



**AREA AGENCY ON AGING**  
*assistance ► advocacy ► answers*

AgeWell e-Newsletter | July Issue 04 | AgeWell is an ACOA Publication

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### **Quote of the Day**

*"We may encounter many defeats but we must not be defeated."* — **Maya Angelou**

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### **NOTES FROM THE CHAIR – July 2025**

*Riitta DeAnda, Chair*

Hello, my name is Riitta DeAnda and am the new chair of the Napa/Solano Area Council on Aging. I joined the council in 2023 and represent Solano County.

Richard White has led us admirably for the past two years as the chair and will continue on the council in addition to his role on the California Senior Legislature. We are at a critical time right now with potential funding cuts to key programs like Meals on Wheels, so we need to stay up to date on budget bills as they pass through congress and our start legislation.

I signed up to serve on the council because of the difficult experience my mother-in-law had in trying to find help for her bachelor brother who lived with her and her

husband. Her brother was not able to take care of himself. His hygiene was deteriorating, and he started wandering from home. He got returned by the police one time because he had been beaten up and robbed two towns over. My mother-in-law was older and was physically having a hard time taking care of her brother; she needed help. She and I spent a whole year calling places that we thought could help with respite care or senior day care and after being referred to one agency after another we ended back to square one, talking to the first person we started with. We were finally told that we weren't getting any help because the feeling was that the best place for her brother was in her home. I needed to be connected to an organization that helps other people not have the same or similar frustrating experience.

The Napa/Solano Area Council members serve in an advisory, planning and advocacy capacity for seniors, adults with disabilities and their caregivers. We were formed as part of the Joint Powers Agreement between Napa and Solano counties that created the Area Agency on Aging; as such we have representatives from each county. We currently have 16 regular members (8 for each county) and 4 alternates (2 for each county). Even though the council has no vacancies at this time we are always interested in hearing from people who may be interested in helping seniors and getting their input. You can reach out to any of the members or attend our monthly meetings.

I will use this space to let the readers know about our activities and also highlight members and their stories.

Enjoy the rest of the newsletter.

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**FAREWELL TO ELAINE CLARK**



For the last six years, the Advisory Council has been privileged to work alongside Elaine Clark, the Napa/Solano Area Agency on Aging's Executive Director. Her continuing presence and guiding hand have been invaluable to the work being done in both counties on behalf of older and disabled adults. Elaine has announced her retirement, effective July 31, but leaves an impressive legacy of accomplishments that will reverberate positively for years to come:

- Leading and managing multiple service providers and programs for older and disabled adults as well as caregivers
- Developing a Solano Master Plan for Aging designed to address aging challenges around housing, transportation, nutrition, and access to services.
- Advancing the establishment of Aging and Disability Resource Centers in both counties.
- Driving the distribution of printed and electronic Senior Resource Guides that offer detailed information on who and how to contact the services needed.

- Regularly visiting Senior Centers, sharing lunch with older adults and listening to their ideas and suggestions to improve and expand services.
- Working with California's Department of Aging and its numerous administrative and provider contract requirements.
- Herding a group of twenty Advisory Council members into a cohesive, collaborative, and effective advocacy team.

Elaine has been the driving force behind the AAA's success and the Advisory Council's various initiatives that align with the Master Plan. While her talents and skills may be lost to us, her enduring accomplishments will be long remembered and her friendship treasured. The Advisory Council extends its sincere appreciation and thanks to Elaine as she begins a new chapter in her life. AgeWell, Elaine!

### **Good Bye, Elaine**

*Submitted by Dr. Alan Werblin, ACOA Member*

Oh, Heavens no!

It can't be true!

Elaine Clark is leaving?

A sad day for our entire crew.

It's been such an honor to work with you,

And though I'm sure that we'll pull through,

It's just not easy to believe

That our beloved leader is about to leave.

How much we'll miss your wisdom and knowledge

That we all can't help but acknowledge,  
And your presence and your personality  
Combined with your unmatched vitality  
Form a fearsome combination  
That engenders admiration and motivation.

