



2024
2025

ANNUAL REPORT



AGENCY
ON AGING
AREA 4

LOOKING BACK

A Message from our Executive Director



This past year marked a major shift from abundant COVID-era funding levels to the new administration's reduced allocations for older adult services.

Despite these significant changes, Agency on Aging Area 4 continued engaging older adults across all seven counties in dynamic ways.

One of the great programs we completed this fiscal year was the **Sacramento County Age Friendly Community Initiative (SCAFCI)**, also lovingly known as the Don Nottoli grant. This funding supported three distinct areas to improve the quality of life for older adults, people with disabilities, and their caregivers.

Health and Safety Rapid Response grants helped prevent homelessness and supported the health and safety of older adults experiencing financial crises, especially those in geographically isolated areas and underrepresented communities. Funds were used for rent deposits, moving fees, rent, and durable medical equipment not covered by insurance—providing much needed relief and stability for more than 175 local seniors.

Age-Friendly Community Grants funded six community projects with aging services partners like **ACC Senior Services** and **Iu Mien Community Services**, who were able to increase socialization and connection for nearly 100 Mien seniors.

Respite Care was further strengthened by contracting with **Del Oro Caregiver Resource Center** to provide accessible respite services for unpaid caregivers. As client Grace F. shared, "I didn't know respite care existed until I found Del Oro... I will always be grateful."

In response to the federal budget, we right-sized our leadership team to preserve staff serving older adults. We are cautiously optimistic that current staffing meets both administrative and program needs.

The idea that we're better together frames our work. By partnering with funded agencies, our Board, Advisory Council, and the consumers we serve, we continue to make a positive impact in our communities.

Onward together.

A handwritten signature in black ink, appearing to read 'Pam Miller'. The signature is fluid and cursive.

Pam Miller
Executive Director

LOOKING FORWARD

The Unique Role of Senior Information & Assistance

Will H. Tift, Planner

The Aging Network stands on the brink of an unprecedented surge in demand for home and community-based services as the firstborn members of the Baby Boom Generation approach their 80th birthdays.

The number of requests for services will be far greater than anything we have experienced before, and there simply will not be enough resources for everyone. Moreover, rules for major entitlement programs like MediCal and CalFresh are changing in ways that are not yet clearly defined.

For these reasons, the Agency needs to do all it can now to “shore up” the front-line staff who are tasked with assisting the public and explaining their individual options—namely, Senior Information and Assistance (I&A) call agents. Senior I&A is the original point-of-entry program; it has been a “core” Older Americans Act service since 1973.

Today, AAA4’s Senior I&A funds supplement larger 211 programs in Nevada, Sacramento, Sutter, Yolo, and Yuba counties. Seniors First is the last “traditional” standalone I&A provider in our region; it coexists with 211 Placer.

Categorically, Senior I&A providers seem to have had the hardest time in the fundraising space. Phone calls don’t “pull on the heartstrings” of donors in the same way home-delivered meals do. In addition, some folks wrongly believe unbiased information is free and readily available to anyone who seeks it out, so why pay for it?

Meetings were recently held to get a sense of each provider’s current plans around maintaining and/or expanding revenue streams to support Senior I&A (either as a standalone service or as an augmentation to 211). Those discussions resulted in three common goals:

- 1 Prospective funders are unlikely to invest in I&A services if they do not recognize their value to the community; therefore, the foundational goal is to raise the profile of the importance of Senior I&A services throughout PSA 4 and, perhaps, statewide.
- 2 AAA4 cannot expect others to step up if we are not doing so ourselves. The second goal is to work toward increasing baseline Older Americans Act funding for Senior I&A in the next RFP cycle (2029-33).
- 3 Lastly, AAA4 Staff plan to contact regional and statewide grantors who may be willing to support Senior I&A over the long term – not just to support I&A applicants but to encourage the incorporation of I&A services into new grant opportunities going forward.

As Baby Boomers approach their elder years, it is imperative that the Aging Network’s primary point-of-entry hold strong. Too few families would be able to successfully navigate California’s maze of Long-Term Services and Supports without it. And conversely, that larger collection of supporting social service agencies, medical providers, housing providers, attorneys, bankers and care managers would not be able to fill the gap if Senior I&A programs were allowed to falter.

