned that some of the top CSL proposals this year are centered around veterans.

Sylvia Stein – Sylvia mentioned that the Long Term Care Ombudsman would be holding new volunteer training the first week of February. Applications are on their website, and they really need people in the east county. Nancy Healy affirmed that the ombudsman program was the best volunteer program she has experienced.

Nick Fotheringham – Nick reminded all that on Saturday November 14, 2015, the Senior Summit would be held at Cal State Channel Islands.

**5. Consent Agenda Items** – the consent agenda containing the Outreach Committee Report from September 29, 2015, Outreach Committee Report from October 27, 2015, Legislative Committee Report from September 9, 2015, Health Issues Committee Report from September 15, 2015, Senior Nutrition Committee Report from September 21, 2015, Optimal Aging Committee Report from September 23, 2015, and Livable Communities Report from September 9, 2015, was accepted. (Evans/Olson/Passed).

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

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 Stein presented the report. Questions were asked specific to the objectives around the seminars/presentations; i.e. where they will be held and will the committee be collaborating with other organizations and with the outreach committee.

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 VCAA 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.** Victoria Jump gave a PowerPoint presentation that went through and explained the recommendations, potential scenarios and the history of the program. There was a significant amount of discussion and questions surrounding the program and the recommendations. (Evans/Olson/Passed). Sue Tatangelo abstained from voting.

- 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 presented the report. (Olson/Gossom/Passed).
- 6.4 **FY 2014-2015 Program Performance.** Brian Murphy gave a PowerPoint presentation to go along with the handout. He reviewed program performance numbers as well as requested corrective action plans for grantees. Current cost per meal for the SNP program is \$4.12.
- 6.5 **FY 2015-2016 Strategic Plan Discussion.** Advisory Council members were given an update on the September 2015 Strategic Plan activity. Staff will bring the item back in January for adoption. AC members were encouraged to email staff if they had any questions.

**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 they have started a funding raising campaign. Flyers were distributed to

AC members to become “Friends of CSL”. Marcy Sherbok suggested that CSL and the California Congress of Seniors talk as both have mutual interests.

**9. Committee Membership Selection for FY 2015-2016.** Included for informational purposes.

**10. California Commission on Aging AgeWatch for September 2015.** Included for informational purposes.

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

**12. Other Business** –

Jay Evans asked about the senior survey results. Staff to provide a presentation on the results and findings at the January 2016 meeting.

June Glasmeier mentioned that she will be attending the TACC meeting on December 1 and 2 and will be bringing the senior nutrition placemats to show TACC members.

**13. Adjournment** – the meeting was adjourned at 10:45 am.

**TO:** VCAAA Advisory Council Members  
**FROM:** Jay Evans, Chair  
**DATE:** November 12, 2015  
**SUBJECT:** **Livable Communities Committee Report from November 12, 2015**

Committee Members Present (4)

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

Committee Members Absent (2)

Dani Anderson (Representative for Persons with Disabilities)  
Antoinette Olson (City of Simi Valley)

VCAAA Staff Present

Victoria Jump, Director  
Christine Voth, Manager, Business Strategy and Strategic Planning  
Beth Shephard, ElderHelp Program Coordinator

1. **Welcome and Introductions**
2. **Public Comments - None**
3. **Goals and Objectives FY 2016-2020, and Beyond to 2030.**
  - a. **Transportation.** Staff provided a handout on transportation issues, which had been created from brainstorming discussions held during recent Advisory Council meetings. Victoria reminded the group that measurable outcomes are needed for the objectives. Christine suggested reviewing and approving the goals and objectives, and then prioritizing them.

Several items on the handout were discussed. Nick would like to see advocacy for the driverless car, which could solve problems for many seniors. Regarding bus service, Jay reminded the group that Camarillo, Moorpark, Ojai, Simi Valley and Thousand Oaks operate their own bus systems. Gold Coast operates in Oxnard, Port Hueneme and Ventura. VCTC operates at the county level. Valley Express contracts with VCTC to serve Fillmore, Piru and Santa Paula. Jay asked if we should focus on intercity or city bus service. Victoria replied both; connectivity is a problem. Jay remarked that historically cities do not work together. Suz recommended we advocate for the standardization of age (which currently varies in city to city),

hours of operation and fare. Beth stated the “standard fare card” has been discussed, but some cities cannot afford the cost of the magnetic strip reader.

Victoria suggested the committee consider developing a mechanism to collect feedback from the councils on aging and Advisory Council members regarding transportation needs.

There was a question about bike safety. Beth said VCTC has spent millions of dollars on Santa Barbara-Ventura bike lanes, and many seniors bike.

There was discussion about developing a transportation guide. Victoria said VCTC published one several years ago and shared a copy of it with the group (courtesy of Rose Gossom who provided it). Victoria said the problem with a guide is the information frequently changes so it is difficult to keep the information current. Beth recommended the creation of a booklet with maps that includes safety tips; and that it be no more than 10 to 12 pages, and small enough to fit in a purse.

On January 13, 2016, discussion of goals and objectives will continue and a worksheet will be distributed at the meeting.

4. **Report: VCAAA Transportation Program** – Beth Shephard provided a brief update of the VCAAA transportation program.
5. **Report: HomeShare Program** – deferred to January 2016 meeting due to time constraints.
6. **Other Committee Involvement/Notification, if any:** None
7. **Next Meeting Date:** Wednesday, January 13, 2016 from 11 am – 12 pm

The meeting was adjourned at 12:12 pm.



**TO:** VCAAA Advisory Council Members

**FROM:** Ginny Rockefeller, Chair

**DATE:** November 17, 2015

**SUBJECT:** **Health Issues Committee Meeting Report from November 17, 2015**

Committee Members Present (2)-

Lori Harasta (Ventura COA)  
Ginny Rockefeller (City of Ojai)

Health Issues Committee Members Absent (5)

Smita Dandekar (Supervisorial Appointee)  
Jay Evans (City of Camarillo) - *Excused*  
Lisa Hayden (Supervisorial Appointee)  
Rosemary Flores Gordon (Service Provider representative) - *Excused*  
Sue Tatangelo (Family Caregiver Representative) - *Excused*

VCAAA Staff Present (2)

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

**1. Welcome and Introductions**

**2. Public comments.**

- a. **Senior Summit** - Committee members asked Patti Jaeger for an update on the Senior Summit held this past weekend at CSUCI. Patti said the event was well attended and she received positive feedback on how it was presented, the setup and overall program, the workshops, etc. She was asked about the contents of the free brown bag lunch. It included a sandwich (choice of either turkey, ham, beef or vegetarian), apple or pear, bag of chips and a cookie. Beverages included coffee, juice, or water, and a fruit plate was available in the morning. Patti said there were about 20 vendors. Patti's report led to a discussion on activities that might be held in the future. Suggestions included: how to provide simple first aid, how to do the Heimlich maneuver, and CPR.
- b. **SNAP-Ed Program** - Committee members asked Patti Jaeger for information on the SNAP-Ed program. She said to be in the program, a person must be age 60 or older and must qualify for Cal Fresh. There is an exercise and nutrition component to the program. VCAAA serves only persons aged 60 and older. (The County's Public Health Department provides SNAP-Ed for persons of all ages, however, the 60+ population is not their focus because they know VCAAA is concentrating on that age group.) Patti said the program has expanded beyond the senior centers, and VCAAA is working to get other locations qualified for SNAP-ED. She said the SNAP-Ed campaign for people to remember the phrase, "Rethink Your Drink," has been quite successful. The

concept encourages drinking water instead of sugary drinks and other unhealthy drinks. Patti shared a few brief examples for infusing water. For lavender water, infuse a lavender bud that is one-third bloomed. Only infuse the bloom and no other parts of the plant. Another suggestion is to infuse cucumbers and strawberries in water then strain before drinking. Another idea: In a saucepan, add whole cloves (cloves are one of the highest antioxidant spices), fresh sliced ginger and cinnamon sticks (cinnamon lowers cholesterol) and a large quantity of water and cook until the essence is released. Decant into a carafe and chill, or pour into ice cube trays and freeze. Kids love the ice cubes. She said that cinnamon is a sweetener. Note: freeze ginger for ongoing use. Everyone appreciated Patti providing a SNAP-Ed lesson on "Rethink Your Drink."

