VENTURA COUNTY AREA AGENCY ON AGING
ADVISORY COUNCIL MEETING

November 14, 2018
9:00 a.m. to 11:00 am
Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura

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    Toni Olson
           2. Pledge of Allegiance    Toni Olson
           3. Approval of Area Agency on Aging Advisory Council Minutes of September 12, 2018    Toni Olson
           4. Public Comments

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.

5. Consent Agenda Items    Toni Olson
   5.1 Health, Housing and Transportation Committee Report from September 12, 2018
   5.2 Optimal Aging Committee Report from September 26 and October 24, 2018
   5.3 Senior Nutrition Committee Report from September 17, 2018

DISCUSSION ITEMS/PRESENTATION/MOTION

6.1 Housing and Homelessness and Older Adults    Tara Caruth - CEO's Office
6.2 Optimal Living Awards    OA Committee

6.3 VCAAA Committee Structure – Recommendation to Combine Monique Nowlin Senior Nutrition and Health Issues Committee into One Committee.
6.4 VCAA Legislative Update and Approval of Legislative Platform for 2019
6.5 VCAA Infographics
6.6 VCAA Outreach – PIO Update

INFORMATIONAL ITEMS

7. Advisory Council Meeting Schedule for FY 2018-2019
   Monique Nowlin
8. Other Committee Meetings:
   a. VCAA Foundation Update
   Marcy Sherbok
9. Comments from the Chair
   Toni Olson
10 California Commission on Aging Age Watch from September and November 2018
   Toni Olson
11. Other Business
    Toni Olson
11:00 am 12. Adjournment
    Toni Olson

Note – Housing, Transportation and Health Committee meeting will immediately follow the Advisory Council meeting.

The next meeting will be:
Wednesday, January 9, 2018 (9:00 am – 10:30 am)
Area Agency on Aging Advisory Council Center
646 County Square Drive, Ventura

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
Advisory Council Center
646 County Square Drive, Suite 100
Ventura, CA 93003
September 12, 2018

Advisory Council Members Present
David Birenbaum (Supervisorial Appointee)  Antoinette Olson (Simi Valley COA)
Bill Cunneen (Supervisorial Appointee)    Clark Owens (Oxnard COA)
Deirdre Daily (Ojai COA)                  Glenn Rowe (Moorpark COA)
Jay Evans (Camarillo COA)                 Martha Shapiro (Service Provider)
Sandra Fide (Moorpark COA)                Neill Spector (Simi Valley COA)
Karen Gorback (CSL)                      Sylvia Stein (Veterans)
Bill Nugent (Ojai COA)                   Sue Tatangelo (Focused Population)
Nick Fotheringham (Immediate Past Chair) Mike Williams (Service Provider)
Alice Sweetland (Oxnard COA)             Tony Gitt (CSL)

Advisory Council Members Absent
Cleo Anderson (Focused Population)        Joyce Pinkard (Supervisorial Appointee)
Dani Anderson (Focused Population)        Robert Taylor (Camarillo COA)
Smita Dandekar (Supervisorial Appointee)  Rose Gossom (Supervisorial Appointee)
Ron Hage (TO COA)                        Lori Harasta (Ventura COA)
Martha Navarrete (SP COA)                 Marcy Sherbok (Focused Population)
Suz Montgomery (Ventura CFS)

VCAAA Staff Present
Monique Nowlin                           Jannette Jauregui
Brian Murphy                             Jason Sagar
Marleen Canniff

1. Call to Order and Review of Agenda - The meeting was called to order at 9:06 a.m. by Chair Toni Olson (Simi Valley COA). Toni introduced new members.

2. Pledge of Allegiance – Toni Olsen led the Pledge of Allegiance. A quorum was present.

3. Approval of Area Agency on Aging Advisory Council Meeting Minutes - The minutes of the July 11, 2018, meeting were approved. (Owens/Evans/Passed).

4. Public Comments –

   Toni Olsen welcomed Tony Gitt and Mike Williams. Toni also provided some brief comments about events coming up on 9/26/18, a candidate forum coming up on 10/2/18 and a holiday event coming up on 12/9/18.
5. Consent Agenda Items – The consent agenda containing the Health, Housing and Transportation committee report from July 11, 2018 and the Optimal Aging Committee Report from July 25, 2018, was accepted. (Tatangelo/Evans/Passed).

6. Discussion Items/Presentation/Motion

6.1 Planning and Allocation Committee Report and Recommendation to Approve FY 2018-2019 Grant Amounts for Unallocated Funds and to Increase VCAAA Services. Toni Olson presented the report and the recommendations of the committee. Brian expounded on some of the report to provide clarification in some areas. (Evans/Birenbaum/Passed). Tatangelo and Stein abstained from voting.

6.2 Recommendation to Appoint Karen Gorback to serve as a California Senior Legislature Senator and Tony Gitt to serve as a California Senior Legislature Assemblymember Representing Ventura County for the term FY 2018-2022. (Tatangelo/Williams/Passed)

6.3 Outreach and Information Assistance Update. Jannette Jauregui provided an overview of activities and notified the Council about the impending release of the first fully integrated Spanish LiveWell. Monique Nowlin provided an overview of the activities of the Family Caregiver Resource Center, taken on by VCAAA when Catholic Charities chose not to continue providing services. The center is called La Buena Vida! Centro de Resursos para Cuidadores Familiares. Monique also spoke about the interactive voice response system and how it has been modified to reduce the telephonic selections. This modification was in direct response to the public’s request for simplification.

