



A G E N D A

Senior Citizen Advisory Council
WELLBEING REIMAGINED COMMITTEE

July 20, 2022
1:00 PM

www.officeonaging.ocgov.com

***Pursuant to Government Code Section 54953(e)(1), as amended by AB 361, 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: 876 4106 6788 / Link to meeting: <https://us06web.zoom.us/j/87641066788>

****In compliance with the Americans with Disabilities Act, those requiring accommodation for this meeting should notify the Orange County Community Service office 72 hours prior to the meeting at (714) 480-6450****

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 and city of residence 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/>.

Wellbeing Reimagined Committee Mission Statement “Wellness enabled by communication, inspired by our service to OC’s seniors”	
Goal 1	<p>Wellbeing Reimagined 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 Re-Imagined Committee to educate committee members and empower each member to share the information with the Orange County senior community.</p>
Goal 2	<p>Dissemination of Information by Wellbeing Reimagined Committee Members.</p> <p>Objective 1: Members of the 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, Committee representatives will report on the committee’s activities at the general SCAC meetings.</p> <p>Objective 3: Volunteer Committee members will participate in OCSPA Healthcare and Senior Hunger Committees and report back to the Committee meetings.</p>

1. CALL TO ORDER: Chair Barbara Sloate
2. PLEDGE OF ALLEGIANCE: Ann Mudry
3. ROLL CALL: Meredith Chillemi
4. ACTION ITEMS: AB 361 Review and make findings required by Government Code subsection 54953(e)(3).
Recommendation: Continue virtual meetings due to the proclaimed state of the emergency arising from COVID-19, meeting in person presents imminent risks to the health and safety of attendees, and the emergency continues to directly impact the ability of the members to meet safely in person.
5. INTRODUCTION OF GUESTS: Chair Barbara Sloate

6. PRESENTATION:

**“Don't Worry It's All in Your Head”
Five Simple Things to Know and Practice
to Create a Happier and Healthier Life**

Judy Osuna
Community Outreach & Education Manager
Alzheimer's Family Center

7. ANNOUNCEMENTS & ROUNDTABLE DISCUSSION: All members

8. 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 pre-identifies a different time at the start of meeting for all public speakers).*

9. ADJOURNMENT:

NEXT MEETING:
August 17, 2022
1:00PM

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.