- c. **Senior Nutrition Program Placemat** - There was lengthy discussion that the placemat is a "winning product," which could be distributed as a teaching tool to a larger audience (in addition to its current distribution). Lori asked if VCAA would consider selling the placemats to an entity such as Clinicas that may have educational dollars to make such a purchase. Patti indicated that it is on her radar and she has discussed it with Victoria Jump. Ginny suggested the graphic of the plate (showing the portions) and the menu could be extracted and used to educate other age groups. Patti said she has talked with Victoria about getting the placemat in a newsletter format, which could be posted to the VCAA website. Various links (such as our Partnership for Healthy Ventura County) could be inserted into the online newsletter.
- d. **Upcoming Events** - Lori Harasta shared information and flyers on two activities sponsored by Livingston Memorial Visiting Nurse Association: an upcoming Joint Replacement Educational Seminar to be held on November 20, 2015; and the annual *Light Up A Life* memory tree lighting ceremony in Ventura to be held on December 8, 2015.

3. **Review/Approval of Minutes from October 20 meeting.** There was no quorum so the committee report could not be approved. (The report was approved by the full Advisory Council at their meeting held on November 12, 2015.)

4. **Committee Goals and Objectives**

- a. **Update on evidence-based fitness classes and facilitator training.** Tabled until the next meeting because there was no one present to report on activities.
- b. **Strategic Planning for 2016-2020.** Ginny and Lori reviewed the priorities on the worksheet and made suggestions. Christine said time is of the essence in prioritizing the objectives because of strict timelines for submission of the master strategic plan to the California Department of Aging. She said she would rework the priorities based on the discussion held today. (See attachment: Committee Priorities)

9. **Next Meeting Date: January 19, 2016, from 1 PM to 2:30 PM**

The meeting adjourned at 2:17 PM.

**VCAAA HEALTH ISSUES COMMITTEE PRIORITIES FOR FY 2016 TO 2020**  
**Worksheet for meetings on November 17, 2015 and January 19, 2016**

<b>GOALS 2016 to 2020 (listed alphabetically)</b>	
1	<b>Education for the Consumer:</b> 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.
2	<b>Education for Providers:</b> 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	<b>Emerging Needs:</b> Identify and address, where feasible, emerging needs relative to healthcare and physical well-being of older adults in Ventura County.
4	<b>Fitness:</b> Encourage and/or facilitate fitness activities for older adults in Ventura County utilizing evidence-based activities.
5	<b>Family Caregivers:</b> Support the family caregiver to mitigate Caregiver/Second Patient Syndrome.
6	<b>Food Insecurity:</b> Help to identify and address food insecurity issues older adults.

<b>OBJECTIVES 2016 TO 2020</b>			
	<b>OBJECTIVES</b>	<b>STATUS/ PRIORITY</b>	<b>DATES</b>
1	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.	Priority: A1	7/1/2016 to 6/30/2017
2	Family caregiving. Encourage the presentation of and/or coordinate sponsorship of classes for nursing professionals on the topic of Caregiver/Second Patient Syndrome.	Priority: A2	7/1/2016 to 6/30/2017
3	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.	Priority: A3	7/1/2016 to 6/30/2017
4	Emerging Needs. Encourage medical and/or social/case management (such as Housing Plus) programming to low-income residents in senior housing communities to better facilitate aging-in-place.	Priority: B1 Status: Ongoing	7/1/2016 to 6/30/2020
5	Emerging Needs. Identify best practices that address emerging health and wellness needs (such as the Village-to-Village concept).	Priority: B2	7/1/2016 to 6/30/2017
6	Food Insecurity. Work with Food Share to develop potential collaborations and opportunities for participation in outreach events, including with their food truck.	Priority C:	6/30/2016 to 6/30/2020
7	Education for the Consumer: Collaborate with the Ventura County Evidence Based in Coalition and Fall Prevention Coalition to promote healthy living.	Ongoing	7/1/2016 to 6/30/2020

**OBJECTIVES 2016 TO 2020**

	<b>OBJECTIVES</b>	<b>STATUS/ PRIORITY</b>	<b>DATES</b>
8	Fitness. Provide evidence-based fitness classes for older adults throughout Ventura County.	Ongoing	7/1/2016 to 6/30/2020
9	Fitness. Collaborate with the Ventura County Evidence Based Coalition on the presentation of evidence-based classes.	Ongoing	7/1/2016 to 6/30/2020
10	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	7/1/2016 to 6/30/2020

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

Senior Nutrition Committee Members Present

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

Senior Nutrition Committee Members Absent

Jay Evans (Camarillo COA)  
Alice Sweetland (Oxnard COA)  
Donald Todd (Veterans Representative)

VCAAA Staff Present

Marleen Canniff  
Patti Jaeger, R.D.  
Brian Murphy

Guests – Sally Harrison, Ventura County CEO Analyst

1. **Call to Order** - Chairperson Toni Olson called to order the meeting at 10:00 a.m. A quorum was present.

**Welcome and Introductions**

2. **Public Comments** - None
3. **Approval of Minutes from the 10/19/2015 Meetings** - *Toni Olson moved to approve the minutes from the above prior meeting; it passed unanimously.*
4. **Meals Served Count and Cost per Meal through October 31, 2015** - The meal count is at **114%** of contracted amount through the end of October. **66,060** meals were served so far in fiscal year 2015-16, with 16,552 of that amount served in October. Jordano's-supplied meal count is 14,595 for the month, and the non-Jordano's meal count is 1,957. The cost per meal for Jordano's-supplied food in October is \$3.35, with a total average YTD food cost per meal at **\$3.91**.

Additional Needs Projection: Plan for Meal Count Overage and Food Budget: The VCAAA Advisory Council approved the use of \$100,345 in FY 2015-2016 One-Time-Only (OTO)

funds to cover additional Jordano's food costs incurred in the first quarter (\$23,083), and to cover projected food costs for additional meals through the rest of the fiscal year.

5. **Senior Nutrition Action Council S.N.A.C. Update** - The Senior Nutrition Action Council (S.N.A.C.) Thrift Shoppe has recently had more profitable sales. Additionally, its updated brochure is complete and ready for distribution.
6. **Funding Formula Result and Request for Proposal/Invitation for Bid (RFP/IFB)**  
The Advisory Council approved the decision for the FY16-17 Funding Formula, as recommended, at its November 12 meeting. The Ventura County Area Agency on Aging will have the Senior Nutrition Program RFP available by early December.
7. **Other Committee Involvement/Notification**  
Outreach Committee – The Committee discussed an opportunity to run a 10-minute video about the Senior Nutrition Program on the Ventura County Online Channel.

The Bible Fellowship Church on Johnson Drive and Ralston Street in Ventura holds an event the second Tuesday of each month to help seniors earn extra cash through the Fundo Program, where vendors display their services at booths, and attendees can earn Fundo points/dollars for simply asking questions about services and products. These Fundo dollars can be cashed in for real dollars at the end of the year, as well as cash-match money for presenting receipts from participating local businesses.

