



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

September 25, 2024

9:00 a.m. to 11:00 am

Area Agency on Aging Advisory Council Center

646 County Square Drive, Ventura

<https://us02web.zoom.us/j/85358495921>

The council will be meeting in person, but members of the public are welcome to attend in person or via zoom.

VCAAA Advisory Council Role – To provide leadership, input, and advocacy as facilitators between VCAAA and the community, in support of VCAAA’s mission.

VCAAA Role – VCAAA is the responsible agency to seek, serve, administer, and manage available funding to ensure resources are allocated to serve Ventura County, creating integrated community-based services where older adults and people with disabilities can age in their community with dignity and respect.

A G E N D A

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| 9:00 a.m. | 1. Call to Order and Agenda Review | Martha Shapiro |
| | 2. Pledge of Allegiance | Smita Dandekar |
| | 3. Roll Call and Motion to Accept Online Virtual Attendance for those declaring “Emergency Circumstances” | Monique Nowlin |
| | 4. Approval of Area Agency on Aging Advisory Council Minutes of July 10, 2024. | Martha Shapiro |
| | 5. Public Comments | Martha Shapiro |

Procedure: The public is welcome to comment. All comments not related to items on the agenda may be made at the beginning of the meeting only. Comments are limited to three minutes per person.

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| 6. | Consent Agenda Items – Committee Reports | Martha Shapiro |
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Procedure: The Advisory Council will approve these reports all at once unless an Advisory Committee wishes to remove a report from the consent agenda and discuss and approve it separately.

- 6.1 Transportation Committee – July 10, 2024
- 6.2 Housing Committee – July 16, 2024
- 6.3 ADRC Committee – July 17, 2024
- 6.4 Workforce Committee – July 18, 2024 & August 29, 2024
- 6.5 Optimal Aging Committee – July 24, 2024
- 6.6 Senior Nutrition & Health Committee – July 24, 2024

ACTION ITEMS

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| 7. | HSA/AAA Leadership Update | Melissa
Livingston &
Elaine Martinez |
| 8. | Grantee/Contractor Funding and Related Service Categories Update | Alyssa Corse |
| 9. | City of Ventura Proclamation – Disability Pride Month | Carol Leish |

INFORMATIONAL ITEMS

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| 10. | PIO Update | Roger Horne |
| 11. | Other Committee Meetings: | |
| | a. California Senior Legislature Update | Gitt/Gorback/
Birdwell |
| | b. VCAAA Foundation Update | James Schicker |
| | c. LGBTQ Aging Coalition | Martha Shapiro |
| | d. Dementia Friendly Ventura County | Haleh
Hashemzadeh |
| 12. | Meeting Calendar FY 2024-2025 | Martha Shapiro |
| 13. | Other Business | Martha Shapiro |
| 14. | Comments from the Chair | Martha Shapiro |
| 11:00 am | 15. Adjournment | Martha Shapiro |

The next meeting will be:
Wednesday, November 13, 2024 (9:00 am – 11:00 am)

In person at 646 County Square Dr Suite 100, Ventura, CA 93003 in the Advisory Council Room.

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 three days prior to the meeting.

VENTURA COUNTY AREA AGENCY ON AGING
Advisory Council Meeting Minutes
646 County Square Drive, Suite 100
Ventura, CA 93003
July 10, 2024

Advisory Council Members Present:

Blair Barker (Service Provider)	Luis Mendez II (Port Hueneme COA)
Stephanie Belding (TO COA)	Dr. Maria Munguia (Santa Paula COA)
Ron Berkowsky (LGBTQ+)	Clark Owens (Oxnard COA)
Brenda Birdwell (CSL)	Anna Reilley (Fillmore COA)
Al Brown (Simi Valley COA)	Carmen Reyes (Camarillo COA)
Denise Calhoun (District 2)	Nancy Rowe (Camarillo COA)
Lyn Cotwright (Moorpark COA)	Anita Ruiz (At-Large)
Carina Forsythe (Fillmore COA)	Jeanette Sanchez-Palacios (District 1)
Tony Gitt (CSL)	Peter Schreiner (Behavioral Health)
Dr. Karen Gorback (CSL)	Martha Shapiro (Senior Concerns)
Maureen Hodge (Family Caregiver)	Alice Sweetland (Oxnard COA)
Sue Hughes (District 3)	Sylvia Taylor-Stein (District 5)
Carol Leish (Disabilities)	Susan Zirnite (Simi Valley COA)
Jonnie Lisman (Port Hueneme COA)	

