

Ventura County Grand Jury 2015 - 2016



Final Report

Camarillo Congregate Meal Program May 26, 2016

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Camarillo Congregate Meal Program

Summary

According to California Department of Finance estimates, Ventura County (County) seniors, those 60 and older, will make up 29% of the population by 2030. The challenge today is to meet the needs of this growing segment of society.

With grants from the Federal and California (State) governments, the Ventura County Area Agency on Aging, in conjunction with service providers, manages a variety of senior programs, including the Older Americans Nutrition Program. These service providers throughout the County meet senior nutrition needs with congregate and home-delivered meal programs.

In a review of the senior nutrition programs, the 2015-2016 Grand Jury learned that although congregate meals are available to seniors five days a week throughout the County, they are only available to seniors in the City of Camarillo once a month. The Grand Jury opened an investigation into this issue by interviewing key personnel, conducting research, and reviewing State and federal legislation.

The Camarillo Health Care District and the Pleasant Valley Recreation and Park District, as well as the City of Camarillo, provide services and support for senior programs in their area. Prior to 2013, the Camarillo Health Care District and the Pleasant Valley Recreation and Park District worked together to provide senior congregate meals four days a week. With a Memorandum of Understanding, the park district provided facilities and the health care district managed the program with public funding.

Federal and State funding for nutrition services has been stagnant for several years. Providers must now contribute 10% of previous funding to cover the costs. The Grand Jury also learned that the cities in the County vary widely in their general fund support of senior programs. This support ranges from \$66.83 per senior in Moorpark to \$2.36 per senior in Camarillo.

As a result of this investigation, the Grand Jury found that the senior population of Camarillo has not been formally surveyed to determine its needs. In addition, the Camarillo Health Care District, the Pleasant Valley Recreation and Park District, and the City of Camarillo do not adequately collaborate or coordinate efforts to meet the needs of the senior population.

The Grand Jury recommends that the City of Camarillo conduct a "needs survey" of its senior population. In addition, it recommends that the City Council, the Camarillo Health Care District, and the Pleasant Valley Recreation and Park District work together to determine goals and strategies to best serve the seniors.

Background

In 1965 Congress passed the Older Americans Act which was designed to meet the needs of the country's aging population. In 1976 California (State) established the California Department of Aging and divided the State into thirty-three local "Area

Agencies on Aging”. These agencies manage State and federal grants and provide programs for seniors and their caregivers. (Ref-01)

Following federal and State legislation, the Ventura County Area Agency on Aging (VCAAA) was designated as the manager of a variety of mandated senior programs, including the 1972 Older Americans Nutrition Program. This program includes home-delivered and congregate meals for seniors. (Ref-02)

The Grand Jury reviewed the availability of the congregate meal program throughout the County. Although this program is offered five days a week in ten locations of the County, it is available to seniors in the Camarillo area once a month. The Grand Jury opened an investigation into the availability of congregate meals in the Camarillo area.

Methodology

The Grand Jury conducted an investigation that included:

- Reviewing federal and State legislation related to mandated programs for seniors
- Investigating pertinent websites including VCAAA, Camarillo Health Care District, Pleasant Valley Recreation and Park District, City of Camarillo, and other cities within the County
- Reviewing the agendas and minutes of the VCAAA Advisory Council and the VCAAA Senior Nutrition Committee meetings
- Reviewing the draft of the VCAAA Master Strategic Plan 2016-2020
- Analyzing the VCAAA Nutrition Program Funding documents
- Interviewing County, City, and special district personnel

Facts

FA-01. The Camarillo Health Care District (CHCD) and the Pleasant Valley Recreation and Park District (PVRPD), as well as the City of Camarillo, provide services and programs for residents 60 years of age and older.

FA-02. As required by the Older Americans Act, the Camarillo City Council formed the Camarillo Council on Aging in 1978. A volunteer organization, it serves as an advisory body which reports to the Council on matters of concern to seniors. (Ref-03)

FA-03. The CHCD and the PVRPD are special districts which serve the residents of Camarillo. These public entities receive funds from property taxes.