6.4 VCAAA Infographics. Marleen Canniff provided an overview of a new Infographics sheet. The Advisory Council provided feedback that Marleen will incorporate and bring back to the next meeting.

6.5 VCAAA Legislative Update – Staff presented an update on the status of bills.


8. Other Committee Meetings – Mike Williams provided an update on the VCAAA foundation.

9. Comments from the Chair – Toni asked for a moment of silence in recognition of the tragedy of 9/11.

10. California Commission on Aging Age Watch from July 2018 - included for informational purposes.

11. Other Business – None

12. Adjournment – the meeting was adjourned at 10:30 a.m.
Agenda Item #5.1

TO: VCAAA Advisory Council Members
FROM: Jay Evans, Committee Chair
DATE: November 12, 2018
SUBJECT: Housing and Transportation Committee Report from September 12, 2018

Committee Members Present
Sue Tatangelo
David Birenbaum
Toni Olson
Jay Evans
Karen Gorback
Sandra Fide
Tony Gitt
Nick Fotheringham

Committee Members Absent
Bill Nugent
Rose Gossom
Clark Owens
Lori Harasta

VCAAA Staff Present
Monique Nowlin

Guests
Erin Slack

1. Call to Order – The meeting was called to order at 10:40 a.m. by the Chair, Jay Evans. A quorum was present.

2. Public Comments – none

3. Erin Slack – STEADI Update - Erin Slack went over the public health improvement plan follow up, specifically her success in securing two clinics to rollout the STEADI initiative per the Committee’s direction. Those clinics are Sierra Vista and Conejo. Additionally, Erin provided an update on her meeting with the Elderly Fall Prevention Coalition (EFPC). At this meeting she shared the activities she is in engaged in, at the behest of this Committee, and how it ties in to the work of the EFPC. At this point, Erin is awaiting further instruction from the VCAAA Fall Prevention program as to the algorithm to be used for referrals, so she can provide that to the clinic managers. Once that has been provided, this project will ensue. As a reminder, the committee decided to focus on Priority area 11 which includes the rollout of the STEADI program for physicians relating to fall prevention. The CDC’s STEADI initiative offers a coordinated approach to implementing the American and British Geriatrics Societies’ clinical practice guideline for fall prevention. STEADI consists of three core elements: screen, assess, and intervene to reduce fall risk. STEADI complements the existing robust fall prevention program and the classes currently offered (Stepping On, A Matter of Balance, Walk with Ease, and Tai Chi) will be offered as interventions.

4. Community health improvement plan 2018-2020 recommendations for older adults –
The Committee reviewed the Priorities listed on the agenda and selected to focus on Priority 15 – reduce preventable hospitalizations. As documented at a prior meeting, the Committee wants to only focus on one or two projects at a time to gain traction, show deliverables and make the meetings worthwhile for committee members.

5. **What is The Next Goal to Work On?** – After robust discussion, it was decided that staff investigate the following and provide information to the Committee so that they could determine viability:
   - Educational Event – Directed at Faith Based Organizations
   - A Guide to Services that Prevent Hospitalizations – Faith Based Guide
   - Providing Money and Support to Other Organizations that have Door Through Door Transportation – (Provide the Committee with a list of who offers those services now)

6. **Next Steps and Timeline** - There was a request from David Birenbaum that the Committee consider adding Outreach to the title. There was also a request to have Jason Sagar attend the next meeting and possibly all subsequent meetings to provide an update on the transportation services and numbers of clients VCAAA is currently serving. Lastly, Staff has been instructed to provide information and timelines on the aforementioned projects for Committee’s consideration and selection.

7. **Adjournment** – The meeting was adjourned at 11:55 p.m.
TO: VCAA Advisory Council Members
FROM: Jannette Jauregui, VCAA Staff
DATE: September 26, 2018
SUBJECT: Optimal Aging Committee Report from September 26, 2018

Committee Members Present
Rose Gossom
Martha Shapiro
Sylvia Taylor Stein
Alice Sweetland

Committee Members Absent
Bill Cunneen
Smita Dandekar
Lori Harasta
Glenn Rowe

VCAA Staff Present
Jannette Jauregui

Guests
None

1. **Call to Order** – The meeting was called to order at 2:02 p.m. by committee chair, Sylvia Taylor Stein.

2. **Welcome and Introductions** – Sylvia welcomed committee members to the meeting.

3. **Public Comments** – Martha and Sylvia announced upcoming events to the committee.

4. **2018 Optimal Aging Awards** – The committee confirmed that they would like to move forward with presenting the Awards at the November Advisory Council meeting. The committee discussed notifying recipients as soon as possible. The committee also asked for budget information related to the awards and whether or not it would be feasible to purchase glass statues or something similar. Jannette agreed to confirm what, if any, budget is available for the awards and to look into prices related to glass statues.