YEAR IN REVIEW

Funded Partners: Stronger Together

Local Partnerships Driving Impact

As the Area Agency on Aging for Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba counties, our strength lies in collaboration. We **fund and support local organizations that know their communities best—leveraging their expertise** to deliver vital programs and services to older adults and people with disabilities. Through these partnerships, we ensure that Older Americans Act resources are invested efficiently, equitably, and where they make the greatest impact.

Our funded partners extend our reach and **deepen our impact across six key service areas**, helping thousands of individuals live with dignity, independence, and connection. Their dedication makes this work possible, and **together, we are building a stronger, more responsive aging network.**

CONNECTING CONSUMERS TO RESOURCES

Partners like **Community Link 211 Sacramento/Yolo, Inc. Senior Citizens of Sierra County**, and **Connecting Point 211 Nevada** connect consumers to resources and individualized assistance.

ADDRESSING HUNGER & FOOD INSECURITY

Partners like **Meals on Wheels Yolo County, Gold Country Senior Services**, and **Seniors First** provide home-delivered meals, meal vouchers, and congregate meals.

IMPROVING PHYSICAL & MENTAL HEALTH

ADRC partners like **Resources for Independent Living** and **El Hogar** improve quality of life for older adults and our partners at **HICAP Services of Northern California** help consumers understand their health insurance options.

PROTECTING LEGAL RIGHTS & PREVENTING ELDER ABUSE

Our partners at **Legal Services of Northern California** and the **Yuba Sutter Legal Center for Seniors** help aging adults and their families access free legal advice, report elder abuse, and resolve complaints.

SUPPORTING CAREGIVERS

Partners like **Del Oro Caregiver Resource Center** and **ACC Senior Services** provide ongoing training, support, and offer respite for family caregivers.

THRIVING IN COMMUNITY

Partners like **Hospitality House, FREED Independent Center for Living**, and **Stanford Settlement** help aging adults age independently in their homes, maintain social connections, and thrive.

YEAR IN REVIEW

2024-2025

Funded Partners



YEAR IN REVIEW

Connecting Consumers to Resources

Agency on Aging Area 4 leads the regional Aging and Disability Resource Connections (ADRC) network, linking older adults and individuals with disabilities to long-term services and supports (LTSS). Across all counties, ADRCs continue to build inclusive, coordinated systems that simplify access to essential services.

NEVADA COUNTY

In Nevada County, the ADRC's Veteran-Directed Care (VDC) program **improved coordination with the Sacramento Veterans Administration (VAMC)**, empowering veterans to manage personalized care budgets.

PLACER COUNTY

Placer County's ADRC, supported by The SCAN Foundation, **engaged individuals with lived experience to become LTSS advocates** and offered training and opportunities for civic engagement.

SACRAMENTO COUNTY

Sacramento ADRC continued its leadership in accessibility, **supporting events like Sacramento Pride** with ramps, ASL interpreters, and shuttles. It also **expanded its network to 45 partners**, bringing them together for quarterly cross-trainings.

YOLO COUNTY

Yolo County **strengthened its physical ADRC presence** with consistent weekday coverage and targeted rural outreach, building trust and improving service delivery.

YUBA & SUTTER COUNTIES

Yuba-Sutter ADRC has completed its **Local Aging and Disability Action Plan (LADAP)**, a five-year strategy to improve quality of life for older adults, people with disabilities, and caregivers in Yuba and Sutter counties. Aligned with **California's Master Plan for Aging**, the LADAP lays the groundwork for inclusive, livable, age- and disability-friendly communities.

Developed with **FREED Center for Independent Living** and shaped by robust community input, the plan prioritizes housing, transportation, caregiving, and food security. To reflect the plan's commitment to inclusion, the Plan is available in English, Spanish, and Hmong.

An accompanying Implementation Playbook details how these strategies will be put into action, ensuring the plan remains both focused and adaptable over time.

Read the full Plan and Playbook at www.adrc4.org/LADAP.



