



City of Woodland
Meeting Agenda
Commission on Aging

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

March 19, 2026
3:00 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. COMMUNICATIONS - PUBLIC COMMENT

E. PRESENTATIONS

F. REGULAR CALENDAR

1. Approve Minutes from the January 15, 2026 Commission on Aging Meeting
2. Commissioner Request for Absence from Future Meetings

G. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

3. Commissioner Reports and Updates

H. NEW BUSINESS

4. Senior Satisfaction Survey 2026
5. Senior Resource Fair 2026

I. REPORT OF THE STAFF

6. Woodland Senior Center Staff Report

J. AGENDA ITEMS FOR NEXT MEETING

7. Intellectual and Developmental Disabilities Subcommittee - Yolo County Commission on Aging & Adult Services

K. 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: March 19, 2026
ITEM #: F.1
SUBJECT: Approve Minutes from the January 15, 2026 Commission on Aging Meeting

Attachments:

1. 2026 01 15 COA Minutes

City of Woodland

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



CITY OF
WOODLAND
CALIFORNIA

Commission on Aging –

Thursday, January 15, 2026

3:00 PM

A. CALL TO ORDER

Meeting called to order at 03:20 PM

B. PLEDGE OF ALLEGIANCE

C. ROLL CALL

Council Members Present: Commissioner Regan Overholt, Commissioner Judy Aubuchon, Commissioner Iulia Bodeanu

Absent: Commissioner Kathy Harryman

D. COMMUNICATIONS - PUBLIC COMMENT

E. PRESENTATIONS

1. Rosanne Bernardy from HICAP (Health Insurance Counseling and Advocacy Program)

Rosanne Bernardy gave a presentation on the Health Insurance Counseling and Advocacy Program (HICAP). It is overseen by the California Department of Aging, via Legal Services of Northern California. The program involves navigating seniors through a complicated healthcare system.

F. REGULAR CALENDAR

2. Approve Minutes from the November 20, 2025 Commission on Aging Meeting
On a motion by Commissioner Iulia Bodeanu, seconded by Commissioner Judy Aubuchon and carried on a 3-0 vote, Commissioners Approve Minutes from the November 20, 2025 Commission on Aging Meeting

AYES: Commissioner Iulia Bodeanu, Commissioner Judy Aubuchon, Commissioner Regan Overholt

NOES:

ABSENT: Commissioner Kathy Harryman

ABSTAIN:

3. Commissioner Request for Absence from Future Meetings
No requests made.

G. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

4. Commissioner Reports and Updates

Commissioner Regan Overholt reports that the Yolo County Commission on Aging & Adult Services will be doing a senior survey in April. She also reports that the Yolo County Commission is looking for letters of support for SB417 and AB283. She will draft a letter for Commissioners to review and approve.

Staff received communication from an ad hoc committee for the Yolo County Commission on Aging & Adult Services that will present to Woodland's Commission on Aging in April regarding senior caregivers of adult children with disabilities.

5. California Senate Bill 417 - The Affordable Housing Bond Act of 2026
Commissioner Regan Overholt will draft a letter in support of SB417.

H. NEW BUSINESS

6. Senior Satisfaction Survey 2026

This is tabled until the February meeting.

7. Senior Resource Fair 2026

Staff will be contacting past participants of the Senior Resource Fair in February to invite their applications. Woodland and Yolo County organizations will be given priority.

I. REPORT OF THE STAFF

8. Woodland Senior Center Staff Report

Staff discussed the upcoming fire drill on January 27. Staff distributed an updated Brown Act document. Staff also brought up the 2026 Senior Center major events.

J. AGENDA ITEMS FOR NEXT MEETING

K. ADJOURN

Meeting adjourned at 04:10 PM.



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: March 19, 2026
ITEM #: F.2
SUBJECT: Commissioner Request for Absence from Future Meetings

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: March 19, 2026
ITEM #: G.3
SUBJECT: Commissioner Reports and Updates

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: March 19, 2026
ITEM #: H.4
SUBJECT: Senior Satisfaction Survey 2026

Attachments:

None



TO: THE COMMISSION ON AGING
 AGENDA: Commission on Aging
 DATE: March 19, 2026
 ITEM #: H.5
 SUBJECT: Senior Resource Fair 2026

The application for the 2026 Senior Resource Fair went out on Monday February 2. So far there are 77 applicants. We will accept 80+ vendors.