Advisory Council Members Absent:

Smita Dandekar (District 4)	Bill Nugent (Ojai COA)
Lynette Harvey (Medical Provider)	Sue Tatangelo (Consumer)
Patricia Lownes (Thousand Oaks COA)	Dana Tomarken (Santa Paula COA)

VCAAA Staff Members Present:

Alyssa Corse (Grants Administrator)	Monique Nowlin (Division Manager)
Julianna Eusano (Program Coordinator)	Cristian Rivas (Social Worker)
Jessica Field (Student Worker)	Jason Sagar (Program Administrator)
Haleh Hashemzadeh (Sr Operations Mgr.)	Alisa Sanchez (Program Assistant)
Roger Horne (Public Information)	Shaun Schilder (Social Worker)
Juan Martinez (Community Health Worker)	Candace Tregler (Social Worker)
Martin Marquez (Data Integrity Manager)	Sonia Vaughn (Program Administrator)
Aurora Meadows (Registered Dietitian)	Gray Wilking (Program Administrator)
Denise Noguera (Call Center Manager)	

Members of the Public Present:

Julie Connella	Linda MacDougall
Janine Lobian	Kathy Tamashiro

- 1) **Call to Order and Agenda Review** – The July 10, 2024, Advisory Council meeting was called to order at 9:01 am by Chair Dr. Maria Munguia.

Motion: Approve agenda for July 10, 2024

Moved by: Smita Dandekar, seconded by Denise Calhoun

Result: Motion passed

- 2) **Pledge of Allegiance** – The Pledge of Allegiance was led by Carina Forsythe.

- 3) **Roll Call and Motion to Accept Online Virtual Attendance for Those Declaring “Emergency Circumstances”** – Alisa Sanchez called roll. The Advisory Council reached a quorum.

- 4) **Approval of Area Agency on Aging Advisory Council Minutes of May 22, 2024.**

Moved by: Al Brown, seconded by Blair Barker

Result: Motion passed

- 5) **Public Comments**– Stephanie Belding invited fellow board members to consider joining the Workforce Committee. Sylvia Taylor-Stein shared that on March 6, 2025, Dr. Allen Powers, author of two books, will be in Oxnard doing a seminar on “Dementia Without Drugs”. The seminar will be from 9-3 pm. Dr. Powers will present for four hours, and lunch will be provided. Sylvia also shared that on September 12, 2024, a new support group called Dementia Grief will be debuting at the Ombudsman Ventura office and it is for families with a loved one who is dealing with Dementia. Dr. Karen Gorback congratulated Dr. Maria Munguia, Martha Shapiro, and Alice Sweetland on their new positions (Chair, Vice Chair and Secretary). Dr. Gorback shared her disappointment with The Economist cover that depicts a walker with a Presidential seal on it. The cover is ageist and ableist and a reminder to keep fighting to do something about it. Sue Hughes shared that on October 12th at CSUCI, the County Library is hosting their Celebration of Books. The book that was selected is “Rough Sleepers” and it is about backpack medicine for homeless. Sue also shared about Facebook group for those caring for aging parents called “Parenting Aging Parents” – she recommends joining the group for connection and support, it is country-wide. Lyn Cotwright shared that she remembered from last

meeting to bring pet food donation; Roger Horne will take the donations for the Pet Pantry.

6) Consent Agenda Items

6.1 Transportation Committee Report – May 8, 2024

6.2 ADRC Committee Report – May 15, 2024

6.3 Workforce Committee Report – May 17, 2024

6.4 Housing Committee Report – May 21, 2024

6.5 Optimal Aging Committee Report – May 22, 2024

6.6 Senior Health & Nutrition Report – May 29, 2024

Motion: Approve consent agenda items

Moved by: Dr. Karen Gorback, seconded by Stephanie Belding

Result: Motion passed

ACTION ITEMS

7) Grantee/Contractor Funding and Related Service Categories Update presented by Alyssa Corse

Alyssa Corse shared that the Governmental and Non-Governmental contracts for Fiscal Year 2024-2025 were Approved by the Senior Nutrition & Health subcommittee and were later Approved by Board of Supervisors. Full recap is provided in Meeting Packet (Senior Nutrition & Health subcommittee report; Agenda Item 6.6).

