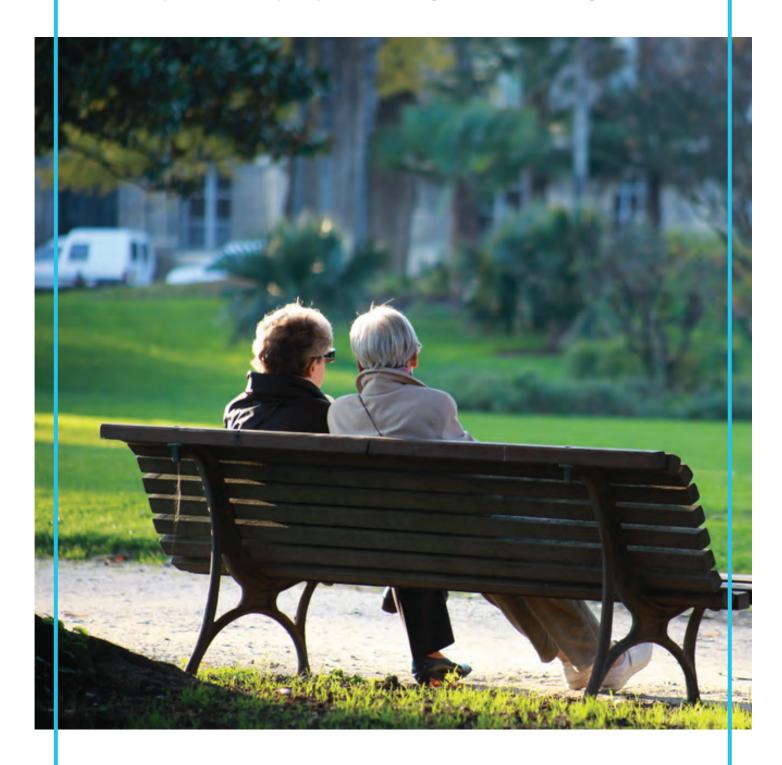
2022 - 2023 **ANNUAL REPORT**



AGENCY ON AGING AREA 4

From our Executive Director

Last fiscal year, July 2022 through June 2023 (FY 22-23), our agency continued to adjust and adapt as COVID funding dwindled. We took advantage of new funding opportunities and collaborating with many of the counties we serve to provide new or additional services.

As we chart our course in a post-pandemic environment, our Governing Board and agency leadership decided that the time had come to develop a new strategic plan. We embarked on the process of surveying stakeholders — evaluating our successes and challenges and identifying future priorities — and hosted a large strategic planning retreat in June of 2023. The final Strategic Plan will be ready for implementation by early 2024, at which point staff will be equipped with a plan of action.

It seems particularly fitting that as we look forward to where we want to go, we're also looking back at where we have been and how far we've come. **2023 marks 50 years** of service for Agency on Aging Area 4. In 1973, our original Older American Act budget was \$300,000. At that time, transportation and information and assistance were the only two services provided.

Today, we provide more than 16 different categories of services — enhanced information and assistance, health insurance counseling and advocacy, nutrition, diabetes and fall prevention education, caregiver respite and support, home delivered meals, elder abuse prevention, and more — as well as services provided through other grants and community collaborations.

Throughout the past 50 years, we've seen the landscape of services for aging adults change and evolve, but the skill, dedication and commitment of our staff never wavered. I'm so grateful to them, our Governing Board, and our Advisory Council for their confidence and support.

I'm proud of the work we have done this past year and I'm honored to continue providing high-quality, low-cost services and support for aging adults and people with disabilities.



Pamela Miller Executive Director Agency on Aging Area 4

Governance

Our organizational structure consists of Governing Board, Advisory Council and staff. Members have the responsibility of assuring the overall health of AAA4 across all seven counties while being the voice of their individual communities. Members are appointed at the beginning of each calendar year but, because this report is based on the state Fiscal Year (July 1—June 30) some may have ended or begun their term mid-fiscal year.