5. **Discussion of Future of Optimal Aging Awards** – The committee reviewed and discussed the proposed revised guidelines that Jannette drafted for next year’s Optimal Aging Awards. A few edits were requested and Jannette agreed to present an updated draft at the November Committee meeting for further review.

6. **Discussion of the future of VCAA LEGACY publication** - The committee discussed and agreed that combining LEGACY with the awards would be ideal and would present a greater opportunity to publicize and expand the awards. The committee would like to see a quarterly publication.

7. **Other Business** - None discussed.

8. **Other Committee Involvement/Notification** – None discussed.
9. **Next Meeting Schedule** – The next meeting is scheduled for October 24, 2018 at 2 p.m.

10. **Adjournment** – The meeting was adjourned at 2:58 p.m. by chair, Sylvia Taylor Stein.
TO:          VCAAA Advisory Council Members

FROM:        Jannette Jauregui, VCAAA Staff

DATE:        October 26, 2018

SUBJECT:     Optimal Aging Committee Report from October 24, 2018

Committee Members Present
Bill Cunneen
Rose Gossom
Lori Harasta
Alice Sweetland

Committee Members Absent
Smita Dandekar
Glenn Rowe
Martha Shapiro
Sylvia Taylor Stein

VCAAA Staff Present
Jannette Jauregui
Monique Nowlin

Guests
None

1. **Call to Order** – The meeting was called to order at 2:00 p.m. by acting committee chair, Lori Harasta.

2. **Welcome and Introductions** – Lori welcomed committee members to the meeting.

3. **Public Comments** – Jannette announced that the newest issue of LIVEWell would be available no later than the first week of November.

4. **2018 Optimal Aging Awards** – The committee received confirmation that the Awards would be presented at the November 14 Advisory Council Meeting. They were also notified that formal certificates would be given to each winner and that notifications would be sent to the winners the week of October 29th. Jannette agreed to share drafts of the certificates via e-mail with the committee once the design was completed.

5. **Discussion of 2019 Goals** – The committee would like to see the Optimal Aging Awards expand and would like to see the visibility of the awards increase. The committee also discussed interest in possibly fundraising and somehow providing services for the increase in the population of older adults who are homeless. Monique notified the committee that the County of Ventura would be presenting on the topic of homelessness at the November 14 Advisory Council Meeting. The committee agreed to continue the discussion of 2019 goals after they’ve had a chance to hear that presentation.

6. **Other Business** - None discussed.

7. **Other Committee Involvement/Notification** – None discussed.
Agenda Item # 5.3

TO: VCAAA Advisory Council Members

FROM: Vacant – Chairperson

DATE: September 17, 2018

SUBJECT: SENIOR NUTRITION COMMITTEE REPORT

Committee Members Present
Jay Evans (Camarillo COA)
Alice Sweetland (Oxnard COA)

Committee Members Absent
Rose Gossom (Supervisory Appointee)
Toni Olson (Simi Valley COA)

VCAAA Staff Present
Marleen Canniff, Grants Administrator
Patti Jaeger, Registered Dietitian

Guests
Suzanna Colwell, Simi Valley SNP Service Provider

1. Call to Order – The meeting was called to order at 10:03 a.m. With the absence of a quorum, it was noted that no motions or voting will occur until a quorum is recognized.

Welcome and Introductions

2. Public Comments – none

3. Approval of Minutes from the 6/18/18 Meeting – No approval of the minutes from the prior meeting, due to absence of a quorum.

4. Committee Elect New Chair
No New Committee Chair was elected, due to absence of a quorum.

5. Meal Count and Cost per Meal Year-to-Date – VCAAA meal sites served 39,872 meals year to date, which is 114% of the baseline contract. While 20,713 meals were served in August, the program had an 8% increase from last month’s meal counts with a 10% increase of service days in the month. The congregate meal program has served fiscal year to date 1,385 unduplicated clients with an average number of congregate meals served per day at 309, an increase from 302 per day at fiscal year-end 1718; the Home-Delivered meals program has served 715 homebound clients YTD with an average number of 583 meals delivered, an increase from FYE1718 of 554 meal deliveries per day. Jordano’s-supplied meal count was 16,712 for the month, and the non-Jordano’s meal count was 4,001. While VCAAA’s budgeted food cost is $3.75 per meal, Jordano’s-supplied food cost year to date is at $3.94. Jordano’s will be within contracted funding YTD with the coming amended contract to provide 31,590 additional meals.

a. Revised service units for contracted meals through June 30, 2019 – Meal providers are currently serving at 114% of baseline contract service levels; however, the
Advisory Council approved (amended) meal count performance reflects a new performance level of 99%.

6. SNP Site Donations/Program Income
   Staff reported the donation/program income amounts of each SNP meal site at fiscal year-end 2017-18. The donation total for FYE1718 was $180,974. Across all sites, the Congregate (C1) Program ended the year with an average total of $1.05 in donations per meal, while the Home-Delivered Meal (C2) Program ended with $0.71 in donations per meal, totaling $0.83 in donations per meal for both programs. FY1819 is starting out with similar average totals.

