

6.

VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

January 8, 2025 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.

AGENDA

9:00 a.m. 1. Call to Order and Agenda Review Maria Munguia 2. Pledge of Allegiance Carol Leish Roll Call and Motion to Accept Online Virtual Attendance for 3. Alisa Sanchez those declaring "Emergency Circumstances" Approval of Area Agency on Aging Advisory Council Minutes 4. Maria Munguia of November 13, 2024. **Public Comments** Maria Munguia 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.

> 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.

Maria Munguia

Consent Agenda Items – Committee Reports

- 6.1 Housing Committee November 19, 2024
- 6.2 ADRC Committee November 20, 2024
- 6.3 Optimal Aging Committee November 20, 2024
- 6.4 Senior Nutrition and Health Comm. November 20, 2024
- 6.5 Transportation Committee quorum not reached

INFORMATIONAL ITEMS

	7. 8.	PIO Update Senior Nutrition Farm/Outdoor Education Farm Update	Roger Horne Maria Munguia
	9.	Bylaws Update	Maria Munguia
	10.	HSA Update	Elaine Martinez/ Melissa Livingston
	11.	Other Committee Meetings:	_
		a. California Senior Legislature Update	Birdwell/Gitt/ Gorback
		b. VCAAA Foundation Update	James Schicker
		c. LGBTQ Aging Coalition	Martha Shapiro
		d. Dementia Friendly Ventura County	Haleh Hashemzadeh
	12. 13. 14.	Meeting Calendar FY 2024-2025 Other Business Comments from the Chair	Maria Munguia Maria Munguia Maria Munguia
11:00 am	15.	Adjournment	Maria Munguia

The next meeting will be:

Wednesday, March 12, 2025 (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 November 13, 2024

Advisory Council Members Present:

Blair Barker (Service Provider)
Stephanie Belding (Thousand Oaks COA)
Ron Berkowsky (LGBTQ+ Population)
Brenda Birdwell (CSL)
Alvin Brown (Simi Valley COA)
Denise Calhoun (District 2)
Smita Dandekar (District 4)
Tony Gitt (CSL)
Dr. Karen Gorback (CSL)

Dr. Karen Gorback (CSL) Nita Vaidya (Thousand Oaks COA) Lynette Harvey (Medical Provider)
Carol Leish (Disability Population)
Luis Mendez II (Port Hueneme COA)
Dr. Maria Munguia (Santa Paula COA)
Carmen Reyes (Camarillo COA)
Martha Shapiro (Service Provider)
Alice Sweetland (Oxnard COA)
Sue Tatangelo (Consumer)
Sylvia Taylor-Stein (District 5)

Advisory Council Members Absent:

Lyn Cotwright (Moorpark COA)
Carina Forsythe (Fillmore COA)
Maureen Hodge (Family Caregiver)
Sue Hughes (District 3)
Jonnie Lisman (Port Hueneme COA)
Bill Nugent (Ojai COA)
Clark Owens (Oxnard COA)

Anna Reilley (Fillmore COA)
Nancy Rowe (Camarillo COA)
Anita Ruiz (At-Large)
Jeanette Sanchez-Palacios (District 1)
Peter Schreiner (Behavioral Health)
Dana Tomarken (Santa Paula COA)
Susan Zirnite (Simi Valley COA)

VCAAA Staff Members Present:

Monique Nowlin (Division Manager)
Dr. Haleh Hashemzadeh (HS Manager)
Roger Horne (Communications)
Alisa Sanchez (Program Assistant)
Alyssa Corse (Senior Health & Nutrition)
Cris Rivas (Family Caregiver)
Giovanny Ortiz (CalZ)
Aurora Meadows (Registered Dietitian)

Sonia Vaughn (Program Manager)
Denise Noguera-Valenzuela (I&A Manager)
Jerrica VanNest (HomeShare)
Jason Sagar (PEARLS/ADRD)
Julianna Eusanio (Fall Prevention)
Kari Verdugo (Administrative Specialist)
Gray Wilking (MSSP/HCBA)

Members of the Public Present:

Holly Kunkle Janine Cobian Louise Lehman Phyllis Vettel Vanessa Acain Deanna Keller Pam Carroll Alma Valenueva

- 1) Call to Order and Agenda Review The November 13, 2024, Advisory Council meeting was called to order at 9:01 am by Chair Dr. Maria Munguia.
- **Pledge of Allegiance –** The Pledge of Allegiance was led by Ron Berkowsky.
- 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 September 25, 2024.