2022-2023 GOVERNING BOARD	— NEVADA COUNTY —	2022-2023 ADVISORY COUNCIL
Supervisor Ed Scofield Supervisor Heidi Hall Andy Burton (Chair) Supervisor Lisa Swarthout		Kelly Carpenter (Chair) Lindy Beatie Annie Mikal-Heine Jon Katis
Supervisor Jim Holmes William Reed Supervisor Suzanne Jones	— PLACER COUNTY ——	Jim Williams David Wiltsee Karen Flanagan
Supervisor Phil Serna Dr. Julie Bates Supervisor Rich Desmond Carl Burton Supervisor Don Nottoli Supervisor Patrick Kennedy Miko Sawamura Supervisor Sue Frost Meghan Rose (Chair) Supervisor Pat Hume Rebecca Thornton Sloan	SACRAMENTO COUNTY	Melissa Jacobs Dr. Catheryn Koss April Carni Eduardo Rubalcava
Supervisor Sharon Dryden Supervisor Terry LeBlanc Supervisor Lee Adams Supervisor Lila Heuer	SIERRA COUNTY	None Appointed
Supervisor Karm Bains Tonya Beebe Supervisor Nick Micheli	— SUTTER COUNTY — YOLO COUNTY —	Tanna Thomas Pam Epley (Chair) Carol Pickard
Supervisor Jim Provenza Patti Huston Nancy Pennebaker		Terry Kelley Charlotte Dorsey Elizabeth Yeh Dr. James W. Daniel Jim Bohon Lydia Bourne
Supervisor Don Blaser Supervisor Andy Vasquez	—— YUBA COUNTY ———	Debbie Panteloglow Rita Hammill
	— MEMBERS-AT-LARGE —	Claire Buckley Dr. Theresa Abah

Health Care Partnerships: The View from Here

by Will Tift, Assistant Director

In the fall of 2022, AAA4 was among a handful of area agencies on aging selected by the federal Administration on Community Living (ACL) to participate in the Community Care Hub (CCH) National Learning Community – Network Development Track.

In simple terms, a Community Care Hub is an organization that acts as an intermediary between health care organizations (HCOs) and community-based organizations (CBOs) that wish to contract with one another.

How We View Health Care

From the perspective of agencies that helps folks navigate a complex web of Long-Term Services and Supports (LTSS), care options are commonly described as existing on a spectrum of varying "levels of care" which are associated with one's functional abilities (not necessarily with a particular medical diagnosis). The more substantial one's limitations, the more dependent they are on others to attend to their daily needs and the less likely they are to receive that care in their own home (as opposed to a medical facility).

SELF CARE

Preventative care for high-functioning individuals

FAMILY CARE

Intermittent care for individuals with mild functional limitations

COMMUNITY CARE

Short-term care for individuals with moderate functional limitations

INSTITUTIONAL CARE

24/7 care for individuals with severe functional limitations

How Health Care Views Us

From the perspective of health care providers, the Long-Term Care network helps their most challenging patients – those who are the most costly to treat because of their complex needs (i.e., older adults and people with disabilities).

According to the National Academy of Medicine (Social Determinants of Health 101 for Health Care: Five Plus Five, Sanne Magnan, 10/9/17), "Medical care is estimated to account for only 10-20 percent of the modifiable contributors to healthy outcomes for a population. The other 80 to 90 percent are sometimes broadly called the [Social Determinants of Health] SDoH: health-related behaviors, socioeconomic factors, and environmental factors."

"There is a danger that a medical approach to these nonmedical factors will lead to more health care versus more cost-effective and community-based interventions. How do we listen to communities, identify and delineate health care's role, and collaborate appropriately with existing community resources and increase capacity?"

"Although the SDoH easily resonate for clinicians, given their intuitive recognition that health outcomes are affected by patients' conditions outside the clinical walls... they realize that this is not their domain of expertise."

