



A G E N D A

Senior Citizen Advisory Council
HEALTH & NUTRITION COMMITTEE

April 21, 2021
1:00 P.M.

www.officeonaging.ocgov.com

***Pursuant to the provisions of California Governor's Executive Order N-29-20, issued on March 17, 2020, this meeting will be held by Zoom. Members of the public may observe and address the meeting telephonically. To attend the meeting via teleconference please call:**

Dial (for higher quality, dial a number based on your current location):

US: +1 669 900 9128 or +1 253 215 8782 or +1 346 248 7799 or +1 312 626 6799 or +1 646 558 8656 or +1 301 715 8592

Webinar ID: 964 1672 7378 / Password: 925215 (once you enter this code, you should be automatically connected to the call; you will remain on the line until the meeting begins).

Link to meeting: <https://zoom.us/j/96416727378?pwd=NIRzdFBVdjcWVFU2FNdElwYjNkZz09>

This agenda contains a brief general description of each item to be considered. The Council encourages your participation. If you wish to speak you may do so during Public Comment. To speak during Public Comment, press *9 following the Chair's invitation from the public to speak. Once acknowledged and prompted by the Chair, you may begin to speak. Except as otherwise provided by law, no action shall be taken on any item not appearing in the agenda. When addressing the Council, please state your name for the record prior to providing your comments.

This agenda contains a brief description of each item to be considered. Except as provided by law, no action shall be taken on any item not appearing in the agenda. Members of the public that wish to send comments or speak on an item(s) may send a completed Speaker Request Form(s) identifying the items and send them to OCCSAdvisoryCouncilsBoards@occr.ocgov.com prior to the beginning of the meeting. To speak on a matter not appearing in the agenda, but under the jurisdiction of this Advisory Council, you may do so during Public Comments. Speaker request forms must be sent prior to the beginning of the meeting, the reading of the individual agenda items and/or the beginning of Public Comments. When addressing the Board, it is requested that you state your name for the record. Address the Board as a whole through the Chair. Comments to individual Members or staff are not permitted. Speakers are limited to three (3) minutes.

Materials/handouts can be requested up to 72 hours in advance of the meeting by visiting <http://www.occommunityservices.org/>.

<p>Health and Nutrition Committee Mission Statement Educate and exchange information with professionals and the community regarding services and resources available to older adults in the areas of nutrition and health care issues.</p>	
<p>Goal 1</p>	<p>Health & Nutrition Committee members will be advocates for the senior community on health and nutrition issues</p> <p>Objective 1: By December 31, 2021, at least 9 educational presentations will be delivered to the Health & Nutrition Committee to educate committee members and empower each member to share the information with the Orange County senior community.</p>
<p>Goal 2</p>	<p>Dissemination of Information by H&N Committee Members</p> <p>Objective 1: Members of the H&N Committee will consolidate a report of how and where information received through presentations was disseminated. This report will be a part of the Committee Chair’s 2020 annual report in January 2021.</p> <p>Objective 2: Throughout 2021, H&N representative will report on the committee’s activities at the general SCAC meetings.</p> <p>Objective 3: Volunteer H&N Committee members will participate in OCSPA Healthcare and Senior Hunger Committees and report back to the H&N meeting</p>

1. CALL TO ORDER: Chair Meredith Chillemi
2. PLEDGE OF ALLEGIANCE: Phil Orland
3. ROLL CALL: Vice Chair Patty Mouton
4. INTRODUCTION OF GUESTS: Chair Meredith Chillemi
5. OFFICE ON AGING UPDATE: Frank Hernandez
6. PRESENTATIONS:

Older Adult Physical Fitness – Sean Foy

What the Science Says about Vitamin D and Bone Health – Dr. Bill Liu

7. CHAIR ITEMS:

A. New Business:

1. None

B. Old Business:

1. None

8. ANNOUNCEMENTS & ROUNDTABLE DISCUSSION: All members

Discussion of upcoming presentations

9. PUBLIC MATTERS:

At this time, members of the public may address the Council regarding any items within the subject jurisdiction, provided that no action is taken on off-agenda items unless authorized by law. (Comments shall be limited to three (3) minutes, unless the Chair sets different time limits, approved by Council).

10. ADJOURNMENT

NEXT MEETING:

May 19, 2021

1:00PM

Via Zoom

DISCLAIMER: No member of SCAC shall sign a letter or make a statement purported to represent the position of SCAC as a body. Letters or verbal statements of support or opposition on any issue shall only be made or signed by the Chair of SCAC and shall be submitted to the Board for approval. The policy of the Board of Supervisors does not allow SCAC or its Chair to sign a letter of position on any matters pertaining to legislation. SCAC members may write personal letters or speak as individuals stating personal positions but may not do so as representing the position or opinion of SCAC.