Agency	Description
AARP	AARP's mission is to empower people to choose how they live as they age. As a nonpartisan, nonprofit organization, it enhances the quality of life for individuals 50 and older by leading social change, providing information, and advocating for financial security, health, and personal fulfillment.
Advance Homecare Solutions	Home Care Services
Aetna	Aetna/CVS Health, Medicare education, information, & Health & Wellness, Aids All resource information for older adults and those with disabilities, such as Transportation, Meals on Wheels, Key Connections (a Home Share program), Caregiving programs, ADRC, among many other programs.
Agency on Aging Area 4	We are a voluntary health organization supporting all affected by Alzheimer's Disease and all other forms of dementia through our care and support programs.
Alzheimer's Association	Post Acute care prior to Home
Aspenhealth care	Access to 152,000 audiobooks for free through postage-free mail or download. We are a library that serves anyone with a physical, visual, or print disability. We are very much like a homebound-books-by-mail service. We are a government library, part of the California State Library, a taxpayer-funded state agency.
Braille and Talking Book Library	Everything is completely free. Seniors are especially likely to have a visual or physical disability that makes it hard for them to comfortably interact with a traditional book, making them eligible for our service. We will hand out information such as brochures, postcards, flyers,

applications, bookmarks, etc. Our table will be staffed by a librarian to answer any questions and to help patrons sign up right then and there if they want to.

CA Assembly Majority Leader Cecilia Aguiar-Curry & CA Senator Christopher Cabaldon

We will provide information on state and local resources available for seniors and assistance with connecting with gov't agencies

CA Dept. of Financial Protection & Innovation (DFPI)
California Highway Patrol Woodland Area

Free financial fraud prevention resources

Traffic safety information for seniors.

California State Retirees

The California State Retirees (CSR) membership is composed of former CA state employees whose retirement benefits are administered by CalPERS. The primary mission of CSR is to protect the pensions and health care benefits of these retired seniors. At the Resource Fair we will provide basic information about CSR including 1) membership, 2) services provided to its members (e.g., information on health care options), and 3) advocacy (e.g., monitoring legislation that affects seniors and retirees).

CaptionCall by Sorenson

No Cost Captioning Services for Seniors with Hearing Loss.

Carpenter Insurance Services, LLC

Help and assist Seniors with their Medicare Healthcare coverage

We have disaster preparation information for seniors and help them get signed up for alerts. We also offer calfresh outreach and can assist with the calfresh application and nutrition education. Lastly we offer immigration legal services helping seniors with their immigration cases.

Catholic Charities Yolo Solano

City of Davis Senior Center
Comfort Keepers Woodland

Senior Center
non medical in home care

Community Care Car	Provides transportation for our Woodland seniors.
Del Oro Caregiver Resource Center	Del Oro Caregiver Resource Center offers free supportive services to improve the well-being of family caregivers and provide support throughout the caregiving process. We will have general info on caregiving, self-care, and resources that our agency can provide.
Dignity Health	Educate community on Diabetes Self Management
EnviroWoodland	We provide recycling, organics, and water conservation
First Call Hospice	First Call Hospice ,serving the greater Sacramento provides compassionate , individualized end of care life. We work as a team to support patients and families.
Friends of the Woodland Public Library	The Friends is a non-profit community organization dedicated to supporting the Woodland Public Library, library programs and to enhance the quality of life and to foster life long learning.
Grand River Villa Assisted Living	Assisted living community in West Sacramento
HICAP (Health Insurance Counseling & Advocacy Program)	Medicare counseling and advocacy. Will distribute Medicare info
Home Helpers Home Care of Woodland Davis	In home care (providing care at their home)
JUSTSERVE.ORG	JUSTSERVE provides a website for those wanting to find volunteer opportunities to serve the community in Faith-based, non-profit, community oriented organizations (such as the senior center, meals on wheels, etc)
Kaiser Permanente	Kaiser Permanente Marketing resources-English/Spanish, Health Education resources
Katie Pleger NextHome Family Tree Realty	I am an SRES: Seniors Real Estate Specialist
League of Women Voters of Yolo County	Voter Registration forms, requirements and QR codes for later usage; League of Women Voters material
Legacy Law Solutions (aka Crider Law Group)	Estate planning. Information on the importance of estate planning, general information on estate planning.
Meals on Wheels Yolo County	We are a meal provider for qualifying seniors 60 years and older. Program information, flyers.
New Leaf Senior Transitions	We assist with downsizing, decluttering, move management.