7. Ventura County Area Agency on Aging Foundation (VCAAAA Foundation) Update
   At the September 4 meeting, the VCAAAF Board approved $15,277 to purchase individual prepackaged shelf-stable meals as a healthy option for homeless seniors and for distribution during emergency situations. Also, the board has identified a sponsor to create the foundation’s new website, VCAAAFoundation@ventura.org. Once the site is launched, the board can begin raising funds – using a PayPal button and extending the outreach through social media – to support and expand VCAAA’s programs and services.

8. Other Committee Involvement/Notification
   None.

9. Other Business
   a. Farmers’ Market Coupon Status – The 2018 Farmers’ Market Nutrition Program (FMNP) coupon booklets have been distributed. Patti thanked all the volunteers for their help in making this program a success.
   b. Committee Member Recruitment – Members discussed bringing to the Advisory Council the idea of integrating the health portion of the Transportation, Housing & Health Issues Committee with the Senior Nutrition Program Committee. Staff reported that non-Advisory Council members cannot be subcommittee voting members.
   c. Frequency of Meetings – If Health issues and Senior Nutrition integrate as one committee, meetings would ideally be held six times a year, immediately following the Advisory Council meeting. Members will suggest this at the November 14 meeting.

10. Future Meeting Schedule – provided – TBD

11. Adjournment - The meeting adjourned at 11:14 a.m.
County of Ventura
2019 Legislative Platform

State Legislative Platform

- The County supports proposals that would increase awareness of and prevent elder and dependent adult abuse to include the following: increase funding for elder abuse prosecution and prevention programs; expedite reimbursement or restitution to seniors victimized by financial crimes; increase the penalties for those convicted of crimes against seniors; expand the list of mandatory reporters of elder abuse to include notary publics; and supports legislation that includes money transmitters in the definition of mandated reports of suspected elder abuse and require licensed persons to report the known or suspected instance of financial abuse of an elder or dependent adult immediately, or as soon as possible, to the local adult protective services agency or local law enforcement.

- The County supports legislation that prohibits owners, operators, or employees of licensed health care facilities from serving as a representative payee on behalf of a resident of the facility.

- The County supports legislative efforts to prevent homelessness among at-risk seniors, older adults and people with disabilities.

- The County supports legislation that would utilize prevention funding, through California’s implementation of the Federal Affordable Care Act, to fund more evidence-based programs for seniors that would support seniors’ desire to age in place.

- The County supports funding and efforts to move towards community-based services as opposed to nursing home placement to include supporting legislation that fully funds the Older Californians Act (Linkages, Respite, Alzheimer’s Day Care Resource Center, and Brown Bag Programs) as well as modernizes and updates it to respond to the changing and growing needs of the senior population; provides state funding for the Family Caregiver Support Program, the senior nutrition program, funding for in-home care (and respite) for caregivers of individuals with Alzheimer’s disease and related dementia; and funding to help strengthen and expand Aging and Disability Resource Center’s ability to help seniors and people with disabilities access resources and services.

- The County supports full funding for the Long Term Care Ombudsman program and the Multipurpose Senior Services Program (MSSP).

- The County supports efforts to increase the monthly spending allowance for Medi-Cal Medically Needy Only beneficiaries without impacting Medi-Cal payment rates.

- The County supports legislation and efforts to make Ventura County Dementia Friendly, to include efforts to develop an evidence based core training program for staff of area agencies on aging relating to Alzheimer’s disease and related dementias, connecting diagnosed individuals and their caregivers to critical resources that will allow diagnosed individuals to maintain as much independence as possible and provide connection to resources that will help sustain the physical and mental stability of the caregiver.
• The County supports legislation to expand the existing Assisted Living Waiver to Ventura County to enable eligible seniors older adults and people with and adults with disabilities to reside in a community setting to support aging with dignity.

Federal Platform

• The County supports legislation that reauthorizes and modernizes the Older Americans Act (OAA), keeping pace with inflation and the growing number of older adults; preserve the OAA’s flexibility and person-centered commitment; capitalize on the existing aging network to coordinate long-term care services; and increase appropriations under the Older Americans Act including expanding the Older Americans Act to include funding for Adult Protective Services and funding to help strengthen and expand Aging and Disability Resource Center’s ability to help seniors and people with disabilities access resources and services.

• The County supports legislation that preserves the federal funding for the Health Insurance Counseling and Advocacy program that provides unbiased counseling regarding Medicare. The County also supports legislation that provides funding for fall prevention, veterans services including the Veterans Directed Home and Community Based Program and funding that provides in-home care and respite for persons with Alzheimer’s or related dementia.

• The County supports legislation that would allow dignity in death that includes privacy in nursing home rooms for those with less than five days to live, as well as additional services for the terminally ill.

• The County supports efforts to fully fund the Elder Justice Act and any Federal legislation relating to elder abuse that increases the funding provided for elder abuse prosecution and prevention programs and increases the penalties for those convicted of crimes against seniors. The County also supports increasing the penalties for those convicted of crimes against seniors or the disabled.

• The County supports legislation that requires the Federal government to negotiate for the lowest available prices for prescription drugs under the Medicare Part D program and expands Medicare coverage of dental and hearing and visual aids for seniors.

• The County supports funding and efforts to move towards community-based services as opposed to nursing home placement.