Where Our Views Align

Individuals, community-based organizations, and health care providers all agree that fewer emergency room visits and fewer hospital readmissions would be highly desirable outcomes. AAA4 offers several evidence-based health promotion programs aimed at teaching folks how to prevent serious injuries due to falls (a leading cause of trauma center visits among older adults) and how to manage chronic conditions such as diabetes.

Help is also available for people being discharged from the hospital through the Nevada, Placer, Yolo and Yuba-Sutter ADRC Care Transitions service. However, funding for these efforts is very limited and better coordination with local health systems is needed to get support to at-risk people when they need it most.



Our Progress to Date

In January of 2023, AAA4 Staff completed a Community Care Hub Readiness Assessment. The chart below compares those baseline results with our current standing (November 2023). To date, our progress is largely attributed to the work of the Governing Board's Strategic Planning Committee around health sector partnerships, the launch of Veterans Directed Care services, and our ongoing dialogue with other stakeholders, including ACC's Wellness Park project.

Area Agencies on Aging like ours in other states have successfully become Hubs. On average, it has taken them 10 years to progress from "nascent" beginners to industry leaders. We hope learning from their experiences will allow us to move more quickly. A now-pending CalAIM Community Supports agreement with Anthem strongly suggests our progress will continue in 2024.

Community Care Hub Readiness Assessment

COMMUNITY CARE HUB DOMAINS	BASELINE STANDING	CURRENT STANDING
1. Leadership	Nascent	Emerging
2. Finance	Nascent	Emerging
3. Business Development	Nascent	Nascent
4. Network Development & Support	Emerging	Emerging
5. Network Administration	Nascent	Nascent

Year in Review: Direct Services

During this past fiscal year, AAA4's Health Promotion, CalFresh Healthy Living, Job Readiness, and Ombudsman services continued to respond to post-pandemic realities. Most of our programs experienced increased in-person participation as older adults began venturing outside of their homes, as well as an increase in virtual and hybrid versions of our classes in response to an more widespread usage of electronic devices like tablets and Chromebooks.

Health Promotion, Evidence-Based (Title III-D)

Diabetes Empowerment Education Program (DEEP)

We trained and certified one new Health Promotion Instructor to teach DEEP, expanding the number of classes we can offer in person and virtually.

A Matter of Balance

In partnership with **Sacramento County Public Health** and the **StopFalls Sacramento Coalition**, a grant was awarded from the **Administration for Community Living (ACL)** to expand provision of evidence-based fall prevention classes. We also trained and certified 4 new instructors (coaches).

Bingocize

Through our partnership with **Sacramento County Public Health**, AAA4 staff and County staff continued to hold Bingocize workshops. Bingocize is offered as a hybrid class both virtually and in-person. We had 33% more participants this fiscal year.

Mature Edge Job Readiness Program (Title III-B)

Our talented Job Readiness Coordinator continues to offer hybrid and in-person classes, offering career counseling and job search assistance.

CalFresh Healthy Living (formerly SNAP-Ed)

We expanded our **CalFresh Healthy Living Program (CFHL)** reach with the help of our new Health Promotion Instructor. Additionally, AAA4 was asked to pilot a new curriculum, **Everyone Loves Line Dancing**. Our Health Promotion Instructor successfully implemented four workshops with a nutrition education enhancement to 65 individuals.

VOLUNTEERS

GARDEN

17 volunteers spent a total of 84 volunteer hours building 5 edible gardens as a part of the CalFresh Healthy Living program.

OMBUDSMEN

2 ombudsmen volunteers donated a total of 414 volunteer hours supporting the long-term care needs of aging adults across our seven-county service area.

Long-Term Care Ombudsman Program

Following the end of the COVID-19 state of emergency in early 2023, our determined Ombudsman team is now better able to protect and promote the well-being of residents in long-term care facilities and ensure that residents rights are upheld.

Elder Abuse Prevention Program

During FY 22-23, we focused on expanding our in-person outreach at health fairs and through distribution of our elder abuse awareness brochure to partners. Regional Ombudsman staff have also focused on developing a coordinated system to better respond to elder abuse through a collaboration with **Placer PROTECT**, **Sacramento Elder & Dependent Abuse Review Team (EDRT)**, **WEAVE**, and others.

