SONOMA COUNTY
AGING & DISABILITY COMMISSION
Commission Meeting

Location:	Carnelian Conference Room, 3725 Westwind Blvd. Santa Rosa 95403
Date:	Wednesday, Augst 19, 2026
Time:	1:00 PM – 3:00 PM
Public Zoom Link:	https://zoom.us/j/97845062226?pwd=2LdD46H2bzPmbir6F7FFerP9E563Aj.1
Meeting Details:	Phone Number: 1 (669) – 444 – 9171 Meeting ID: 943 1192 7709 Passcode: 768493

Mission: The Aging & Disability Commission gives voice to the diverse needs of Sonoma County's older adults, people with disabilities, and their caregivers.

Agenda

1:00 **1. Welcome and Commission Member Introductions** — Helman

Commission Members, whether in person or virtually, will introduce themselves. Member introductions will include their Name, City of Residence, District (1-5), and Supervisor's Name.

Members participating virtually will need to disclose if there is anyone over the age of 18 in the room with them.

Members of the public will have the opportunity to introduce themselves during Public Comment.

1:01 **2. Approval of the 06.17.2026 Commission Meeting Minutes** — Helman

The Commission will review the meeting minutes and may approve them as presented or with modifications.

1:02 **3. Public Comment and Commission Member Open Forum**

The public may address the Commission on any items on the agenda and on matters within the Commission's jurisdiction. The Committee cannot take action on non-agenda items. Public comments will be limited to three (3) minutes per speaker.

- *In-person attendees who wish to speak may indicate their request to speak during this time. When recognized by the Chair, please state your name and begin your comments.*

- *Virtual participants who wish to speak must use the "Raise Hand" feature located within Zoom. When it is your turn to speak, the host will unmute your microphone and prompt you to speak. Please state your name and begin your comments*

1:05 **4. Commission Member Applications - Action** — Helman

The Executive Committee has nominated Shola Sulaimon (District 4) and Stephanie Rodriguez (District 4) for election to the Commission. Election requires a majority vote of the Commission members present and voting.

1:15 **5. Chair Updates** — Helman

The Chair will provide updates for the Commission to review and discuss.

- Commission Membership Status Change
- Commission Member Resignation
- New Member Orientation Update – "Orientation Passport"
- Board of Supervisors Report

1:30 **6. Director and Staff Updates:** — Dunaway & Souza-Milner

Director Update(s):

The AAA Director will provide updates on relevant matters for the Commission, including recent developments or upcoming events.

- Senate passed Older American's Act Reauthorization– Waiting on House
- C4A President Update

Staff Update(s):

The AAA Program Manager will provide updates on relevant matters for the Commission, including recent developments or upcoming events.

- Commission Volunteer Logs
- AAA Needs Assessment Survey Sign-Up

1:40 **7. Presentation on the Impacts of HR1 on AAAs** — Mills & Dunaway

Presentation by Christina Mills, Executive Director of C4A, and Paul Dunaway, Sonoma County AAA Director, about the impacts of HR1.

2:10 ****BREAK****

2:15 **8. Commission Planning Day Follow-Up** — Helman

Commission will have a discussion and provide feedback on the June Planning Day.

2:40 **9. Standing & Ad Hoc Committee Report** — Helman & Edwards

Standing and Ad Hoc Committee Members will provide updates on their activities, progress on assigned tasks, and recommendations or actions for the Commission.

- Standing Committee: No Wrong Door
  The Committee will provide an update on the progress of the work.
  Chair: Suzanne Edwards
  Vice Chair: Priyanka Varma

- *Ad Hoc Committee(s):*
  - Research Report Topic #2 - Action
    Request to adopt report and recommendations
    Lead: Diane Spain
    Due: August 6, 2026

  - BOS Meeting Topics - Action
    Develop talking points for the BOS meetings
    Lead: Robin Thompson
    Due: Request to extend deadline until January 6, 202

3:00 **10. Adjourn** Helman

Attachments:

Minutes (06.17.2026), (2) A&DC Member Applications – CONFIDENTIAL, Volunteer Log Hours, HR1 Impact on AAAs Presentation, and Nutrition Report

Supplemental materials related to an agenda item are available for public inspection during normal business hours at the Adult & Aging Office, 3725 Westwind Blvd., Suite 101, Santa Rosa. All listed times are approximate and subject to change. Agenda items are scheduled for consideration by the Commission, which may or may not choose to act. Breaks may be called at the discretion of the Chair. If you need any accommodation to effectively participate, please contact AAA@SonomaCounty-HSD.gov or (707) 565-5238 at least 48 hours prior to the meeting. To receive the AAA Newsletter: AAA@SonomaCounty-HSD.gov.

