

VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING

January 10, 2024

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

Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura

[Microsoft Teams Link](#)

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

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

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|-----------|---|-------------------|
| 9:00 a.m. | 1. Call to Order and Agenda Review | Karen Gorback |
| | 2. Pledge of Allegiance | Stephanie Belding |
| | 3. Roll Call and Motion to Accept Online Virtual Attendance for those declaring “emergency Circumstances” | Monique Nowlin |
| | 4. Administering the Oath of Office | Monique Nowlin |
| | 5. Approval of Area Agency on Aging Advisory Council Minutes of November 8, 2023. | Karen Gorback |
| | 6. Public Comments | Karen Gorback |

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

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| 7. | Consent Agenda Items – Committee Descriptions This Month | Karen Gorback |
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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.

- 7.1 Housing Committee Report – December 6, 2023
- 7.2 Transportation Committee Report – November 8, 2023
- 7.3 Workforce Committee Report – December 11, 2023
- 7.4 Workforce Committee Report – December 18, 2023
- 7.5 Health & Nutrition Committee Report–November 29, 2023

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| 8. | Overview of the Strategic Plan Process, Role of the Advisory Council and Advisory Council Input for Development of FY 2024-2028 Strategic Plan | Victoria
Jump/Monique
Nowlin |
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PRESENTATION/INFORMATIONAL ITEMS

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| 9. | PIO Update | Roger Horne |
| 10. | Other Committee Meetings: | |
| | a. California Senior Legislature Update | Gitt/Gorback |
| | b. VCAAA Foundation Update | James Schicker |
| | c. LGBTQ Aging Coalition | Martha Shapiro |
| | d. Dementia Friendly Ventura County | Haleh
Hashemzadeh |
| 11. | Meeting Calendar FY 2023-2024 | Karen Gorback |
| 12. | Other Business | Karen Gorback |
| 13. | Comments from the Chair | Karen Gorback |
| 11:00 am 14. | Adjournment | Karen Gorback |

The next meeting will be:

Wednesday, March 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
November 8, 2023

Advisory Council Members Present:

Blair Barker (Service Provider)	Patricia Lownes (Thousand Oaks COA)
Stephanie Belding (Thousand Oaks COA)	Jeanette Sanchez-Palacios (District 1)
Ron Berkowsky (Focused Population)	Anna Marie Reilley (Fillmore COA)
Alvin Brown (Simi Valley COA)	Carmen Reyes (Camarillo COA)
Denise Calhoun (District 2)	Nancy Rowe (Camarillo COA)
Lyn Cotwright (Moorpark COA)	Anita Ruiz (BOS)
Smita Dandekar (District 4)	Peter Schreiner (Behavioral Health)
Tony Gitt (CSL)	Martha Shapiro (Service Provider)
Dr. Karen Gorback (CSL)	Alice Sweetland (Oxnard COA)
Lynette Harvey (Medical)	Sue Tatangelo (Consumer)
Maureen Hodge (Family Caregiver)	Sylvia Taylor Stein (District 5)
Sue Hughes (District 3)	Luis Mendez II (Port Hueneme COA)
Carol Leish (Disability Population)	

Advisory Council Members Absent:

Carina Forsythe (Fillmore COA)	Dana Tomarken (Santa Paula COA)
Reynaldo Rivera (Focused Population)	Dr. Maria Munguia (Santa Paula COA)
William Nelson (Ventura COA)	(Present Via Zoom – Non Voting)
Clark Owens (Oxnard COA)	Jonnie Lisman (Port Hueneme COA)

VCAAA Staff Members Present:

Alyssa Corse (Grants Administrator)	Jason Sagar (Program Manager)
Dr. Haleh Hashemzadeh (Sr. Manager)	Jerrica Van Nest (via zoom) (Social Worker)
Roger Horne (Public Information)	Sonia Vaughn (Program Manager)
Monique Nowlin (Deputy Director)	Gray Wilking (Program Manager)
Martin Marquez (Data Integrity)	Berta Medina-Carranza (Admin Assistant)
Aracely Garcia (Admin Assistant)	

Members of the Public Present:

Sarah Mailes
Erin Munoz, DDR, DFT
Janine Cobian (City of Ventura)
Gabriel Ortiz
Dina Stegall
Ivonne Avila
Yesenia Avila

Carlo Oleta
Connie Perez
Andrea Ortiz
Cinthia Rios
Maria Castellanos
David Raigoza
George Lopez

- 1) **Call to Order and Agenda Review** – The September 13, 2023, Advisory Council meeting was called to order at 9:09 am by Chair Karen Gorback.