Dignity At Home Fall Prevention Program

Additional funds from **California Department of Aging (CDA)** helped our funded partner **Rebuilding Together Sacramento** provide in-home risk assessments by an Occupational Therapist. We provided additional funding to our repair and modifications partners in Placer, Yuba, Nevada and Sierra counties. AAA4 also continues to provide in-person and virtual presentations of our **Live Strong and Safe Fall Prevention Program** taught by our Health Promotion Instructor.

GetSetUp

We continued our successful collaboration with **GetSetUp**, an education platform providing various virtual, live classes taught by older adults for older adults, enabling older adults in our region to participate in nearly 7,000 classes and seminars!



Digital Inclusion

We successfully distributed 252 iPad tablets through CDA's Connections, Health, Aging and Technology program (CHAT) program, a joint venture with AT&T, to help reduce the digital divide among isolated older adults during the pandemic. When the grant was extended through **Digital Connections**, we distributed an additional 140 additional iPads.

Also this year, with CDA funding for individual counties through the **Access to Technology (ATT)** program, we partnered with Best Buy to distribute iPads and Chromebooks and provide in-home set-up through Geek Squad. With **GetSetUp**, adults learned how to use their new devices.

We also partnered with **Claris Companion** for specialized tablets designed for older adults and with **ElliQ**, a "digital care companion," for those who are especially isolated or homebound. Due to our success with CHAT, Sacramento, Placer, and Yolo counties asked us to implement their ATT programs in FY 23-24.

Year in Review: Aging & Disability Resource Connection



The vision behind **Aging & Resource Disability Connections (ADRC)** is to establish highly visible and trusted sources of information where people of all incomes and ages can turn for the full range of long-term support options and smooth access to public programs and benefits.

To date we have four designated ADRCs (Nevada, Placer, Yolo, and Yuba-Sutter counties) and one emerging ADRC in Sacramento County.

Aging and Disability Resource Connections (ADRCs) serve as single points of entry into the long-term services and supports (LTSS) system for older adults, people with disabilities, caregivers, veterans, and families.

CORE SERVICES -

- Enhanced Information, and Assistance (EI&A)
- Person-Centered Transition Support
- Person-Centered Options Counseling
- Short-Term Service Coordination

Nevada ADRC

The **Nevada ADRC** worked with **Adult Services Nevada County** to develop a list of services for older adults and people with disabilities. The goal is to identify how the community is meeting the aging and disability needs of underserved and vulnerable population groups within Nevada County based on the California Master Plan for Aging's 5 Bold Goals. This work included community input on specific strategies relevant to the county.

Placer ADRC

The **Placer ADRC** received 30 referrals to their Care Transition Intervention (CTI) service, a 30-day evidence-based program. Which is designed to prevent hospital readmission by supporting individuals and their families to be more knowledgeable in self-managing their care and to feel confident that they can successfully respond to common problems that arise after discharge from the hospital. The CTI program utilizes coaching and skill transfer techniques. Placer County Master Plan for Aging Needs Assessment was conducted and completed by AAA4 staff in September 2022.



Sacramento ADRC (Emerging)

The **Sacramento ADRC (Emerging)** finalized their vision and mission statements and submitted an application to the California Department of Aging at the end of October 2023 for ADRC designation. The 3 core partners: **AAA4**, **Resources for Independent Living (RIL)**, **and ACC Senior Services** are working together on the Program to Encourage Active, Rewarding Lives (PEARLS) and the CalGrows grant. The PEARLS program educates older adults about what depression is (and is not) and helps them develop the skills they need for self-sufficiency and more active lives. CalGrows seeks to provide training for direct care workers to increase skills, job satisfaction, job retention, and career development opportunities. Classes were developed for the state's website and ADRC staff are actively enrolling workers to the program.