8. **Other Business**
  - a. *Senior Summit Wrap-Up* – VCAAA Registered Dietitian Patti Jaeger presented information on the Senior Nutrition Program to nearly 300 people at the Fifth Ventura County Senior Summit on Saturday, on November 14, 2015, at California State University Channel Islands. She presented statistics that included VCAAA serving 650 homebound seniors home-delivered meals in Quarter 1 of FY1516, as well as the number of meals served across all meal sites in FY1415, which totaled 186,234 congregate and home-delivered meals.
  - b. *C4A Annual Meeting & Allied Conference: Senior Nutrition Network Roundtable* – The C4A Senior Nutrition Network Roundtable discussion took place on November 18, 2015, at the Sheraton Gateway Los Angeles Hotel. Discussions included information about the threat nearly doubling for seniors becoming food insecure, as one in seven people in California face hunger. Presentations included ideas to seek greater funding at the federal level by creating and presenting videos that tell real-life stories of local seniors and their growing needs.
  - c. *Food Forward* – VCAAA staff will meet with Food Forward, an organization that does backyard harvesting to get fresh produce out to those most in need in our community, produce that would otherwise go to waste.

Receivable: Staff will report news about the meeting with Food Forward at the next SNP Committee Meeting.

9. **Future Meeting Schedule**  
The next SNP Committee Meeting is scheduled for **Monday, January 11, 2016, 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.

February 22, 2016

March 21, 2016

April 18, 2016

May 16, 2016

June 20, 2016

**10. Adjournment:** The meeting adjourned at 11:16 a.m.

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**TO:** VCAAA Advisory Council Members  
**FROM:** Sylvia Taylor Stein, Chair  
**DATE:** December 1, 2015  
**SUBJECT:** **Optimal Aging Committee Report from December 1, 2015**

Members Present (6)

Lori Harasta (Ventura COA)  
Marty Kaplan (Supervisory Appointee)  
Toni Olson (City of Simi Valley)  
Sylvia Stein (Service Provider Representative)  
Sue Tatangelo (Family Caregiver Representative)  
Bob Taylor (City of Camarillo)

Members Absent (4)

Rose Gossom (Supervisory Appointee)  
Ginny Rockefeller (City of Ojai)  
Donald Todd (Veterans Representative)  
Alice Sweetland (City of Oxnard)

Guests (2)

Sally Harrison (Analyst from County's Chief Executive Office)  
Joyce Pinkard (Advisory Council member emeritus)

VCAAA Staff Present (2)

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

1. **Welcome and Introductions** - The group welcomed Sally Harrison from the County's Chief Executive Office who was recently assigned to be the analyst for VCAAA.
2. **Public Comments** – Lori shared information about the event, Light Up A Life, to occur on December 8, 2015, at 6:30 PM at Pacific View Mall, Ventura. Livingston Memorial Visiting Nurse Association will have a Memory Tree Lighting Ceremony.

Sylvia shared information on an article about the Ombudsman program featured in the November 25<sup>th</sup> edition of the *Ventura County Reporter*. The Ombudsman program was among a handful of nonprofits featured in the article, "Gift of Giving." Some members were not familiar with this newspaper and requested more information about its distribution.<sup>1</sup>

3. **Committee report from meeting on October 28, 2015.** Minutes were approved.  
(Bob/Lori)

4. **Recommendations for VCAAA's E-Magazine** (continued from July 2015). Christine provided attendees with a 3-page handout containing background information on the committee's involvement with E-Magazine plus recommendations made by the committee on July 28, 2015. For the benefit of new members and guests, Christine provided an overview of the handout. Thoughtful discussion followed and some revisions were recommended. The committee unanimously approved the final recommendations. (Sue/Toni) Please see separate attachment.

After initially approving the recommendations, questions arose regarding the title, "VCAAA E- Magazine." Sylvia stated that the format is not one of magazine, but is a profile. All committee members agreed that using the term "magazine" is misleading and it should be renamed. The committee voted to amend their initial recommendations and add the recommendation to change the name. VCAAA E-Feature Profile was recommended as a temporary working name. Due to time constraints, the committee agreed to continue discussion of a new name at their January meeting. Monique said the name, E-Magazine, has a catchphrase tied to it.

**Strategic Planning and Area Plan Update.** Christine distributed an updated worksheet showing goals and objectives the committee had agreed upon at their meeting on October 28 (and the Advisory Council approved as goals in November). Christine explained the planning process relative to VCAAA's Master Strategic Plan, and how these objectives relate to the plan. She said that as needs emerge and circumstances dictate, the committee may amend objectives. After a good discussion, committee members unanimously approved the goals and objectives. (Bob/Toni)

5. **Other Committee Involvement/Notification, if any.**
  - a. Outreach Committee – OAC Committee member, Marty Kaplan, chairs the Outreach Committee and recommended the OAC and the Outreach Committee hold a joint meeting in the spring, preferably when there are not a lot of agenda items for either committee. He said there appears to be many overlaps between the two committees and it might be useful to meet jointly. He said the OAC members might be author the scripts for outreach presentations. Lori added that she serves on Outreach, Optimal Aging and Health Issues, and there is overlap with the Health Issues committee. Bob remarked that the activities of all committees should have some overlap.

#### 6. **Next meeting: Tuesday, January 27, 2016**

The meeting adjourned at 2: 35 PM.

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<sup>1</sup> "The Ventura County Reporter is an award winning newsweekly serving Camarillo, Oxnard, Ventura, Ojai, Thousand Oaks and Newbury Park. We are members of the Association of Alternative Newsweeklies, California Newspaper Publishers Association and Verified Audit Circulation. With a circulation of 35,000 copies distributed to over 700 locations each Thursday, the Reporter is Ventura County largest weekly newspaper. For information on where to pick up a copy, please call us at 805-648-2244, Ext 200," per this newspaper's website.

**VCAAA OPTIMAL AGING COMMITTEE RECOMMENDATIONS**  
**RE: SELECTION PROCESS FOR FEATURING AN INDIVIDUAL IN VCAAA'S E-MAGAZINE**

Background

JUNE 2015: In June, 2015, VCAAA director, Victoria Jump, requested the OAC develop criteria for nominating an older adult to be featured in the VCAAA E-Magazine, and to make recommendations regarding the selection process. Thus, when the committee met on June 24, 2015, a discussion was held about the E-magazine. Victoria requested the criteria be developed to show that optimal aging takes many forms and asked the committee to explore the qualities and characteristics that make a person a role model for optimal living. She also wanted to ensure a cultural and geographic balance of candidates.

JULY 2015: The discussion was continued at the OAC meeting held on July 22, 2015, with VCAAA's Public Outreach Coordinator, Elizabeth Renteria, giving an overview of the E-Magazine. (At that time Elizabeth was responsible for the E-Magazine. In August, Elizabeth moved to Northern California thereby creating a vacancy for her position.)

Christine Voth distributed a worksheet she had created for the committee to use as a basis for their discussion, which included the magazine's purpose; who could submit nominations; criteria for nominees; possible questions for inclusion on the nomination form; notes of things to consider for inclusion in the application; discussion of whether recipients might be honored in other ways (in addition to being featured in the E- magazine); who would be responsible for reviewing the nomination forms; and, who would make the final decision.

It was noted that the E-magazine would be on hiatus until a new public outreach coordinator was hired; thus, further action on this matter was tabled until a future meeting. The committee also reviewed materials brought by Ginny Rockefeller regarding the Ojai Rotary Club's criteria for nominating an individual to be a "Living Treasure."

