



VENTURA COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL MEETING

November 13, 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 | Maria Munguia |
| | 2. Pledge of Allegiance | Ron Berkowsky |
| | 3. Roll Call and Motion to Accept Online Virtual Attendance for those declaring "Emergency Circumstances" | Alisa Sanchez |
| | 4. Approval of Area Agency on Aging Advisory Council Minutes of September 25, 2024. | Maria Munguia |
| | 5. 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.

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| 6. Consent Agenda Items – Committee Reports | Maria Munguia |
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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 Housing Committee – September 17, 2024
- 6.2 ADRC Committee – September 18, 2024
- 6.3 Optimal Aging Committee – September 19, 2024
- 6.4 Workforce Committee – September 25, 2024
- 6.5 Senior Nutrition & Health Comm. – October 2, 2024
- 6.6 Transportation Committee – quorum not reached

ACTION ITEMS

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| 7. | ADRC 2024 Quarter 4 Data | Vanessa Acain/
Denise Noguera
-Valenzuela |
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INFORMATIONAL ITEMS

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| 8. | Legacy Awards * (Time Certain 9:10 AM) | Alice Sweetland |
| 9. | Senior Nutrition Update | Alyssa Corse |
| 10. | Reading Bylaws | Maria Munguia |
| 11. | Committee Selection Review | Alisa Sanchez |
| 12. | PIO Update | Roger Horne |
| 13. | Other Committee Meetings: | |
| | a. California Senior Legislature Update | Gitt/Gorback |
| | b. VCAA Foundation Update | James Schicker |
| | c. LGBTQ Aging Coalition | Martha Shapiro |
| | d. Dementia Friendly Ventura County | Haleh
Hashemzadeh |
| 14. | Meeting Calendar FY 2024-2025 | Maria Munguia |
| 15. | Other Business | Maria Munguia |
| 16. | Comments from the Chair | Maria Munguia |
| 17. | Adjournment | Maria Munguia |

11:00 am

* The meeting will be stopped at 9:10 AM for the Legacy Awards

The next meeting will be:

Wednesday, January 8, 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
September 25, 2024

Advisory Council Members Present:

Stephanie Belding (Thousand Oaks COA)	Susan Zirnite (Simi Valley COA)
Ron Berkowsky (Focused Population)	Anita Ruiz (At-Large)
Brenda Birdwell (CSL)	Martha Shapiro (Service Provider)
Denise Calhoun (District 2)	Alvin Brown (Simi Valley COA)
Smita Dandekar (District 4)	Alice Sweetland (Oxnard COA)
Carina Forsythe (Fillmore COA)	Anna Marie Reilley (Fillmore COA)
Peter Schreiner (Behavioral Health)	Sylvia Taylor Stein (District 5)
Tony Gitt (CSL)	Sue Tatangelo (Consumer)
Dr. Karen Gorback (CSL)	Lynette Harvey (Medical Provider)
Maureen Hodge (Family Caregiver)	Sue Hughes (District 3)
Carol Leish (Disability Population)	

Advisory Council Members Absent:

Reynaldo Rivera (Focused Population)	Blair Barker (Service Provider)
Nancy Rowe (Camarillo COA)	Lyn Cotwright (Moorpark COA)
Jonnie Lisman (Port Hueneme COA)	Dana Tomarken (Santa Paula COA)
Patricia Lownes (Thousand Oaks COA)	Luis Mendez II (Port Hueneme COA)
Dr. Maria Munguia (Santa Paula COA)	Clark Owens (Oxnard COA)
Carmen Reyes (Camarillo COA)	Jeanette Sanchez-Palacios (District 1)

VCAAA Staff Members Present:

Monique Nowlin (Division Manager)	Sonia Vaughn (Program Manager)
Dr. Haleh Hashemzadeh (Sr. Manager)	Denise Noguera (Call Center Manager)
Roger Horne (Communications)	Jerrica VanNest (Social Worker)
Michelle Fredette (Program Assistant)	Jason Sagar (PEARLS/ADRD)
Brian Murphy (CALAIM Manager)	Julianna Eusanio (Social Worker)
Cris Rivas (Family Caregiver)	Margaret Camacho (PEARLS)
Giovanny Ortiz (ADRD/CalZ)	Gray Wilking (MSSP/HCBA)
Aurora Meadows (Registered Dietitian)	

Members of the Public Present:

Mary Ann Krause	Joseph Donahue
Janey Brunton-Munoz	Susan Genova

- 1) **Call to Order and Agenda Review** – The September 25, 2024, Advisory Council meeting was called to order at 9:01 am by Acting Chair Martha Shapiro.