• The County supports legislation that requires that the Social Security Administration’s burial benefit be increased to $495 and be payable to immediate family members, who include, but are not limited to, the surviving spouse and child.

• The County supports legislation that requires all funeral directors to notify the Federal Social Security Administration of a person’s death in order to prevent fraudulent payments of Social Security benefits and to reduce the occurrence of identity theft.
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*meets immediately following the Advisory Council meeting.

Reminder - A conference call dial in is available for all committee meetings:
Dial in Number: (515) 739-1479, Access Code: 729620

*Meeting to follow Advisory Council Adjournment
Rising rents create hardship for many older adults

More than half of low income older Californians face a “severe rent burden,” according to new research by the UCLA Center for Health Policy Research. The fact sheet, titled More Than Three-Quarters of Low-Income Older California Tenants are Rent Burdened, reports that more than three-quarters of the state’s low income elderly struggle to pay rent, with 56 percent paying more than half of their monthly income and 23 percent paying more than 30 percent. The research finds that when rents increase, those on fixed incomes can be forced to move far from social ties and familiar services in order to find affordable housing.

“Older Californians with limited incomes struggle to pay for shelter, food, medical care and other basic necessities. Escalating rent prices can push them out the door,” said D. Imelda Padilla-Frausto, research scientist and co-author of the fact sheet. “If they’re lucky, they can land at a relative or friend’s home.”

Comparing rents and income levels on a regional basis, UCLA found the Sacramento region to have the highest rent burden for older residents, followed closely behind by the San Joaquin Valley and L.A. County. The fact sheet is available on the UCLA Center for Health Policy Research publications page.

Information from the UCLA Center for Health Policy Research press release Rent burden strays more than three-quarters of low-income seniors in California, study finds, August 21, 2018.

n4a reports detail Area Agency on Aging response to homelessness, housing needs

Two new reports from n4a demonstrate how Area Agencies on Aging are responding to shifting demographics and challenges in their communities. As the population of older adults increases, more and more elderly are experiencing difficulties finding and securing housing that is safe, affordable and that meets their needs. The report, Housing and Homelessness: Services and Partnerships to Address a Growing Issue, examines the extent to which AAAs are seeing the impact of housing and homelessness in their communities as well as the innovative programs and partnerships developed to support the growing number of older adults who are facing these issues.

A second report, Rural AAAs: Structure and Services, is based on data from the National Survey of Area Agencies on Aging: 2017 Report and focuses on the structure and programs offered by AAAs that serve rural geographic areas. Both reports feature examples of innovative programs offered by AAAs from across the country to meet the unique needs of their communities. Read them here.

Information from the National Association of Area Agencies on Aging.

AGEWATCH is an occasional publication of the California Commission on Aging (CCoA) intended to inform, educate, and advocate. The CCoA is an independent state agency established in 1973 to serve as the principal state advocate on behalf of older Californians. The CCoA office is located at 1300 National Drive, Suite 173, Sacramento, CA 95834. (916) 419-7591 www.ccoa.ca.gov to Unsubscribe email coagewatch@gmail.com
Older Adults and Social Engagement: A National Strategy Discussion

Social isolation can be harmful to the health and well-being of older adults. Providing opportunities for social engagement both improves older adults’ quality of life and enables them to share their knowledge, talent, skills, experience and wisdom with their communities. n4a and its partners, OATS, the National Center for Creative Aging, Generations United, and the National Center for Osher Lifelong Learning Institutes, will host a live-streamed strategy discussion on the topic of social engagement on Friday, September 28. This discussion is sponsored by engAGED. The National Resource Center for Engaging Older Adults with the goal of helping leaders in the field explore how we can work together to increase older adult engagement to improve health and wellness outcomes.

The discussion is intended to frame the need for a comprehensive approach to increasing engagement, raise awareness of the various ways to engage older adults, discuss the engAGED Resource Center’s charge to develop and implement a national strategy to encourage social engagement among older adults, and seek input from attendees to help shape a national strategy to increase engagement.

The national strategy discussion is scheduled for Friday, September 28 from 11:00-2:00 p.m. Pacific Time. Attendance is free for either the live-stream or in person in New York City. Click here to learn more or to register.

Information from NASUAD Friday Updates, Friday, September 21, 2018.

Why Improve Leave Policies for Working Caregivers?

Nearly 2 out of 3 workers aged 45 to 74 years-old have caregiving responsibilities for an aging or other adult relative. Such family care may involve taking time off from work, which some employers allow. But these workplace leave benefits for family caregivers are not available to all workers in all work settings. Many working caregivers cannot afford to miss a paycheck.

60 million workers are not covered by FMLA

The Family and Medical Leave Act (FMLA) guarantees up to 12 weeks of job-protected unpaid leave for a worker’s own health needs or for some family care.

RECOMMENDATION: Expand the FMLA to cover more workers, including those caring for grandparents and domestic partners.

Just 12% of U.S. workers have access to paid family leave benefits.

RECOMMENDATION: Promote access to paid family and medical leave.

Nearly 40% of private sector workers lack access to any paid sick days.

RECOMMENDATION: Require employers to provide earned sick time.