8) Legislative Update presented by Monique Nowlin

Legislative Update (pages 17-26) from the meeting packet was shared on the screens in the meeting and Monique asked for questions and/or comments. Tony who is a CSL (California State Legislator) provided recap on main points from the Legislative Update.

9) ADRC Subcommittee Update

Denise Noguera shared PowerPoint presentation on what an Aging & Disability Resource Center (ADRC) is. Denise also encouraged board members to consider joining ADRC subcommittee. Denise then asked for questions and/or comments. Martha Shapiro, Tony Gitt, Carol Leish and Karen Gorback all shared comments. No questions were asked.

10) 2024/2025 Committee Selections

Monique reviewed the Committee Selection form from the Meeting Packet (page 27). Please make your Committee Selections (rejoin committee currently serving on OR join a new committee). Turn your Committee Selection form into Alisa Sanchez. Tony Gitt shared a quick presentation on Transportation Committee.

INFORMATIONAL ITEMS

11) PIO Update – Roger Horne provided Outreach Update. Reported about 20 events between May and June. Roger shared that August 6, 2024, is Senior and Persons with Disabilities Day at the Ventura County Fair. Website numbers are up – highest numbers we’ve seen in the past few years. Art from Optimal Aging Senior Art Show will go up in the Advisory Council Room soon and will be up by next meeting in September. Legacy Award nominations launched one month ago and two months in nomination period remaining.

12) Other Committee Meetings:

a. California Senior Legislature Update – Tony Gitt shared there have been budget issues with several CSL proposals. Encouraged board members to review their home insurance policies for “Other Structures” to avoid being charged unnecessarily. Dr. Karen Gorback shared that on June 1, 2024, she turned in a 14-page proposal to CSL. Her proposal is titled, “Amending California’s Helping Hand Act to Include Aging Education”.

b. VCAAA Foundation Update – Monique advised that Foundation Chair James Schicker was unable to attend the meeting but asked Monique to share that he has no new updates. The Foundation continues to seek opportunities to raise funds. The Foundation will be inviting Supervisor Long out to the Outdoor Education Farm to see what is new and happening out there. Chair Schicker is also seeking anyone who is interested in serving as a Foundation Board Member.

c. LGBTQ+ Aging Coalition – Martha Shapiro announced that the LGBTQ+ Aging Coalition does not have any major updates but the Coalition continues to do outreach and has been busy attending Pride events with another taking place this coming weekend (July 13-14) with Pride events concluding in August.

d. Dementia Friendly Ventura County – Haleh Hashemzadeh shared that the next DFVC Meeting will be on August 7, 2024. It is the first meeting of the new Fiscal Year, therefore, discussions will

include sharing DFVC's Achievements from FY 23-24, as well as, finalizing the Goals for FY 24-25.

- 13) **Meeting Calendar** – Chair Dr. Munguia shared the FY 2024-2025 Advisory Council and Sub Committee Meeting Schedule.
- 14) **Other Business** – Tony Gitt shared a reminder that the Transportation Committee meets directly following each Advisory Council Meeting, in the same meeting room. Monique Nowlin initiated introductions of Staff to the Council Members, as there are many new faces. All AAA Staff in attendance introduced themselves and shared their roles and/or what programs they support. (See first page of these minutes for list of attendees).
- 15) **Comments from the Chair** – Chair Dr. Munguia shared the importance of being aware of scams/scammers and advised that if/when it happens, it must be reported to Adult Protective Services. Chair also shared that Chef David, sadly passed away earlier this year at age 54. Chef David was the owner and chef at Chef David's Kitchen & Catering of Santa Paula and was recently awarded with a Legacy Award this past November 2023. The establishment is now called David's Place and is operated by his partner, Yesenia Avila. Please support the great food if you are in the area. Chair also wanted to share the unfortunate news that Santa Paula Hospital is losing its OB Department and their ICU. Chair Dr. Munguia closes the meeting by acknowledging and thanking everyone in attendance for all they do.

16) **Adjournment –**

Motion: To adjourn

Moved by: Al Brown, seconded by Carol Leish

Result: Motion passed

Meeting adjourned at 10:42 AM. The next regular meeting for the Advisory Council will be held on September 11, 2024.