DECEMBER 2015: With the hiring of a new VCAAA public outreach coordinator on the horizon, the OAC resumed discussion of the E-magazine at its meeting on December 1, 2015. Their recommendations follow.

**OAC RECOMMENDATIONS – DECEMBER 1, 2015**

Name

OAC recommends removing the word "magazine" from the title because 'VCAAA E-Magazine' does not meet the definition of a magazine. It features a person; thus, a temporary working title of "VCAAA E-Profile Feature" is recommended. The OAC committee will discuss the title further at their January meeting. (CV: A possible title for recognizing an individual might be: Life Master of Successful Aging.)

Purpose

The purpose of VCAAA's E-Profile Feature is to recognize an outstanding adult, aged 60 or older, who has significantly contributed to enhancing the quality of life in his/her community. The person should be a role model to others and a life master of successful aging. The nominee's volunteer efforts must be worthy of recognition for his/her community leadership and/or service to others regardless of whether those contributions are well known/publicized in the community

or if the person works behind the scenes quietly helping others. The goal is for VCAAA to produce the E-Feature Profile up to four times per year.

### Criteria

1. At the time of nomination, the nominee must be alive; aged 60 or older; and a resident of Ventura County, California.
2. The ideal nominee exemplifies any or all of these qualities: outstanding volunteerism; leadership in the community; helping, teaching, mentoring or advocating for others; a person who exemplifies optimal/successful aging.
3. The ideal nominee is a role model to seniors, as well as to persons and other age groups, as exemplified by his/her volunteer and/or advocacy efforts and other activities that support the community regardless of whether those contributions are well known or publicized in the community, or if the nominee works behind the scenes quietly helping others. Primary consideration will be given to the nominee's contribution in the senior community; and secondary consideration will be given to her/his activities with persons or groups other than seniors.
4. The nominee must have a reputation for dedication, reliability and integrity.
5. The nominee cannot be an elected official or County of Ventura employee during the year of the nomination.
6. Contributions to the community must be a result of a personal commitment and not substantially as a result of their primary employment or public responsibilities.
7. To avoid the appearance of collusion and any conflict of interest, current members of the VCAAA Advisory Council shall not nominate another current member of the Advisory Council.
8. An individual may be featured in the E- Feature Profile no more than once every five years.
9. Nominee must be advised and agree that if selected, he or she must:
  - a. Be willing to submit to a criminal background check (be paid for by VCAAA); and
  - b. Cooperate with the duties that come with being featured in the magazine, which include being interviewed on videotape; having his/her picture taken and featured on the E-Feature Profile cover and the poster; and having the interview and photo included on the VCAAA website.

### Who Can Submit Nominations

Nominations may be submitted by individual citizens or organizations such as community and/or faith-based organizations, civic organizations or a business. A person cannot self nominate.

### Nomination Form

1. Typed responses on the application form will be preferred.
2. Forms that are complete and succinctly written will be given ideal consideration
3. Name and information will be kept confidential.
4. Forms and any attachments will not be returned to nominator.

5. Nominators will be strongly encouraged to paint an interesting picture of their nominee through descriptive explanations of the nominee's volunteer activities and accomplishments.
6. Completed applications will be submitted to a designated VCAAA staff person via hard copy or electronically.

Honoring Recipients in Other Ways (besides being featured in the E- Feature Profile)

The recipient will be recognized by the Board of Supervisors; by the Advisory Council at their meeting; and by their local city council, if applicable.

Review of Nomination Forms

1. Designated VCAAA staff will review the nomination forms to ensure that questions have been answered and that the form is complete.
2. An ad hoc committee will review the nomination forms. The ad hoc committee will be comprised of one Advisory Council member from each of these committees: the Optimal Aging Committee, the Outreach Committee, and the Executive Committee (chair, vice chair or secretary); and one or more individuals who have already been featured in the profile.
3. The ad hoc committee will review the nomination forms and select the top three persons to be considered, ensuring to the best of their ability that there is a geographic and cultural balance in making its selection.

Selection of Individual to be featured

*VCAAA's director will make the final selection of who will be featured in each E-Magazine.* This is to ensure there are no conflicts of interest or unintended ramifications resulting from the selection.

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**TO:** VCAAA Advisory Council Members

**FROM:** Marty Kaplan, Committee Chair

**DATE:** January 13, 2016

**SUBJECT:** **Approval of Outreach Committee Report from November 24, 2015 and Recommendation to Adopt FY 2016-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan**

Committee Members Present

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

Committee Members Absent

Robert Taylor (Camarillo)  
Lori Harasta (Ventura)  
Cleo Anderson (Special Population Seat – Mental Health)

VCAAA Staff Present

Monique Nowlin  
Marleen Canniff  
Katharine Raley

Guests

Sally Harrison, CEO - Budget

- 1. Call to Order** – The meeting was called to order at 9:08 a.m. by the Chair Marty Kaplan. A quorum was not present.
- 2. Welcome and Introductions** – Marty welcomed Sally Harrison from the County Executive Office (CEO), Budget Division. Ms. Harrison stated she was in attendance to learn more about the VCAAA since she is now the Agency's assigned Budget Analyst.
- 3. Public Comments** – None
- 4. Election of Committee Chair** – Tabled due to no quorum. The current chair will continue to serve as chair until a new one is elected.
- 5. Continue to Discuss Goals and Objectives for 2016-2020** – The Committee discussed

and agreed upon the following goals and objectives for the FY 2016-2020 strategic plan. Even though there was not a quorum present to formalize these recommendations, these are items that have been discussed over the last year and chair is comfortable with having the full Advisory Council approve them. Marty asked Staff to bring the latest Agency PowerPoint developed for public presentations to the next meeting.

<b>OBJECTIVE</b>	<b>PRIORITY</b>
Education – Development of Speakers’ Bureau. This includes recruiting more speakers.	B+
Develop “Canned” Presentations for the Speakers bureau to provide (with or without staff)	B+
Finalize Agency TriFold brochure to replace existing brochure.	A
Create an Agency Video – Cover All Services Offered. Video to be on website and to be used as part of presentations.	C
Create a Calendar For a Communication Piece (i.e. Each Month is Devoted to a Particular Service)	C
Establish a Joint Meeting with the Optimal Aging Committee	A

6. **Review Latest Agency Trifold Communication Piece for Release & Discussion of Deposit Points for Materials** – There were some minor modifications suggested and staff was instructed to “go to press” with the suggested changes.
7. **Discuss Speakers Bureau – Purpose and Deliverables** – Tabled due to no quorum.
8. **Other Committee Involvement/Notification** – Marty stated we need to get on the Calendar of the Optimal Aging Committee in order to coordinate outreach efforts.
9. **Next Meeting Schedule** – January 26, 2016, 9:00 a.m. – 10:30 a.m.
10. **Adjournment:** – The meeting was adjourned at 10:34 a.m. by the Chair, Marty.