Motion: Approve agenda for September 13, 2023

Moved by: Stephanie Belding, seconded by Carol Leish

Result: Motion passed

- 2) **Pledge of Allegiance** – The Pledge of Allegiance was led by Jeanette Sanchez-Palacios.
- 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 with 26 of 30 members present.
- 4) **Administering the Oath of Office** – Monique Nowlin swore in Luis Mendez II to The Ventura County Area Agency on Aging Advisory Council.
- 5) **Approval of Area Agency on Aging Advisory Council Minutes of September 13, 2023.**

Moved by: Stephanie Belding, seconded by Sue Tatangelo

Result: Motion passed

- 6) **Public Comments** – No public comments.

7) Legacy Awards

Chair Alice Sweetland presented the Legacy Awards to the recipients as follows:

Business or Organization – Chef David’s Kitchen & Catering
Dementia Friendly Business/Organization – Maywood Acres
Healthcare
Community Member or Volunteer – Andrea Ortiz
Community Member or Volunteer – George Lopez

8) Consent Agenda Items

- 8.1 Housing Committee Report – September 19, 2023**
- 8.2 Transportation Committee Report – September 13, 2023**
- 8.3 Work Force Committee Report – October 19, 2023**
- 8.4 Optimal Aging – September 27, 2023**
- 8.5 ADRC Committee Report – September 20, 2023**

Motion: Approve consent agenda items

Moved by: Lynette Harvey, seconded by Blair Barker

Result: Motion passed

9) Approval for Executive Committee to Appoint a Representative to the California Senior Legislature to Serve the Remainder of Rossanna Guerra’s Term (November 2023 – October 2026)

Moved by: Tony Gitt, seconded by Sue Tatangelo

Result: Motion passed

PRESENTATION/INFORMATIONAL ITEMS

- 10) PIO Update** – Roger Horne provided the Advisory Council an outreach update; 15 events held in September and 37 outreach events held in October, thanks to HICAP Medicare presentations. Some highlights of events are VCAAA participated in both Walk To End Alzheimer's events in East County and West County. Roger also highlighted the Fall Prevention Forum held in September; over 400 people attended and Ventura County Farm Day, also over 400 people attended. Roger concluded with an update on the 2024 LIVEWELL magazine.

- 11) **Committee Selection** – Monique Nowlin reminded the Advisory Council to turn in their Committee selection if they haven't already.
- 12) **Other Committee Meetings:**
 - a. **California Senior Legislature Update** – Tony Gitt presented the CSL Top Legislative Priorities for 2024 and the Advisory Council had some discussion and clarifying questions regarding these priorities.
 - b. **VCAAA Foundation Update** – Monique Nowlin provided an update on VCAAA Foundation activities.
 - c. **LGBTQ Aging Coalition** – Martha Shapiro shared that the Coalition is having an upcoming business training. They also co-tabled with VCAAA at the Aids Walk.
 - d. **Dementia Friendly Ventura County** – Haleh Hashemzadeh provided an overview of the events of DFVC, including the next one stop to be held on December 6, 2023 from 2pm to 4pm at Oxnard Family Circle.
- 15) **Meeting Calendar** – Chair Gorback reminded everyone about the meeting calendar and that it has upcoming dates for meetings and Committees.
- 16) **Comments from the Chair** – Chair Gorback shared about her experience at a Tony Robbins seminar and how a gentlemen shared about how much wealth he had, but that it was nothing compared to how he was able to help other people in the small group at the seminar. Chair Gorback drew a nexus between that and how she feels gratitude being able to help others. She closed by wishing everyone a peaceful and happy Thanksgiving holiday.
- 17) **Other Business** – Monique reminded everyone that this is the last meeting of 2023 and that invitations to a volunteer holiday luncheon will be forthcoming.
- 18) **Adjournment** – Meeting adjourned at 10:46 AM. The next regular meeting for the Advisory Council will be held on January 10, 2023.

TO: VCAAA Advisory Council Members
FROM: Martha Shapiro, Committee Chair
DATE: January 10, 2024
SUBJECT: **Housing Committee Report from December 6, 2023**

Housing Committee Members Present:

Martha Shapiro (Service Provider) – Chair
Stephanie Belding (TO COA)
Jeannette Sanchez-Palacios (District 1)
Anna Marie Reilly (Filmore COA)

Housing Committee Members Absent:

Lyn Cotwright (Moorpark COA)
Maureen Hodge (Family Caregiver)
Sue Hughes (District 3)
Dana Tomarken (Santa Paula COA)

VCAAA Staff Members Present:

Monique Nowlin (Division Manager)

1. **Welcome and Introductions** – Meeting was called to order at 1:04 PM. The committee did not have a quorum.
2. **Public Comments** – None.
3. **HomeShare Update** – Monique Nowlin provided a brief HomeShare update and notified the Committee that prospectively, Jerrica Van Nest would be providing the update.
4. **2023/2024 Committee Goals** – The Committee continued to brainstorm goals. They remain as follows:
 - Advocating for a Housing Navigator.
 - Providing an educational seminar to service providers on housing options and how to access them.
 - Advocating for devoting a certain number of units or percentage of units for seniors for new builds.

