

**MEETING NOTICE**  
**AAA4 ADVISORY COUNCIL**

**(916) 486-1876**

**DATE:** January 16, 2025  
**TIME:** 10:00 a.m. – 12:00 p.m.

Our Mission: Enriching the lives of older adults and people with disabilities by **FOSTERING** networks of support, **ADVOCATING** for individual choice, **COLLABORATING** with others, **ENSURING** equity, and **STRIVING** to do so with conviction.

**PLACE:** **SACRAMENTO COUNTY**  
Agency on Aging Area 4  
~Board Room~  
1401 El Camino Avenue, Suite 400  
Sacramento, CA 95815

**AGENDA**

- I. **CALL TO ORDER, PLEDGE OF ALLEGIANCE, ROLL CALL, WELCOME & INTRODUCTIONS**
- II. **COMMENTS FROM THE PUBLIC**
- III. **CONSENT CALENDAR**
  - A. Adopt the Agenda.....2 min.
  - B. Approve Minutes From 12/19/24.....2 min.
  - C. Approve 2025 Committee Assignments..... 2 min.
- IV. **CORRESPONDENCE** ..... 0 min.  
E-mail from CA Department of Aging regarding Corrections to the 2025-29 Area Plan (to be read at the meeting)
- V. **ACTION ITEM** .....10 min.  
A. Installation of New Officers for 2025
- VI. **DISCUSSION/PRESENTATIONS** .....80 min.
  - A. Where Older Adults Live, by the Numbers: Urban, Suburban, Rural & Remote, *presented by AAA4 Staff Will Tift*
  - B. Blended and Braided Funding: New Twists on Familiar Approaches, *presented by AAA4 Staff Anson Houghton & Will Tift*
  - C. “Food is Medicine” & the Senior Nutrition Program, *presented by AAA4 Staff Julie Tharalson, RD*
  - D. C4A Training Academy Video: “AAAs in the Community,” *introduced by AAA4 Executive Director Pam Miller*
- VII. **REPORTS**..... 20 min.
  - A. Executive Committee
  - B. Diversity Committee
  - C. Executive Director

**COMMITTEE MEETINGS**

Executive Committee Meeting: **9:30 a.m. – 10:00 a.m., Thursday, January 16, 2025**  
Legislative Committee Meeting: **12:00 p.m. – 1:00 p.m., Thursday, January 16, 2025**

Please visit [www.agencyonaging4.org](http://www.agencyonaging4.org) for additional information.

VIII. ROUNDTABLE: ANNOUNCEMENTS ..... 6 min.  
IX. ADJOURNMENT ..... 0 min.

Attachments to be sent under separate cover

- *Not applicable*

**\*Members of the public wishing to join the meeting via Zoom, please use the link below:**  
<https://us02web.zoom.us/j/87659824893>

If you need a disability-related reasonable accommodation to participate in this meeting, please contact the AAA4 office at (916) 486-1876, or email [AdvisoryCouncil@AgencyOnAging4.org](mailto:AdvisoryCouncil@AgencyOnAging4.org) at least 3 days in advance with your accommodation request. Every effort will be made to accommodate. However, we cannot guarantee we will be able to honor requests received less than 3 days in advance.

## ADVISORY COUNCIL MEETING MINUTES

Date: Thursday, December 19, 2024  
Location: **YUBA** County

**I. CALL TO ORDER, PLEDGE OF ALLEGIANCE, ROLL CALL, WELCOME & INTRODUCTION**

Chair Kelly Carpenter called the meeting to order at 10:01 a.m., welcoming members and guests. A quorum was established.