Yolo ADRC

The Yolo ADRC partnered with Yolo County Department of Health and Human Services to co-locate their services in Woodland. The three core partners of the ADRC: AAA4, Resources for Independent Living (RIL), and Yolo Healthy Aging Alliance (YHAA) are staffing the office 5 days a week with extended partner, 211 Community Link. Consumers are able to meet with ADRC case managers on site.

Yuba-Sutter ADRC

The **Yuba-Sutter ADRC** core partners, **FREED** and **AAA4**, trained ADRC staff at both agencies on each other's services including FREED's emergency preparedness services. AAA4 provided ADRC staff to work at the FREED office one day a week.

Year in Review: AAA4 Nutrition Services

Meals on Wheels Yuba & Sutter Counties

In FY 22-23, this program served 292 unduplicated clients, slightly higher than previous year. This program also oversaw a transition to partnering with restaurants to prepare and package nutritious meals to participants, most notably Drewski's, 2 Bits Express and Costa Vida Mexican Restaurant. YUBA & SUTTER COUNTIES



Program staff also conducted targed outreach to the local community to recruit volunteers to deliver meals to homebound older adults and people with disabilities. Staff recruited the help of 3 dedicated volunteers who, together, served a total of 67 hours in FY 22-23.

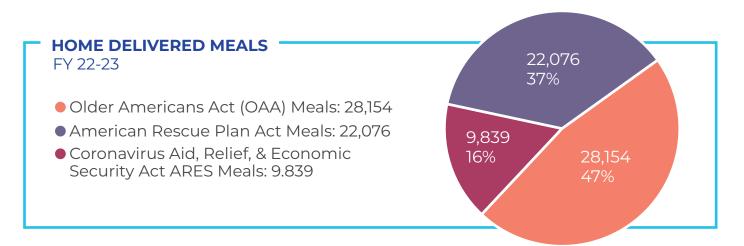


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Yuba-Sutter Dine Around Town

This program partners with Yuba City and Marysville restaurants to provide quality meals to program participants in Yuba and Sutter counties.

- · Las Brasas Mexican Restaurant, Yuba City
- · 2 Bits Café, Yuba City
- · Tracey's Diner, Marysville
- · 2 Bits Express, Marysville



Year in Review: Operations

As Agency on Aging Area 4 continues to grow, we are continuing to invest in infrastructure improvements that will sustain our rapid growth and position ourselves to better address the health-related social needs of the folks who reside in our seven-county service area.

STRATEGY & GROWTH

We invested in technology, staff, and resources to build the foundation for a formal volunteer program so that staff are supported in meeting the needs of older adults, especially those who are homebound or who live in rural areas.

Governing Board and staff began the work of developing our first-ever Strategic Plan that will chart the course for future growth over the next three years.

ADMINISTRATION

In FY 22-23, we **hired a full-time HR Manager** to better support staff, streamline onboarding, and ensure a safe and equitable work environment.

Agency staff grew from 47 employees at the end of calendar year 2022 to 59 for a net increase of 12 new employees (we hired 19 and seven employees left).

FISCAL & CONTRACTS

We added an Accounting Technician and an Accountant/Auditor to assist with the budgetary tracking and reporting of our growing number of grant contracts.

Pre-COVID, we averaged 14 grants per fiscal year. Post-pandemic, we manage more than double. In FY 22-23, **38 grant contracts were managed**.

INFORMATION TECHNOLOGY (IT)

IT team increased staff efficiency and consumer satisfaction by **negotiating a phone system transition** from Mitel to RingCentral Pro.

IT Team conducted a security systems risk assessment and **oversaw the transition from** *TrendMicro Antivirus* security software to *Sentinel One Security* in preparation for potential expansion into healthcare-related programs.

IT Team is overseeing negotiations for a **comprehensive top-to-bottom privacy and security audit,** including systems, networks, internal policies, and processes.

IT Team reduced agency expenses and increased productivity by successfully renegotiating the copier/printer vendor contract.