*(Later rescheduled for September 25, 2024)

TO: VCAAA Advisory Council Members
FROM: Tony Gitt, Committee Chair
DATE: July 10, 2024
SUBJECT: **Transportation Committee Report from July 10, 2024**

Transportation Committee Members Present:

Tony Gitt
Jonnie Lisman

VCAAA Staff Members Present:

Maricela Pardo (Transportation & Elder Help Coordinator)
Aurora Meadows (Registered Dietitian)
Jason Sagar (Program Manager)

Members of the Public Present

None

1. **Welcome and Introductions** – Meeting was called to order at 11:09 a.m. The committee reached a quorum.
2. **Public Comments** – None
3. **Committee Staff update** – Jonnie Lisman joined the Transportation Committee. Peter Schreiner has left the committee
4. **ElderHelp Update** – Maricela Pardo provided an overview of program data. The Committee would like more robust reporting on ticket usage and medi-ride usage.
5. **Data Discussion** – The committee discussed the need for visualization of data including historical data to analyze trends and track utilization. Staff are hopeful that with the transition to the new database, the transportation data will be easier to extrapolate.
6. **Overview of Committee Goals-** Committee reviewed the goals:
 - Regularly review and propose updates to VCAAA webpage related to transportation options. – Website is currently being updated and evaluated by a UI designer
 - Continue attendance on the Citizens Transportation Advisory Committee to advocate for the transportation needs of older adults and person with disabilities – Tony volunteered to attend the next one

- Explore the use of alternate transportation modes such as driverless cars, and Uber advance at senior centers. – Discussed Uber caregiver options.
- Advocate for and develop strategies to address transportation issues that impact older adults and person with disabilities. – Discussed the need for historical data.

7. **Adjournment** – Meeting was adjourned at 12:04 p.m.

The next Transportation Committee meeting will be held on Sept. 11, 2024, immediately after the Advisory Council Meeting.

TO: VCAAA Advisory Council Members
FROM: Martha Shapiro, Chair
DATE: August 19, 2024
SUBJECT: **Housing Committee Report from July 16, 2024**

Housing Committee Members Present:

Martha Shapiro (Service Provider) - Chair
Stephanie Belding (TO COA)
Lyn Cotwright (Moorpark COA)
Sue Hughes (District 3)

Housing Committee Members Absent:

Dana Tomarken (Santa Paula COA)
Jeannette Sanchez-Palacios (District 1)

VCAAA Staff Members Present:

Jerrica Van Nest (HomeShare Social Worker)
Gray Wilking (HCBA and MSSP Program Manager)
Roger Horne (VCAAA Communications Manager)

1. **Welcome and Introductions** – Meeting was called to order at 2:04 p.m. by Chair Shapiro.
2. **Public Comments** – Stephanie Belding suggested disseminating information about special property tax rule for older adults and people with disabilities.
3. **Election of a Chair for Fiscal Year 24/25** – Current Chair, Martha Shapiro, reelected to serve as Housing Committee Chair for Fiscal Year 24/25.
4. **Discuss and Plan for Housing Conference/Workshop/Symposium** – The Committee discussed a similar event, the HOME Conference, that will take place at VCOE on October 24, 2024. The committee expressed interest in attending and possibly participating in this event. The committee agreed to table their own event for the time being and to potentially reschedule for February 2025.
5. **Other** – Jerrica Van Nest provided a report on the HomeShare program.
6. **Adjournment** – Meeting was adjourned at 2:50 p.m. The next Housing Committee meeting will be held on September 17, 2024.

TO: VCAAA Advisory Council Members
FROM: Tony Gitt, Chair
DATE: September 11th, 2024
SUBJECT: **ADRC Committee Report from July 17th, 2024**

Committee Members Present:

Tony Gitt Blair Barker Carmen Reyes Sue Tatangelo Emily Bridges Vanessa Acain
Lilly Grossman Linda Mac Dougall Carol Leish Al Brown

Committee Members Absent:

Martha Shapiro Jennifer Griffin Jim Marston

VCAAA Staff Members Present:

Denise Noguera (Call Center Manager) Alisa Sanchez (HS Program Assistant II)

1. Welcome and Introductions – The virtual meeting was called to order at 1:00 p.m. ADRC Committee Chair, Tony Gitt, welcomed all new attendees.