AARP study examines workplace leave policies for benefits, challenges

The effect of paid family leave policies on family caregivers is the focus of new research from AARP’s Public Policy Institute. Breaking New Ground: Supporting Employed Family Caregivers with Workplace Leave Policies, examines the implications of paid leave policies on families and employers. Only six states and the District of Columbia offer paid family leave in 2018, while 10 more provide paid sick leave for caregiving duties. The report finds these benefits reach only 13 percent of the nation’s private-sector employers, and low-income workers who take time off to care for a seriously ill family member yet cannot afford to miss a paycheck. Existing federal policy and most states’ family leave policies are unpaid and only 13 percent of private-sector workers had access to paid family leave through their employer in 2017.

The AARP research highlights the challenges faced by workers with family caregiving responsibilities, discusses the reality of how many workers cannot afford to take unpaid leave from their jobs, and reviews research on workplace leave policies affecting both employees and employers.

To learn more about AARP’s Public Policy Institute and read other publications, click here.
Big changes happening to Medicare Open Enrollment notifications in 2018

Medicare Open Enrollment runs from October 15th through December 7th this year, and older adults will need to be prepared for changes in how information will be received.

Starting now and lasting into December, older adults' mail boxes will be full of Medicare information. But this year, where and how they receive some of the most important information will change. Medicare Advantage and Medicare Part D plans will no longer mail copies of the Evidence of Coverage to beneficiaries. Instead, the Evidence of Coverage will be available online and only in hard copy when a beneficiary requests it. A list of notifications and resources for review and how they will be made available can be found here.

NCOA's "Medicare and You" guide will help consumers looking at Medicare options manage the influx of information and get a head start on evaluating their needs for next year.

Information from NCOA Week, Big changes happening to Medicare Open Enrollment Notifications in 2018, September 25, 2018.

Flexible laws and creativity make voting possible for those in residential care

A recent blogpost from the Pew Charitable Trust examines the creative ways to bring voting opportunities to residents in long-term care. How to Bring the Ballot to Aging Americans discusses the 8.4 million long-term care residents left out of the voting process due to physical impairments and lack of access.

According to Jason Karlawish, a professor of medicine, medical ethics and health policy at the University of Pennsylvania who has studied voting and cognitive ability, bringing ballot boxes to long-term care residents "is a proven way of increasing voter access... We have an obligation as a society to allow people to vote."

The blog describes the efforts of 80-year-old Kathleen Henry of Greenspring Retirement Community in Springfield, Virginia. Ms. Henry initiated her own voter registration drive in 2003, working with county election officials to assure compliance with state voting laws. She recruits volunteers to set up polling stations in the retirement community's conference center, with Greenspring's political party organizations providing information just outside.

Flexible voting laws such as vote-by-mail, early voting, and same day registration all facilitate participation in the political process. The support of facility personnel also plays a role, as staff may be needed to help residents who wish to vote. As noted by PEW staff writer Matt Vasilogambros, "lack of ballot access at certain facilities affects specific populations. Nearly two-thirds of publicly funded nursing home residents are women, according to the Centers for Medicare and Medicaid Services. Residents of these facilities, Kohn said, also tend to be poorer than residents of other long-term care facilities."

To learn more, visit the PEW Stateline blogpost.

Information from PEW STATELINE, July 23, 2018
Massachusetts becomes the first state to require dementia training for physicians

*Guest contributors:*
*Susan Demarais and Nicole Gutierrez*
*Alzheimer's Association of California*

The Commonwealth of Massachusetts became the first state in the nation to enact comprehensive legislation mandating physician education on Alzheimer's and related dementias among other interventions. Today, less than half of all persons with Alzheimer's have been diagnosed by a doctor, and fewer than 50 percent have been told of their diagnosis. The Alzheimer's Association's Massachusetts New Hampshire chapter led a multi-year advocacy effort to ultimately pass **MA House Bill 4116** by unanimous vote and secure the signature of Governor Baker on August 15, 2018.

Currently, more than 130,000 people in Massachusetts have Alzheimer's disease as compared to 650,000 in California. Nationwide, Alzheimer's has become a public health crisis, impacting more than 5 million Americans and costing Medicare and Medicaid $168 billion annually. Prior to the enactment of MA House Bill 4116, individuals and families in Massachusetts struggled to obtain quality care, including a timely diagnosis, treatment plan and referral to home and community-based services.

The **enacted legislation will require** physicians, physician assistants and nurses to receive training in diagnosis, treatment and care of people with Alzheimer's and other forms of dementia before acquiring renewal of licenses. It will also require physicians who have diagnosed a patient with Alzheimer's to inform a family member or legal representative of that person about the diagnosis and care plan. In addition, hospitals will be required to develop and deploy a plan for recognizing and managing persons with dementia in acute care settings by Oct.1, 2021. An Advisory council on Alzheimer's disease research and treatment will also be implemented.

While California has long required a state Alzheimer's committee, the new Massachusetts law includes key provisions missing from state statute or regulation. Like their counterparts on the East Coast, the California chapters of the Alzheimer's Association are strong advocates for increased public awareness, early detection and timely diagnosis. MA House Bill 4116 offers a model to all states on how to appropriately meet the specialized needs of persons with dementia. To view the final bill language, follow this [link](#).