YEAR IN REVIEW

Addressing Hunger & Food Insecurity

Yuba Sutter Meals on Wheels: Expanding Access and Innovation

Yuba Sutter Meals on Wheels significantly expanded its reach this year thanks to additional funding from **Yuba County Health & Human Services**, the **Yuba River Endowment**, and **Sutter County Health & Human Services**. These investments enabled extended meal service for 127 older adults, totaling over 13,000 additional meals. Combined with Older Americans Act funding, the program delivered more than 55,000 meals in total, helping participants remain nourished and independent at home.

The appointment of Brittany Lathrop as Program Manager marks a new chapter for Meals on Wheels. Her vision—rooted in CalFresh Healthy Living—centers on using food as medicine and promoting holistic health through nutrition and community engagement.

The **Dine Around Town** program continued to thrive, offering flexible dining options at four local restaurants and fostering social connection through monthly gatherings. Highlights included health education from the American Heart Association and quarterly nutrition sessions led by a registered dietitian. In 2025, **lunch meet-ups were added, drawing 12–25 seniors monthly and contributing to the program's 17,109 meals served.**

In August 2024, Meals on Wheels staff attended the **Meals on Wheels America Conference**. In addition to celebrating the 50th anniversary of Meals on Wheels, the conference offered opportunities to engage with expert speakers, participate in collaborative discussions with peers from other regions, strengthen professional networks, and explore innovative approaches to program delivery and senior nutrition. The team also joined other Meals on Wheels programs across the state at the **Meals on Wheels California Conference** to strengthen advocacy and improve delivery. These efforts, including engagement at California's State Capitol, reflect a deep commitment to reducing food insecurity and enhancing senior health across Yuba and Sutter counties.

CalFresh: Breaking Barriers to Nutrition

By simplifying a complex application process and providing personalized guidance, the CalFresh outreach team **prescreened 1,052 older adults and helped complete 126 applications**, making it easier for individuals 60+ to afford nutritious food essential for their health and well-being.



Yuba Sutter Meals on Wheels staff attend Meals on Wheels California Conference, joining others from all over the state to advocate for senior nutrition.

YEAR IN REVIEW

Protecting Rights & Preventing Abuse

Legal Services: Protecting Rights through Access

Through partnerships with **Legal Services of Northern California** and **Yuba Sutter Legal Center for Seniors**, we delivered **7,121 hours of free or low-cost legal assistance to 1,490 consumers**, providing expert guidance on housing, benefits, and consumer rights.

These services protect vulnerable seniors from exploitation and ensure they have the support needed to navigate complex legal systems.

Long-Term Care Ombudsman Program: Advocacy in Action

In FY 2024–25, the Long-Term Care Ombudsman Program continued its vital work to protect the rights and well-being of long-term care residents. Our team handled **1,382 complaints, opened 1,066 cases, and conducted 3,784 facility visits**, ensuring residents' concerns were addressed promptly and effectively.

Agency staff also hosted **76 advocacy and training events**, strengthening awareness and compliance across care settings.

JUNE IS ELDER ABUSE PREVENTION MONTH

A time to empower all voices against abuse because
Together, We Thrive



Elder Abuse Prevention: Empowering Communities

In June, Agency on Aging Area 4 observed Elder Abuse Prevention Awareness Month under the theme: **“Together We Thrive: Empowering All Voices Against Elder Abuse.”** This theme underscores the importance of inclusion, cultural awareness, and listening to the unique experiences of all older adults—particularly those from LGBTQ+ and culturally diverse communities. Our campaign focused on education, outreach, and community engagement to ensure every elder is treated with dignity and respect.

To strengthen inclusion, we **translated key prevention materials into five languages** and began distributing them to community partners. Social media campaigns reinforced the message that elder safety is a shared responsibility across all cultures.

YEAR IN REVIEW

Improving Physical & Mental Health

Promoting Healthy Aging Through Education and Movement

Agency on Aging Area 4's evidence-based health promotion programs help older adults improve well-being and reduce risk of disease and injury. In FY 24-25, participation grew across nearly all offerings this year, reflecting strong community engagement.