2. ADRC Discussion & Initiatives -

- AAA Staff member, Denise Noguera, shared Information and Referral/Assistance National Survey Report, discussing findings in comparison to service delivery data from AAA. Nationally & locally Transportation remains highest need.
- The members discussed strategies to improve service delivery and data collection for vulnerable populations, including staffing shortages, efficient resource allocation, and data presentation for the Advisory Council Meeting. Members also discussed strategies for improving service delivery and care coordination. A brief presentation/overview of FY23-24 AAA/ILRC reporting was agreed upon by both ILRC Committee Member Vanessa Acain, and AAA Staff Member Denise Noguera, and will be requested to be presented at next Advisory Council Meeting.
- **Adjournment –** The meeting adjourned at 2:30pm. The next scheduled meeting is Thursday, September 18, at 1p.m.

TO: VCAAA Advisory Council Members
FROM: Stephanie Belding, Chair
DATE: July 22nd, 2024
SUBJECT: **Workforce Committee Report from July 18th, 2024**

Committee Members Present:

Stephanie Belding	Carol Leish
Dr. Karen Gorback	Clark Owens
Denise Calhoun	Alice Sweetland
Brenda Birdwell	

Committee Members Absent:

Carina Forsyth	Patricia Lownes
Dr. Maria Munguia	Carmen Reyes
Nancy Rowe	Dana Tomarken
Lynn Cotwright	

VCAAA Staff Members Present:

Roger Home (Communications Manager)	Sonia Vaughn (HICAP manager)
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1. **Welcome and Introductions** – The in-person meeting was called to order at 10:15 a.m. New members introduced themselves.
2. **Public Comments** – Karen shared that the TO Acorn has partnered with greater Conejo Chamber of Commerce- they have been celebrating 40 under 40... as an advocate against ageism, Karen wrote a letter to the Acorn suggesting that they support everyone regardless of their age and proposed a feature “40 of Our Finest” to highlight and include people of all ages and all stages of life who are leaders in all sectors in the community- should be published July 19th, 2024 and will be available online.
3. **New Membership Development** – Stephanie shared we will be working on ways to increase membership.
4. **Get That Job Presentation @ GACC** – Julie at the center reached out to Monique and Karen as a result of the video that’s available online and asked if we were interested in presenting. No date has been set (potentially in September)
<https://www.youtube.com/watch?v=zkc1JYrOAek>

Clark had questions regarding the “job description for the various activities we’re doing”. Stephanie shared we present ideas that can work for the community, plan events, including participation in other major events focusing on senior employment such as the Golden Future 50+ Expo.

5. **2024 Golden Future 50+ Expo**- The event will be held on December 5th, 2024 in the Thousand Oaks Room (indoors) at the Oxnard Performing Arts Center in Oxnard from 9 am to 1:30 pm; setup will be from 7:30 am to 9:00 am. All breakdown must be completed by

2:15 pm. They are expecting approximately 1500 attendees. This is a vendor driven event; there will be 100+ vendors/services for older adults interested in home care, hearing, vision, home helpers, etc. HSA will be present. Our committee will be present at this year's event. Vendors pay a fee to promote their services; we have been given a room to "piggyback on their event".

Our committee has been assigned an area to host a Job Fair (specifically for non-profit organizations, including government, county/state agencies). Stephanie, Karen and Roger toured the room last month. Stephanie is working on the logistics, including any signage needed (Signage is usually covered by agency funds; Roger will help with that). Flyer will be shared once it becomes available to help promote the event. Brenda and Carol expressed this event brings a lot of seniors interested in jobs.

Stephanie will follow up if translator services will be offered or if it's something we will need to secure.

All employers interested in participating in this expo will be required to complete an application no later than Monday, November 25, 2024. Roger shared that our VCAAA application is different from the other applications; application asks how we are going to advertise the event. As a nonprofit/government agency, we had to agree to do an event or some event-day contribution (speaker, door prize giveaway, volunteer or something along those lines)- employers might also be asked to do the same. Stephanie will clarify the requirement criteria.

We will need to come up with a 75-word description on what we do. This info will be included in the Expo Guide.

Also, we were offered to participate in Camarillo's senior fair this September, due to timing, we will consider attending it next year. Stephanie will share the information with Sonia to distribute with the committee.

6. **Committee Assignments/Employers-** Stephanie, Karen and Monique went around various employers, including retail establishments, school districts and cities for our previous Job Fair in Thousand Oaks. We will only be seeking non-profit, government, county/state/city agencies to partake in the upcoming Oxnard event (e.g. Red Cross, EDD, College District)
7. **Discussion of Future Job Fairs/Events –** Sonia will be sending a follow-up email to see what date works best in August. Stephanie proposed to meet before the next regular meeting and would like to meet again in August (15, 22, or 29th). Sonia will be emailing the workforce committee members and will schedule a meeting in August.
8. **Adjournment –** The meeting adjourned at 11:03 a.m. Our next regular meeting is scheduled on September 19, 2024 at 10:00 am.