So wherever you go, remember us  
We'll wish you well and readjust  
We know you'll be a huge success  
But we'll soldier on nonetheless

And when we welcome a new director  
We'll work together to support her  
And continue the legacy of the work we do  
For which we all give thanks to YOU!



Like us on  
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**Legislative Update**



**What we are watching!**

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## **ACOA LEGISLATION REPORT**

**July 2025**

### **AB1: Residential Property Insurance: Wildfire Risk (Connolly)**

- Starting in 2030, and every five years thereafter, the Department of Insurance will consider” hardening improvements that have been introduced into their cost models.
- Supported by the California Senior Legislature.
- 4/2: passed Assembly **Insurance** committee (17-0).
- 5/27: Passed Assembly **Appropriations**. (14-0)
- Estimated costs: \$1 million every five years.
- 6/2: Passed Assembly 79-0; moved to Senate.
- 6/11: Assigned to Senate **Insurance**
- 6/25: Hearing scheduled.

### **AB53: Military Service Retirement & Surviving Benefits Act (Ramos)**

- Excludes from state income tax calculations up to \$20,000 in gross income retirement pay from a “qualified taxpayer”, i.e. vet and spouse.
- Benefit program runs five years through 2030.
- In Assembly **Revenue and Taxation Committee**.
- Amended to align with Governor’s proposed January 2025 budget; projected to result in a decline of \$250M in GF revenue over three years.
- Passed **Assembly** (70-0); Moved to Senate Rules Committee.
- Estimated General Fund revenue losses: FY25-26 - \$110 million; FY26-28 - \$75 million.
- Opposed by California Teachers Federation.
- 6/11: Assigned to Senate **Revenue & Taxation**.

### **AB83: California Elder Abuse Financial Prevention (Pacheco)**

- Authorizes financial institutions to take specific actions if financial elder abuse is suspected.
- 5/5: amended third time & re-referred to **Banking & Finance**

### **AB96: Community Health Workers (Jackson)**

- Requires the Department of Healthcare Access & Information to develop statewide certification standards for community health workers and to designate “peers support specialists” as included in the certification eligibility process.
- 2/12: Assembly **Health Committee**.
- Amended twice.

#### **AB99: Electrical Corporations: Rates**

- Future rate increases over the inflation rate require either (1) approval by the utility's customers or (2) if the governing commission can justify the increase for safety or cost reasons.
- In Assembly **Utilities & Energy Committee**; chaired by Cottie Petrie-Norris with Jacqui Irwin also on the committee.
- *Supported* by CSL Legislation Committee – reverse of previous decision.
- 3/26: Passed Utilities & Energy committee 12-1.
- 5/23: Assigned to Assembly **Appropriations**, placed in suspense file; amended. Estimated cost: \$514,000 attorney fees.

#### **AB259: Open Meetings: Local Agencies: Teleconferences (Rubio)**

- Allows remote participation by agency members in emergency situations only.
- In Assembly **Local Government Committee**, chaired by Juan Carrillo, with Cecilia Aguiar-Curry and Lori Wilson as members.
- Opposed by the CSL Leg Committee.
- 4/22: passed **Loc Gov** 9-0; to full Assembly- 3<sup>rd</sup> reading
- 5/14: Passed **Assembly** (73-0); moved to **Senate Local Gov** committee; amended to set sunset date of 1/1/2030.
- 7/2: Senate **Local Government**

#### **AB280: Health Providers: Directories (Aguiar-Curry)**

- Requires annual updates to directories to achieve 95% accuracy by 2029.
- Assigned to Assembly **Health** Committee; passed; moved to Appropriations.
- CSL supports.



- Passed Assembly **Appropriations** (11-1); 3<sup>rd</sup>
- Estimated costs: FY25-26 - \$2 million; \$3.5 million annually.
- 6/2: Passed Assembly 61-7; ordered to Senate.
- 6/11: Assigned to Senate **Health**
- 7/25: Hearing scheduled in Senate Health committee at 1:30 pm.

#### **AB303: Battery Energy Storage Facilities (Addis)**

- Forbids development within 3,200 feet of residential and agricultural land of a battery storage facility greater than 200-watt hours.
- Supported by AD11 (Wilson).
- Assigned to **Utilities & Energy, Natural Resources, and Local Government**
- 4/2: scheduled hearing postponed.

