

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