Stephanie brought up addressing potential property tax breaks for seniors. Monique stated she will reach out to the Assessor to see if he or the staff will come to speak at the next meeting about tax breaks or benefits for seniors regarding property taxes and if there are any opportunities for advocacy on this issue.

5. **Adjournment** – Meeting was adjourned at 1:36 pm. The next Housing Committee meeting will be held on January 16, 2024.

TO: VCAAA Advisory Council Members
FROM: Tony Gitt, Committee Chair
DATE: January 10, 2024
SUBJECT: **Transportation Committee Report from November 8, 2023**

Transportation Committee Members Present:

Tony Gitt (CSL)
Peter Schreiner (Behavioral Health)

Transportation Committee Members Absent:

Clark Owens (Oxnard COA)

VCAAA Staff Members Present:

Roger Horne (Public Information Officer)
Monique Nowlin (Division Manager)
Maricela Pardo (Transportation & Elder Help Coordinator)

1. **Welcome and Introductions** – Meeting was called to order at 10:47 AM. The committee reached a quorum.
2. **Public Comments** – None.
3. **ElderHelp Update** – Maricela Pardo provided an update on the ElderHelp program.
4. **Recruitment for Additional Committee Members** – Committee members discussed seeking an opportunity during the Advisory Council meeting to call for members.
5. **Adjournment** – Meeting was adjourned at 11:51 PM. The next Transportation Committee meeting will be held on January 10, 2024, immediately after the Advisory Council Meeting.

TO: VCAAA Advisory Council Members
FROM: William Nelson, Committee Chair
DATE: January 10, 2024
SUBJECT: **Workforce Report from December 11, 2023**

Committee Members Present:

Stephanie Belding
Dr. Karen Gorback

Carol Leish
William Nelson

Committee Members Absent:

Carina Forsyth

Patricia Lownes

VCAAA Staff Members Present:

Roger Horne (PIO)

Monique Nowlin (Division Manager)

1. **Welcome and Introductions** – The VCAAA Workforce Committee meeting was called to order at 10:04 a.m. The committee reached a quorum with four of six members present.
2. **Public Comments** – Carol Leish reminded people that her email address is now hello@capablecarol.com. Stephanie Belding displayed some items that she saw in the newspaper: advertisements for jobs.usatoday.com and Neptune Retail Solutions, and an article that says layoffs are expected in January, which is something she is hearing from local employers as well.
3. **Job Fair Update** – Monique Nowlin said that the County of Ventura is confirmed as a participant and will share a table with HSA. Stephanie Belding gave a report on the many places she visited. She got a confirmation from Villa Esperanza and has maybes from CVS, the City of Simi Valley, Chick-Fil-A, Vons, Trader Joe’s, and the Auto Club (AAA). Karen Gorback has confirmations from the City of Thousand Oaks and the Conejo Valley Unified School District. She will pursue some other leads such as the YMCA, Boys & Girls Club, and Oak Park Unified School District. Someone will follow up with Patricia Lownes to see if she has had any success with the Parks & Recreation Department. William Nelson directed everyone to work on getting confirmations by the end of Thursday, and then we will go with what we have.
4. **Adjournment** – The meeting was adjourned at 10:40 a.m. The committee agreed to meet again next Monday, December 18.

TO: VCAAA Advisory Council Members
FROM: William Nelson, Committee Chair
DATE: January 10, 2024
SUBJECT: **Workforce Committee Report from December 18. 2023**

Committee Members Present:

Stephanie Belding	Carol Leish
Carina Forsyth	Patricia Lownes
Dr. Karen Gorback	William Nelson

Committee Members Absent:

none

VCAAA Staff Members Present:

Roger Horne (PIO)

1. **Welcome and Introductions** – The VCAAA Workforce Committee meeting was called to order at 10:01 a.m. The committee reached a quorum with six of six members present.
2. **Public Comments** – none.
3. **Job Fair Update** – Confirmed attendees for the Job Fair are the County of Ventura (Monique), America’s Job Center (Monique), City of Thousand Oaks (Karen), Conejo Valley USD (Karen), Villa Esperanza (Stephanie). The following employers will be followed up with: City of Simi Valley (Karen), Trader Joe’s (Stephanie), Oak Park USD (Karen), Title 5 program (Monique). Stephanie, Karen, Bill and Carol will be at the Job Fair. Patricia will be there as well but is already committed to working the COA table.