North Coast Energy Services, Inc.	PG&E payment assistance and home energy saving measures. we will provide applications and information about the program
Notary Rose REM senior Day Program	Mobile notary and loan signing services Memory day program
Resources for Independent Living	Services include: housing assistance (finding affordable & accessible housing), transition/diversion services, assistive technology, information & referral. We will provide brochures, flyers, and swag.
Retired Public Employees' Association	We are a group of public retirees that volunteers thousands of hours every year in the community and also helps seniors who need assistance in accessing resources. We will invite retired public employees to join our organization. Our organization protects the benefits and pensions of individuals who retire from a public service job with a CalPERS Pension
SCAN Health Plan	We are a non-profit medicare advantage company. We educate senior on their options and provide information to them to review. Our table will also have a prize wheel or Plinko with prizes / giveaways as well as a raffle.
Senior Helpers	In Home Care, assist with Activities of Daily Living, Free in home technology with 24/7 monitoring, Light Housekeeping, errands, cooking and meal prep.
Seniors Real Estate Specialist	I help seniors downsize from start to finish. This includes facilitating estate sale, donation pickup, junk hauler, landscaping, cleaning, staging, and putting the house on the market for sale!
Smart Cremation	Pre-Need planning for end of life arrangements, Preserving Legacies for generations and generations. Nobody wants to be forgotten everyone wants to be remembered.
SolanoLifeHouse	Assisted living with memory care
Solera Asset Managers & Insurance Agency	Medicare benefit information, Medicare Advantage, Supplement, Part D, Drug Plans, Long Term Care Information and Insurance Information
Sonin Law	Help with estate planning (brochures will be present); help with positioning for Medi-Cal assistance with long-term care.

St. Luke's Episcopal Church	Seniors living in Yolo County have access to a range of social services designed to support their health, well-being, and independence. St. Luke's Episcopal Church helps seniors locate and enroll/sign up for these resources and services. They include but are not limited to meal delivery programs like Meals on Wheels, transportation assistance for medical appointments and errands, case management, and in-home care support. Our community outreach services are open to the public, not limited to St. Luke's members. St. Luke's offers information on our various services, current activities, outreach projects, men's club, Daughters of the King, and church preschool.
St. Luke's Episcopal Church Woodland, CA	St. Luke's offers information on our various services, current activities, outreach projects, men's club, Daughters of the King, and church preschool.
Teens Helping Seniors The Californian Assisted Living & Dementia Care	THS Assisted Living Facility RCFE
The medical Closet	we lend out medical equipment and receive used medical equipment We provide a Food Pantry twice a month, Holiday food boxes, depending on available funding may assist with rent or PG&E assistance. We will have flyers and pamphlets with the services we provide.
The Woodland Salvation Army Service Center	on available funding may assist with rent or PG&E assistance. We will have flyers and pamphlets with the services we provide.
Vaca Valley Living Memory Care	Memory Care long-term live-in community
Vacaville Memory Care	Memory Care long term care plus Dementia support group
We Are Here Homecare	Homecare We provide non medical in home care and free community resource
Welcome Home Care	connections. We currently work mostly with Grants to provide no or low cost care in YOLO and West Sac.

Woodland Area Pickleball Association, WAPA	The Woodland Area Pickleball Association (WAPA) has been created to provide a fun, healthy, recreational activity for its membership and community members while promoting exercise, the development of skills and the enjoyment of Pickleball. WAPA was created in 2022 by invested founders who knew what the sport of pickleball would bring to Woodland as a community. WAPA has grown in the last four years; managing new pickleball resource projects with the city of Woodland, educational opportunities for youth within the school district, offering free of charge lessons for new players and has ample loaner gear for people to give it a try with no strings attached.
Woodland CA FamilySearch Center	Free help with family history and free access to records on genealogy sites.
Woodland Community Stroke Support Group	Provides a support group for stroke survivors and their care partners.
Woodland Fire Department	Fire and Life Safety Information
Woodland Food Closet	3 days of nutritionally balanced groceries and/or an opportunity to volunteer
Woodland Gardens Senior Living	We provide access to senior living such as memory care. Independent living, and assisted living options. We will be providing resources to those interested in these housing options
Woodland Host Lions	International Service Organization
Woodland Memorial Volunteers	Works with the hospital providing volunteer opportunities - in the hospital, no one dies alone program, purchasing hospital equipment to benefit community needs. Will provide flyers/pamphlets describing these programs.
Woodland Opera House	We provide shows and musicals for the public of Woodland. We will also be requesting volunteers for ushers and docents from our seniors in Woodland. We will provide information about upcoming shows at Woodland Opera House, along with a sign-up link and/or paper forms to sign up to volunteer as an usher/docent at the WOH.
Woodland Police Department	We do welfare checks, YANA program and give them preventative FRAUD information. We will give them brochures

with safety tips, Fraud prevention,
Volunteer recruiting.