#### **AB508: RCFE's: Direct Care Ratios (Aguilar-Curry)**

- Requires RCFE's to calculate, display, and make available to residents and the public daily direct care ratios, i.e. the number of direct care hours given to a resident on a single day divided by the number of residents in the facility that day.
- 4/24: passed **Aging/LTC (7-0)**; moved to Appropriations; amended
- CSL supports.
- 5/23: held in submission by **Appropriations**.
- Estimated cost: "low millions".

#### **AB1069: Older Adults: Emergency Shelters (Bains)**

- Requires AAA's and ADRC's to have access to emergency shelters during an active event.
- 4/28: Hearing in **Emergency Management Committee**.

- 5/7: Passed committee; moved to **Appropriations**.
- 5/27: Passes Appropriations (11-0); amended; 3<sup>rd</sup>
- Estimated costs: establishing MOU's with AAA's and ADRC's by cities and counties.
- 6/2: Passed Assembly 78-0; assigned to Senate **Human Services**.
- 6/30 hearing scheduled in Human Services.

#### **SB5: Infrastructure Financing Districts: Agricultural Lands (Cabaldon)**

- Taxing mechanism for Williamson Act participants
- 4/24: Passed Senate **Local Government**; amended; 3<sup>rd</sup>
- 6/4: Passed Senate 32-5.
- 6/9: assigned to Assembly **Local Government**

#### **SB29: Civil Actions (Laird)**

- Eliminate recovery and reporting limitations on damages, updates sunset dates.
- Passed Senate **Judiciary** Committee; moved to **Appropriations**.
- Passed **Appropriations** (5-1); amended; 3<sup>rd</sup>
- Estimated annual cost: \$1.5 million.
- 6/4: Passed Senate 21-9; ordered to Assembly.
- 6/12: Assigned to Assembly **Local Government**

#### **SB239: Open Meetings: Advisory Bodies: Teleconferencing (Arreguin)**

- CSL-supported proposal to allow remote participation for members and the public; sunset 1/1/30.

- Hearing scheduled for 5/6 in **Senate Judiciary**.
- 5/8: Passed committee; ordered to 3<sup>rd</sup>
- 6/3: Placed in inactive file by author; merged with SB707.

#### **SB242: Medicare: Open Enrollment (Blakespear)**

- Removes exclusion of end stage renal disease patients.
- For those with Medicare Part B, authorizes a 90-day open enrollment period, starting January 1
- 4/30: Passed **Senate Health** committee (9-2); moved to Appropriations.
- CSL supports.
- 5/23: Under submission in **Appropriations**.

#### **SB324: Medical: Enhanced Care Management & Supports (Menjivar)**

- Identify target populations and work with community providers.
- Passed Senate **Health** – amended/amended.
- 4/21: **Senate Appropriations** – Suspense file
- 5/23: Passed **Appropriations** (6-0).
- 5/28: Passed Senate 39-0; read 1<sup>st</sup> time in Assembly; held at desk.
- Fiscal impact is unknown.
- 6/18: Amended and assigned to Assembly **Health**
- 7/1; Hearing scheduled in Assembly Health committee at 1:30 pm.

#### **SB375: Wildfire Preparation Plans: Fish & Wildlife (Grove)**

- Requires plan development to protect threatened species.

- In **Senate Natural Resources & Water**.
- 4/3 hearing cancelled at author request.

#### **SB433: RCFE'S: Assisted-Living Waiver Rental Rate Protection**

- Seeks to equalize Assisted-Living waiver charges; sets rent control.
- Passed Senate **Human Services** – amended.
- 5/23: Passed **Appropriations** (5-1); 3<sup>rd</sup>
- General Fund annual costs: \$2-4 million.
- CSL supports.
- 6/4: Passed Senate 32-5.
- 6/16: Assigned to Assembly **Aging/LTC**
- 6/24: Hearing in Aging/LTC.

#### **SB508: Telehealth (Valladares)**

- CSL proposal authorizes telehealth services across state lines for cancer patients without requiring participation in a clinical trial.
- Passed **Senate Business, Professions, and Economic Development** (10-0).
- 5/28: Passed Senate (38-0); moved to Assembly; read 1<sup>st</sup> time; held at desk.
- 6/5: Assigned to Assembly **Business & Professions**
- 7/1: Hearing scheduled.