**TO:** VCAAA Advisory Council Members

**FROM:** Sylvia Taylor-Stein, Chair

**DATE:** January 13, 2016

**SUBJECT:** **Approval of Legislative Committee Report from November 12, 2015, and Recommendation to Adopt FY 2016-2020 Objectives and Incorporate them into the FY 2016-2020 Strategic Plan**

Legislative Committee Members Present

Nancy Healy (Thousand Oaks COA)  
Larry Hartmann (CSL)  
Sylvia Taylor Stein (Service Provider) - Chair  
Neill Spector (Simi Valley COA)  
June Glasmeier (CSL)  
Sandra Fide (Moorpark COA)  
Sue Tatangelo (Family Caregiver Special Population Seat)

Legislative Committee Members Absent

William (Bill) Witt (CSL)  
Donald Todd (Veteran Special Population Seat)  
Bob Taylor (Camarillo COA)

VCAAA Staff Present

Monique Nowlin  
Katharine Raley

Guests

None

- 1. Call to Order** – The meeting was called to order at 10:58 a.m. by Chair, Sylvia. A quorum was present.
- 2. Welcome and Introductions** – None
- 3. Public Comments** – None
- 4. Discussion and Voting on Legislative Platform Survey** – Monique explained the Legislative Platform Survey for Federal and State Priorities form and after discussion, the Committee submitted their top seven and top ten proposals. Chair Sylvia remarked that anyone that hadn't submitted their responses could do so via email to Monique by Friday, November 20, 2015. Monique received no additional forms.
- 5. Discussion of Goals and Objectives of the Committee** – After robust discussion among the

Committee members, the following goals and objectives were decided. The committee is recommending that the Advisory Council adopt the following goals for inclusion in the FY 2016-2020 Strategic Plan.

<b>OBJECTIVE</b>	<b>HOW WILL TASK BE ACCOMPLISHED ?</b>	<b>WHO WILL DO THE TASK?</b>	<b>DO WE WANT TO DO THIS OBJECTIVE NOW?</b>	<b>PRIORITY</b>
Monitor and inform the full Advisory Council about pending legislation of interest.	A report to the Advisory Council as needed	Monique and the Committee Chair will collaborate on this task	Yes	A
Create a communication piece for Legislators and Seniors in the Community – Legislative Update.	By collaboration, as needed	Monique and Chair will collaborate with Outreach Staff and Committee	Yes	A
Continue to foster a relationship with Sue Hughes, CEO’s Legislative Analyst.	By collaborating with Sue and continuing to periodically invite her to Committee Meetings	Facilitated by Staff	Yes	A
Foster relationships with elected officials, including inviting them to meetings and providing them with updates and communication pieces.	Invite elected officials or their designees to meetings as well as providing them with updates and communication pieces	Facilitated by Staff	Yes	A
Use social media to promote support for legislation on the approved county legislative platform for federal and state	Facilitated by Staff in collaboration with Outreach Coordinator	Staff, upon direction of the Committee	No	B

OBJECTIVE	HOW WILL TASK BE ACCOMPLISHED ?	WHO WILL DO THE TASK?	DO WE WANT TO DO THIS OBJECTIVE NOW?	PRIORITY
Collaborate with other Advisory Council Committees such as Outreach in order to develop strategies and projects of mutual interest.	By collaboration with other Committee Chairs and Agency Staff	Facilitated by Staff	Ongoing	B
Add a link for the Legislative Committee on the VCAA website that would provide links to legislators, pieces of legislation and ways to advocate.	Agency Staff, in particular The Outreach Coordinator	Facilitated by Staff, upon direction from The Committee	Ongoing	B
Write letters of support or opposition of legislation as needed (approved on the county of Ventura legislative platform)	By collaboration with Committee members and Agency Staff	Committee Members, facilitated by Staff	As Needed	B
Assist members of the California Senior Legislature (CSL) in developing potential CSL proposals for legislation.	By collaboration with Committee members and Agency Staff	Committee Members, facilitated by Staff	As Needed	A

6. **Other Committee Involvement/Notification** – There was no additional discussion regarding other Committee involvement.
7. **Next Meeting Date** – Next meeting is March 9, 2016.
8. **Adjournment** – The meeting was adjourned at 12:15 p.m. by the Chair, Sylvia.

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

<b>Date</b>	<b>Advisory Council</b>	<b>Outreach</b>	<b>Leg.</b>	<b>Livable Comm.*</b>	<b>Health Issues</b>	<b>Senior Nut.</b>	<b>Opt. Aging</b>
<b>July 2015</b>	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
<b>August 2015</b>	None	None	None	None	None	None	None
<b>Sept 2015</b>	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
<b>Oct 2015</b>	None	October 27 9-10:30 am	None	<del>Oct 7</del> <del>11-12</del>	Oct 20 1-2:30 pm	Oct 19 10-11:30 am	Oct 28 1-2 pm
<b>Nov 2015</b>	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
<b>Dec 2015</b>	None	None	None	None	None	None	Dec 2 1-2 pm
<b>Jan 2016</b>	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
<b>Feb 2016</b>	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
<b>March 2016</b>	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
<b>April 2016</b>	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
<b>May 2016</b>	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
<b>June 2016</b>	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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## **TACC REPORT from June Glasmeier**

The last TACC meeting of the year convened in Sacramento on December 1-2, 2015.  
President's Report.

Kathy Randall reported that she has been elected to the California Commission on Aging Advisory Board and will be resigning as President of the TACC Board. February 2016 will be her last meeting as presiding President. Vice President Elaine Bostick from PSA 26 will serve as President and a Nominating Committee was formed to fill the Vice President vacancy.

### **PRESENTERS**

The first presenter was Alicia Sebastian from California Coalition for Rural Housing whose focus was on the lack of affordable senior housing in rural areas. A rural area in California is defined as an area with a population of 40,000 or less. One in five older California adults live in a rural area and this figure will double in 2030. California is leading in seniors living in poverty. Their recommendations to the senior housing problem is to encourage and support state and federal legislation to fund affordable housing, encourage stakeholders to engage in local planning processes, and encourage the narrative that smart growth in a community supports everyone, including seniors.

Joseph Choi, CEO of Therababy and Benny Wong gave a five case study of exploring the effectiveness of the Therababy in the management of seniors with mild and sever dementia. Several Therababies were passed around for TACC members to hold and cuddle.

Jane Stan, Program Nutrition Service Manager from Area 4 Agency on Aging presented Dine Around Town. Four of the congregate mean sites in the area were closed and this program has been in effect for 1 1/2 years. There are two restaurants involved and 6 vouchers per month are available to seniors. There are 36 participants with several on the waiting list to enter the program.

Derrell Kelch gave a C4A Conference update. There will be plans for a TACC meeting to coincide with a conference meeting to enable TACC members to be made aware of senior scams. There are more resources in the State budget than anticipated. Al were urged to continue letter writing on the Older Americans Act. Nutrition will be the focus next year.

L. Vance Taylor, Governor's Office of Emergency Services presented A View from the State on Disaster Preparedness.

Elaine Bistwick, Steve Roozansky, and Marge Warner presented their recent experiences with the California Wild Fires.

All PSA reports were reviewed.

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**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								

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CCoA

California Commission on Aging

## AGEWATCH

## Policies that support “Grandfamilies” are focus of new report



A new report from Generations United (GU) tracks the policies that support the growing number of grandparents raising grandchildren – known as “grandfamilies.”

In its second *State of Grandfamilies in America* report, GU finds that the majority of children living with grandparents are found in the states with the least-supportive policies. The report looked for policies that facilitate grandparents’ ability to obtain custody, to provide consent for healthcare and education decisions, and provide access to benefits including Temporary Assistance to needy Families, National Family

Caregiver Support Program, guardianship assistance and respite. Although GU ranks California in the top 10 states for grandfamily-friendly policies, only four states ranked over 60 percent on the ratings scale.

According to Generations United, “the report offers recommendations to help guide development of supportive federal and state policies and services for grandfamilies,” including adequate supports for grandparents to keep their grandchildren and promoting “tailored services to meet the unique needs of grandfamilies.

To read the full report, click [here](#).

Information from Generations United [press release](#), December 2, 2015.