Diabetes Empowerment Education Program (DEEP) saw a **34% increase** in participation due to large turnouts at one of our new partner sites in Sacramento County. **Bingocize** added a new trainer to expand class offerings. **A Matter of Balance** saw a **63% increase** in participation due to training additional coaches. Our newest workshop, **Staying Active and Independent for Life (SAIL)**, hosted **133 participants** in its first six months.

Live Strong & Safe Fall Prevention Online Course

This **innovative online course launched in February 2025** through a Dignity at Home grant from the California Department of Aging. This free course is accessible for everyone, including those unable to attend in-person programs, ensuring that fall prevention support is available to all who seek it. Since its launch, **167 individuals have accessed the program**. The program has also been shared with other local agencies supporting fall prevention like Sacramento Stop Falls Coalition.

This on-demand course covers:

- An Overview of Fall Prevention
- Environmental Safety
- Personal Safety

Learn more about this course at fallprevention.agencyonaging4.org



Despite the **CalFresh Healthy Living Program** sunsetting and staff reductions at year-end, in FY 24-25, we **proudly met our goal of installing 100 edible gardens**.

These gardens will continue to provide fresh, healthy options for our communities.

We remain committed to delivering nutrition education for as long as funding allows.

PEARLS: Program to Encourage Rewarding, Active Lives

Now in its second year, PEARLS continues to deliver evidence-based, in-home counseling to help older adults reduce depressive symptoms and improve quality of life.

Together with **ACC Senior Services, El Hogar Community Services, Resources for Independent Living**, and the **Society for the Blind**, we received 342 referrals and **screened 236 participants, with 224 enrolling in services**. Of those, 96 completed six or more sessions, and **84 successfully completed the program**, achieving meaningful improvements in mental health and daily well-being.

YEAR IN REVIEW

Supporting Caregivers



Strengthening Families: Caregiver Support in Action

Agency on Aging Area 4 partners with the **Del Oro Caregiver Resource Center** (in Placer, Sacramento, and Yolo counties) and ACC Senior Services (in Sacramento) to provide essential support for family caregivers, an effort that directly advances our mission to help older adults remain independent and connected.

This year, caregivers received:

- **5,809** hours of assessment and referrals
- **1,695** hours of case management
- **90** hours of counseling
- **17,635** hours of respite care
- **10,739** hours of additional respite through non-OAA funding

These services offer caregivers the tools and relief they need to maintain their own health while also providing compassionate care. By reducing stress and preventing burnout, we strengthen the caregiving network and improve outcomes for older adults.

Every hour of support reflects our commitment to dignity, independence, and quality of life, not only for care recipients but for the families who sustain them.

Veterans Directed Care (VDC): Helping Veterans Thrive at Home

In Nevada, Placer, and Sacramento counties, we **supported 21 veterans referred by the Veterans Administration (VA) in maintaining their independence by empowering them to become employers of their own caregivers.**

Through personalized case management, our team guided each veteran in exploring care options, designing tailored care plans, and hiring trusted individuals—often spouses or relatives—to provide daily support. This innovative program channels VA funds directly to family caregivers, bringing relief, stability, and a better quality of life to the entire household.

YEAR IN REVIEW

Thriving In Community

Senior Connections: Building Connections Across Sacramento County

In FY 24–25, Senior Connections **served 49 older adults through 269 home visits**—reaching residents in both the northern and southern parts of the county, as well as in Rancho Murieta, an often overlooked community. Our case manager provided personalized support, linking participants to vital resources such as transportation, healthcare, and social services.

One memorable success: **helping a consumer obtain a Real ID so she could visit her son**. The program also advocated within healthcare systems and assisted participants in accessing In-Home Supportive Services (IHSS), ensuring they could remain safe and independent at home.

GetSetUp: Lifelong Learning for Older Adults



Agency on Aging Area 4 funds access to **GetSetUp**, an online learning platform designed by older adults for older adults.

This service offers free virtual classes for individuals 60+, covering topics such as fitness, fall prevention, healthy cooking, technology, language, and creative arts. Classes foster social connection, build confidence, and support overall well-being.

In FY 24—25, older adults explored new interests and strengthened their health through **1,853 classes, with 1,103 participants** learning, connecting, and thriving. Learn more about GetSetUp at agencyonaging4.org/GetSetUp.