Motion: Approve agenda for September 25, 2024

Result: Motion passed

- 2) **Pledge of Allegiance** – The Pledge of Allegiance was led by Smita Dandekar

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

- 4) **Approval of Area Agency on Aging Advisory Council Minutes of July 10, 2024.**

Moved by: Carol Leish, seconded by Smita Dandekar

Result: Motion passed

- 5) **Public Comments** – Stephanie Belding discussed the Workforce Committee’s opportunities to host adult job fairs noted that declining membership has limited their resources and time commitment, potentially forcing them to decline these opportunities. However, they have accepted an offer to participate in the Golden Deluxe 50+ expo in Oxnard on December 5th, expecting around 1,500 attendees, which would greatly support local adults. They may have to cancel the Expo if they can't secure enough support. Belding encouraged local board representation and volunteers, especially from nearby cities like Oxnard and Camarillo. She emphasized the need for commitments by October 1 for upcoming job fairs in Thousand Oaks, Oxnard, and Santa Paula, and invited attendees to a meeting afterward to discuss how they could contribute. CommuniCare is sponsoring a Workshop from October 10 to November 14. Focusing on connecting inward technologies to address various liberations. Additional activities will explore technology's purpose. Anyone interested in attending the workshops can find more information in the Goebel Senior Adult Center in Thousand Oaks. Carol Leish, she spoke at the 1st annual California Government Disabilities Summit this week. Maureen Hodge thanked Roger Horne for meeting with administrators and highlighting the services AAA provides our community. She also announced an event on Oct. 9th from 10-2 Home Alliance will have a Health Fair in front of CMH to get to know the different agencies. Tony Gitt reminded of a transportation

meeting right after the Advisory Council Meeting that day. Thanks for the painting being put on the wall. Oct. 12th at CSUCI the Ventura County Libraries are putting on celebration of books. This year's book is "Rough Sleepers."

6) Consent Agenda Items

6.1 Transportation Committee Report – January 10, 2024

6.2 Housing Committee Report – January 30, 2024

6.3 Optimal Aging Committee Report – February 7, 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

Motion: Approve consent agenda items

Moved by: Sue Hughes, seconded by Stephanie Belding

Result: Motion passed

ACTION ITEMS

7) HSA & AAA Leadership Updates -

Melissa Livingston, Director of the Human Services Agency, addressed the council regarding the transition in leadership. Elaine Martinez has been appointed as the Deputy Director for Aging and Disability Services. While Monique Nowlin has been named as the AAA Director designation. Committed to the continuity of leadership and continue to ensure the work as Advisors and Advocates continues to move forward. Elaine is in assessment mode with the wish list for Area Agency on Aging. Looking into streamlining communication, increased access points and funding opportunities. AAA has reduced funding this year due to the expiration of temporary funding from the pandemic, which had previously augmented programs through the Older Americans Act. There has been an approximated 4 million reduction in general fund contributions to the AAA budget, due to the loss of a one-time pandemic funding. The AAA now benefits from an administrative entity that provides essential supports services, which is an investment of about \$500,000. There is a rising in food insecurity. We need to collaborate with the cities to mitigate these issues. Checking to see if the Assisted Living Waiver, which is to expand MediCal in assisted living facilities, has been put on the list to go to the CEO analysts as well as our HSA government relations manager. Request to look at the Piru Nutrition for the seniors. The food share only comes for 1 hour