For more information, visit: <https://leginfo.legislature.ca.gov>

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## In the News

### Chair Cassidy, Ranking Member Sanders, Colleagues Reintroduce Older Americans Act to Empower American Seniors

June 18, 2025 -- View the press release [here](#).

**WASHINGTON** – Today, U.S. Senators Bill Cassidy, M.D. (R-LA), chair of the Senate Health, Education, Labor, and Pensions (HELP) Committee, Bernie Sanders (I-VT), ranking member of the HELP Committee, Rick Scott (R-FL), chair of the Senate Special Committee on Aging, Kirsten Gillibrand (D-NY), ranking member of the Senate Special Committee on Aging, Susan Collins (R-ME), Tim Kaine (D-VA), Markwayne Mullin (R-OK), Ed Markey (D-MA), Lisa Murkowski (R-AK), and Ben Ray Luján (D-NM) reintroduced the [Older Americans Act \(OAA\) Reauthorization Act](#), legislation that renews funding and strengthens services for American seniors.

“The Older Americans Act is crucial in helping American seniors live healthy and independent lives in the settings they choose,” **said Dr. Cassidy**. “This legislation strengthens these programs, ensuring they meet the needs of older Americans now and in the future.”

“The Older Americans Act provides federal funding for many essential services for our nation’s seniors including activities to combat loneliness and isolation, job training, protections from abuse, rides to the doctor’s office and grocery store, preventing disease, helping older adults live at home, and supporting our nation’s caregivers,” **said Senator Sanders**. “Not only does the Older Americans Act save lives and ease human suffering, it saves money. We can choose to continue to waste billions of dollars on emergency room visits and unnecessary hospital stays, or we can provide older Americans with the resources and the services they need to live healthier, more secure, and more dignified lives. In my view, it is our

responsibility not simply to reauthorize this legislation and maintain the status quo. It is our responsibility to expand the Older Americans Act so that every vulnerable senior in America can receive the services that they need.”

“I’m proud to help lead this bipartisan legislation to strengthen support for America’s older adults and reaffirm our commitment to helping them enjoy their golden years with dignity and independence. As Chair of the U.S. Senate Special Committee on Aging, I understand how essential it is that the more than 59 million older Americans in communities across our nation have access to critical services made possible through the *Older Americans Act* like nutrition, in-home care, and caregiver support. I was proud to lead a bipartisan [resolution](#) recognizing May 2025 as Older Americans Month, and am determined to work alongside my colleagues to see the *Older Americans Act* quickly reauthorized. Our seniors have spent their lives building and serving this country, and this bill is one way we ensure they continue to be supported, respected, and valued,” **said Senator Scott.**

“The OAA has been a lifeline for American seniors since its passage over half a century ago,” **said Senator Gillibrand.** “This landmark legislation helps our nation’s seniors thrive by supporting programs that provide nutrition assistance, home-delivered and congregate meals, transportation services, caregiver support, disease prevention services, long-term care, and more. Last year, over 12 million Americans were served by programs funded by the OAA. We owe it to seniors to strengthen and continue funding these programs so they have the support they need to age with dignity and respect. As ranking member of the Senate Aging Committee, I am firmly committed to getting this bill passed with bipartisan support.”

Since 1965, OAA has provided vital nutrition, social, and health services to millions of seniors for nearly six decades. Last reauthorized in 2020, OAA expired in the 118<sup>th</sup> Congress. The previous [OAA reauthorization](#), also led by Cassidy and Sanders, passed the Senate unanimously last year.

This legislation would reauthorize OAA programs through fiscal year 2030 and make improvements to promote innovation and flexibility, strengthen program integrity, and better support family caregivers and direct care workers. The bill also takes steps to better serve Tribal seniors and those with disabilities in their communities.

Read the full bill text [here](#).