## California Commission on Aging elects new officers for 2016



Marian Last (pictured at left) of Rossmoor was elected chair of the California Commission on Aging at the CCoA’s November 18th meeting in Costa Mesa. Ms. Last is a retired Community and Senior Services manager for the City of El Monte and Governor Brown’s appointee to the Commission. Paul Downey, of San Diego, was elected Vice Chair. Mr. Downey (below, right) was appointed by Assembly Speaker Atkins and is President and CEO of Community and Senior Services in San Diego.



CCoA meets five times annually across the state. Members are appointed by the Governor and Legislature and serve up to two three-year terms as volunteers. For members’ biographies and the Commission meeting schedule, visit [www.ccoa.ca.gov](http://www.ccoa.ca.gov).

AGE WATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591 [www.ccoa.ca.gov](http://www.ccoa.ca.gov)

## Senators Introduce SAVE Benefits Act to Boost Social Security and Other Critical Benefits for Seniors, Veterans

A new bill introduced in the Senate hopes to boost Social Security and other critical benefits for seniors, veterans and other Americans to counteract the news that Social Security benefits will not increase in 2016.

S. 2251, spearheaded by Massachusetts Senator Elizabeth Warren and a cadre of senators from across the nation, would give about 70 million seniors, veterans, people with disabilities, and others an emergency payment equal to 3.9 percent of the average annual Social Security benefit, about \$581 - the same percentage raise as the top CEOs.

This fall the Social Security Administration announced there would be no cost-of-living adjustment for 2016, despite the fact that the cost of goods and services is predicted to rise.

According to Senator Warren, "A \$581 increase could cover almost three months of groceries for seniors or a year's worth of out-of-pocket costs on critical prescription drugs for the average Medicare beneficiary." The increase would be paid for by closing a tax loophole that allows corporations to write off executive bonuses as a business expense.

The Senator estimates the Seniors and Veterans Emergency (SAVE) Benefits Act will raise approximately 1 million Americans above the poverty level. To read Senator Warren's press release and the text of the bill, visit her [website](#).

Information from *Senators Introduce SAVE Benefits Act to Boost Social Security and Other Critical Benefits for Seniors, Veterans*, Office of Senator Elizabeth Warren, press release.

## Proposed budget package protects services for seniors, disabled and more

This week Congress crafted a final FY16 funding package that rejects proposed cuts and even provides some increases for programs and services for older adults, persons with disabilities, veterans and more. The "omnibus" legislation is expected to pass Congress this Friday and be signed into law by the President a few days later.

Program cuts that were rejected include:

- State Health Insurance Assistance Program (SHIP) level-funded at \$52.1 million (instead of \$22.1 million cut)
- Senior Community Service Employment Program (SCSEP) level-funded at \$434.4 million (instead of \$30 million cut)
- Chronic Disease Self-Management Education (CDSME) level-funded at \$8 million (instead of \$400,000 cut)
- Falls Prevention level-funded at \$5 million (instead of \$250,000)
- Aging and Disability Resource Centers (ADRCs) level-funded at \$6.1 million, but still has to make up for loss of over \$9 million two years ago (instead of \$360,000 cut)
- Low-Income Home Energy Assistance Program (LIHEAP) level-funded at \$3.4 billion (instead \$25 million cut)

Programs proposed for increases include:

- Congregate Nutrition funded at \$448.3 million (increase of \$10.2 million)
- Home Delivered Nutrition funded at \$226.3 million (increase of \$9.9 million)
- National Family Caregiver Support Program funded at \$150.6 million (increase of \$5 million)
- Native American Nutrition and Supportive Services funded at \$31.2 million (increase of \$5 million)
- Native American Caregiver Support funded at \$7.5 million (increase of \$1.5 million)
- Elder Justice and Adult Protective Services funded at \$8 million (increase of \$4 million)
- Lifespan Respite Care funded at \$3.4 million (increase of \$1 million)
- Community Services Block Grant (CSBG) funded at \$715 million (increase of \$41 million)
- Commodity Supplemental Food Program (CSFP) funded at \$222.2 million (increase of \$10.7 million)
- Section 202 Housing for the Elderly funded at \$432.7 million (increase of \$12.7 million)

Enactment of the FY16 and FY17 Bipartisan Budget Act in November raised the budget control cap, giving Congress the ability to forego proposed funding cuts. In 2018, the caps, cuts, and threat of sequester could return unless policy-makers finally craft a long-term budget deal.

Excerpted from NCOA, *Good news: Congress protects and invests in seniors in final FY16 funding deal*, December 17<sup>th</sup>, 2015.

## EDUCATIONAL OPPORTUNITIES

### Managed Care Academy to be offered at the 2016 Aging in America Conference

The American Society on Aging (ASA) is hosting a new Managed Care Academy at the 2016 Aging in America Conference this March. Attend the ASA Managed Care Academy Series, and return to your organization with new knowledge, replicable new models, and new contacts to help you along in your own journey of organizational reframing, relevance and sustainability. The program will be woven into the Aging in America Conference, beginning with the Opening General Session on Sunday, March 20, which will provide a panoramic view of the new aging services landscape and ending with the comprehensive Managed Care Academy Summit on Thursday, March 24, which will explore the evolving business model that community-based organizations, including area agencies on aging, are undertaking to create value-based services for older adults using value-based pricing models. This event will take place on **Thursday March 24, 2016**.

[Click here](#) to view details and register.

*Announcement from NASUAD News & Updates, Dec. 11, 2015*

### New website features elder abuse training materials

The new Training Resources on Elder Abuse (TREA) [website](#) is a searchable database of elder abuse related training materials. Inspired by the Elder Justice Roadmap, the website's goal is to increase the number of professionals, caregivers and community members who receive high-quality training on how to prevent, report and work with victims of elder abuse. TREA features a variety of materials and resources created by organizations throughout the country, including a library of videos appropriate for training purposes.

TREA is a collaboration between the Department of Family Medicine and Geriatrics at the Keck School of Medicine of USC and the National Center on Elder Abuse (NCEA). This project is funded thanks to a grant from the Archstone Foundation.

Anyone interested in submitting training resources to be included on the TREA site is invited to visit NCEA's material submission [page](#).

*Information from NCEA, December 9, 2015.*

### New, in-depth online training course addressing health, chronic conditions and well-being for older adults

The American Society on Aging and University of Southern California's Leonard Davis School of Gerontology have announced a new five-week online certificate course: **Health and Wellness in an Aging Society**. Taught by the nation's leading experts in aging, including Drs. Kate Wilbur, PhD, Donna Benton, PhD and other specialists, sessions in this course take a deeper look at issues of healthcare, chronic disease management, dementia, mental health, caregiving, and medication management.

USC faculty members will discuss the common health issues faced by seniors, public health in an aging world, and the strategies for caring for older adults with various health challenges. Participants who successfully complete the course will earn a certificate of completion from USC. Through this convenient and flexible online format, participants will learn about research, best practices and effective models that are readily applicable to their work with older adults.

[Click here to learn more and enroll online for the January 25, 2016 session.](#)

And, back by popular demand, the **Fundamentals of Gerontology** five-week online certificate course starts on January as well. [Learn more and enroll online.](#)

***This opportunity is available exclusively to ASA members and if you register five or more participants, you will receive 15% off a new or renewed organizational membership.***

*Information courtesy of Krista Brown, Director of Education, American Society on Aging*

## Consumer advocate Bonnie Burns honored by national insurance commissioners

Bonnie Burns, Training and Policy Specialist with California Health Advocates (CHA), was honored in November by the National Association of Insurance Commissioners (NAIC) for her decades of service as a consumer representative. Long recognized as a national expert in her field, Ms. Burns brings invaluable contributions and insight to consumer issues from more than 30 years of experience in Medicare, Medicare supplemental insurance and long-term care insurance. She has served with the NAIC consumer liaison representative program protecting consumer rights and reforming policy at state and federal levels since the program began in 1992.