a month. Suggestions to look to the cities to come up with funding to support the nutrition. Look at fraternal sources as well, Elks/Moose. Advisory Council suggested reaching out to them as they are rich in knowledge and experience and there is a strong desire for collaboration. Regular meeting among meal program providers are encouraged to brainstorm creative funding strategies and serviced delivery methods, such as adjusting meal quantities or vendor choices, to maintain support for those in need. AAA volunteer coordinators are still available and accepting volunteer assignments, including onsite. Behavioral Health mentioned the importance of connecting individuals to behavioral health services before crises occur is stressed, advocating for earlier intervention rather than waiting for emergencies. The facilities see many behavioral health clients but staff lack training in mental health issues, complicating advocacy for individuals with complex medication regimens. Leadership advocates for a holistic view of the issues, like food insecurity and service availability, to inform decision-making at the board level. They encourage collaboration among organizations to effectively communicate these challenges. The upcoming community health needs assessment is crucial for addressing significant issues, particularly for older adults. Collaboration is needed to ensure a comprehensive response to the health challenges faced by the community. Looking at the ADRC funding as a whole. The funding is not the only concern; how they interact within the community is also crucial. Efforts are underway to ensure seamless referral and eliminate barriers to access, referred to as “no wrong door” policies. The challenges posed by state mandates and the needs for local support to ensure that high-priority initiatives are effectively implemented. A Study Session is an educational meeting for the board aimed at identifying and discussing problems, barriers, challenges, and opportunities related to community needs. The session will help board members understand the impact of these challenges across various areas. Any time there is any item that comes before the board, the public is welcome to speak about it and reinforce the challenges that are being presented.

8) Grantee/Contractor Funding and Related Services Categories Updates –

Alyssa Corse states they are wrapping the first quarter - waiting for invoices to be paid and to have more of an update on the Senior Nutrition Sites; will address at the next meeting on how much sites are spending and what it will look like moving forward. All sites are operating as normal. The only difference now is that all sites are asked to keep track of their food costs to ensure they can manage this moving forward for next fiscal year. AAA is still paying their

food costs; they are just keeping track of it. Moving forward Alyssa is now holding individual office hours for the senior nutrition sites. Fiscal is also available to be on the meeting when needed.

9) City of Ventura Proclamation – Disability Pride Month –

Carol Leish reported she and Dr. Maria Munguia were invited to receive, on behalf of the VCAAA, the Disability Pride Month Proclamation from the Ventura City Council at the July 2024 meeting.

INFORMATIONAL ITEMS

- 10) PIO Updates –** Roger Horne stated that the art displayed on the wall was donated by artists from the Older Americans Art Show. Legacy Award nomination period has closed. They will present the legacy award winners at the next Advisory Council Meeting in November. They had 22 outreach events in August. 25 will have occurred in September. Will have a lot more in October due to the HICAP and open enrollment. Fall Prevention Forum is 9/27 at Cal Lutheran; starting at 9 am. Encourage to preregister online. Website is being updated to make it more user friendly.

11) Other Committee Meetings:

a. California Senior Legislature Update – Tony Gitt presented that no bills made it to the Governor's desk. Process is in June, they solicited proposals from members that may need laws for elder adults and disabled people. This year there were 21 proposals; 10 new and 11 leftovers. On October 22-24th they will have their annual session to review the proposals and choose the top 10 priorities to push forward. Then start meeting with legislators to get them interested in sponsoring the bills.

b. VCAAA Foundation Update – Monique Nowlin presented that the foundation continues to seek membership. The foundation is serving as a fiscal inter- mediator for the government disability summit.

c. LGBTQ Aging Coalition – Martha Shapiro spoke about how they recently presented at the Ventura Council for Seniors. They are happy to come out to present at your organization and provide a free training. You can request a training from the VCAAA website.

d. Dementia Friendly Ventura County – Haleh Hashemzadeh states they will be having their next meeting on 10/2 from 11am-12pm to discuss the initial work towards their partnership with Country Harvest to increase awareness of serving individuals with

dementia related disorders. 2024 Certificates to be published for current dementia friendly businesses to be mailed out by the end of the year.