Moved by: Sylvia Taylor-Stein, seconded by Denise Calhoun

Result: Motion passed

- 5) **Public Comments –** Sylvia Taylor-Stein shared that there were no fatalities and only volunteer evacuations in the facilities in Camarillo. She also shared about the upcoming Symposium featuring Dr. Alan Powers on March 6, 2025. Denise Calhoun thanked all those who came out and helped put on the Tech Workshop. Stephanie Belding introduced Nita Vaidya as the newest representative of the Thousand Oaks Council on Aging. Ron Berkowsky announced the students he works with from CSUCI have been collaborating with the Optimal Aging Committee to do a Focus Group Study on residents and how they define Optimal Aging. Sue Tatangelo shared that her property caught fire during the recent wildfire, her home was able to be saved and she commends all her neighbors and how everyone came together during that time. Al Brown discussed the funding cuts in his city of Simi Valley and what a hard time they are having getting meals to their residents. Tony Gitt urges members to join the Transportation Committee. Alice Sweetland shared that Bone Builders was started by a VCAAA Grant.
- 6) Consent Agenda Items
 - 6.1 Housing Committee Report September 17, 2024
 - 6.2 ADRC Committee Report September 18, 2024
 - 6.3 Optimal Aging Committee Report September 19, 2024
 - 6.4 Workforce Committee Report September 25, 2024
 - 6.5 Senior Nutrition & Health Comm. Report October 2, 2024
 - 6.6 Transportation Committee quorum not reached.

Motion: Approve consent agenda items

Moved by: Al Brown, seconded by Sue Tatangelo

Result: Motion passed

ACTION ITEMS

7) ADRC (Aging and Disability Resource Center) 2024 Quarter 4
Data - Vanessa Acain (of Independent Living Resource Center) and
Denise Noguera-Valenzuela presented the PowerPoint Presentation
of the reporting of the 2024 Quarter 4 Data for the Aging and
Disability Resource Center.

INFORMATIONAL ITEMS

- B) Legacy Awards * (Time Certain) The Legacy Awards were presented by Alice Sweetland to Dementia Friendly Agency, Santa Clara Valley Hospice, Cathy Kemp from SCVH Board of Directors accepting the award. Business Organization award was given to CAREGIVERS, Tammy Glenn, Executive Director of Caregivers accepting the award. Community Volunteer Awards were given to Sylvia Fulton a Bone Builder Instructor and Marty Blumenthal a volunteer with Senior Concerns.
- 9) Senior Nutrition Update Alyssa Corse reported there is not much of an SNP update. Alyssa continues to meet with HSA Fiscal to discuss Quarter 1 Data and figure out budgets and if any transition plans are needed to amend budgets or contracts. Annual Monitoring to occur in December and January for total of 17 sites.
- 10) Reading Bylaws Chair Munguia asked Advisory Council Members to review VCAAA Bylaws before the January 2025 meeting. Roger Horne will send Bylaws out to Council. Committee members Sue Tatangelo, Carol Leish and Karen Gorback volunteered to be part of a Bylaws review committee.
- 11) Committee Selection Review Alisa Sanchez reviewed the FY 2024-2025 Committee Selections made by Council Members and asked members to come check in with her before leaving the meeting to ensure their committee selection review form is received and on file and to complete one, if not.
- 12) PIO Update Roger Horne shared Outreach numbers with the group: 26 outreach events in September and 37 in October. Upcoming outreach event will take place on Thursday, December 5, 2024 at the Oxnard Performing Arts Center (Senior Expo). Also, Wednesday,

January 15, 2025, at the Goebbel Senior Center there will be a Senior Job Fair and Wellness Expo. VCAAA Staff will be volunteering and assisting at the Local Assistance Center (LAC) post-Mountain Fire.