“Burns is an inspiration to us all with her many contributions to consumers state and nationwide,” said Elaine Wong Eakin, Executive Director of California Health Advocates. “Her advocacy efforts brought about the standardization of Medicare supplemental insurance, known as Medigap. Before standardization, consumers had no dependable way to compare policies and many unwittingly bought more than one policy with duplicate benefits.”

In addition, Burns has testified before Congress to guide policies for financing long-term care, including improvements for consumers with long-term care insurance. Much of her work has been incorporated into NAIC Model Laws and Regulations, which serve as a guide for and are often adopted by states. To read CHA’s full press release and read more about Burns, click [here](#).

Information from California Health Advocates *California Medicare News*, December 14, 2015



Bonnie Burns (at left) receives NAIC award.

### New report points to concerns over availability of long-term care for growing number of obese elderly

The percentage of those entering American nursing homes who are moderate and severely obese – with a body mass index of 35 or greater – has risen sharply, to nearly 25 percent in 2010 from 14.7 percent in 2000, [according to a recent study by the National Institutes of Health](#), and many signs suggest the upward trend is continuing.

But as demand from severely obese patients surges, nursing home administrators say they cannot afford to care for them, because Medicaid, which covers more than 60 percent of all nursing home residents, does not reimburse them for the specialized equipment required: motorized lifts; larger wheelchairs, bedside commodes and shower chairs; and longer intramuscular needles and blood pressure cuffs. The devices are expensive: \$10,000 for a mechanical lift, for instance, and \$5,000 for an extra-wide bed.

“One or two places that have tried to do it recognize the economics just don’t work,” said Dr. David Gifford, the senior vice president of quality and regulatory affairs at the [American Health Care Association](#), an industry trade group.

As a result, nursing homes across the country are routinely declining referrals from hospitals seeking to transfer obese patients, creating dilemmas for hospital staff members tasked with safely discharging those ready to leave. Whether these routine denials violate antidiscrimination laws is unclear, especially since the degree to which obesity is a legally protected disability remains unsettled. Industry specialists argue the law is unambiguous.

Excerpted from Kaiser Health News, [Rising Obesity Puts Strain On Nursing Homes](#). By Sarah Varney December 15, 2015

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**UCLA receives RW Johnson Foundation grant to study high number of "dual-eligible" opt-outs**

Why are hundreds of thousands of the state's "dual eligibles" - fragile older seniors and disabled young people who receive both Medi-Cal and Medicare benefits - rejecting the new state-managed health care pilot program?

That's the question being posed by researchers at the [UCLA Center for Health Policy Research](#), who have received a \$400,000 grant from the [Robert Wood Johnson Foundation](#) and are working with community advocates, managed health care providers and health insurers to study the issue.

According to recent enrollment data from the state, the overall opt-out rate for the pilot program, Cal MediConnect, is high - 45 percent. An additional 10 percent have actively dis-enrolled after having been passively enrolled. The program was designed to better coordinate medical care and long-term support services for this vulnerable population and eliminate potential overlaps in service under Medi-Cal and Medicare. To read more about the UCLA research project, click [here](#).

*Information from NASUAD Friday Update, Dec. 11, 2015.*

**Boomers will be less healthy, more costly to Medicare**

A new report from USC's Schaeffer Center of Health Policy and Economics predicts significantly higher costs to Medicare in 2030, once the last of the baby boom generation becomes eligible. The increase is anticipated both because of the high number of beneficiaries and because many are expected to be significantly less healthy than previous generations. The typical Medicare beneficiary who is 65 or older then will more likely be obese, disabled and suffering from chronic conditions such as heart disease and high blood pressure than those in 2010.

Overall Medicare spending is projected to more than double between 2010 and 2030 to about \$1.2 trillion. A massive influx of baby boomers into Medicare will be the main driver. With the last baby boomers turning 65 in 2029, Medicare rolls are expected to number 67 million Americans in 2030, the Schaeffer Center said. But costs per beneficiary could grow by 50 percent over the same time due to longer life expectancies, shifting health trends and medical cost inflation, the report said. In inflation-adjusted dollars, Medicare is projected to spend 72 percent more for the remaining lifetime of a typical 65-year-old beneficiary in 2030 than a 65-year-old in 2010.

To read the full report, click [here](#).

Excerpted from [Kaiser Health News](#) *Baby Boomers Set Another Trend: More Golden Years In Poorer Health*, December 17, 2015

AGEWATCH

December 18, 2015

**Upcoming Events**

January 21-22, 2016 – California Commission on Aging – Sheraton Hotel Petaluma. [www.ccoa.ca.gov](http://www.ccoa.ca.gov) for agenda and information.

February 9-10, 2016 - LeadingAge CA 2016 Policy and Leadership Summit, Sheraton Grand, Sacramento. Information and registration [here](#).

March 9, 2016 – California Budget & Policy Center Policy Insights 2016, Sacramento Convention Center. Information and registration at [policyinsights2016.eventbrite.com](http://policyinsights2016.eventbrite.com).

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California Commission on Aging

## AGEWATCH

## November dedicated to Family Caregivers and to Alzheimer's Awareness



The Caregiver Action Network (CAN) has announced that November has been named **National Family Caregivers Month** by Presidential Proclamation. CAN has chosen "*Respite: Care for Caregivers*" as the theme for this year, which is focused specifically on respite care, the important service that allows caregivers crucial time to rest and relax, energize, sleep, use support programs, imagination, and exhale. CAN has resources available for the public to celebrate National Family Caregivers Month. Their free [media kit](#) includes a downloadable PDF of the theme flyer, background on the celebration, and a sample proclamation for state and local governments.

President Obama has also issued a Presidential Proclamation naming November 2015 as **National Alzheimer's Awareness Month**. Currently more than five million Americans live with Alzheimer's disease, which is the most common form of dementia. Misconceptions and misunderstandings about the disease have led to its stigmatization, making it difficult for families to cope. The federal government is the top funder of Alzheimer's research to prevent and treat the disease. November is dedicated to increasing awareness of this debilitating disease and coming one step closer to finding a cure.

Information from NASUAD Friday Update - October 30, 2015

## NEW STUDY FINDS ALZHEIMER'S AND OTHER DEMENTIAS EXACT A HEAVY TOLL ON FAMILY FINANCES

A new [study](#) in the *Annals of Internal Medicine* highlights the crushing financial burden that dementia is placing both on American families and Medicare, the federal insurance program for the elderly. Alzheimer's disease is the leading cause of dementia.

The study, funded by the National Institute on Aging, found that the total cost—including government spending, private insurance and out-of-pocket expenditures born by people with dementia and their families—of caring for people with dementia in their last five years of life is significantly greater than the costs associated with patients with cancer, heart disease or other conditions. Worse, many of the expenses born by families are not covered by insurance.

The study looked at Medicare fee-for-service beneficiaries, aged 70 years or older, who died between 2005 and 2010. The total cost of care for patients with dementia (\$287,038) exceeded that of patients who died of heart disease (\$175,136), cancer (\$173,383), or other causes (\$197,286). The average out-of-pocket spending for patients with dementia (\$61,522) was a striking 81% higher than that for patients without dementia (\$34,068).