County	AC Members Present – 15	Excused = 5; Absent = 0
Nevada	K. Carpenter**	A. Mikal-Heine (E)
Placer	K. Flanagan**	D. Wiltsee (E)
Sacramento	Dr. T. Abah; M. Jacobs; S. McBride; A. Zonderman	Dr. C. Koss (E)
Sierra	No members	
Sutter	T. Thomas; P. Epley**	
Yolo	J. Bohon; C. Dorsey; S. Brunner	
Yuba	D. Panteloglow; L. Drown	R. Drown (E)
At-Large	P. Nelson; H. Linder	R. Saenz (E)

*\*\*Teleconferencing according to AB 2449 Brown Act Emergency Provision.*

**On-site AAA4 Staff:** Pam Miller, Dr. Julie Bates, Linda Berry, Va Tran and Rashana Wright

**AAA4 Staff via Zoom:** Will Tift, Nancy Vasquez, Maggie Borowiak, Julie Beckner, Anson Houghton and Sara Martinez

**On-site Guests:** – None

**Guests via Zoom:** David Wiltsee and Rita Saenz

**II. COMMENTS FROM THE PUBLIC – None**

**III. CONSENT CALENDAR\***

**A.** Adopt the Agenda

**B.** Approve the Minutes from 11/08/2024

**C.** Approve 2025 Advisory Council Meeting Schedule

One Motion for the consent calendar items A-C

Motion	Second	Passed
T. Thomas	J. Bohon	Y= 12; N= 0; Abstain=0

**IV. CORRESPONDENCE – None**

**V. ACTION ITEMS\***

**A. Election of New Officers for Calendar Year 2025**

Chair	Dr. Catheryn Koss
1 <sup>st</sup> Vice Chair	Karen Flanagan
Secretary	Sylvia McBride

Motion	Second	Passed
M. Jacobs	T. Thomas	Y= 12; N=0; Abstain=0

**VI. DISCUSSION/PRESENTATION\***

**A. AAA4 SFY 2023-24 Annual Report, *presented by AAA4 Staff Linda Berry***

- A copy was distributed to all members
- An overview of the report’s content and structure was provided

**B. Strategies for Serving Rural Communities, *presented by Advisory Council Member Sylvia McBride***

- The presentation outlined how to organize ourselves, sustain essential services and address the development of rural infrastructure for service delivery for the forthcoming Senate Bill 1249

**C. California Senior Legislature (CSL) Priorities for 2025, *presented by Advisory Council Member Jim Bohon***

- An overview of the CSL’s functions was provided emphasizing its mission to improve the quality of life for older Californians and their families, representing 7 million adults across California.

**D. Bingocize, *presented by Christina Mason of AAA4 Staff***

- A health education activity was provided and Council Members participated in the cherished game of B-I-N-G-O with fall prevention strategies
  - Advisory Council Members expressed enjoyment of the activity, with some showing interest in hosting a demonstration at their workplace
  - There is a desire to incorporate this program into our meetings

**VII. REPORTS\***

**A. Executive Committee – *Pam Miller***

- The Executive Committee met at 9:30 am and reviewed the agenda

**B. Grants Review Committee – *Will Tift***

- The committee met on December 6, 2024 and approved the final adjustments to the seven sets of County Funding Levels for the forthcoming RFP
- Additionally, there is a plan to appoint sixteen (16) members of the Governing Board and Advisory Council to this committee in response to the number of RFPs that require review

**C. Governing Board – *Rashana Wright***

- The Governing Board met on December 13, 2024, in Sacramento County successfully establishing a quorum
- The Board took the following action:
  - Installation of the New Officers 2025:
    - Chair – Supervisor Sharon Dryden (from Sierra County)
    - 1<sup>st</sup> Vice Chair – Nancy Pennebaker (from Yolo County)
    - 2<sup>nd</sup> Vice Chair – Cecile Nunley (from Sacramento County)
    - Treasurer/Auditor – Meghan Rose (from Sacramento County)
    - Secretary – Erin Minett (from Nevada County)
  - Approved the Final Funding Levels for the 2025-27 Request for Proposal
  - Adopted AAA4 SFY 2023-24 Annual Report
- Additionally, a presentation on Bingosize was conducted