13) Other Committee Meetings:

- **a. California Senior Legislature Update –** Tony Gitt discussed how the CSL met to review the 20 proposals and 10 were chosen to move forward with for the year. A bill was passed that requires an Ombudsman person to be present at the signing of important documents in skilled nursing facilities.
- **b. VCAAA Foundation Update –** James Schicker joined virtually and shared a brief update VCAAAF partnered with the Government and Disability Summit in September. James states the Foundation goes dark a bit in November and December but will meet again in January 2025.
- **c. LGBTQ Aging Coalition –** Martha Shapiro spoke about the committee hosting focus groups which will help shape the focus for 2025. The committee will have a table at the Transgender Day of Remembrance which will be held on November 20th at Guthrie Hall at Ventura College.
- **d. Dementia Friendly Ventura County –** Haleh Hashemzadeh shared that Jason Sagar, Martha Shapiro and Giovanny Ortiz trained the restaurant staff at Harvest Country in Newbury Park on being Dementia Friendly. Roger Horne is working on editing a video of that training experience. The video will be added to the VCAAA website once finalized.
- **14)** Meeting Calendar FY 2024-2025
- 15) Other Business Chair Munguia invited Advisory Council members to individually stand up and reintroduce themselves and who they represent (Ventura County Board of Supervisors, local cities, service providers and focused populations) to foster further learning about each other.
- 16) Comments from the Chair Chair Munguia stated that this is the last Advisory Council Meeting for the year and that although it was tumultuous it was transformative. Chair also thanked all in attendance for all the work they all do in and for the Community. Lastly, Dr. Munguia ended the meeting by reading an Apache prayer of selfcare.
- **Adjournment –** Meeting adjourned at 10:53 AM. The next regular meeting for the Advisory Council will be held on January 8, 2025.

Motion: To Adjourn Moved by: Alice Sweetland, seconded by Martha Shapiro Result: Motion Passed

FROM: Martha Shapiro, Chair

DATE: December 19, 2024

SUBJECT: Housing Committee Report from November 19, 2024

Housing Committee Members Present:

Martha Shapiro (Service Provider – Senior Concerns) - Chair Stephanie Belding (City Appointee – Thousand Oaks) Lyn Cotwright (City Appointee - Moorpark) Brenda Birdwell (California Senior Legislator) Luis Mendez II (City Appointee – Port Hueneme)

Housing Committee Members Absent:

Jeannette Sanchez-Palacios (Supervisorial Appointee - District 1) Sue Hughes (Supervisorial Appointee - District 3)

VCAAA Staff Members Present:

Jerrica Van Nest (HomeShare Social Worker)
Gray Wilking (HCBA and MSSP Program Manager)

- 1. **Welcome and Introductions –** Meeting was called to order at 2:03 p.m. by Chair Shapiro.
- 2. **Public Comments –** Stephanie Belding raised the topic of the Mountain Fire and its effect on older adults. The Committee discussed various emergency resources.
- 3. **HomeShare Update** Jerrica Van Nest provided an update on the program. The program continues to match housing seekers with providers and is utilizing volunteer assistance.
- 4. Assisted Living Waiver (ALW) Update Gray Wilking relayed information from the Department of Health Care Services about their plan to roll Medicaid Waivers such as ALW, HCBA, and MSSP into managed care. There is no plan to offer ALW in Ventura County until that shift occurs.
- 5. **Discuss "Rebuilding Common Ground" Conference –** Martha Shapiro attended the conference and shared her perspective that the Committee should continue to plan for a seminar to focus on Ventura County housing service providers.
- 6. **Discuss Planning a Resource Seminar About Preventing Older Adult Homelessness –** The Committee agreed to continue discussions about planning a

housing seminar in 2025.

7. **Adjournment –** Meeting was adjourned at 2:45 p.m. The next Housing Committee meeting will be held on January 21, 2025.

FROM: Tony Gitt, Chair

DATE: November 21st, 2024

SUBJECT: ADRC Committee Meeting

Committee Members Present:

Tony Gitt Linda Mac Dougall Carol Leish Al Brown Jim Marston Susan Zirnite Ronald Berkowsky Vanessa Acain Maureen Hodge Keith Goslin Lilly Grossman

Committee Members Absent:

Martha Shapiro Jennifer Griffin Blair Barker Carmen Reyes Emily Bridges Peter Schreiner

VCAAA Staff Members Present:

Denise Noguera-Valenzuela (Call Center Manager)

1. Welcome (New member Introduction)

2. Comments regarding ADRC Introduction Video emailed 11/15:

- Big picture about integration of programs & services throughout the State
- Denise re-send ADRC Introduction video. Review next meeting

