

SUMMARY NOTES

**Council on Aging
Civic Arts Plaza
Boardroom
2100 Thousand Oaks Blvd.
Wednesday, March 6, 2019, 1:00 p.m.**

Meeting

1. Call to Order: 1:00 p.m.
2. Pledge of Allegiance
3. Roll Call: Commissioners Present: Chair Gorback, Vice Chair L. Allen, Commissioners: Bert, Gitt, Maria, Mortimer, Posta; Commissioners Absent: S. Allen and Belding; Staff Present: Associate Analyst Sprigel
4. Public Comments: None
5. Liaison and Agency Reports were provided by Commissioners as follows:
 - A. California Senior Legislature (CSL): Commissioner Gitt – updates on ten submissions CSL provided to legislature
 - B. Ventura County Agency on Aging (VCAAA): Commissioner Gitt – overview of VCAAA and supported legislation
 - C. Goebel Adult Community Center (GACC): Commissioner Posta – closure and March events
 - D. Conejo Senior Volunteer Program (CSVP): Commissioner Posta – Schedule for March Closure and income tax program
6. Commissioner Reports were provided by Commissioner as follows:
 - A. Scams and Fraud: Commissioner Bert provided information regarding local Frauds.
 - B. Senior of the Year: Commissioner Maria – Nominations open
7. Guest Speaker: Dr. Diana Sarkisyan, UCLA Health, provided information on Nutrition and Supplements: Facts and Myths
8. Commissioner Comments: Vice Chair L. Allen, Commissioner Posta Gratitude to speaker, Chair Gorback – Thank you to Commissioners, Thousand Oaks Library – One City Reads,
9. Adjournment: 2:14 p.m.