Key Connections: New Program Opens Doors to Affordable Housing for Older Adults



Key Connections Co-Living is a new Agency on Aging Area 4 program that connects home providers with available rooms to home seekers looking for affordable housing, with every match including at least one adult age 60 or older.

This free program arranges co-living solutions across generations, a model that combats loneliness, fosters social connection, and enhances physical and emotional well-being.

By June 2024, Key Connections staff has fielded more than **100 inquiries and distributed 44 applications**. In April 2025, the program celebrated its **first successful match in Sacramento County**.

This new program reflects our mission to support independence and dignity for older adults while addressing the growing need for affordable housing.

Learn more about this new program at agencyonaging4.org/keyconnections.

YEAR IN REVIEW Administration

Strengthening Infrastructure and Expanding Capacity

This year, we **invested in technology and talent** to better serve our seven-county region. Our **conference rooms were upgraded with advanced audiovisual systems**, enabling seamless communication and collaboration with partners across all counties.

To support this growth, we **increased the size of our IT team**, adding skilled technicians who ensure staff have the technological resources they need and provide faster, more reliable assistance to funded partners. These improvements enhance access to shared programs and strengthen our network's efficiency.

We also **expanded the agency's fiscal team**, streamlining processes for both in-house operations and partner programs. Within our operations team, we celebrated internal advancement by **promoting a new manager** and **welcoming an Operations Technician III** dedicated to supporting the Governing Board and Advisory Council.

Strategic Leadership and Statewide Engagement

Now in the third year of our four-year Strategic Plan, we **revised the plan to reinforce our commitment to building collaborative, caring, and compassionate communities**. This refreshed vision reflects the evolving priorities of the current administrative landscape while also remaining aligned and responsive to the diverse needs of residents across all seven counties.

This year, agency **staff are now playing a more active role in statewide initiatives through participation in California Association of Area Agencies on Aging (C4A) committees**, amplifying our voice in shaping the state's aging services network.

Celebrating Inclusion at Sacramento Pride

Again this year, ADRC staff **proudly participated in the Sacramento Pride Festival, reinforcing our commitment to accessibility and community engagement**. Our team hosted an ADRC Information Booth, sharing resources and connecting with attendees to promote independence and support for older adults and people with disabilities.

Beyond information sharing, we **played an active role in accessibility support throughout the event**—providing free shuttles to and from the event, ensuring ramps were secure, guiding individuals to ASL interpretation services, checking in with those needing assistance, and managing the check-out of mobility devices. Our presence at Sac Pride reflects our dedication to creating inclusive spaces where everyone can access the services and support they need.

FREE SHUTTLE SERVICE
for Older Adults & People with Disabilities

SAC PRIDE

PRIDE FESTIVAL

Saturday, June 14

- Shuttle Hours: 11:30 AM - 7:00 PM
- Pick-Up Location: Society for the Blind, 1238 S St, Sacramento CA 95811
- Drop-Off Location: 5th & N Street

Sunday, June 15

- Shuttle Hours: 11:45 AM - 6:00 PM
- Pick-Up Location: Society for the Blind, 1238 S St, Sacramento CA 95811
- Drop-Off Location: 5th & N Street

PRIDE PARADE

Sunday, June 15

- Shuttle Hours: 10:00 AM - 10:30 AM
- Pick-Up Location: Society for the Blind, 1238 S St, Sacramento CA 95811
- Drop-Off Location: Start of Parade at Southside Park

GOOD TO KNOW

- ✓ Sac Pride Shuttle runs continuously each day
- ✓ Sac Pride Shuttle is wheelchair accessible

California Resource Connection
ADRC of Sacramento County

Sac Pride Shuttle courtesy of ADRC of Sacramento County. Learn more about us at www.adrc4.org

YEAR IN REVIEW

Volunteer



Meals on Wheels volunteers gather with staff for an afternoon of celebration and gratitude

Volunteers Remain the Heart of Yuba Sutter Meals on Wheels

In FY 2024–25, **10 volunteers contributed approximately 798 hours**, delivering meals and offering friendly visits that brighten the days of homebound older adults.