FA-04. Established in 1969, the CHCD “...provides community health, wellness, and safety services.” It provides a variety of services to seniors and their caregivers including home delivered meals, transportation, counseling, and adult day care, to name a few. (Ref-04)

FA-05. Established in 1962, the PVRPD “...provides quality programs, parks and facilities that can be enjoyed by everyone.” For senior programs, it

collaborates with community organizations, including the Area Agency on Aging, Arthritis Foundation, Braille Institute, and the Camarillo Council on Aging. (Ref-05)

- FA-06.** The CHCD is the official “service provider” for publicly funded congregate meals managed by the VCAAA.
- FA-07.** The City of Camarillo has no formal relationship with the CHCD and the PVRPD.
- FA-08.** According to the Administration for Community Living, the congregate meal program offers meals to seniors in a social setting. It helps “...to keep older Americans healthy and prevent the need for more costly medical interventions....The program presents opportunities for social engagement, information on healthy aging and meaningful volunteer roles, all of which contribute to an older individual’s overall health and well-being.” (Ref-06)
- FA-09.** Congregate meal programs are offered Monday through Friday in ten County locations. The Camarillo Health Care District serves a congregate meal one day a month. (Att-01)
- FA-10.** The VCAAA and its nutrition service providers throughout the County apply for State and federal funds on a four-year cycle. Service providers responded to VCAAA’s Request for Proposal for fiscal years 2016-2020. On March 9, 2016, the VCAAA Advisory Council approved these plans. Camarillo’s proposal for serving a congregate meal one day per month was approved. (Ref-07)
- FA-11.** From 2005 to 2012, the CHCD and the PVRPD had a Memorandum of Understanding for serving a congregate meal to seniors four days a week. The CHCD provided staff and services; the PVRPD provided facilities. (Ref-08)
- FA-12.** According to the draft of the VCAAA Master Strategic Plan 2016-2020, Camarillo residents 60 years of age and older make up approximately 23% of the City’s population compared to 18.1% in the County. (Ref-09)
- FA-13.** Although residents 60 and older comprise approximately 23% of the City’s population, the Grand Jury could find no evidence that the City has conducted a recent formal comprehensive survey of this population to determine its needs.
- FA-14.** The ten cities in the County allocate funding for senior programs through their general funds. This funding ranges from \$66.83 per senior in the City of Moorpark to \$2.36 per senior in the City of Camarillo. [Note: Some senior programs in the cities are subsidized by funds from other sources.] (Att-02)
- FA-15.** As part of the process in developing its draft Master Strategic Plan 2016-2020, the VCAAA conducted a “Consumers’ Survey” of County senior residents and their caregivers. Access to nutritious food ranked second only to transportation in importance to those seniors who responded. (Ref-09)

- FA-16.** Federal and State funding for the mandated nutrition programs has been stagnant. Service providers are currently responsible for 10% of the cost of the program although this amount can be met with donations “in kind”.
- FA-17.** The City of Camarillo is currently in discussion with the PVRPD to allocate funds for increased services for seniors in Camarillo.
- FA-18.** The PVRPD, in conjunction with City organizations/businesses, sponsors a senior meal and movie event once a month. According to the PVRPD, seniors have been turned away because the program is so popular and resources are limited.
- FA-19.** The PVRPD 2013-2018 Strategic Plan calls for open communication with other districts in the area. According to the plan, “The District will explore partnerships with other local agencies, businesses and non-profits to expand program areas...” including those for seniors. One of the five year goals is to be “...actively engaged with strategic partners in the community.” (Ref-10)
- FA-20.** The Grand Jury could find no evidence of strategic planning by CHCD.
- FA-21.** The Camarillo City Council has established goals and objectives for 2015-2016, including:
- “...to maintain effective communication with local, state and federal elected representatives and other local agencies including schools, parks and special districts.”
 - “...to maintain effective communications with the community.”
- (Ref-11)