- 13) [Meeting Calendar](#) – Next Meeting November 13, 2024
- 14) **Other Business** – When doing Microsoft Teams meeting, there seems to be audio problems. Possible solutions will be explored. Stephanie Belding mentioned the Conejo Valley Senior Volunteer Program is putting on their annual Charity Karaoke on October 6th.
- 15) **Comments from the Chair** – Martha Shapiro comments she is a social worker, and all here are in the helping profession in some way. Your compassion, satisfaction and compassion fatigue are not always balanced. Martha quoted from the book “Just Mercy.” - Mercy is most empowering liberating and transformative when it is directed at the undeserving so people who haven't earned it who haven't even thought it are the most wonderful recipients of our compassion.
- 16) **Adjournment** – Meeting adjourned at 10:50 AM. The next regular meeting for the Advisory Council will be held on November 13, 2024.

Motion: To Adjourn

Moved by: Al Brown, second Lynette Harvey

Result: Motion Passed

Meeting adjourned at 10:50 AM. The next regular Advisory Council Meeting will be held on November 13, 2024.

TO: VCAAA Advisory Council Members
FROM: Martha Shapiro, Chair
DATE: October 22, 2024
SUBJECT: **Housing Committee Report from September 17, 2024**

Housing Committee Members Present:

Martha Shapiro (Service Provider – Senior Concerns) - Chair
Stephanie Belding (City Appointee – Thousand Oaks)
Lyn Cotwright (City Appointee - Moorpark)
Sue Hughes (Supervisory Appointee - District 3)
Brenda Birdwell (California Senior Legislator)
Luis Mendez II (City Appointee – Port Hueneme)

Housing Committee Members Absent:

Jeannette Sanchez-Palacios (Supervisory Appointee - 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. New Housing Committee members, Luis Mendez II and Brenda Birdwell, introduced themselves. All Housing Committee members introduced themselves to the new members.
2. **Public Comments** – None.
3. **Discuss Property Tax Discounts for Older Adults** – The Committee discussed issues facing older adult homeowners such as high property taxes, inability to pay for maintenance, and predatory loans. The Committee discussed various resources for older adult homeowners.
4. **Discuss Housing Resources for Unhoused Older Adults** – The Committee discussed new low-income housing projects in Ventura County as well as barriers to increasing the housing supply.
5. **Review Housing Committee Goals** – The Committee discussed goals including creating a seminar about resources for older adult homeowners and advocating for the Assisted Living Waiver (ALW) to roll out in Ventura County.

6. **Adjournment** – Meeting was adjourned at 2:45 p.m. The next Housing Committee meeting will be held on November 19, 2024.

TO: VCAAA Advisory Council Members
FROM: Tony Gitt, Chair
DATE: September 18th, 2024
SUBJECT: **ADRC Committee Meeting**

Committee Members Present:

Tony Gitt Linda Mac Dougall Carol Leish Al Brown Susan Zirnite Ronald Berkowsky
Vanessa Acain Peter Schreiner

Committee Members Absent:

Jennifer Griffin Blair Barker Carmen Reyes Emily Bridges Lilly Grossman Jim Marston
Sue Tatangelo Maureen Hodge Nancy Rowe Sylvia Taylor Stein

VCAAA Staff Members Present:

Denise Noguera-Valenzuela (Call Center Manager)

1. FY23-24 Q4 ADRC Presentation & Data Overview – Presented by ILRC staff member, Vanessa Acain and AAA staff member with Denise Noguera-Valenzuela. Vanessa provided an overview of services for older adults with disabilities, families, and caregivers. Key services discussed included:

- Enhanced information and referral services
- Short-term service coordination
- Counseling and transition services
- ILRC is currently providing these services and receiving referrals from ADRC and the AAA.
- Introduced the “No Wrong Door” system aimed at streamlining access to resources.
- Shared statistics regarding services provided during the fiscal year

2. ADRC Activities –

- Vanessa Acain provided a summary of recent ADRC activities, including a quarter four training session led by Carol, focusing on the importance of optimism and humor for individuals with disabilities.
- Denise Noguera-Valenzuela mentioned an article by Carol in the Breeze publication aimed at promoting the ADRC and ongoing outreach events to better inform the community about services offered.
- Participating in the Disability Summit and Carol is partnering up with two ILRC staff to talk about accessible civic engagement.
- Roger going out to different communities and groups to let them know of all the ARDC services. Well received. Would like to have them present every 6 months.