**D. Executive Director – *Pam Miller***

- Committee Preference forms were requested to be completed and submitted
- The California Department of Aging (CDA) will allocate One-time-Only (OTO) funds totaling \$1.6 million
  - A budget detailing the distribution of these funds must be submitted to CDA within 30 days
  - Looking to fund Counties that recently lost funding
- AAA4 delivered a presentation to the Sacramento County Human Services Coordinating Council
  - Heidi Richardson, the point of contact, is retiring and wished to inform the Council about community support initiatives to ensure ongoing assistance. Melissa Jacobs also contributed to the presentation
- A pilot partnership has been initiated with Placer County to highlight the process and benefits of administrative claiming
  - A handbook will be developed from this partnership and disseminated among other AAA offices
- Participation in the 40<sup>th</sup> Anniversary Celebration of Yolo Adult Day Health where:
  - Recognition was given to Supervisor Provenza and Dawn Meyer
  - Jim Bohon was also in attendance
  - Plans are underway to expand the Adult Day Healthcare Building to serve more individuals, with the new building to be named Sagewood
- Attended an open house at the Yuba-Sutter Center for Legal Services
  - Pam Epley was also in attendance
  - The center relocated from Yuba City to Marysville

- AAA4's leadership structure has changed:
  - Will Tift has stepped down from his role as Assistant Director; he has opted to focus solely on his position as Administrative Planner to achieve better work-life balance
  - An internal candidate will be introduced as the new Assistant Director in early January
  - As AAA4 continues to expand, further reorganization will take place

**VIII. ANNOUNCEMENTS** – Dr. Abah announced that the Commission on Aging in Sacramento has recently promoted the 5 Over 50 Awards. This award recognizes one older adult from each of the five districts who has demonstrated exceptional volunteerism and community involvement. Nominations can be submitted at: <https://dcfas.saccounty.net/SAS/Pages/Adult-and-Aging-Commission.aspx>

**IX. ADJOURNMENT**

Kelly Carpenter adjourned the meeting at 12:02 p.m.

**\*TO LISTEN TO THE FULL AUDIO OR REQUEST MATERIALS FROM THIS MEETING, PLEASE EMAIL [AdvisoryCouncil@agencyonaging4.org](mailto:AdvisoryCouncil@agencyonaging4.org)**

*Recordings are on file for one year.*

# AGENCY ON AGING AREA 4

## 2025 COMMITTEE APPOINTMENTS

### AREA PLAN COMMITTEE

#### GOVERNING BOARD

Miko Sawamura  
William Reed  
Wendell Peters

#### ADVISORY COUNCIL

Sylvia McBride  
Melissa Jacobs  
Ann Zonderman  
Laura Drown  
Tanna Thomas  
Jim Bohon  
Seth Brunner  
Rob Drown

### AUDIT & FINANCE COMMITTEE

#### GOVERNING BOARD

Meghan Rose  
Miko Sawamura  
Nancy Pennebaker  
Cecile Nunley

### BYLAWS COMMITTEE

#### ADVISORY COUNCIL

Tanna Thomas  
Jim Bohon  
Debbie Panteloglow  
Pam Epley

### DIVERSITY COMMITTEE

#### ADVISORY COUNCIL

Charlotte Dorsey  
Melissa Jacobs  
Sylvia McBride  
Pamela Nelson  
Dr. Theresa Abah  
Tanna Thomas

## EXECUTIVE COMMITTEE

### GOVERNING BOARD

<i>Chair</i>	Supv. Sharon Dryden
<i>1<sup>st</sup> Vice Chair</i>	Nancy Pennebaker
<i>2<sup>nd</sup> Vice Chair</i>	Cecile Nunley
<i>Secretary</i>	Erin Minett
<i>Auditor/Treasurer</i>	Meghan Rose

### ADVISORY COUNCIL

<i>Chair</i>	Dr. Catheryn Koss
<i>Vice Chair</i>	Karen Flanagan
<i>Secretary</i>	Sylvia McBride

## GRANTS REVIEW COMMITTEE

### GOVERNING BOARD

Cecile Nunley	Erin Minett
Miko Sawamura	Leesa Klotz
Nancy Pennebaker	William Reed
Wendell Peters	

### ADVISORY COUNCIL

Pamela Nelson	Dr. Theresa Abah
Ann Zonderman	Debbie Panteloglow
Laura Drown	Pam Epley
Karen Flanagan	Seth Brunner
Rob Drown	

## JOINT PROGRAM EVALUATION COMMITTEE (JPEC)

### GOVERNING BOARD

Erin Minett	Cecile Nunley
Supv. Lila Heuer	Miko Sawamura
Leesa Klotz	Nancy Pennebaker
Meghan Rose	William Reed
Wendell Peters	