3. Denise Updates:

- AAA Website- The merger with HSA impacts our branding. We are working with HSA and Roger Horne, Public Information Officer, on a more human centric web design. Providing consumers and clients with more accessibility, terms that make sense, and for people to find things easier. Working with CEO's office's Danni Anderson, Disability Access Manager, who is helping with branding the website.
- ADRC Logo- Discussed with state and executive management and landed on what was presented
- ADRC Flyers- Advertisement with the ILRC in the last issue of the Livewell magazine. Lists all the programs and services provided. There are other services that are new through HSA. Big picture to add partners through Aging Disability Services Division. Be mindful of following the HSA protocols involved in decision making. Denise can be the conduit for any ideas the ADRC committee may have and will bring them back to HSA. Flyer created with ILRC from a joint grant with ADRC listing services provided as a partnership. Discussed the flyer could be confusing. Suggested Vanessa and Denise work to create a more informative, simplistic flyer with bullet points of tangible services. They will draft a potential

- publication and bring back to the team in the next meetings to review.
- Invite Guest to Next Meeting- Denise would like to invite Jason Sagar, Program Manager, to discuss "No Wrong Door" policy that applies to Family Caregiver Programs. Would like his presence at all future ADRC Committee meetings to bring a different perspective.

4. ADRC Related Updates from the Group:

- Al Brown questioned what is to be expected of the members of the
 committee? Try to enhance what the ADRC does in Ventura County & where it
 is available: 2 offices, website, and telephone at AAA. Discuss what we think the
 priorities are and what we should be looking at for goals this year. Having a full
 understanding of what Aging & Disability Resource Center is will also give more
 understanding how we can provide better outreach in the community.
- Master Plan for Aging- The State has a master plan for aging site. Lists the five main goals and updates. Ventura County has mirrored the State and also has a master plan for aging. Denise will send out the link.
- **ILRC Updates-** Vanessa has changed the presentation from the committee meeting. Updated the font from white to black and will send revised copy.
- **Adjournment-** The meeting adjourned at 1:40pm. The next meeting is Wednesday, January 15, 2025 at 1:00 p.m.

FROM: Alice Sweetland, Committee Chair

DATE: November 20th, 2024

SUBJECT: Optimal Aging Report from November 20th, 2024

Committee Members Present:

Ronald Berkowsky Sylvia Taylor-Stein
Al Brown Alice Sweetland
Denise Calhoun Susan Zirnite

Dinah Frishlig

Committee Members Absent:

Lyn Cotwright

VCAAA Staff Members Present:

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

- Welcome and Introductions: Meeting was held via zoom and called to order by chair Sweetland at 2:02pm. New committee member Dinah Frishling introduced herself.
- 2. Public Comments: none
- 3. **Legacy Awards Discussion:** The committee recapped the Legacy Awards that were presented at the Advisory Council Meeting. All members were in agreement that the awards were well received, no changes to processes needed moving forward.
- 4. **Older Americans Art Show Discussion**: The committee discussed if there would be interest in collaborating with the County Arts Council on a second Older American's art show next year. The committee confirmed interest. The areas of support and involvement from committee were highlighted which includes coordination and pickup, delivery and return of artwork. VCAAA to follow-up with County Arts Council to explore further.
- 5. **Optimal Aging Capstone Focus:** Ron provided an updated on the Optimal Aging Focus of CSUCI capstone students. The IRB approved the project two weeks ago and students have begun conducting focus groups and have scheduled interviews to gather feedback as to how individuals define optimal aging. Roger sent out a promotional e-mail which included focus group invites for the work being conducted by the students. Students will meet with the advisory council members one on one for

interviews.

6. **Adjournment –** The meeting was adjourned at 2:40 p.m. The next Optimal Aging Committee meeting will be held on **Wednesday**, **January 20th**, **at 2 p.m**.

FROM: Committee Chair, Blair Barker

DATE: November 20, 2024

SUBJECT: Senior Nutrition and Health Committee Report from November 20, 2024

Committee Members Present:

Smita Dandekar Blair Barker Anita Ruiz Lynette Harvey

Committee Members Absent:

Alice Sweetland Dr. Maria Munguia

VCAAA Staff Members Present:

Alyssa Corse (Program Administrator) Aurora Meadows (Registered Dietitian) Roger Horne (Public Information Officer)