Findings

- FI-01.** Seniors in the Camarillo area have less access to congregate meals than those in other areas of the County. (FA-09, FA-10)
- FI-02.** The CHCD receives less of the available public funding for the congregate program than other service providers in the County. It only applies for funding to cover costs of a once-a-month congregate meal. (FA-08, FA-10, FA-11)
- FI-03.** The senior population of Camarillo has not been formally surveyed to determine its need for a five-day-a week congregate meal program. (FA-13)
- FI-04.** The City of Camarillo allocates limited General Fund support for senior programs when compared with other cities in the County. (FA-14)
- FI-05.** The City of Camarillo, the Camarillo Health Care District, and the Pleasant Valley Recreation and Park District have not adequately collaborated or coordinated efforts to meet the needs of seniors in Camarillo. (FA-11, FA-19, FA-20, FA-21)

Recommendations

- R-01.** The Grand Jury recommends that the Camarillo City Council, in conjunction with the Camarillo Council on Aging, conduct a comprehensive formal “needs survey” to determine senior concerns, especially as related to an expanded congregate meal program. (FI-01, FI-02, FI-03, FI-04, FI-05)
- R-02.** The Grand Jury recommends that the Camarillo City Council, the Board of Directors of the Camarillo Health Care District, and the Board of Directors of the Pleasant Valley Recreation and Park District establish formal and regular communication in order to formulate goals and coordinate resources to meet the needs of the senior population. (FI-05)

Responses

Responses Required From:

Board of Directors, Camarillo Health Care District

Board of Directors, Pleasant Valley Recreation and Park District

Camarillo City Council

References

- Ref-01.** AllGov California, “Department of Aging”,
http://www.allgov.com/usa/ca/departments/health-and-human-services-agency/department_of_aging?agencyid=129 (accessed April 20, 2016).
- Ref-02.** County of Ventura California, “VCAAA Mission Statement”,
<http://www.ventura.org/vcaaa/vcaaa-mission-statement> (accessed April 20, 2016).
- Ref-03.** City of Camarillo, “Council on Aging”,
<http://www.ci.camarillo.ca.us/i3.aspx?p=16> (accessed April 20, 2016).
- Ref-04.** Camarillo Health Care District, “Our District”,
<https://www.camhealth.com/general-information/> (accessed April 20, 2016).
- Ref-05.** Pleasant Valley Recreation and Park District, Five Year Strategic Plan 2013-2018, <http://www.pvrpd.org/recreation/senior/default.aspx> (accessed April 20, 2016).
- Ref-06.** Administration for Community Living, “Congregate Nutrition Services”,
http://www.aoa.gov/AoA_programs/HPW/Nutrition_Services/index.aspx#congregate (accessed April 21, 2016).
- Ref-07.** County of Ventura California, “Advisory Council Meetings”, Minutes March 9, 2016.
- Ref-08.** “Pleasant Valley Recreation and Park District Staff Report/Agenda Report”,

<http://www.pvrpd.org/civica/filebank/blobdload.asp?BlobID=2730>
(accessed April 21, 2016).

- Ref-09.** VCAAA Master strategic Plan 2016-2020, page 27,
<http://vcportal.ventura.org/VCAAA/newscenter/publications/VCAAA%20Summary%20of%20the%20Draft%20FY%202016-2017.pdf> (accessed May 11, 2016).
- Ref-10.** Pleasant Valley Recreation and Park District 2013-2018 Strategic Plan, page 15, http://www.pvrpd.org/administration/about/strategic_plan.asp (accessed April 21, 2016).
- Ref-11.** City of Camarillo, "FY 2015-16 Council Goals and Objectives", <http://www.ci.camarillo.ca.us/docs/COUNCIL%20GOALS.pdf> (accessed April 26, 2016).

Attachments

- Att-01.** VCAAA Senior Nutrition Program Sites 2015-2016
- Att-02.** Senior Services Funding for Ventura County Cities

Disclaimer

This report is issued by the 2015-2016 Ventura County Grand Jury. Due to a potential conflict of interest, a member of this Grand Jury was excused from participating in any aspect of the production of this report.