While a few volunteers concluded their service due to relocation or personal reasons, we **welcomed three new volunteers** who quickly became part of our Meals on Wheels family.

To honor their commitment, **staff hosted a Volunteer Appreciation Luncheon** in December 2024, where volunteers were celebrated and gifted handmade quilts and cards as tokens of gratitude.

Volunteers also supported outreach efforts, including the **Marysville Christmas Parade** and a **Holiday Food Drive**, distributing gift bags with toiletries, shelf-stable foods, handmade placemats, and quilts alongside participants' meals.

Volunteers Bring Connection Through Caring Calls

In early 2025, we launched **Caring Callers**, a program connecting socially isolated seniors with volunteers for weekly phone conversations.

In Spring 2025, we **matched six seniors with student volunteers from CSUS** and plan to expand this initiative next year.

These calls provided reassurance and companionship for older adults seeking connection and conversation. Volunteers brought strong communication skills, empathy, and a friendly approach to foster meaningful relationships.

Ombudsman Volunteers Champion Resident Rights

Volunteers remain essential to the agency's Long-Term Care Ombudsman Program, **contributing 659 hours of service** through a dedicated team of four.

This year, we focused on growing volunteer engagement by allocating a portion of a Lead Ombudsman's time to recruitment and retention efforts. This effort resulted in a **600% increase in prospective volunteer applicants**.

These new volunteers bring specialized expertise, enabling us to expand proactive facility visits, allow early identification of concerns, and reinforce our commitment to ensuring every resident's voice is heard.

VOLUNTEER!

Volunteers help bridge generations with joy and purpose. Join others making a daily difference. Learn more at:

agencyonaging4.org/volunteer

YEAR IN REVIEW

Sharing Stories of Success

EXPERTISE AND CARE WHEN WE NEEDED IT MOST

“Patrice has been an incredible **Long-Term Care Ombudsman** for my family. She guided us through tough conversations with the assisted living facility, attended meetings, and offered advice that truly made a difference.

Patrice even helped us navigate the complaint process with the state. Her professionalism, knowledge, and caring approach gave us confidence and peace of mind. We’re so grateful for her support. It made all the difference.”

Robert, Loyalton

COMIDA, ESPERANZA Y BENDICIONES *Food, Hope and Blessings*

“Hello, I am Rafaela. I am 81 years old. I am very grateful to receive delicious food from **Meals on Wheels Yuba Sutter**. It is a very beautiful act of love from people I don’t even know.

May God give you strength to continue with this excellent work and fill your hearts and abundantly provide everything you need.

There are no words to express my gratitude for everything I have received. May God bless you and send blessings to everyone.”

Rafaela, Marysville *(translated by AAA4 staff)*

CREATING CONNECTION & CONFIDENCE



“When I relocated to Sacramento, I began to feel idle and alone. I didn’t know anyone, and the days felt long and empty. Then I found **PEARLS**, and it truly changed my life. Through one-on-one coaching, I learned how to set goals, tackle everyday challenges, and reconnect with my community. My coach helped me rediscover my strengths and encouraged me to explore new interests—like woodworking, which I now absolutely love.

PEARLS gave me more than just tools—it gave me hope. I feel more confident, more connected, and more in control of my life. I’ve tapped into local resources, made new friends, and found a renewed sense of purpose. I even have a personal motto now: ‘I may give out, but I refuse to give up.’ That spirit carries me through each day.

I’m so grateful for **PEARLS**. It’s not just a program—it’s a lifeline.”

Patricia, Sacramento



ROOTED IN RESILIENCE: BARBARA'S STORY

"In 1983, my husband Joe and I moved to Rancho Murieta to raise our kids and build a life. After he passed away in a car accident just months later, I stayed in our home; it was where my children felt safe and where I felt close to him.

Over the years, maintaining our home became harder. The paint faded, dry rot set in, and HOA fines piled up. COVID drained my savings, and I felt overwhelmed.

I reached out to **Agency on Aging Area 4**, hoping for some guidance. Danielle, my case manager, didn't just listen, she came to my home, saw the issues firsthand, and helped me apply for the **SCAFCI grant**.

