

AGENCY ON AGING AREA 4 Advisory Council



Date: September 17, 2026
Location: **Sacramento County**

I. CALL TO ORDER, PLEDGE OF ALLEGIANCE, WELCOME & INTRODUCTIONS

Karen Flanagan called the meeting to order at 10:07 a.m. and Tanna Thomas lead the Council in the Pledge of Allegiance. Karen asked new member, Ramon Altamirano, to share a little about himself.

Advisory Council Attendance

<i>County</i>	<i>Members Present - 14</i>	<i>Excused = 9; Absent =</i>
Nevada	A. Mikal-Heine, P. Rasada* H. Wingo	A. Kelly Carpenter (E)
Placer	K. Flanagan	S. Klabunde (E)
Sacramento	S. McBride; A. Zonderman; M. Jacobs	Dr. C. Koss (E), Dr. T. Abah (A)
Sierra		W. Church-Bergstrom(E), S. Smith (A)
Sutter	T. Thomas	P. Epley (E), J. Boyer (E)
Yolo	J. Bohon, R. Altamirano*	I, Bodeanu (E)
Yuba	Y. Jacobs*	
At Large	R. Saenz, P. Nelson, H. Linder* (11:00 AM)	M. Moreno (E), Dr. L. Tate (E)

*Teleconferencing according to SB 707 remote participation policy.

On-site AAA4 Staff

Will Tift, Sara Martinez, Jennifer Hassouna, Diane Swanson

AAA4 Staff via Zoom

Dr. Julie Bates, Dagne Buck, Rebecca Hensley, Anson Houghton, Julie Beckner, Nancy Vasquez, Nael Numair, Ben Scalero

On-site Guests

None.

Guests via Zoom

Mark Diel, *unknown affiliation*; Michelle Nevins, *Del Oro Caregiver Resource Center*, Tink Miller, *Placer Independent Resource Services (PIRS)*

II. PUBLIC COMMENT

None.

III CONSENT CALENDAR

A. Motion: Adopt the Agenda, B. Approve the Minutes from the July 16, 2026 meeting, and C. Approve Updated Committee Roster

Motion	Second	Passed
Ann Zonderman	Rita Saenz	Y= 13; N= 0; Abstain= 0

IV. CORRESPONDENCE

None.

V. ACTION ITEM

A. Adopt Changes to the Advisory Council Bylaws

Sara Martinez explained that the bylaws were made available on the website for everyone to review. The revisions are generally straightforward and will become effective immediately. Some key changes were highlighted:

The term years for the Advisory Council were changed from the state fiscal year to calendar years, aligning them with the Governing Board's terms.

Previously seats in areas without County Commission on Aging would remain vacant. The revised language allows those seats to be optionally filled by Board of Supervisors until a County Commission on Aging is established.

The bylaws were updated to refer generally to meetings being conducted in accordance with applicable state law rather than specifically referencing the Brown Act's prior requirements. This is intended to make the bylaws easier to maintain as state law changes.

Motion	Second	Passed
Tanna Thomas	Ann Zonderman	Y= 14; N= 0; Abstain= 0

VI. DISCUSSIONS/PRESENTATIONS

A. AAA4's Fall Prevention Efforts

- Janet Yosgott-Johnson presented an overview of the Agency's fall prevention efforts in advance of Fall Prevention Awareness Week. The presentation emphasized that fall prevention is an ongoing part of the Agency's health promotion work and includes education, exercise, home safety, caregiver resources, and community outreach.
- Janet highlighted several free evidence-based programs, including A Matter of Balance, Binzocize, Stay Active and Independent for Life (SAIL), and the Diabetic Empowerment Program. The Agency also offers Live Strong and Safe, an online fall prevention program covering fall risks, home and environmental safety, personal safety, nutrition, medications, vision and hearing, and exercises.
- Key points of the presentation include:
 - Falls are a significant health and safety concern for adults aged 65 and older.
 - Fall prevention involves maintaining strength and balance, addressing environmental hazards, managing medications, maintaining vision and hearing, and making homes safer.
 - The Agency provides programs both in person and online at no cost to the consumer.
 - The Agency uses its website, newsletter, social media, and community partnerships to expand awareness and access.