### ADVISORY COUNCIL

Harrison Linder	Debbie Penteloglow
Seth Brunner	Pam Epley

## LEGISLATIVE COMMITTEE

### GOVERNING BOARD

Meghan Rose
Leesa Klotz
Erin Minett

### ADVISORY COUNCIL

Sylvia McBride	Pamela Nelson
Melissa Jacobs	Dr. Theresa Abah
Harrison Linder	Ann Zonderman
Charlotte Dorsey	Jim Bohon
Laura Drown	Rob Drown

## NOMINATING COMMITTEE

GOVERNING BOARD

*TBD*

ADVISORY COUNCIL

*TBD*

## PARLIAMENTARIAN

GOVERNING BOARD

Carl Burton

ADVISORY COUNCIL

*Accepting Members*

## PERSONNEL COMMITTEE

GOVERNING BOARD

William Reed  
Erin Minett  
Miko Sawamura  
Meghan Rose

## RULES of PROCEDURE COMMITTEE

GOVERNING BOARD

Carl Burton  
Tonya Beebe  
Erin Minett

**ACTION ITEM V. A.**

**TO: AAA4 ADVISORY COUNCIL**  
**FROM: Pam Miller**  
**DATE: January 8, 2025**  
**SUBJECT: Installation of New Officers for Calendar Year 2025**

The Nominating Committee of the Advisory Council convened on October 17, 2024, and approved a slate of officers for the calendar year 2025. The election of these officers occurred during the Advisory Council's meeting on December 19, 2024.

The installation of the elected officers listed below is scheduled for the meeting on January 16, 2025.

Chair	Dr. Catheryn Koss	~ Sacramento County
Vice Chair	Karen Flanagan	~ Placer County
Secretary	Sylvia McBride	~ Sacramento County

This item requires a roll call vote.

***The New Officers will be installed immediately, and they shall preside over the remainder of the January 16, 2025 meeting.***

**PRESENTATION ITEM VI. A.**

**TO: AAA4 ADVISORY COUNCIL**  
**FROM: Pam Miller**  
**DATE: January 8, 2025**  
**SUBJECT: Where Older Adults Live, by the Numbers: Urban, Suburban, Rural & Remote**

As a follow up to the December 19 presentation by Sylvia McBride entitled "Strategies for Serving Rural Communities," AAA4 Staff will present a compilation of the latest Census data for the population age 60+ in the seven-county service area.

**PRESENTATION ITEM VI. B.**

**TO:** AAA4 ADVISORY COUNCIL

**FROM:** Pam Miller

**DATE:** January 8, 2025

**SUBJECT: Blended and Braided Funding: New Twists on Familiar Approaches**

The terms “blended” and “braided” funding have received renewed attention as of late in the LTSS (long-term services and supports) arena, often in the context of social service organizations contracting with health care entities. This presentation will touch on AAA4’s long history of blending and braiding, some current examples, and pending applications, particularly with regard to CalAIM.

**PRESENTATION ITEM VI. C.**

**TO: AAA4 ADVISORY COUNCIL**  
**FROM: Pam Miller**  
**DATE: January 8, 2025**  
**SUBJECT: “Food is Medicine” & the Senior Nutrition Program**

The birth of the modern “Food is Medicine” movement is linked to the AIDS epidemic in the 1980s. Here in California, the provision of medically tailored meals to MediCal members (via CalAIM) has elevated the concept that specific foods can be used to effectively treat specific diseases/conditions. This presentation will explore opportunities and challenges for providers of Title III-C Senior Nutrition Programs (i.e., Congregate Meals and Home-Delivered Meals as defined in the Older Americans Act) to integrate Food is Medicine principles into their regular operations.

**PRESENTATION ITEM VI. D.**

**TO: AAA4 ADVISORY COUNCIL**  
**FROM: Pam Miller**  
**DATE: January 8, 2025**  
**SUBJECT: C4A Training Academy Video: “AAAs in the Community”**

AAA4 is pleased to share a brief video recently produced by the California Association of Area Agencies on Aging (C4A). It is intended to give viewers a broad overview of the role of Area Agencies on Aging in local communities.