Glossary

<u>TERM</u>	<u>DEFINITION</u>
CHCD	Camarillo Health Care District
City	The City of Camarillo
Congregate meals	Meals taken in a public social setting
County	The County of Ventura, California
Grand Jury	The 2015–2016 Ventura County Grand Jury
“In kind”	Donations other than money
PVRPD	Pleasant Valley Recreation and Park District
Special district	A separate local government that delivers a limited number of public services to a geographically limited area; unique to California
State	The State of California
VCAAA	Ventura County Area Agency on Aging

Attachment 01

VCAAA Senior Nutrition Program Sites 2015-2016

VCAAA Senior Nutrition Program Sites 2015-2016

Contractor	Address	Congregate Program	Home-Delivered Meal Program
Camarillo Health Care District	3639 Las Posas Rd. Suite 117 Camarillo	One day per Month	Deliver frozen weekly
Conejo Recreation and Park District	Goebel Adult Community Cntr 1385 E. Janss Rd.	Monday thru Friday	None
City of Fillmore	Fillmore Senior Center 533 Santa Clara Ave	Monday thru Friday	Deliver hot daily
City of Moorpark	Moorpark Active Adult Center 799 Moorpark Ave., Moorpark	Monday thru Friday	Deliver hot daily and frozen weekly as needed
City of Oxnard	Wilson Senior Cntr, 350 N C St. Palm Vista, 801 S. C St., Oxnard	Monday thru Friday	Deliver frozen weekly or bimonthly
City of Port Hueneme	550 Park Ave., Port Hueneme	Seniors use Oxnard location	Deliver frozen weekly
City of Santa Paula	Community Center 530 W. Main St.	Monday thru Friday	Deliver hot daily
City of Simi Valley	Simi Valley Senior Center 3900 Avenida Simi, Simi Valley	Monday thru Friday	Deliver hot daily and frozen weekly as needed
City of Ventura	Avenue Adult Center 550 N. Ventura Ave, Ventura	Monday thru Friday	Deliver frozen weekly or bimonthly
HELP of Ojai	370 W. Baldwin Rd., Ojai (old Honor Farm site)	Monday thru Friday	Deliver hot daily
San Salvador Mission	San Salvador Mission 4053 Center St., Piru	Monday thru Friday	Deliver hot daily

Attachment 02

Senior Services Funding for Ventura County Cities

Senior Services Funding for Ventura County Cities

<u>City</u>	<u>Agency</u>	<u>Budget source</u>	<u>Senior Funding FY '15/'16</u>	<u>Population T=Total S=Seniors</u>	<u>Funds per Senior</u>
Camarillo	Camarillo Health Care District	General Fund Cultural Arts	\$37,000 Paid to CHCD	65,985 T 15,694 S	\$2.36
Ventura	City Parks & Rec	General Fund	Senior Center & Support service \$310,468	108,449 T 22,163 S	\$14.01
Port Hueneme	City Parks & Rec	General Fund Culture and Leisure	Grant \$15,000 Revenue Neutral	21,949 T 3,709 S	\$4.04
Simi Valley	City Recreation	Community Service General Fund	Senior Services \$728,100	125,699 T 22,262 S	\$32.71
Oxnard	City Recreation	General Fund	Senior Services \$805,514	201,744 T 25,500 S	\$31.59
Moorpark	City Recreation	General Fund Active Adult Center 55+	Senior Services, including meals. \$306,693	35,033 T 4,589 S	\$66.83
Santa Paula	City Recreation	Community Services – General Fund	\$17,023 CDBG Rec Service.	29,990 T 4,439 S	\$3.83
Fillmore/ Piru	City Recreation	General Fund	Senior Nutrition & Programs \$29,435	17,281 T 2,369 S	\$12.43
Thousand Oaks	Community Services	General Fund	Senior Services \$375,567	128,126 T 29,040 S	\$12.93
Ojai/ Mira Monte	Help of Ojai Non-Profit Senior Services	Contributors	City of Ojai gave \$46,000 in Posted IRS filing	28,681 T 7,573 S	\$6.07

Sources: VCAAA Strategic Plan 2016-2020, page 27 (Ref-09) and city website