3. Discussion on Priorities for the Committee -

- Tony Gitt opened a discussion on focusing on a primary priority for the year, specifically raising awareness about ADRC and "no wrong door" services in the Thousand Oaks area.
- Al Brown inquired about the existence of a newsletter that provides updates on Alzheimer's and dementia treatments, suggesting that creating one could be beneficial. Denise mentioned that their organization hosts dementia-friendly events and expressed interest in collaborating with partners to possibly create a newsletter. She also suggested that they could utilize social media for event postings and community engagement.
- Linda Mac Dougall mentioned on LinkedIn, there is an international group on aging to get the best practices of the world together. *#OpentheDoors*. Have 2 meetings a month.
- Al raised questions regarding how ADRC is recognized at state and federal levels, emphasizing the need for clarity on naming.
- Denise explained the complexity of the naming situation due to partnerships with the Human Services Agency.
- Vanessa highlighted the partnership's goal to streamline services for aging and disability resources.
- Tony suggested developing a marketing tool or logo to simplify the ADRC's name and improve public understanding.
- Several Suggestions for new acronyms and logos were discussed, including:
 - "Rainbow of Resources" by Linda Mac Dougall
 - "RAD" (Resources for Aging and Disabled) suggested by Peter Schreiner
 - "A Destiny to Reach our Capabilities" by Carol Leish
 - Denise mentioned existing logos and brochures that could be used for outreach.
- Al suggested creating recognition awards for community contributions, similar to the Legacy Awards
- Peter shared a jingle he generated, highlighting the purpose of ADRC: *"ADRC, we're here to care, for brighter minds; we're always there, research and hope; we lead the way, together we'll find a brighter day; ADRC, come learn and see, a future of hope, for you and me!"*

TO: VCAAA Advisory Council Members
FROM: Alice Sweetland, Committee Chair
DATE: September 19th, 2024
SUBJECT: Optimal Aging Report from September 19th, 2024

Committee Members Present:

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

Committee Members Absent:

Lyn Cotwright

VCAAA Staff Members Present:

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

1. **Welcome-** Meeting was called to order by Sylvia Taylor-Stein at 1:05pm.
2. **Legacy Awards Selection-**The purpose of meeting was to review and elect Legacy Award recipients. The committee read applications prior to meeting and discussed further in person. Each category was voted on by committee members and award winners chosen. Award selections are confidential, the committee looks forward to honoring award recipients at November's Advisory Council Meeting.
3. **Adjournment –** The meeting was adjourned at 1:37 p.m. The next Optimal Aging Committee meeting will be held on **Wednesday, November 20th, at 2 p.m.**

TO: VCAAA Advisory Council Members
FROM: Stephanie Belding, Chair
DATE: October 25, 2024
SUBJECT: **Workforce Committee (WC) Report from September 25, 2024**

Committee Members Present:

Stephanie Belding	Carol Leish
Dr. Karen Gorback	Alice Sweetland

Committee Members Absent:

Dr. Maria Munguia	Brenda Birdwell
Nivi Vaidya	

VCAAA Staff Members Present:

Roger Horne (Communications Manager)	Sonia Vaughn (HICAP manager)
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1. **Public Comments-** There were no public comments made.
2. **New Membership-** There were no new memberships. The committee confirmed the names of current members and those who expressed interest in sitting-in.
3. **GACC Wellness Fest Thousand Oaks January 15, 2025-** The WC Workforce Committee (WC) is expected to participate in this event. Further details will follow.
4. **Golden Deluxe 50+ Expo Oxnard Performing Arts Center Dec 5, 2024-** The deadline to confirm participation in the expo was October 1st. Due to insufficient interest from Oxnard City representatives, a motion to withdraw from the event was approved by a vote of 3 in favor.
5. **Santa Paula Wellness Fair May 2025-** The WC is expected to participate in this event. More information will be provided later.
6. **Expo Concerns: Employer contact assignments, Expo Guide, Promotional Materials, Signage, Email for Contacts, Interpreter-** The committee decided to withdraw from the event. The motion was approved by a vote of 3 in favor.
7. **Meeting Times Proposal-** A motion was presented to change the regular scheduled Workforce Committee meetings to immediately follow the Advisory Council (AC) meetings. The motion was approved by a vote of 3 in favor.
8. **Other-** Roger, Brenda, Karen, and Stephanie agreed to meet at the Goebel Center to meet with the director of their Wellness Fest to see the rooms and logistics of event.