## **FOR IMMEDIATE RELEASE**

July 3, 2025

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(707) 784-8960 | [EClark@SolanoCounty.gov](mailto:EClark@SolanoCounty.gov)

## **Landmark plan lays roadmap for Solano County's "Age-Friendly" future**

SOLANO COUNTY – To support the changing needs of one of the nation's most diverse and fastest-aging populations, the [Napa/Solano Area Agency on Aging](#), [Solano County](#), and [Innovative Health Solutions](#), have released Solano County's first-ever [Master Plan for Aging and Disability](#) (MPAD). Two years of working together, data analysis, and community meetings have produced a strategic framework to help older and disabled adults age with dignity.

“The aging of our population is not a distant future—it’s our present reality,” says Emery Cowan, director of the County’s Health and Social Services Department. “Now is the time to honor the generations who came before us by investing in services, infrastructure, and policies that reflect the realities of our rapidly changing community. This Master Plan is more than a roadmap—it’s a call to uphold the dignity and well-being of our elders and to prepare for a future that values every age.”

Solano County is changing rapidly. Its population of 115,287 older adults is expected to increase 15% by 2040 and nearly 30% by 2060—straining already-limited housing, healthcare, and caregiving systems. At the same time, the face of aging is changing. Vallejo and Fairfield rank among the six most diverse cities in the U.S., and by 2060, people of color will make up most of the County’s older adult population.

For some populations, aging means navigating systems never designed for them.

The MPAD outlines structural reforms to address these inequities. Critical to the plan’s development were listening to sessions with representation from the county’s Filipino American, African American, Hispanic/Latino, and lesbian, gay, bisexual, transgender, and queer (LGBTQ+) communities. Community sessions identified unmet needs and informed a set of targeted, community-driven action plans.

“This plan is a blueprint for transformation,” says Monica Brown, District 2 Supervisor and longtime advocate for older adults. “Together, we’re shaping a future where Solano isn’t just a livable place to grow old, but a top destination for aging well—for all.”



Solano's new plan aligns with the California Master Plan for Aging, Solano's Community Health Improvement Plan, and the County's recent age-friendly designation, and addresses a range of core areas:

- Awareness and Access – Making sure residents are informed about available services and can easily connect with the support they need.
- Mental Health – Expanding access to mental health care and fostering connection and belonging.
- Housing – Increasing access to affordable, accessible homes that support the needs of aging individuals and people with disabilities.
- Safety – Promoting safe living environments and preventing abuse, neglect, and injury.
- Transportation – Making reliable and inclusive transportation easier to access, especially for those who need it most
- Healthcare – Ensuring affordable, convenient, and culturally respectful care for all.

To read the full Solano County Master Plan for Aging and Disability, visit [www.aaans.org/solano-mpad](http://www.aaans.org/solano-mpad).

## Featured Stories



*Donna Harris accepts the  
Pride Month proclamation.*

*Read all about it by clicking the Button below! 🖱️*

[The Suisun City Scoop](#)

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## **Incoming ACOA Chair Honored as the 2025 American Dream Award Recipient**

*July 1, 2025*



*Rep. Mike Thompson recognized Riitta DeAnda as the 2025 American Dream Award*

*recipient for Solano County, Sunday, June 29, 2025. (Courtesy photo)*

**FAIRFIELD** — Riitta DeAnda has been selected as the 2025 Solano County American Dream Award recipient in the 4th Congressional District.

The award was presented by U.S. Rep. Mike Thompson, D-St. Helena.

It recognizes residents who have come to the United States "and made outstanding contributions to our communities."

"Immigrants are our neighbors and colleagues, soldiers and first responders, doctors and lawyers, farmers, entrepreneurs, teachers and so much more. Our nation would not be the powerhouse of the world without their contributions to our country's history, culture, and economy. This is evidenced by Ms. DeAnda's work in our community," Thompson said in a statement released on Monday.

June is Immigration Heritage Month.

"Ms. DeAnda is an important member of our community and a shining example of the American Dream. Through her philanthropic work with local nonprofits and avid commitment to leadership, she has contributed meaningfully to making our community a better place. I am honored to recognize Riitta DeAnda as this year's Solano County American Dream Award recipient," Thompson added

DeAnda was born in Turku, Finland, and became a U.S. citizen at age 22. She began her career working for a large insurance firm before branching off and becoming the founder of her own insurance agency nestled in American Canyon. She sold the agency but has not slowed down.