- The Agency's newsletter reaches approximately 1,600 individuals.
 - The Agency partners with regional fall prevention organizations and encourages additional community collaboration.
 - GetSetUp provides older adults with hundreds of free online classes covering exercise, nutrition, technology, caregiving, mindfulness, fraud prevention, creative arts, and many other topics.
 - The national fall prevention statistics indicates that approximately one in four adults age 65 and older will experience a fall annually and approximately one in five people who fall will experience an injury such as a broken bone or head injury.
 - Council members expressed appreciation for the presentation and the quality of the Agency's newsletter, social media outreach, and educational materials. There was a great deal of enthusiasm and discussion about the availability of free online prevention and wellness resources.
 - Janet provided flyers to the Advisory Council members and welcomed assistance in expanding community awareness of the available programs.
 - Karen Flanagan offered to distribute materials at the Yuba City Senior Resource Fair on November 5, 2026.
 - Overall, everyone was grateful for the presentation and excited to share with their communities.
- B. What's Holding Us Back: The Financial and Regulatory Barriers Blocking Supportive Housing
- Harrison Linder gave a detailed discussion of California's growing affordable housing crisis for older adults, emphasizing that increased housing costs, homelessness, limited assisted living options, and direct care workforce shortages are creating significant challenges.
 - Some key points:
 - Growing need: Approximately 3.2 million older adults in California are cost-burdened with housing, spending at least 30% of their income on housing.
 - Insufficient housing: Affordable housing production is not keeping pace with demand, contributing to rising homelessness among older adults.
 - Funding challenges: Existing programs, particularly the Low-Income Housing Tax Credit (LIHTC) program, often fail to provide sufficiently affordable housing for people with very low income.
 - Limited care options: Affordable assisted living is difficult to access, and workforce shortages complicate the service delivery.
 - Potential solutions: Expand federal funding, increase housing density, repurpose vacant commercial properties, explore ADUs and shared housing, and strengthen affordability requirements.
 - Preventing homelessness: Identify at-risk older adults early, connect them with benefits and services, and help stabilize their housing before a crisis occurs.
 - Addressing older adult housing insecurity requires greater public investment, more deeply affordable housing, stronger coordination between housing and aging services, and a greater emphasis on homelessness prevention.
 - For the Agency, the most immediate opportunity highlighted in the discussion is to help older adults remain safely housed before a crisis occurs, while continuing to pursue partnerships, innovative housing approaches such as Key Connections, and focus on broader policy changes.

C. An Update on the Executive Director Transition

- Dr. Julie Bates gave updates on WBPCs search for a new Executive Director.
- The desired candidate would have experience in both nonprofit leadership and a strong understanding of aging adult services, and the needs of vulnerable populations.
- Dr. Julie reported that there were 104 applicants who applied for the Executive Director position with 22 candidates considered qualified, including 3 extremely well-qualified candidates.
- The Board Search Committee is scheduled to review candidates on September 23, 2026.
- Initial interviews are expected to begin in early October, with select Advisory Council members participating in second-round interviews.
- The goal is to hire a new Executive Director by Thanksgiving.

VII. REPORTS

Executive Committee

- Melissa Jacobs discussed her “What’s your Why?” by sharing that she is a social worker by education and training and has worked in the nonprofit public sector for over 35 (thirty-five) years. She is currently the Deputy Director for Senior and Adult Services in Sacramento County which includes Adult Protective Services, In-Home Supported Services, and the Public Administrator Guardian Conservator’s Office.
In addition, Melissa is a caregiver for her mother and mother-in law.
Melissa stressed how important it is to talk about aging in ways that are not stigmatizing since ageism is the most socially acceptable “isms” that we still have. She appreciates the graphics used by AAA4 showing aging as engaging and joyful.
Melissa emphasized that everything about aging impacts all of us so it’s what you do and how you live that is important.
- Karen Flannagan announced that Dr. Koss has become very busy so is stepping down as the Chair for the remainder of the 2026 calendar year. Will asked if anyone is willing and able to serve to please let him know. Will also said that at the next meeting we will be asking for volunteers to be part of the Nominating Committee which will select the slate of officers for 2027. Ann Zonderman volunteered to be part of the Nominating Committee.

Governing Board

- Diane Swanson stated that the Governing Board meeting for September was cancelled and the next meeting will be on October 9th in Sacramento.

Bylaws Committee

- Sara Martinez thanked everyone for adopting changes to the new Bylaws at today’s meeting.

Joint Program Evaluation Committee (JPEC)

- Will said JPEC met recently and the only action taken was to put our Case Management on collaborative oversight for Sacramento.
- The committee will meet again on October 1, 2026.

HICAP Coordinating Committee

- Rebecca Hensley said that the committee met on August 21, 2026 in Lodi with representatives from El Dorado and San Joaquin County AAAs, HICAP staff and Advisory Council member Dr. Koss.
- Following HICAP modernization meetings at the state level involving Program Director John Tan, the state is providing additional funding to support the hiring of a HICAP

counselor. This funding will help address the challenges of operating the program with highly trained volunteers.

- HICAP has onboarded 6 (six) new volunteers in the past 6 (six) months and 4 (four) additional volunteers are currently undergoing training.
- There are currently approximately 50 (fifty) counselors. The additional funding is expected to support hiring 1 (one) additional counselor.
- The next meeting will be held in January.

Acting Executive Director

- Will announced that Brymar, a Bay Area auditing firm with experience supporting nonprofits in high-risk situations, has been hired to help complete the overdue audits. They will begin with the 2021-2022 audit and then help to bring the Agency current.
- The next webinar regarding SB 1249 will be held in October. An announcement will be sent out with the details.

VIII. ANNOUNCEMENTS

The next Advisory Council meeting will be held on October 15, 2026 in Sutter County.

Karen Flanagan gave details of 3 (three) resource fairs happening in Placer County.

Tanna Thomas announced that the Senior Resource Fair will be held on November 5, 2026 at the Senior Center in Yuba City in Sutter County. There will be over 80 (eighty) vendors and all are welcome.

Annie Mikal-Heine announced that the Nevada County Health Fair will be held on October 14, 2026.

IX. ADJOURN

Karen Flanagan adjourned the meeting at 12:04 p.m.

******TO LISTEN TO THE FULL AUDIO OR REQUEST MATERIALS FROM THIS MEETING, PLEASE EMAIL Advisory_Council@AgencyOnAging4.org

Recordings are on file for one (1) year.