- Welcome and Introductions The VCAAA Nutrition and Health Committee meeting
 was called to order at 12:30pm by Chair Blair Barker. The committee reached a
 quorum with four of four members present. Dr. Maria Munguia and Alice Sweetland
 were absent. Blair introduced April Colbert who is the Senior Nutrition Coordinator at
 Camarillo Health Care District.
- 2. **Public Comments –** Kim Post, who is the community services manager at the Simi Valley Senior Center wanted to clarify information that was presented at the last Advisory Council Meeting. Simi Valley City Council approved in September \$267,000 dollars to go towards the Senior Nutrition Program.
- 3. Introduction of the New Staff for Committee- None
- 4. Camarillo Health Care District Presentation (CHCD) One of the committee goals was providing education and knowledge from some of the Senior Nutrition sites who provide Congregate and Home Delivered Meals. CHCD has been a Senior Nutrition provider since April 1, 2005. Blair spoke briefly about the evolution of the program and transition during covid and where it is today. The primary focus at CHCD is for Home-Delivered Meals only. CHCD serves about 250 older adults monthly with a waitlist of 85 people. April shared a few anecdotal stories regarding the eligibility and turnover of clients to and from the program. Blair shared there is a newer senior community living open to the public this year called Anacapa Islands which has led to more referrals for Home-Delivered Meals. Alyssa asked if the need is still for Home-Delivered Meals rather than adding a congregate site. Blair expressed that the need of the community is for homebound older adults. She also stated that in Camarillo through other

- services/organizations there is a hot meal that can be served every day of the week. CHCD has doubled the number of meals being served since pre-covid.
- 5. **Registered Dietitian Update-** Aurora talked about the Quarter 2 kitchen staff meeting that took place at the Farm. Passed around photos of food safety that went wrong and other interactive fun training activities. Aurora spoke about a new menu revision and helping tailor the menus to the individual sites. She spoke about Cal Fresh Healthy Living (CFHL) year end submissions regarding data that is required by the state. Aurora was finally able to set up a meeting with the Public Health Department to work together to help serve the community through CFHL education. Aurora identified a site that would be able integrate the intergenerational curriculum and more to come on that. She submitted the closeout report for the Senior Farmers Market Nutrition Program (SFMNP) and was able to distribute all the vouchers.
- Senior Nutrition Program Update Alyssa gave a brief update regarding the Senior Nutrition Program. She stated that the last two weeks she was in meetings with all the sites and the fiscal team to address budget revisions, contract amendments and food cost allocations. Alyssa said that so far, the sites haven't had to do any contract amendments because they're moving funding within their budget to food cost. She also stated that a lot of the sites were able to receive supplemental funding from their cities to help with the program costs. Alyssa will be going out to each of the 12 sites to conduct annual monitoring for the next few months. She said Aurora will be joining her as well so she can complete her registered dietitian annual monitoring visits as well. Alyssa shared a video of the Meals on Wheels x Jiffy Lube campaign she worked on with the Simi Valley Senior Center last year. Jiffy Lube marketing team came to Simi Valley Senior Center to help promote a fundraising opportunity with Meals on Wheels. The video showed the marketing team preparing the food, packaging, and then delivering the meal to an older adult. At the end of the video Lynette and Blair asked if we could maybe figure out a way to get more outreach to corporations for fundraising events for the Senior Nutrition Program.
- 7. **Committee Goals –** Lynette spoke about older adults and mental health as a goal she would like to address. Lynette wanted to see about Behavioral Health coming to speak on our committee meeting with a focus on older adults to address any needs in our community. Anita asked a great question between the difference between mental and behavioral health. Blair suggested having someone speak about the Alzheimer's program or VCAAA's PEARLs program. Alyssa will be speaking with the PEARL's manager Jason to present at a future committee meeting.
- 8. **Adjournment –** The meeting was adjourned at 1:02 p.m. The next Health & Nutrition Committee meeting will be held on Wednesday, January 15, 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	July 17	July 10	July 16	July 24	July 24	July 18
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	10 – 11 a.m.
August							
September	Sept 25	Sept 18	Sept 25	Sept 17	Sept 25	Sept 25	Sept 19
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	10 – 11 a.m.
October							
November	Nov 13	Nov 20	Nov 13	Nov 19	Nov 22	Nov 20*	Nov 21
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	10 – 11 a.m.
December							
January	Jan 8	Jan 15	Jan 8	Jan 21	Jan 24	Jan 22	Jan 16
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	10 – 11 a.m.
February							
March	March 12	March 19	March 12	March 18	March 27	March 26	March 20
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	10 – 11 a.m.
April							
May	May 14	May 21	May 14	May 20	May 22	May 28	May 15
	9-11 a.m.	1 - 2 p.m.	11:15 – 12:15 p.m.	2 – 3 p.m.	12:30 – 1:30 p.m.	2 – 3:00 p.m.	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.