Woodland Senior Center, Inc.	Promoting the Woodland Senior Center activities and events. Provide membership benefits to seniors.
Woodland Stompers	Line dance lessons and performances for local senior residences & programs
Yolo Adult Day Health Center	All-around care to promote independence and community, respite for caregivers, and a place for socialization for participants with cognitive diagnosis.
Yolo County Adult Protective Services	Elder Abuse Investigations
Yolo County Health and Human Services Agency- Medi-Cal and CalFresh Programs	We will be sharing information about the Medi-Cal and CalFresh programs
Yolo County In-Home Supportive Services	The In-Home Supportive Services (IHSS) program provides in-home assistance to eligible aged, blind, and disabled individuals as an alternative to out-of-home care and enables recipients to remain safely in their own homes. We would provide information on how to apply for the program and what assistance it can provide.
Yolo County In-Home Supportive Services Public Authority	Provide assistance finding providers for IHSS to remain safely in their home, brochures and pamphlets will be provided
Yolo County Sheriff STARS	Vacation House Checks, General Information about Yolo County Sheriff's Office
Yolo County YMCA	Woodland Fitness Center - Health and Wellness
Yolo Healthy Aging Alliance	Case Management, Transportation Vouchers, Grab Bars, Advocacy, Collaboration, Education
YoloCares Hospice	Hospice/Palliative in home care, Adult Day Center in Davis, Volunteer programs, Joshua's House homeless hospice care.

Yolo-Solano Air Quality Management District

The Yolo-Solano Air Quality Management District is a regulatory public health agency dedicated to protecting human health and property from the harmful effects of air pollution. Because senior citizens are often more vulnerable to air pollution and smoke exposure, our booth will provide helpful information on local air quality, how to check daily air conditions, and simple steps to reduce exposure during poor air quality events.

We will also share information about relevant incentive and grant programs that benefit residents, including our Fresh Air For All - Home Air Filtration Program that provides FREE air purifiers, as well as other residential grant programs to reduce emissions.

Your Elder Care Specialist

We do not sell any products or services. Our booth is informational only, and we will be offering free educational materials and small giveaways. We provide placement services, grief coaching and care management

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: March 19, 2026
ITEM #: I.6
SUBJECT: Woodland Senior Center Staff Report

Pioneer High School Tech Project

Staff is working with Pioneer High School students to execute a technology assistance program for seniors. An initial presentation was hosted on February 10. There will be subsequent small-group presentations for help with different brands and types of devices. These presentations will last until mid-March. It was promoted directly to seniors and through the programs' lead volunteers.

Woodland Aquatics Center Ribbon Cutting

On Saturday February 7, the Woodland Aquatics Center held a ribbon cutting ceremony. About 400 people showed up to celebrate Woodland's newest swimming facility. The Kiwanis Club of Woodland were on hand to give hot dogs for people enjoying the pool. Everyone had the chance to jump into the water and play. With the new pool comes new fees for use. See attached flyer with updated pool use fees.



AARP Shred Event Confirmed

The Woodland Senior Center and AARP California host an annual shred event. This year, the event will be at the Yolo County Fairgrounds parking lot on Tuesday, September 15. More information will be released in the summer. Last year,

the event helped 135 people and yielded over 10,000 lbs. of shredded documents.

Attachments:

1. Lap Swim Water Ex Schedule

Lap Swim & Water Exercise

Woodland Aquatics Center

FEES

Daily Fees

Ages 18-62

\$6 Woodland resident
\$9 non-resident

Ages 63 & over

\$3 Woodland resident
\$6 non-resident

Monthly Fees

Ages 18-62

\$55 Woodland resident
\$80 non-resident

Ages 63 & over

\$35 Woodland resident
\$55 non-resident

SCHEDULE

AS OF 2/17/26

Lap Swim

Monday-Friday
11:00-2:00 pm

Monday-Thursday
7:00-8:00 pm

Saturday & Sunday
10:00-11:30 am

Water Exercise

Monday-Friday
10:00-11:00 am

No Lap Swim during this time

Monday-Thursday
7:00-8:00 pm

Saturday & Sunday
10:00-11:30 am





TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: March 19, 2026
ITEM #: J.7
SUBJECT: Intellectual and Developmental Disabilities Subcommittee
- Yolo County Commission on Aging & Adult Services

Attachments:

None