"Around our community, Ms. DeAnda is known for her enthusiasm and dedication to various organizations, many of which she has been involved with for years. Currently, Ms. DeAnda serves as the chair of the Napa-Solano Area Council on Aging, the treasurer of Sierra Club Solano, and the Secretary of the Northern Solano Democratic Club. Additionally, she serves as a committee member of Walk to End Alzheimer's Solano and helps those in need through Lutheran World Relief," the Thomson statement said.

DeAnda also is a former Travis Unified School District trustee.

Others in the congressional district to be recognized includes Edgar Ontiveros (Lake County); Cinthya Cisneros (Napa); Pemba Sherpa (Sonoma); and Andres Olmedo (Yolo).

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The advertisement features a photograph of an elderly man and woman practicing Tai Chi in a lush green park. The man is wearing a white t-shirt and white pants, while the woman is wearing a light blue long-sleeved shirt and white pants. They are both in a wide, balanced stance, characteristic of Tai Chi. The background is filled with tall trees and green grass.

**Napa Solano**  
**AREA AGENCY ON AGING**  
*assistance ► advocacy ► answers*

***Your Partner in Lifelong Independence***

***Explore free, local  
resources for aging  
and disability at  
[aaans.org](http://aaans.org)***





July is Disability Pride Month. It coincides with the anniversary of the Americans with Disabilities Act (ADA) being signed into law on July 26, 1990, which prohibits discrimination against people with disabilities.

This month is a time to celebrate the contributions of disabled people, raise awareness about disability issues, and honor the diverse identities of people with disabilities.

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## Cataract Surgery Process

*Submitted by Dr. Alan Werblin, ACOA Member*



The cataract surgery process involves several key steps, which are detailed below:

1. [Preparation](#): Before the surgery, the eye doctor will measure the size and shape of the eye to select the appropriate intraocular lens (IOL). Special eye drops may be prescribed to prevent infections, and fasting may be required before the surgery.<sup>5</sup>
2. [Surgery](#): The surgery is performed by an ophthalmologist and typically lasts about 1 hour. During the procedure, the doctor will numb the eye and make a small incision to remove the cloudy lens. The lens is then replaced with an IOL.<sup>23</sup>

3. Post-Surgery: After the surgery, the eye is protected with a shield or patch. Patients will need to rest in a recovery area outside the operating room. The surgery is usually painless, and most people report improvements in their vision.<sup>23</sup>
4. Recovery: Most people can go home the same day after the surgery, but some may need to rest for a few hours. Follow-up appointments are usually scheduled to monitor the healing process and adjust the IOL if necessary.<sup>23</sup> It's important to follow the eye doctor's post-operative instructions to ensure proper healing and to minimize the risk of complication

### For a Healthier You

#### Easy Fruit Cobbler

This cobbler can be made with peaches, apples, cherries, or berries. 🍑 🍎 🍒 🍇

*Submitted by Fern Yaffa, ACOA Member*



**Prep Time:** 15 mins

**Cook Time:** 1 hr

**Total Time:** 1 hr 15 mins

**Servings:** 8

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### ***Nutrition Facts***

**Calories:** 200

**Total Fat:** 6g

**Saturated Fat:** 4g

**Cholesterol:** 17mg

**Sodium:** 174mg

**Total Carbohydrate:** 34g

**Dietary Fiber:** 0g

**Total Sugars:** 22g

**Protein:** 2g

**Vitamin C:** 14mg

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### **Ingredients**

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- $\frac{3}{4}$  cup white sugar
- $\frac{3}{4}$  cup milk



- ¼ cup butter
- 2 cups sliced fresh peaches

**Directions**

1. Preheat oven to 325 degrees F (165 degrees C). Melt butter in a 9 x 9 inch baking dish.
2. Blend together flour, baking powder, sugar, and milk.
3. Pour batter in baking dish over the butter. Sprinkle fruit on top of the batter, do not stir. Bake for 1 hour or until golden brown.



Enhancing the health and well-being of Solano County Older Adults through nourishing meals, connection, and community engagement.



