



City of Woodland
Meeting Agenda
Commission on Aging

Woodland Community &
Senior Center
2001 East Street
Woodland, CA 95776

January 16, 2025
4:00 PM

***Please Note:** The numerical order of items on this agenda is for the convenience of reference; items may be taken out of order.*

A. CALL TO ORDER

B. ROLL CALL

C. PLEDGE OF ALLEGIANCE

D. REGULAR CALENDAR

1. Approve Minutes from the November 21, 2025 Commission on Aging Meeting
2. Commissioner Requests for Absence from Future Meetings
3. 2025/2026 Woodland Apartment Guide

E. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

4. Commissioner Reports and Updates

F. NEW BUSINESS

5. Presentation by Woodland Senior Center Tax Volunteers (AARP & VITA Programs)
6. Senior Resource Fair 2025

G. REPORT OF THE STAFF

7. Woodland Senior Center Staff Report

H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such requests must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st.

Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: D.1
SUBJECT: Approve Minutes from the November 21, 2025
Commission on Aging Meeting

Attachments:

1. 2024 11 21 COA Minutes

City of Woodland

Woodland Community & Senior Center
2001 East Street
Woodland, CA 95776



Commission on Aging –

Thursday, November 21, 2024

4:00 PM

A. CALL TO ORDER

Meeting called to order at 04:03 PM

B. ROLL CALL

Council Members Present: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

Excused: None

Staff Present: Christine Engel, Dallas Tringali

C. PLEDGE OF ALLEGIANCE

D. REGULAR CALENDAR

1. Approve Minutes from the October 17, 2024 Commission on Aging Meeting
On a motion by Commissioner Eliza Bliss-Moreau, seconded by Commissioner Regan Overholt and carried unanimously on a roll call vote, Council Members Approve Minutes from the October 17, 2024 Commission on Aging Meeting

Ayes: Commissioner Eliza Bliss-Moreau, Commissioner Don Campbell, Commissioner Regan Overholt

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

2. Commissioner Requests for Absence from Future Meetings
On a motion by Commissioner Regan Overholt, seconded by Commissioner Eliza Bliss-Moreau and carried unanimously on a roll call vote, Commissioners approved Commissioner Eliza Bliss-Moreau to be excused from the January 2025 and February 2025 Commission on Aging meetings.

Ayes: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

3. 2025/2026 Woodland Apartment Guide
Commissioners are completing their portions of the Woodland Apartment Guide, will discuss at the January 16, 2025 Commission on Aging meeting.

E. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

4. Commissioner Reports and Updates
Commissioner Eliza Bliss-Moreau reports that she has organized several topics for a Senior Center speaker series, including: 10 tips for brain health, bilingual advantages for seniors, living with people with dementia, and improving memory. She is also considering other topics such as: history of quilting, nutrition, and tips for being more green on a budget.

Commissioner Regan Overholt reports that she received an update from the Yolo

County Commission on Aging regarding a report on emergency services and how it affects seniors and people with disabilities.

Commissioner Don Campbell reports that he got updates from Christine Engel regarding the new parking lot at the Woodland Community & Senior Center.

F. NEW BUSINESS

5. Presentation by HICAP (Health Insurance Counseling & Advocacy Program) Rosanne Bernardy of HICAP (Health Insurance Counseling and Advocacy Program) Northern California presented on the topic of Medicare, as it relates to people whose health insurance was no longer carried by local doctors' offices. Open enrollment runs from October 15 through December 7, but people dropped from their insurance are able to renew as far out as May 2025. Rosanne discussed an online tool to help people find a Medicare plan that works for them, but encourages 1-on-1 consultations for those having trouble navigating their own services. She provided printed information to the Commission that helps to identify the many Medicare plans still available to Yolo County seniors.

G. REPORT OF THE STAFF

**6. Senior Center Staff Report
Community Services Program Manager Dallas Tringali reports that the Woodland Senior Center is actively soliciting informational and educational presentations from local community partners. Agency on Aging Area 4 is conducting a technology class and a healthy living class over the next few months. He is also working with a former lecturer about offering enrichment classes like Shakespeare, armchair travel, and other interesting topics.**

H. COMMUNICATIONS - PUBLIC COMMENT

No public comment.

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

On a motion by Commissioner Regan Overholt, seconded by Commissioner Eliza Bliss-Moreau and carried unanimously on a roll call vote, Meeting adjourned at 04:54 PM.