My home was repaired and the HOA fines were cleared. Now, I'm no longer worried about losing my home. I can now focus on my health as I prepare for a hip replacement. I'm so grateful; this support gave me peace of mind and a safer future."

Barbara, Rancho Murieta

FROM OVERWHELMED TO EMPOWERED

"I didn't know respite care existed until I found **Del Oro Caregiver Resource Center**—and I didn't realize how much I needed it. In a short time, I learned the value of self-care and staying healthy as a caregiver.

Thanks to the grant, I accessed respite care easily and chose from a list of home health agencies. I used two caregivers so I could attend appointments, see a movie, and even travel out of state to meet my first great-grandson.

Our caregiver was a gem. She connected with my husband, played cards, listened to his stories, and even helped around the house.

Del Oro gave me the best gift a caregiver can receive. Before, I thought you just did your best on your own. Now I share my experience with everyone who could benefit."

Grace, West Sacramento

INDEPENDENCE THROUGH MOVEMENT

"After just three weeks of taking the **Stay Active and Independent for Life (SAIL)** class twice a week, my physical therapist noticed a big difference. She asked what I'd been doing because my leg and knee were so much stronger than before. I told her it was the **SAIL** class!

Another moment that really stood out: I was sitting on a bench with friends, and I just stood up without needing help or using the armrest. My friends were amazed and asked what had changed. I knew it was the sit-to-stand exercises we do in class, plus practicing them on my own.

This class has truly helped me feel stronger and more confident in my movements."

Walter, Roseville

YEAR IN REVIEW

By The Numbers

SERVICE CATEGORY	UNITS OF SERVICE	PERSONS SERVED
CONNECTING CONSUMERS TO RESOURCES		
Senior Information & Assistance	25,859 contacts	14,788
Outreach Services	1,262 contacts	132
ADDRESSING HUNGER & FOOD INSECURITY		
CalFresh Expansion	126 applications	1,052
Home Delivered Meals	680,416 meals	4,349
COVID: meals	76,025 meals	836
Congregate, Mobile, Voucher Meals	133,787 meals	3,508
COVID: Congregate Meals	4,820 meals	199
PROTECTING RIGHTS & PREVENTING ABUSE		
Legal Assistance	7,121 hours	1,490
Long-Term Care Ombudsman Program	1,406 complaints/cases	N/A
Long-Term Ombudsman Facility Visits	870 visits	N/A
Ombudsman Outreach & Advocacy	54 presentations	N/A
Elder Abuse Prevention Awareness	43,366 touches	N/A
IMPROVING PHYSICAL & MENTAL HEALTH		
Health Promotion Classes	431 attendees	N/A
CFHL Nutrition Classes	354 attendees	N/A
CFHL Edible Gardens	7 gardens	N/A
HICAP Counseling	4,172 sessions	N/A
PEARLS	84 graduates	236
SUPPORTING CAREGIVERS		
Caregiver Assessment & Referrals	5,809 hours	1,362
Caregiver Case Management	1,695 hours	202
BRICC Caregiver Counseling	90 hours	27
Caregiver Respite	28,374 hours	656
THRIVING IN COMMUNITY		
GetSetUp Free Online Education	1,853 classes	1,103
Mature Edge Job Readiness Program	192 activities	100
Residential Repair/Minor Home Modification	140 modifications/repairs	140
Transportation Assistance	38,281 trips	1,099
Key Connections Co-Living	591 hours	14
VOLUNTEER SUPPORT		
Edible Garden Volunteers	56 hours	N/A=Not Available
Meals on Wheels Yuba/Sutter	798 hours	
Health Promotion	101 hours	
Volunteer Ombudsman	659 hours	
Caring Callers	119 hours	

YEAR IN REVIEW

2024-2025 Financials

FY 2024–2025 brought funding delays and rising costs, but proactive planning and collaboration with the California Department of Aging kept us on track. With cash flow stabilized, we remain focused on delivering services and preparing for the year ahead.