Year in Review: By The Numbers

SERVICE CATEGORY	UNDUPLICATED INDIVIDUALS	UNIT OF SERVICE	COVID RELATED
CalFresh: Healthy Living (SNAP-Ed)	384	412	
Expansion	63 prescreens	30 applications	
Caregiver: Assessment	1,534	6,284 hours	
Case Management	230	1,722 hours	
Counseling (BRICC)	34	130 hours	
Respite	253	15,536 hours	
Case Management: III-B (OAA)	46	320 hours	
Senior Connections	38	_	
Digital Inclusion Program	1,045	1,045 devices	
Elder Abuse Prevention: Education	34,465 ppl reached	1,257 distributions	
Public Education	_	4 sessions	
Fall Prevention: Dignity at Home	9,614	279 modifications	
Live Strong and Safe	_	13	OARR*
GetSetUp (Preventing Isolation)	2,748	_	6,931 classes
Health Promotion, Evidence-Based	72	606 contacts	
HICAP	_	5,501 ppl counseled	
Information & Assistance	20,590	32,428 contacts	
Legal Services	1,407	6,146 hours	
LTC Ombudsman: Complaints/Cases	_	2,223	
Facility Visits	_	5,777	
Mature Edge Job Readiness Program	52	117 activities	
Nutrition: Congregate Meals	2,273	82,243 meals	466 meals ARPA
Home Delivered Meals	5,374	700,839 meals	21,032 ARPA
Outreach	124	1,429 contacts	1,068 activities
Policy, Systems, Environmental Changes	_	5 edible gardens	
Residential Repair/Home Modification	282	282 mods/repairs	1,697 activities
Transportation	1,366	31,206 one-way rides	16,023 activities

Year in Review: Aging is Living

"I use a wheelchair and was homebound because my ramp was unsafe. My Senior Connections Case Manager worked with **Resources for Independent Living's Home Repairs & Disability Modifications program** to repair my ramp and I can independently move around my neighborhood now and visit friends. They also installed safety bars in my shower to keep me safe at home. Thank you!

Ms. J, Sacramento County May 2023

"I live in a 14-unit apartment building and have noticed that many neighbors keep to themselves and, like myself, are missing their families. Because of **Dine Around Town**, we now eat together regularly and keep in touch in other ways, too.

Dine Around Town has been instrumental in helping all of us feel a sense of *home*. Thank you, Agency on Aging Area 4 for all that you do for us. I appreciate it so much! It's nice to feel like part of a community. "



Valerie, Yuba County August 2022

"I made the healthy chili recipe I learned in the **Cooking Matters** class for my neighbor. He loved it and now wants to eat something new every week. Keep those recipes coming!"

"I can't say enough about the **Nutrition** and Line Dancing Pilot Program!
Wow, what a successful class. and a great learning experience. It helped me get into shape physically and learned about nutrition labels and how to read them! hope every senior gets to experience this class with the instructors Christina and Valerie. You would not believe how much I learned and would love to do this same combo class again. We started out great and got better. We had more fun as each class started."

Jane, Yolo County September 2022 Pam, Placer County January 2023

Year in Review: Service Delivery

AAA4 DIRECT SERVICES

- · Case Management
- · Health Promotion, Evidence-Based
- · Elder Abuse Prevention
- · Mature Edge Job Readiness Program
- · Medicare Improvements for Patients & Providers Act (MIPPA)
- · CalFresh Healthy Living/SNAP-Ed
- · Long-Term Care Ombudsman Program · Nutrition Assistance Program Education
 - · Yuba-Sutter Nutrition: Meals on Wheels & Dine Around Town
 - · CalFresh Expansion & Application Assistance

FUNDED PARTNERS

Nevada County

- · Connecting Point, 2-1-1 Nevada
- FREED Center for Independent Living
- · Gold Country Community Services, Inc.
- · Legal Services of Northern California
- · Hospitality House
- · Sierra Senior Services

Placer County

- · Del Oro Caregiver Resource Center
- · Legal Services of Northern California
- · Placer Independent Resource Services (PIRS)
- · Seniors First. Inc.
- · Sierra Senior Services

