

SUMMARY NOTES

**Council on Aging
Civic Arts Plaza
Boardroom
2100 Thousand Oaks Blvd.**

Wednesday, January 6, 2016, 1:00 p.m.

1. Call to Order: 1:00 p.m.
2. Pledge of Allegiance
3. Roll Call: Commissioners Present: Allen, Gitt, Hage, Healey, O'Connor, Schentes; Commissioners Absent: Fotheringham, Gorback and Norkin; Staff Present: Associate Analyst Sprigel; Associate Analyst Houser
4. Public Comments: Andrea Gallagher, Thousand Oaks, Senior Concerns; Mike Houser, Transit Manager, City of Thousand Oaks
5. Liaison Reports:
 - A. Conejo Senior Volunteer Program (CSVP): Commissioner O'Connor provided information on upcoming fund raisers and events.
 - B. Goebel Adult Community Center (GACC): Recreation Supervisor Patti Hamm reported on upcoming programs
6. Commissioner Reports:
 - A. Aging Demographic Growth: Continued to February meeting
 - B. Conejo Valley Village: Vice Chair Healey provided update
 - C. Emergency Preparedness: Commissioner Allen reviewed El Nino preparations
 - D. Outreach: Commissioner Hage reported on upcoming outreach
 - E. Senior of the Year: Commissioner Gitt announced nomination openings
7. Commissioner Comments: None.

8. Guest Speaker: Monique Nowlin, Deputy Director, Ventura County Area Agency on Aging (VCAAA), introduced the following social workers who provided information on fall prevention offerings: Dina Ontiveras, Fall Prevention Program Coordinator provided information on “Stepping Out” strength balance class and “Tai Chi;” and Sean Fall Prevention Coordinator provided information on “Matter of Balance,” which covers managing concerns and fears about falls.
9. Adjournment: 2:02 p.m.

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