TO: VCAAA Advisory Council Members
FROM: Stephanie Belding, Chair
DATE: August 29, 2024
SUBJECT: **Workforce Committee Report from August 29, 2024**

Committee Members Present:

Stephanie Belding	Carol Leish
Dr. Karen Gorbach	Dr. Maria Munguia
Alice Sweetland	Brenda Birdwell

Committee Members Absent:

Carina Forsyth	Patricia Lownes
Carmen Reyes	Clark Owens
Nancy Rowe	Dana Tomarken
Lynn Cotwright	Denise Calhoun

VCAAA Staff Members Present:

Roger Horne (Communications Manager) Sonia Vaughn (HICAP manager)

1. **Welcome and Introductions-** The TEAMS meeting was called to order at 10:03 a.m. No introductions were made.
2. **Public Comments-** No public comments made.
3. **Golden Deluxe 50+ Expo Clarification-** Roger has submitted application for VCAAA.
4. **Expo Guide for Job Fair-** All participating employers will be included in the Expo Guide. They must write a 75-word paragraph that will be used for the event.
5. **Employer Considerations-** Each employer participating will be required to complete a different application (from non-profit/government entity).
6. **Promotional Materials/Signage-** It is a requirement to help promote the event. Also, we will need to provide our own translators and interpreters. The Expo will provide limited signage, but we can all provide our own, including some for directions, specifically for the entryway.
7. **Other-** WC has been assigned 9 tables. Setup is from 7:30- 9:00 am. Tear down must be complete by 2:30 pm.

Today, several WC attendees expressed the lack of participation from other city representatives to help with the expo. It is important to have at **least one representative from every West County city** to help focus on their city's needs. WC needs more participants to help contact all potential employers (Oxnard School District, Ventura County Office of Education, and others) and follow-up as needed to make it happen. Due to the lack of participation in the workforce committee and before a decision on cancelling WC's participation is complete, it has been suggested

the advisory council members be notified and are offered another opportunity to participate. Stephanie will request a Workforce Committee Update item is added to the September 25th Advisory Council Meeting Agenda.

8. **Next meeting date** – Meeting scheduled on Thursday September 19th has been cancelled. Workforce Committee will meet in-person on Wednesday, September 25th right after the Advisory Council meeting.
9. **Adjournment** – The meeting adjourned at 11:03 a.m.

TO: VCAAA Advisory Council Members
FROM: Alice Sweetland, Committee Chair
DATE: July 24th, 2024
SUBJECT: **Optimal Aging Report from July 24th, 2024**

Committee Members Present:

Ronald Berkowsky	SylviaTaylor-Stein
Al Brown	Alice Sweetland
Denise Calhoun	Susan Zirnite
Lyn Cotwright	

Committee Members Absent:

Carol Leish

VCAAA Staff Members Present:

Roger Horne (PIO)
Julianna Eusanio (Fall Prevention Program Coordinator)

1. **Welcome and Introductions** – The VCAAA Optimal Aging Committee meeting was called to order by chair Sweetman at 2:01 p.m. via Teams. The committee reached a quorum with eight members present. New committee members Susan Zirnite and Lyn Cotwright provided introductions and were welcomed.
2. **Public Comments** – Alice shared the workforce committee is having a forum on December 5th at the Oxnard Performing Arts Center in conjunction with the Golden 50+ event. This will be geared towards seniors looking for employment, more information to come.
3. **Legacy Awards Update** -We are currently taking nominations for the Legacy Awards. Roger shared that promotion began beginning in June and has been advertised on social media and through HSA. Roger provided overview of nomination progress. During the September committee meeting, everyone will pick a day to review nominations in person in early October.
4. **Committee Goals** – Ronald Berkowsky provided an overview of his roll at CSUCI and the capstone courses he provides which focus on community engagement. He explained the project provides final deliverable that is given to a community organization or agency. He discussed students doing focus groups with older adults in the community, potential advisory council members, and others in leadership positions in the county to see how people define optimal aging. Provided an overview of a current project being done for LGBTQ+ Aging Coalition which could be similar. Ron inquired if the committee members had questions and topics of interest to focus

on. Denise shared self-care and respite, particularly among spouses taking on care. Ron added caregiving as a topic due to discussions of additional caregiving.