Sacramento County

- · ACC Senior Services
- · Community Link, 2-1-1 Sacramento
- · Del Oro Caregiver Resource Center
- · Legal Services of Northern California
- · Wayfinder Family Services
- · Meals on Wheels by ACC
- · Rebuilding Together
- · Stanford Settlement

Sierra County

- · Inc. Senior Citizens of Sierra County
- · Legal Services of Northern California

Yolo County

- · Del Oro Caregiver Resource Center
- · Dignity Community Care
- · Legal Services of Northern California
- · Meals on Wheels Yolo County
- · Yolo Healthy Aging Alliance
- · Community Link, 2-1-1 Yolo

Yuba and Sutter Counties

- · FREED Center for Independent Living
- · Yuba-Sutter Legal Center for Seniors

All Counties

· Health Insurance Counseling & Advocacy Services of Northern California (HICAP) (including San Joaquin and El Dorado)

PARTNER SPOTLIGHT: Stanford Settlement Senior Center

AAA4 partner, Stanford Settlement hosted a Hawaiian luau-themed Father's Day celebration to honor fathers, especially to those who don't get to see their children or spend the day with their families. Some reminisced about their own childhood and fatherhood throughout the day; one participant shared that his father passed away unexpectedly when he was only 9 years old and, when his wife was expecting, he wondered what kind of father he would be.

This is one example of why many older adults call the Senior Center their "safe haven." It is where they can enjoy each other's company without any judgments from others and feel safe and supported.

Year in Review: FY 22-23 Financials

As COVID-related funding decreased, leadership sought and secured supplemental grant funding through new collaborations which allowed AAA4, in partnership, to extend and expand services — specifically around case management, addressing social isolation, and bridging the digital divide for older and isolated adults. Please note, the figures below represent funds expended and earned, not the total amount of grants awarded during FY 22-23.

Revenue & Expenses, Fiscal Year 2022 - 2023*

REVENUE	FY 21-22	FY 22-23	PERCENTAGE (of revenue)
Revenue	\$11,533,980	\$12,402,837	60.9%
State Funds	\$3,898,678	\$7,194,075	35.3%
County Match	\$553,493	\$731,259	3.6%
Other Funds	\$61,534	\$38,017	0.2%
TOTAL	\$16,047,685	\$20,366,188	100.0%

EXPENSE	FY 21-22	FY 22-23	PERCENTAGE (of revenue)
Administration (All Programs)	\$1,425,644**	\$2,264,708	11.1%
Nutrition	\$6,627,927	\$9,647,884	47.4%
Support Services	\$2,063,934	\$2,642,481	13%
COVID Funds	\$2,430,518	\$1,306,418	6.4%
Ombudsman/Elder Abuse Prevention	\$1,019,400	\$1,280,035	6.3%
Caregiver Services	\$1,052,666	\$1,183,814	5.8%
ADRCs	\$458,017	\$886,071	4.4%
HICAP	\$550,356	\$445,472	2.2%
CalFresh	\$139,091	\$226,099	1.3%
MIPPA	\$130,346	\$169,827	0.8%
Dignity at Home	\$58,377	\$152,078	0.7%
Health Promotion/Disease Prevention	\$91,409	\$121,301	0.6%
TOTAL	\$16,047,685	\$20,366,188	100.0%

^{*} FY 22-23 revenue and expenses from unaudited financials. Audits will be performed by MUN CPAs

** OAA only

ABOUT

AGENCY ON AGING AREA 4

Agency on Aging Area 4 (AAA4) is one of 33 area agencies on aging in California designated by the State to develop, coordinate, and fund programs designed to help older adults and people with disabilities maintain their health and independence. We operate as a non-profit, Joint Powers Authority with the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. We fund and monitor programs provided by local Community Based Organizations with funding under the Older Americans Act. We also provide direct services using available grant sources and collaborate with other organizations where there is opportunity and need.

VISION

Our vision is an ageist- and ableist-free society.

MISSION

Our mission is to enrich 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.



Agency on Aging Area 4

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