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**NCOA's 2018 Falls Free Photo Contest**

*is accepting submissions through October 26th.*

Showcase your center’s Fall Prevention Awareness Month activities by entering your own fun, high-quality photo of people participating in an evidence-based falls program. Judges from the NCOA Falls Free® Initiative and NCOA Communications Department will choose the winners.

Winners will receive prizes issued to the individual/organization submitting the entry. Prizes are: **1st prize: $300; 2nd prize: $250; 3rd prize: $200.** Winning photos will be featured in NCOA's Center for Healthy Aging E-News and on the NCOA website.

Contest rules are available on the [NCOA website](#). Submit all photos and signed consent through the NCOA [link](#) October 26 at 11:59 p.m. EDT.

Information from NCOA Week, September 25, 2018.
New online mandated reporter training available for professionals working with elderly or dependent adults

California law designates a range of professions as mandated reporters of elder and dependent adult abuse. Anyone responsible for the care or custody of an elder or dependent adult is a mandated reporter, as are administrators, supervisors and staff of a public or private care facility; adult care custodians; health practitioners; clergy members; bank or financial institution personnel; adult protective services personnel; law enforcement personnel; and animal control and code enforcement personnel.

A new online course will provide mandated reporters with foundational information about their reporting responsibilities. The course will help participants to understand how, when and where to report suspected abuse or neglect and inform participants of what to expect after the report has been made. Upon completion of this course, participants will be equipped with the necessary tools and information they need to make a report each time they suspect or witness elder or dependent adult abuse or neglect.

The 90-minute course was developed with state funding through the California Department of Social Services by the Academy of Professional Excellence at San Diego State University’s School of Social Work. The course is part of Multi-disciplinary Adult Services Training and Evaluation for Results (MASTER)-APS Training and is available here.

Additional information about elder and dependent adult abuse can be found at http://www.cdss.ca.gov/inforesources/Adult-Protective-Services.

UPCOMING EVENTS


September 27, 2018—The SCAN Foundation. California Summit on Long-Term Services and Supports. Sacramento Convention Center, Sacramento. Click on the link above for information or to register.


California Commission on Aging staff:
Sandra Fitzpatrick, M.A., Executive Director
Carol Sewell, MAG, Legislative Director
Marcella Villanueva, Analyst

To unsubscribe from AgeWatch, email CCoAAgeWatch@gmail.com.
Examining Senior Hunger and Senior Food Assistance Programs in the U.S.

In the United States, millions of adults ages 60 and older regularly face a diverse set of challenges when trying to secure and prepare nutritious food. As reported by Feeding America in An Evaluation Report: Senior Food-Assistance, Related Programming, and Seniors’ Experiences Across the Feeding America Network, 4.9 million older Americans were food insecure in 2016. Older adults who are food insecure may experience low access to food, reduced quality and variety in their diet, and/or disrupted food intake, all of which can cause or exacerbate mental and physical health issues. The Feeding America network is a domestic hunger-relief organization with 200 food banks nationwide, including coverage in Alaska, Hawaii and Puerto Rico.

In partnership with the University of South Carolina, Feeding America conducted a comprehensive evaluation highlighting the issues older adults face in maintaining their health and food security status. These challenges include chronic disease, social isolation, mobility, transportation, and limited income and affordability. In addition to outlining the various problems of food insecurity, the research also offers insight about the trade-offs program managers must consider between reaching as many people as possible and meeting the specific needs of individuals.

The study, An Evaluation Report: Senior Food-Assistance, Related Programming, and Seniors’ Experiences Across the Feeding America Network, engaged almost 150 older adults and 90 program managers and community agencies across 9 states. It examined 17 different program delivery models, including the Supplemental Nutrition Assistance Program (SNAP) and the Commodity Food Supplemental Program (CSFP).

The research is intended to provide a baseline that will prompt further study and assessment of program delivery for older adults.

Click here to read more.

Reprinted in part from NASUAD Friday Updates Examining Senior Hunger and Senior Food Assistance in the United States, October 19, 2018.
Finding Post-Disaster Resources for Seniors

In response to the frequent calls for help after flooding, fires and other natural disasters, the National Council on Aging (NCOA) has added disaster assistance contacts to its BenefitsCheckUp resources in order to help older adults prepare, and after the disaster, to start rebuilding their lives. As with many natural disasters, finding stability and starting the rebuilding process can take months, or even years.

According to NCOA’s Brandy Bauer, “There are many benefit programs that expand or become available to people affected by declared natural disasters... These programs can help with shelter, nutrition, tax relief, and energy assistance, among others.” For older adults displaced and affected by disasters, finding people who can help with their particular needs – understanding how to use Medicare when displaced, applying for benefits programs, or even how to apply for long-term nutrition support – can make the process slightly less stressful.

NCOA’s Finding Relief If You Have Been Through a Disaster page is designed to provide resources specific to your region and zip code. The page provides information about emergency housing, medical care, tax relief and other resources, along with links to the Federal Emergency Management Agency (FEMA) and the Red Cross. Older adult disaster victims can also get help and find benefit programs that provide cash assistance and other help by using BenefitsCheckUp.org. By answering a few questions, an individual can access a list of benefit programs that can help you pay for medications, food, utilities, and more. The resource provides program guidelines, websites, online forms (if available), paper application in various languages (if available), and other resources.