The committee expanded on this and confirmed interest. Alice added ageism as a potential topic. Roger asked to add a question about identifying if individuals have heard of or used VCAAA services.

5. **Adjournment** – The meeting was adjourned at 2:41 p.m. The next Optimal Aging Committee meeting will be held on Wednesday, July 24th, at 2 pm.

TO: VCAAA Advisory Council Members
FROM: Dr. Maria Munguia, Interim Committee Chair
DATE: July 24th, 2024
SUBJECT: **Senior Nutrition and Health Committee Report from July 24th,2024**

Committee Members Present:

Smita Dandekar
Blair Barker
Alice Sweetland

Dr. Maria Munguia
Anita Ruiz

Committee Members Absent:

None

VCAAA Staff Members Present:

Alyssa Corse (Program Administrator)
Julianna Eusanio (Fall Prevention Program Coordinator)
Aurora Meadows (Registered Dietitian)
Karl Yost (Farm Manager)
Roger Horne (Public Information Officer)

1. **Welcome and Introductions** – The VCAAA Nutrition and Health Committee meeting was called to order at 12:40pm by Madam Chair Dr. Munguia. The committee reached a quorum with four of four members present. Blair joined the meeting a little later which led to five of five committee members present.
2. **Public Comments** – None.
3. **Introduction of the New Staff for Committee-** Karl introduced himself as farm manager. Karl has been with the farm a little over 3 years where he started as a volunteer first. Committee members and staff went around and introduced themselves to Karl.
4. **Fall Prevention Update-** Julianna will have a save the date going out shortly for the Fall Prevention Forum on September 27th at Cal Lutheran University. Registration will begin soon, so please remember to do that. The forum will offer free lunch, keynote speakers, presentations, and a lot more. I look forward to seeing everyone there. Madam Chair Dr. Munguia asked which day the forum was and if transportation was provided. Julianna explained there will be a bus that will have pick ups in Fillmore and Santa Paula. Julianna and Anita Ruiz from Piru are going to connect offline to discuss opportunities for transporting older adults from Piru to the Fall Prevention Forum. Alice let the committee know that the workforce committee would be hosting an expo on December 5th from 9am to 1:30pm in the city of Oxnard at the Performing Arts Center. It's in combination of the Golden Expo for 50+ with employers there interviewing candidates. Please put it on your calendar.

5. **Registered Dietitian Update-** Aurora gave an update about the Senior Nutrition Program regarding reviewing and approving recipes. Aurora spoke about a new Restaurant Vendor that was chosen during the RFP process to help with single serve Home Delivered Meals. Aurora discusses some of the challenges while working with new vendors in order to approve recipes in time so she can include them in the monthly menus that go out to our Senior Nutrition Sites. Quarterly monitoring meetings will start to happen soon at our Senior Nutrition Sites along with their Quarterly nutrition education classes. Later that day Aurora hosted their first kitchen staff meeting of the new fiscal year at the farm. Senior Nutrition Farmers Market program is in the middle of distributing the vouchers out at the various approved farmers markets. CalFresh Healthy Living Program piloted in May direct education activities to the Ventura Housing Authority at the Farm. Karl did a great job giving them a farm tour that led to some physical activity led by a cooking demo. Almost all of the participants went back to harvest some Kale after eating a kale salad that was made for the cooking demo. Aurora gave a presentation in front of partnership to a healthy Ventura County about the Farm and what volunteer opportunities were available. Aurora was able to contact the local farm to school coordinator in Oxnard where the Rio High Schoolers are planning on coming to the Farm to participate in an Intergenerational education class with our older adults. Alice Sweetland asked what the students are going to be doing when going to the farm. Aurora let Alice know that they will be participating in a CalFresh Healthy Living Curriculum called Fresh from the Farm. Alice asked about the Senior Nutrition Farmers Market vouchers and if they are still the booklets. Aurora explained the decrease of Vouchers that were received this year from the budget cuts. Alice Sweetland offered to help distribute the farmers market vouchers. Brainstorming on how Fillmore and Piru can participate in the Farmers Market Nutrition program next year.