**Come for nutritious meals, friendship, *and fun!***

- Yummy lunches, completely re-imagined with *YOU* in mind!
- Engaging conversation and social opportunities
- Guest speakers—Help us choose the topics!

Free for adults 60+. Voluntary contributions are accepted, but not required. Come as often as you like!

**Meal Reservations are Required two days in advance.**

To make a meal reservation, you can:

- Go to one of the sites from 11 am–1 pm
- Call or text (707) 684-4376
- Email [info@innovativehealths.com](mailto:info@innovativehealths.com)

Visit our website for more information:  
[innovativehealths.com/congregate-meals-program](http://innovativehealths.com/congregate-meals-program)



INNOVATIVE  
HEALTH  
SOLUTIONS



## LOCATIONS & HOURS

### BENICIA SENIOR CENTER

1201 E 2nd St., Benicia  
Mon-Fri | Lunch @ 11:30 AM

### FAIRFIELD ADULT RECREATION CENTER

1200 Civic Center Dr., Fairfield  
Mon-Thur | Lunch @ 11:30 AM

### FLORENCE DOUGLAS CENTER

333 Amador, Vallejo  
Mon-Fri | Lunch @ 11:30 AM

### MCBRIDE SENIOR CENTER

91 Town Square, Vacaville  
Mon-Fri | Lunch @ 11:30 AM

### RIO VISTA SENIOR CENTER

25 Main St., Rio Vista  
Mon-Fri | Lunch @ 11:30 AM

### JOSEPH NELSON COMMUNITY CENTER

611 Village Dr., Suisun City  
Mon-Fri | Lunch @ 11:30 AM

### DIXON SENIOR MULTI-USE CENTER

201 S 5th St., Dixon  
Tues & Thur | Lunch @ 11:30 AM

LUNCH BUDDIES BISTRO SPANISH

**Get Involved**

# SUCCESS WITH DIABETES

In this FREE interactive 6-session program you will learn how to live a healthier life with diabetes!



## Join us at The Joseph Nelson Community Center!

611 Village Drive Suisun City, CA 94585

**Wednesdays and Fridays | 9-11AM**  
**Starting Sept 3<sup>rd</sup>, 2025**



Click the link to find the  
registration form:  
<https://linktr.ee/diabetestuca>

Or scan the QR code  
with your phone!

Please contact us if you have any questions:

**Phone:** 707-638-5970 or

**Email:** [tuc.mobec@touro.edu](mailto:tuc.mobec@touro.edu)

### Develop skills to take care of yourself and your Diabetes:

- ✓ Improve your quality of life and prevent complications from diabetes.
- ✓ Understand and make sense of your lab values.
- ✓ Learn about your medications and medication management.
- ✓ Learn a variety of exercises for all skill and age levels.
- ✓ Improve your eating habits.

Classes held throughout  
Solano County

Brought to you by:





# DO YOU HAVE **concerns** **about falling?**



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

**Where:** Fairfield Cordelia Library  
5050 Business Center Dr., Fairfield

**When:** Mondays and Fridays only  
July 7, 2025 – August 1, 2025

**Time:** Mon: 9:30am-11:30am/Fri: 1pm-3pm

**Advance registration is required.**

Contact Faith in Action  
(707) 469-6675

Through the support of our sponsor, there is no cost for this class. However, donations are always appreciated.

**For more information, contact Joe Braida  
Falls Prevention Trainer**

(707) 372-7011

[fptrainer@faithinactionsolano.org](mailto:fptrainer@faithinactionsolano.org)



#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

# DO YOU HAVE **concerns** **about falling?**



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

**Where:** Florence Douglas Senior Center  
333 Amador St., Vallejo

**When:** Aug 5 – Aug 28, 2025  
Tuesdays and Thursdays only

**Time:** 9:30 am – 11:30 am

**Advance registration is required.**  
Contact (707) 643-1044

Through the support of our sponsor, there is no cost for this class. However, donations are always appreciated.