9. **Next meeting date** – Wednesday, November 13th from 11 am-12 noon (right after the AC meeting).
10. **Adjournment-** The meeting adjourned at 11:50 am

TO: VCAAA Advisory Council Members
FROM: Committee Chair, Blair Barker
DATE: October 2ND, 2024
SUBJECT: Senior Nutrition and Health Committee Report from October 2ND, 2024

Committee Members Present:

Smita Dandekar
Blair Barker
Alice Sweetland
Anita Ruiz

Committee Members Absent:

Dr. Maria Munguia

VCAAA Staff Members Present:

Alyssa Corse (Program Administrator)
Julianna Eusano (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 12:32pm by Chair Blair Barker. The committee reached a quorum with four of four members present. Dr. Maria Munguia was the only committee member who wasn't present.
2. **Public Comments** – None.
3. **Introduction of the New Staff for Committee-** None
4. **Fall Prevention Update-** Julianna gave a brief recap of the Fall Prevention Forum that took place on September 29th, at Cal Lutheran University. The Forum went very well and had over 400 attendees.
5. **Registered Dietitian Update-** Aurora let everyone know that the second Kitchen Staff & Volunteer Training for the Senior Nutrition Program will be held on October 23rd at 2:30pm at the Farm. Aurora gave a brief update about the Senior Farmer's Market Nutrition Program. All booklets have been distributed except for Ojai and Santa Paula. Those are being distributed at the local senior center. On September 19th, the Partnership for a Healthy Ventura County was hosted by the Outdoor Education Garden. Around 30 members of the coalition toured the garden, and one lucky member took home a box of farm fresh produce and eggs. Apart of the Cal Fresh Healthy Living Program Aurora hosted the first Intergenerational Fresh from the Garden curriculum at the outdoor education garden on September 24th. They

discussed the importance of physical activity and how gardening is a low-impact, high-reward activity. There were 13 students paired together with 8 adults who toured the outdoor education garden, harvested tomatoes, peppers, squash, and kale. They learned about gardening and practiced seeding together. After the busy morning they all took to the shade for a lunch of home-made bean & sweet potato chili, polenta, and other freshly harvested goods. Everyone went home with a bag of their own hand-harvested vegetables, a kale salad dressing recipe, and a re-invigorated sense of enthusiasm for gardening. Aurora demonstrated on September 27th how to prepare cucumber, lime, mint flavored water, and a smoky black bean & butternut squash kale salad harvested from the Outdoor Education Garden. They discussed gardening as a gentle activity to promote regular movement and the importance of hydration in maintaining health.

6. **Senior Nutrition Program Update** – Alyssa gave a brief update regarding the concerns from our last meeting with Nikki's Casamia. Alyssa informed that frequent drop ins would be happening to address any other concerns. Alyssa informed everyone that her and Martin did a drop in to monitor the sign-in sheet and observe the congregate meal site. Alyssa informed everyone that the sign-in sheet was filled out correctly with signatures and saw multiple people eating lunch. Alyssa let everyone in the meeting know that the Food Box program has ended due to post covid funding ending. Alyssa followed up with Anita regarding the FoodShare Food box program questions. Alyssa has a meeting with the FoodShare program manager on Monday October 7th, to help address some of Anita's concerns.
7. **Senior Nutrition Outdoor Education Garden Update-** Karl touched upon the Intergenerational day at the farm with Aurora. Karl spoke about how well the event went and what a great turnout it was. 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. Summer crops have slowly died down and working on the fall crops.
8. **Committee Goals** – The committee members spoke about education as a goal. How to provide education to the community on the importance of the Senior Nutrition Program and how the sites work. Also, under the umbrella of education, they spoke about having staff from each of the meal site present periodically at one of the meetings.
9. **Adjournment** – The meeting was adjourned at 1:30 p.m. The next Health & Nutrition Committee meeting will be held on Wednesday, November 22nd, 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.**