6. **Senior Nutrition Program Update –** Alyssa gave a brief update regarding the concerns from our last meeting with Nikki's Casamia. I completed my annual scheduled monitoring visit. Alyssa spoke about Anita's concern regarding a sign Nikki's Casamia had up with her hours of operation for the Congregate Meal site. Alyssa is working with her team to get Nikki's Casamia a new sign with update agency logo. Alyssa addressed one of Anita's concerns regarding the older adults having to get their own coffee or tea. Alyssa explained that in all congregate meal sites the older adults are responsible for getting their own drinks and seats. Alice added that her and her brother went to Nikki's as secret shoppers to enjoy lunch and check out Nikki's Casamia. Alice didn't choose the Congregate meal lunch but had very nice things to say about the restaurant food. Alice still had concerns regarding the lack of number of older adults eating at the restaurant. Alyssa reassured that this concern was still being looked at carefully and will have more to report on in the next meeting. Alyssa brought up the integration of the food box pantry program and HDM recipients to offer supplemental food to those most in need. Alyssa will be working with VCAAA's food box program manager to start that process in the future. Alyssa will be looking into the Food share program for Anita.

7. **Senior Nutrition Farm Update-** Karl reported on the solar system that is up and running, producing 3.8 kilowatts. The farm is completely planted out including the newest 22 rows. Some early summer corps are slowing down like squash. A few of

the new crops that are coming on are tomatoes, corn, peppers, grapes and figs. They also planted some watermelon, eggplant, and sweet potatoes. The greenhouse mostly is empty now as they have planted out the seedlings and begin the fall crop planning. The Farm is working on shifting to weeding, mulching and irrigation maintenance and pest management. The farm has 12 new chickens that are producing 4 dozen eggs on average. Karl expressed that the chicken pasture has not been very successful, so something they are working on. A few new things happening at the farm are the Monarch Joint Venture, Western Habitat program and the farm has a volunteer beekeeper.

8. **Committee Goals** – Next meeting the committee will ask to follow up questions to Karl regarding the Farm.
9. **Adjournment** – The meeting was adjourned at 1:30 p.m. The next Health & Nutrition Committee meeting will be held on Wednesday, September 25, at 12:30 p.m.



**VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING SCHEDULE
FY 2024-2025**

All Advisory Council meetings are held in person.

All sub-committee meetings are held via Zoom.

	Advisory Council	ADRC	Transportation	Housing	Senior Nutrition & Health	Optimal Aging	Workforce
July	July 10 9-11 a.m.	July 17 1 - 2 p.m.	July 10 11:15 – 12:15 p.m.	July 16 2 – 3 p.m.	July 24 12:30 – 1:30 p.m.	July 24 2 – 3:00 p.m.	July 18 10 – 11 a.m.
August							
September	Sept 25 9-11 a.m.	Sept 18 1 - 2 p.m.	Sept 25 11:15 – 12:15 p.m.	Sept 17 2 – 3 p.m.	Sept 25 12:30 – 1:30 p.m.	Sept 25 2 – 3:00 p.m.	Sept 19 10 – 11 a.m.
October							
November	Nov 13 9-11 a.m.	Nov 20 1 - 2 p.m.	Nov 13 11:15 – 12:15 p.m.	Nov 19 2 – 3 p.m.	Nov 22 12:30 – 1:30 p.m.	Nov 20* 2 – 3:00 p.m.	Nov 21 10 – 11 a.m.
December							
January	Jan 8 9-11 a.m.	Jan 15 1 - 2 p.m.	Jan 8 11:15 – 12:15 p.m.	Jan 21 2 – 3 p.m.	Jan 24 12:30 – 1:30 p.m.	Jan 22 2 – 3:00 p.m.	Jan 16 10 – 11 a.m.
February							
March	March 12 9-11 a.m.	March 19 1 - 2 p.m.	March 12 11:15 – 12:15 p.m.	March 18 2 – 3 p.m.	March 27 12:30 – 1:30 p.m.	March 26 2 – 3:00 p.m.	March 20 10 – 11 a.m.
April							
May	May 14 9-11 a.m.	May 21 1 - 2 p.m.	May 14 11:15 – 12:15 p.m.	May 20 2 – 3 p.m.	May 22 12:30 – 1:30 p.m.	May 28 2 – 3:00 p.m.	May 15 10 – 11 a.m.
June							

*Changed the date from 11/27/24 because the next day is Thanksgiving

New Member Orientation will be held as needed. Please email alisa.sanchez@ventura.org for the registration link.