Information from NCOA Blog Finding Post-Disaster Resources for Seniors, September 2018.

TSF Presents Innovation in Health Care Award

The SCAN Foundation’s 2018 Innovation in Health Care Award was given in September to Alzheimer’s Los Angeles for bringing the “essential attributes of a high-quality delivery system to life.”

Presented by TSF President & CEO Bruce Chernof, the award recognizes Alzheimer’s Los Angeles for the organization’s Dementia Cal MediConnect Project. The project is a collaboration to improve health plans’ approach to caring for people with cognitive issues and their caregivers. The project is credited with making health care providers more responsive to patient needs, to implement more dementia-capable care practices, and provide more education and support to families of dementia patients.

Information and photo from The SCAN Foundation and Alzheimer’s
The 2018-2023 Road Map Released to help
State and Local Public Health Partnerships Address Dementia

A new resource from the Alzheimer’s Association and the federal Centers for Disease Control outlines how state and local public health agencies and their partners can promote cognitive health, address cognitive impairment for people living in the community, and help meet the needs of caregivers.

The 2018-2023 Healthy Brain Initiative Road Map provides communities with an “action agenda” focused on the critical issues of risk identification and risk reduction, diagnosis, education and training, caregivers, and evidence on impact of the disease.

This updated Road Map outlines actions state and local public health agencies and their partners can take to stimulate changes in policies, systems and environments. The goal is to ensure that initiatives to address Alzheimer’s can be easily and efficiently incorporated into existing public health initiatives. The Road Map outlines 25 action items for the field of public health to promote brain health, better care for people with cognitive impairment, and increase attention to caregivers.

The publication lays out a path for local public health agencies and their partners to:
- Reduce the risk for cognitive decline and dementia;
- Improve safety and quality of care for people living with dementia;
- Expand early detection and diagnosis;
- Strengthen caregivers’ health and effectiveness.

Click here to read the full Road Map.
Information from NASUAD Friday Update, October 19, 2018.

New research from AARP points out that more than 8 million adults age 50 and older are affected by social isolation. Although many older adults are aware of the issue, they still hold several common myths and misperceptions that impact their ability to recognize isolation and address it in their communities. Chief among them is the lack of awareness that social isolation’s effect on health parallels smoking 15 cigarettes a day. Educating the public on this issue and providing tools for better detection and action are key. To read AARP’s findings, click here: Social Isolation: Myths vs Realities in Adults Age 40 and Older.
LGBTQ RIGHTS: THE SHIFTING SANDS OF FEDERAL POLICY CREATE UNCERTAINTY

a policy discussion with

Michael Adams, CEO, Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE), Chair Elect American Society on Aging (ASA) Board of Directors.

With responders:
Ron deHarte, Chair, City of Palm Springs Human Rights Commission & President, Palm Springs Pride
Jill Gover, PhD., Clinical Director, Scott Hines Mental Health Clinic, LGBT Center of the Desert
Jack Newby, Executive Director, The Joslyn Center
Ginny Foa, Executive Director, Mizell Senior Center

Thursday, November 8, 2018
8:30 - 9:00 a.m. Continental Breakfast
9:00 — 11:00 a.m.
Mizell Senior Center
580 S. Sunrise Way, Palm Springs

CO-HOSTED BY
The California Commission on Aging,
Mizell Senior Center,
& the LGBT Community Center of the Desert

UPCOMING EVENTS
November 15, 2018 — The State of Long-Term Services and Supports for California Seniors. Informational hearing of the Senate Budget Subcommittee on Health and Human Services. 10:00 a.m. State Capitol, Room 4203.

To unsubscribe from AgeWatch, email CC0AAgeWatch@gmail.com.
VENTURA COUNTY
Vaaa
AREA AGENCY ON AGING

Serving Older Adults, People with Disabilities, and Their Caregivers

25,885 Customers Served in Fiscal Year 2017-18

VCAAA's Benefits Enrollment Center (BEC) helps with public benefits applications.

1,933 BEC Clients
$8,520,000 Received Savings

The Health Insurance Counseling and Advocacy Program (HICAP) provides free, confidential counseling related to all aspects of Medicare.

3,845 HICAP Clients
$1,577,633 Received Savings

Helped 3,241 older adults stay in their homes through services such as case management, meal deliveries, personal care, chore, minor home repairs, counseling, fall prevention, HomeShare, and caregiver services.

Nearly 1 in 5 meal participants in Ventura County reported not always having enough money to buy food.

4,515 visits to all 247 long term care facilities countywide
Ombudsmen Advocating for 8,139 Older Adults
100% of complaints were resolved!
Aging Well Is About Remaining Healthy and Independent

Percentage of Customers Served per District*

Number of Customers Served per District*

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*The district distribution count is based on a total of 15,453 clients across only the programs that collect regional demographic data.

We target our services to those in need and strive to ensure our program participants mirror the composition of the communities we serve.

Diversity of Our Program Participants

28% Minority  36% Low-Income  24% Hispanic

CALL US NOW 805-477-7300  VISIT US AT vcaaaa.org