Ayes: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: D.2
SUBJECT: Commissioner Requests for Absence from Future Meetings

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: D.3
SUBJECT: 2025/2026 Woodland Apartment Guide

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: E.4
SUBJECT: Commissioner Reports and Updates

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: F.5
SUBJECT: Presentation by Woodland Senior Center Tax Volunteers
(AARP & VITA Programs)

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: F.6
SUBJECT: Senior Resource Fair 2025

This year, the Senior Resource Fair will take place on Thursday, May 22 from 9:00 am to 12:00 pm. For 2025, these are the agencies receiving an invitation to the Senior Resource Fair

211 Yolo
AARP
Aetna Medicare
Agency on Aging Area 4
Alzheimer's Association
Apexcare Non-Medical Home Care Agency
Assembly Majority Leader Cecilia Aguiar-Curry
Braille and Talking Book Library
CA Dept of Financial Protection & Innovation
California Connect
California Highway Patrol Woodland Area
California Retired Teachers Association (CalRTA)
California Senior Legislature
CaptionCall
Catholic Charities of Yolo-Solano
City of Woodland Aquatics
City of Woodland Environmental Services
Collette Travel, Inc.
Comfort Keepers
Community Care Car
Corner Drug Co.
Cornerstone Assisted Living Community
Crider Law Group
Davis Senior Center
Del Oro Caregiver Resource Center
Elder Care Management Aging Life Care Management Agency
Empower Yolo
EnABLE Care Management
Friends of the Woodland Public Library
Gentiva Hospice
George Beach Insurance Services LLC
Good Neighbor Transport
HICAP - Health Insurance Counseling and Advocacy Program
Jackson Medical Supply
Kiwanis Club of Woodland

League of Women Voters
Legal Services of Northern California
Meals on Wheels Yolo County
Solera Asset Managers & Insurance Agency
Mo's Go's Non- Emergency Transport
New Leaf Senior Transitions Senior Move Management
NextHome Family Tree Realty: Seniors Real Estate
Specialist
North Coast Energy Services
Osher Lifelong Learning Institute (OLLI)
Pacifica Senior Living Vacaville Memory Care
Community
Polished - Mobile Dental Hygiene
REM Senior Day Program Helping Memory Care
Resources for Independent Living
Retired Public Employees' Association of California
RISE Inc.
Senator Bill Dodd
Senior Helpers
Seniors Real Estate Specialist
SL8 Fitness & Nutrition Senior Fitness Program
Solano Lifehouse Assisted Living with Memory Care
Sonin Law
St. John's Retirement Village
STARS
Teens Helping Seniors
The Californian Assisted Living & Dementia Care
The Farmstead at Dixon Senior Living
TOPS CA #09461
Tri Counties Bank
Vaca Valley Living Memory Care
Welcome Home Care
Western Health Advantage Local Medicare Health Plan
Woodland Area Pickleball Association (WAPA)
Woodland Community Stroke Support Group
Woodland Fire Department
Woodland Food Closet
Woodland Gardens (Palm Gardens)
Woodland Host Lions
Woodland Memorial Hospital Auxiliary
Woodland Parkinson's Support Group
Woodland Police Department
Woodland Senior Center Inc.
Woodland Stompers Line Dance Group
YMCA of Superior California
Yolo County CASA
Yolo County District Attorney's Office
Yolo County Elections

Yolo County IHSS Public Authority
Yolo County In-Home Supportive Services
Yolo County Library
Yolo Healthy Aging Alliance
YoloCares
Your Elder Care Specialist

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: January 16, 2025
ITEM #: G.7
SUBJECT: Woodland Senior Center Staff Report

Senior Holiday Events

The biggest events of the year for the Woodland Senior Center are the Thanksgiving Dinner and Holiday Social. Each event had 300 participants, plus 20 or more volunteers helping. The Holiday Social featured over 60 raffle prizes, many of which were donated by Woodland Senior Center activity groups.

Woodland Community & Senior Center Maintenance Updates

There are several maintenance projects happening at the Woodland Community & Senior Center. Over the holiday break, the banquet room and the aerobics court floors were both refinished. The gate in the back of the building was installed to keep the receiving area and Community Services fleet vehicles protected. It still needs to be programmed by the building's security company so it will work with a key card reader.

2025 Senior Center Events

Below is a listing of the events coming up for the Woodland Senior Center in 2025:

- Valentine's Dinner and a Movie (Thursday, February 13; 5:30 pm)
- Hand & Foot Card Party (Saturday, March 22; 11:00 am-3:00 pm)
- SCI Board Appreciation Lunch (Thursday May 1; 11:00 am)
- SCI Installation Dinner (Thursday, May 8; 5:30 pm)
- Senior Resource Fair (Thursday, May 22; 9:00 am-12:00 pm)
- Ice Cream Social (Friday, July 4; 1:00-3:00 pm)
- THS Spaghetti Feed Fundraiser (Thursday, July 24; 5:30 pm)
- Volunteer Appreciation Dinner (Thursday, August 14; 5:30 pm by invitation only)
- AARP Document Shredding (Tuesday, September 16; 9:30 am-12:30 pm)
- Oktoberfest (Thursday, September 25; 5:30 pm)
- Thanksgiving Dinner (Thursday, November 13; 5:30 pm)
- Santa's Holiday Social (Thursday, December 11; 11:00 am)

Attachments:

None