**For more information, contact Joseph Braida  
Falls Prevention Trainer**

(707) 372-7011

[fptrainer@faithinactionsolano.org](mailto:fptrainer@faithinactionsolano.org)



#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Faith in Action's newly scheduled Fall Prevention class at the Cordelia branch library in Fairfield and Florence Douglas Senior Center in Vallejo is now open for registration! To register, call (707) 643-1044.



**RAINBOW SENIORS**

**LGBTQIA Seniors 60 and Over**

**YOU are invited!**

Connect with fellow Solano County LGBTQIA+ seniors in a supportive virtual environment to socialize, learn about resources, and discuss issues/topics pertaining to the community.

We meet every  
2nd and 4th Friday  
of each month via  
**zoom**  
12:00pm - 1:30pm  
unless otherwise noted



For more information or  
to register, contact  
Marlette  
(707) 207-3430  
[marlette@solanopride.org](mailto:marlette@solanopride.org)

The Rainbow Seniors group is co-facilitated by the Solano Pride Center and Faith in Action of Solano County.  
With special thanks to our sponsors:



*Rainbow Seniors* is a support group for LGBTQIA+ seniors 60 and over who reside in Solano County. The group meets the 2nd and 4th Friday of the month by Zoom. It is a joint project of Faith in Action and the Solano Pride Center.



## Volunteer With Molly's Angels



Our Molly Care Calls program offers weekly 30 minute wellness check-in calls for seniors in Solano County, scheduled at your mutual convenience. These calls often grow into meaningful friendships, providing a sense of community and reassurance that no one is alone and we are *Neighbors Helping Neighbors*.

Care Calls also help identify seniors in need of vital resources. We partner with local organizations to connect seniors to food, housing, transportation, mental health support and more.

**Your call can make a big difference.  
Volunteer today!**

*Molly's Angels: Supporting Seniors Since 1999*

**Sign Up Today:** [mollysangels.com](http://mollysangels.com), [mollysangels@mollysangels.com](mailto:mollysangels@mollysangels.com)  
or call 707-224-8971.

**molly's angels**  
*Neighbors Helping Neighbors*

 **AREA AGENCY ON AGING**  
*assistance • advocacy • answers*

 **MEALS ON WHEELS** SOLANO COUNTY

## VOLUNTEER WITH MOLLY'S SPANISH

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### ***Do you know a local centenarian? We want to honor them***

The Solano County Board of Supervisors needs the community's help in identifying centenarians living in our community for recognition at a Board of Supervisors meeting later this fall as part of the 19<sup>th</sup> annual centenarian commemoration celebration.

For the past 18 years, the Solano County Board of Supervisors has celebrated the lives of local centenarians by hosting a special recognition ceremony during a Board meeting. This annual commemoration not only honors some of the county's oldest residents but also highlights their life stories and draws attention to the unique challenges facing the senior community.

The life stories of our centenarians are documented in a hard cover yearbook as well as a video that features interviews with those that can participate. We present the video to the public at a Board of Supervisors meeting each year and a copy of the book is given to each centenarian and/or their family as a lasting tribute to their life and contributions to the community. This program, while rewarding for the Board of Supervisors, is really an important part of preserving our County's rich history. These stories become part of the permanent record, not just for future generations of the centenarians' families to hold, but for all of us.

The Board has honored more than 275 centenarians in Solano County. Two centenarians reached super-centenarian status, including Marie West in 2011 and Reta Wills in 2021. Super-centenarians are those individuals who have reached 110 years or older, which only occurs at a rate of about 1 in 7 million people.

### **CONTACTING THE COUNTY ABOUT CENTENARIANS**

If you know of a Solano County centenarian, or, someone who is currently 99 years old and will be turning 100 by year's end, please email [Centenarian@SolanoCounty.gov](mailto:Centenarian@SolanoCounty.gov) and/or call (707) 784-3004 by or **before August 1, 2025**. Please relay the following information over the phone or in an email to the Supervisor, including (1) name, (2) address, (3) phone number, (4) and best contact email address.

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*Thank you, Mitzi Castillo & Jaylene Capuchino, Solano Public Health College Interns,  
for putting this newsletter together!*

### **Napa/Solano Area Agency on Aging**

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[www.aaans.org](http://www.aaans.org)

(707) 784-8960

275 Beck Ave., Fairfield, CA 94533