Revenue & Expenses, Fiscal Year 2024 - 2025*

REVENUE	FY 23-24	FY 24-25	%
Federal Funds	\$12,107,630	\$14,961,432	62.8%
State Funds	8,044,480	8,050,479	33.8%
County Match	746,096	783,273	3.3%
Other Funds	17,503	24,596	0.1%
Total	\$20,915,709	\$23,819,780	100.0%

EXPENSES	FY 23-24	FY 24-25	%
Administration (All Programs)	\$2,949,138	\$2,517,805	10.6%
Nutrition	8,885,732	10,682,240	44.8%
Supportive Services	2,056,305	2,794,252	11.7%
Ombudsman/Elder Abuse Prevention	1,280,827	1,789,029	7.5%
Caregivers Services	1,078,515	1,144,018	4.8%
ADRCs	802,397	1,080,261	4.5%
HICAP	671,590	734,633	3.1%
Cal Fresh	487,020	562,276	2.4%
MIPPA	213,442	299,068	1.3%
Dignity at Home	193,527	-	0.0%
Access to Technology Program <i>Ended 9/30/2024</i>	1,515,711	684,854	2.9%
Senior Connections Grant <i>Ended 9/30/2024</i>	175,461	181,673	0.8%
Sac County Age-Friendly Community Initiative	-	484,534	2.0%
PEARLS	472,149	646,872	2.7%
Health Promotion/Disease Prevention	133,895	218,266	0.9%
Total	\$20,915,709	\$23,819,780	100.0%

* FY 24-25 revenue and expenses from unaudited financials. Audits will be performed by MUN CPAs

YEAR IN REVIEW

2024-2025 Governing Board

NEVADA Supervisor Lisa Swarthout
Ed Scofield (Alternate)
Sue Hoek (Alternate)
Erin Minett (Secretary 2025)

PLACER Supervisor Suzanne Jones
Supervisor Jim Holmes (Alternate)
William Reed (2nd Vice Chair 2024)

SACRAMENTO Supervisor Phil Serna (Alternate)
Cecile Nunley (2nd Vice Chair 2025)
Supervisor Patrick Kennedy (Alternate)
Miko Sawamura (Secretary 2024)
Supervisor Rich Desmond (Alternate)
Carl Burton (Parliamentarian 2024)
Supervisor Sue Frost (Alternate)
Supervisor Rosario Rodriguez (Alternate)
Meghan Rose (Chair 2024, Treasurer 2025)
Supervisor Pat Hume
Leesa Klotz

SIERRA Supervisor Sharon Dryden (1st Vice Chair 2024, Chair 2025)
Supervisor Terry LeBlanc (Alternate)
Supervisor Lila Heuer

SUTTER Supervisor Mike Ziegenmeyer
Supervisor Jeff Boone
Tonya Beebe

YOLO Supervisor Jim Provenza
Supervisor Sheila Allen, Ph.D
Nancy Pennebaker (Treasurer 2024, 1st Vice Chair 2025)

YUBA Supervisor Don Blaser
Supervisor Andy Vasquez
Supervisor Jon Messick (Alternate)
Wendell Peters (Parliamentarian 2025)

YEAR IN REVIEW

2024-2025 Advisory Council

NEVADA Kelly Carpenter
Annie Mikal-Heine
Joe Naake

PLACER Karen Flanagan, Vice Chair
Cheryll Moore
David Wiltsee

SACRAMENTO Sylvia McBride, Secretary-Treasurer
Catherine Koss, Ph.D., Chair
Melissa Jacobs
Theresa Abah, Ph.D.
Ann Zonderman, JD, BSN

SIERRA None

SUTTER Tanna Thomas
Pam Epley

YOLO Charlotte Dorsey
Jim Bohon
Seth Brunner

YUBA Debbie Panteloglow
Rob Drown
Laura Drown

MEMBERS AT LARGE Pamela Nelson
Harrison Linder
Rita Saenz
Marilyn Moreno

ABOUT

AGENCY ON AGING AREA 4

Agency on Aging Area 4 (AAA4) serves aging adults (60+), adults with disabilities, and the people who care for them in seven counties: Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. AAA4 oversees in-house programs as well as contracts with about 30 different local non-profit organizations to provide services for older adults and caregivers in the seven-county region.

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
1401 El Camino Avenue, 4th Floor
Sacramento, CA 95815

(916) 486-1876
info@agencyonaging4.org



@agencyonaging4

www.agencyonaging4.org