The full Alzheimer's Association Press Release can be found [here](#).  
Excerpt from Alzheimer's Association Press Release 10.28.2015



AGE WATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591

[www.ccoa.ca.gov](http://www.ccoa.ca.gov)



## Sonoma AAA Volunteer Jane Eckels Honored by the National Association of States United for Aging and Disabilities

Chosen for her work with the Sonoma County Area Agency on Aging Advisory Council, Jane Eckels' is one of 50 outstanding older adults featured in the new NASUAD publication, [Celebrating 50 Years with 50+ Fabulous Older People](#).

As described by the AAA, Ms. Eckels' nine years on the Area Agency on Aging Advisory Council has made significant contributions to the wellbeing of seniors throughout the community. She has been actively involved in committees and workgroups, chairing the Legislative committee, Transportation and Mobility Committee, Executive Committee, Advisory Council, and was a founding member of the Elder Protection Workgroup. In 2012 she received the Marge Ling Leadership Award, which acknowledges a member of the Advisory Council who displays the leadership, commitment, and passion for senior issues, and motivates fellow members of the Advisory Council to model and support healthy, active aging.

Jane's ability to think creatively, identify issues, and solve problems is an asset to the AAA and the community. Jane is passionate about the AAA, seniors and people with disabilities in Sonoma County. She has contributed to expanding awareness of senior issues by both increasing the number and quality of outreach activities for the AAA. Her founding of the Elder Protection Workgroup and leadership in efforts to raise awareness of elder abuse and neglect through speaking engagements and special projects in honor of World Elder Abuse Awareness Day show her commitment to improving the lives of those in her community. As Chair of the Transportation and Mobility Committee, Jane has laid the groundwork for a collaborative, community-based approach to improving transportation programs and systems throughout the County.

Jane's views about volunteering are positive. *"By being a volunteer senior advocate, I have received much more than I have given. I learned so much and met so many wonderful people. I've had the opportunity to serve in a number of capacities and be involved in many worthwhile initiatives. It is so gratifying to work with others to solve problems and see the benefits compassion and collaboration can achieve for older adults in Sonoma County. It is an exciting and enjoyable experience to remember and treasure."*



Jane Eckels

### *A Multi-Generational Perspective on Aging*



Commission member and CSU Chico Social Work Professor Jean Schulberg (second from right) moderated an inter-generational panel on the topic of aging at the Commission on Aging's September 2015 meeting at California State University in Chico. Pictured from left to right are panelists Henry Eisenman, Lakshmi Ariaratnam, Angela He, Jane Casa, Celeste Vorce, Schulberg and Commission Vice Chair Marian Last.

## Poll Finds Strong Support for Medicare Coverage of End-of-Life Discussions Between Doctors and Patients

A new poll by the Kaiser Family Foundation found overwhelming support for Medicare's coverage of end-of-life discussions between doctors and patients. As Kaiser Health News reports, eight of 10 people supported the government or insurers paying for planning discussions about the type of care patients preferred in the waning days or weeks of their lives. These discussions can include whether people would want to be kept alive by artificial means even if they had no chance of regaining consciousness or autonomy and whether they would want their organs to be donated. These preferences can be incorporated into advance directives, or living wills, which are used if someone can no longer communicate.

The Centers for Medicare & Medicaid Services earlier this year [proposed paying doctors](#) to have these talks with patients. A final decision is due out soon.

The Kaiser poll found that end-of-life planning talks remain infrequent. Overall, only 17 percent of those surveyed said they had had such discussions with their doctor or another health care professional, even though 89 percent believe doctors should engage in such counseling. A third of respondents said they had talked to doctors about another family member's wishes for how they would want to be cared for at their end.

While none of the current proposals calls for the cost of care to weigh on these discussions, the final years of life are indeed expensive for America's health care system. The Dartmouth Atlas of Health Care [has calculated](#) that a third of Medicare spending goes to the care of people with chronic illnesses in their last two years of life. That is likely to increase as the population of those older than 65 increases. An [analysis by the Kaiser foundation](#) found that Medicare spending per person more than doubled from age 70 to 96, where it peaked at \$16,145 per beneficiary in 2011.

Excerpted from Rau, Jordan, *Poll Finds Overwhelming Support For Medicare Paying For End-Of-Life Talks*. September 30, 2015, [Kaiser Health News](#).

## Medicaid's Role for People with Dementia

Almost one-half (46%) of nursing facility residents and about one in five (21%) seniors living in the community has probable or possible dementia, a syndrome characterized by a chronic, progressive decline in memory and other cognitive functions, such as communication and judgment. People with dementia often have complex medical and behavioral health needs, and many rely on family caregivers to provide assistance with self-care and other daily activities. As dementia advances, paid care may be needed. Most people with dementia have Medicare,<sup>5</sup> but due to high out-of-pocket costs and lack of long-term services and supports (LTSS) coverage, low-income people with disabilities resulting from dementia may need Medicaid to fill in the coverage gaps. Medicaid plays an important role in providing LTSS and is increasingly focused on efforts to help seniors and people with disabilities remain in the community rather than reside in institutions.

Given the expected growth of the elderly population over the coming decades and barring medical breakthroughs, a larger share of Americans likely will have dementia, which has implications for Medicaid coverage, delivery system design, financing, and quality monitoring. A new fact sheet from the Kaiser Commission on Medicaid and the Uninsured describes Medicaid's role for people with dementia who live in the community, highlighting common eligibility pathways, beneficiary characteristics, covered services, health care spending and utilization, and key policy issues.

To read the full brief, visit the Kaiser Family Foundation [Medicaid](#) page.

Excerpt from Garfield, Musumeci, Reaves, and Damico, *Medicaid's Role for People with Dementia*. Kaiser Commission on Medicaid and the Uninsured, October 2015 Issue Brief.

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**CFPB publications help older adults avoid financial exploitation**

Older Americans face many financial challenges as they age. They have opportunities to travel, explore new fields of work or hobbies, or spend time with family and friends. But often scam artists or bad advice take away these opportunities. The Office of Financial Protection for Older Americans in the Consumer Financial Protection Bureau was created to give seniors information and tools to navigate safely through financial challenges.

Older adults can learn how to prevent financial exploitation using the *Money Smart for Older Adults – Prevent Financial Exploitation* curriculum. Produced in partnership with the FDIC, consumers can download the [resource guide](#) or the [training module for instructors](#).

Financial caregiving is also an important task that many take on suddenly or with little preparation. CFPB's free, downloadable *Managing Someone Else's Money* guides are available for agents under powers of attorney, court-appointed guardians, trustees, and government fiduciaries (Social Security representative payees and VA fiduciaries). You can download publications directly or order free print copies on the Consumer Financial Protection Bureau [publications page](#). Excerpted from the Consumer Financial Protection Bureau, *Financial Protection for Older Americans*, <http://www.consumerfinance.gov/older-americans/>

**Resources on the Older Driver's AgePage**

As individuals get older, they may not be able to continue driving independently. The National Institute on Aging's [Older Drivers AgePage](#) provides individuals with resources about common concerns and safety tips. This page is recommended for everyone, from people who are concerned about their driving skills to family members and friends that are worried about an individuals' ability to drive. The webpage gives tips for older adults, their families and friends on what to watch for to help drivers remain safe.



Reprinted from the NASUAD Friday Update, October 30, 2015.

AGEWATCH

November 2015

**Upcoming Events**

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](mailto:aging@c4a.info).

November 18-19, 2015. California Commission on Aging. Ayers Hotel, Costa Mesa. [www.ccoa.ca.gov](http://www.ccoa.ca.gov) for agenda and meeting information.

December 1 - 2, 2015. Triple-A Council of California. Vagabond Inn, Sacramento, California. [www.4TACC.org](http://www.4TACC.org) for information.

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