Action items include:

- Bill: work with Monique and Roger on employer confirmation letter
 - Roger: create table tents for employers
 - Roger: article for website/social media (post early January)
 - Carol: article for Breeze/Acorn/Star
 - Roger: working with Stephanie on postcard with tips for job applicants
 - Monique: providing laptops
 - Roger: badges/lanyards to identify committee members
 - Monique/Roger: put wellness event flyer in January Advisory Council packet
4. **Adjournment** – The meeting was adjourned at 10:41 a.m. The committee agreed to meet again in person following the conclusion of the Advisory Council meeting on January 10.

TO: VCAAA Advisory Council Members
FROM: Lynette Harvey, Committee Chair
DATE: January 10, 2024
SUBJECT: **Nutrition and Health Committee Report from November 29, 2023**

Committee Members Present:

Smita Dandekar	Dr. Maria Munguia
Dr. Karen Gorback	Anita Ruiz
Lynette Harvey	Alice Sweetland
Maureen Hodge	

Committee Members Absent:

none

VCAAA Staff Members Present:

Christopher Fiorello (Farm Manager)	Aurora Meadows (Registered Dietitian)
Roger Horne (PIO)	Monique Nowlin (Division Manager)

1. **Welcome and Introductions** – The VCAAA Nutrition and Health Committee meeting was called to order at 12:33 p.m. The committee reached a quorum with seven of seven members present.
2. **Public Comments** – None.
3. **Senior Nutrition Farm** – Christopher Fiorello, farm manager, gave an overview of the farm’s history, location and production. It has been a very good year, harvesting more than 15,000 pounds of produce and 80 dozen eggs. The food is sent to senior centers and put in home-delivered meals. At the annual Farm Day on November 4, there were more than 500 visitors, a 110% increase from the previous year. The farm requires volunteers to operate and is open for anyone to help from 8am-12pm Monday-Friday. People can contact volunteer coordinator Leslie Suarez (leslie.suarez@ventura.org, 805-477-7354) to help.
4. **Registered Dietitian** – Aurora Meadows was introduced. She is a new full-time staff member in her third day on the job. She has 15 years of experience working in research, government and advocacy work and was a dietitian in Santa Barbara. She will be working with things like the food boxes, SNAP-ED, and nutrition counseling.
5. **Fall Prevention Program** – Monique Nowlin gave an update on the program. Julianna Eusano, the program coordinator, is currently on leave. Shalley Niranjani is filling in in the meantime. The Fall Prevention Forum was held September 29 at the Oxnard Performing Arts Center. More than 400 people attended, the largest number to date. It was online the last few years. Dr. Thomas Duncan is the leader of the Elderly Fall Prevention Coalition and the program and Forum have been developed through his work. The Coalition is made up of people from different agencies and organizations around the county. The Forum is bilingual and consists of speakers,

blood pressure checks, depression screenings, resource tables, vaccinations, and balance and gait screenings. There is also a free lunch. Every Forum has a theme and this year was the 1970s. The 2024 Forum is being planned for East County. A recap video of the 2023 Forum was played.

6. **Committee Goals** – A discussion about future goals was held. Lynette Harvey said that they will have Peter Schreiner in to talk about behavioral health in 2024. Dr. Karen Gorback discussed ageism in health care. Maureen Hodge said it should be determined what the overriding goals should be for nutrition in the county over the next three years, and as a committee, what can be done to foster that. Lynette Harvey offered looking at the needs assessment and picking something that is lacking, such as behavioral health. Aurora Meadows brought up the positive aspects of having multi-generational help at the farm. Dr. Maria Munguia said that in Santa Paula they had multi-generational art classes at the senior center, and did ageism presentations to high school students. Smita Dandekar suggested setting up community gardens at elementary schools. Dr. Karen Gorback mentioned that Grey Law has office hours at the Goebel Center and it would be good if behavioral health could do the same at senior centers. She also said that California needs aging education in its K-12 schools and that is her next project. Alice Sweetland brought up child-designed “tray favors” (simple craft projects) to go in our meal-delivery boxes. Lynette Harvey said that the Master Plan for Aging identifies a lack of gerontologists in the county and that awareness could be raised of the need for that. Dr. Karen Gorback said that artificial intelligence is a top-10 action item for the California Senior Legislature. Lynette Harvey and Monique Nowlin will get together and come up with a list of bullet points for the January meeting so the group can choose some goals.

7. **Adjournment** – The meeting was adjourned at 1:38 p.m. The next Health & Nutrition Committee meeting will be held on Wednesday, January 24, at 12:30 p.m.



**VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING SCHEDULE
FY 2023-2024**

All Advisory Council meetings are held in person.
All sub-committee meetings are held via Zoom.

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