Aging & Disability Commission Members:
Chair: Jenny Helman
Vice Chair: Robin Thompson
Secretary: Deanna Shaat
Former Chair: Diane Spain
Parliamentarian: Trayce Beards
Commission: Rick Baum, Suzanne Edwards, Terry Kelley, Jaime Peñaherrera, Alain Serkissian, Priyanka Varma, Pam Law, Micheal Margetts
AAA Director: Paul Dunaway
AAA Program Manager: Cody Souza-Milner

Upcoming Events:

- African Soul Festival: August 29, 2026, from 11:00 to 5:00PM
  - 475 City Center Drive, Rohnert Park
- Executive Meeting: Tuesday, September 8, 2026, from 11:00 AM – 12:30 PM
- Commission Meeting: Wednesday, September 16, 2026, from 1:00 PM – 3:00 PM

Sonoma County
Aging & Disability Commission Meeting

Minutes

Wednesday, June 17, 2026 | 9:00 AM – 3:00 PM
Carnelian Conference Room, 3725 Westwind Blvd. Santa Rosa 95403

In-person Attendance: Deanna Shaat, Robin Thompson, Trayce Beards, Terry Kelley, Suzanne Edwards, Jenny Helman, Rick Baum, Heather Hannan-Kramer, Pam Law, Micheal Margetts, Eric Larson *(Emeritus Member), Don Streeper (Emeritus Member)*
Virtual Attendance: Diane Spain *(Pre-approved)*
Absent: Priyanka Varma, Jaime Penaherrera, Alain Serkissian
Staff Attendance: Sara Avery, Cody Souza-Milner, Joni Huntsperger

1. **Doors Open** (9:00 AM)

2. **Welcome & Commission Member Introductions** (Helman)

3. **Public Comment and Commission Member Open Forum**

4. **Chair Updates:** (Helman)
   - North County Resource Fair was a success. Had approximately 250 attendees; including Senator Mike McGuire and Paul Dunaway. Received several request to host the event again.

5. **Director and Staff Updates:** (Avery & Souza-Milner)
   Director Updates:
   - State Budget: The Governor's May Revision included proposals that would have significantly impacted Adult Protective Services, In-Home Supportive Services, the IHSS Public Authority, and the community's access to Medi-Cal. Legislature's Budget recommendation were released on Monday and the Governor's budget proposals were not adopted. The final budget will be signed by June 30th.
   - Here are the recommendations from the Legislature's budget:
     i. The Adult Protective Services expansion would remain in place.
     ii. The proposed IHSS county cost shift related to growth in assessed hours would not be implemented.
     iii. The IHSS Back-Up Provider System would remain in place.
     iv. The Governor's proposed reduction to Medi-Cal asset limits for older adults and people with disabilities to $2,000 (individual)/$3,000(couple) was not endorsed. The Legislature's recommendation maintains a higher asset-limit level for affected

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Medi-Cal populations, $21,000 (individual)/$31,000(couple), still a reduction from the current limits.

Staff Updates:

- Commissioner's will be asked to sign a new Conflict of Interest form for the upcoming year. There were no changes to the language from last year.
- Volunteer Logs are due on July 15th for January – June 2026.
- AAA Needs Assessment Update: Survey is complete and ready for dissemination. Plan committee is working on designing Focus Groups and Interviews. AAA plans to reach out to Commissioners to help support.
- Commission Computer Available: AAA now has a laptop that Commissioners could borrow to assist with any projects, research, or report writing. Contact Cody if you would like to borrow it.

6. **Officer Elections** – **Action** (Kelley)
   - Chair: Jenny Helman – Elected by acclamation
   - Vice Chair: Robin Thompson – Elected by acclamation
   - Secretary: Deanna Shaat – Elected by acclamation
   - Terms begin July 1, 2026
   - Jenny Helman appoints Trayce Beards as Parliamentarian

7. **Standing & Ad Hoc Committee Report** (Helman)
   Research Report Topic # 2 – Action
   Research and summarize issues related to nutrition programs for older adults and adults with disabilities.
   Lead: Diane Spain
   Due: Request for extension until August 6, 2026
   Motion: Extend the deadline until August 6, 2026
   1st Motion: Rick Baum | 2nd Motion: Heather Hannan-Kramer | Vote Result: Approved

   BOS Meeting Topics (New) - Action
   Lead: Robin Thompson
   Due: August 6, 2026
   Motion: Establish an Ad Hoc focused on topics for BOS meetings.
   1st Motion: Terry Kelley | 2nd Motion: Rick Baum | Vote Result: Approved

8. **Getting to Know Your Fellow Commissioners** (Spain)

9. **Work Plan Development** (Souza-Milner)
   Facilitated an exercise to develop four SMART Goals the Commission wishes to achieve over the next year.

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Lunch Break

10. **Work Plan Development** (Souza-Milner)
    Facilitated an exercise to develop areas of focus and activities to meet the four goals over the next year.

11. **Next Steps/Evaluation Form** (Helman)
    Evaluation Form completed.

12. **Aging & Disability Commission Jeopardy** (Thompson)

13. **Adjourn** (Helman)(3:00 PM)

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To submit items for the AAA Newsletter, or to receive the AAA Newsletter: AAA@SonomaCounty-HSD.gov

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Upcoming Aging & Disability Commission meetings:

- No Commission meeting in July 2026
- Executive Meeting: Tuesday, August 11, 2026, from 11:00 AM – 12:30 PM
- Commission Meeting: Wednesday, August 19, 2026, from 1:00 PM – 3:00 PM

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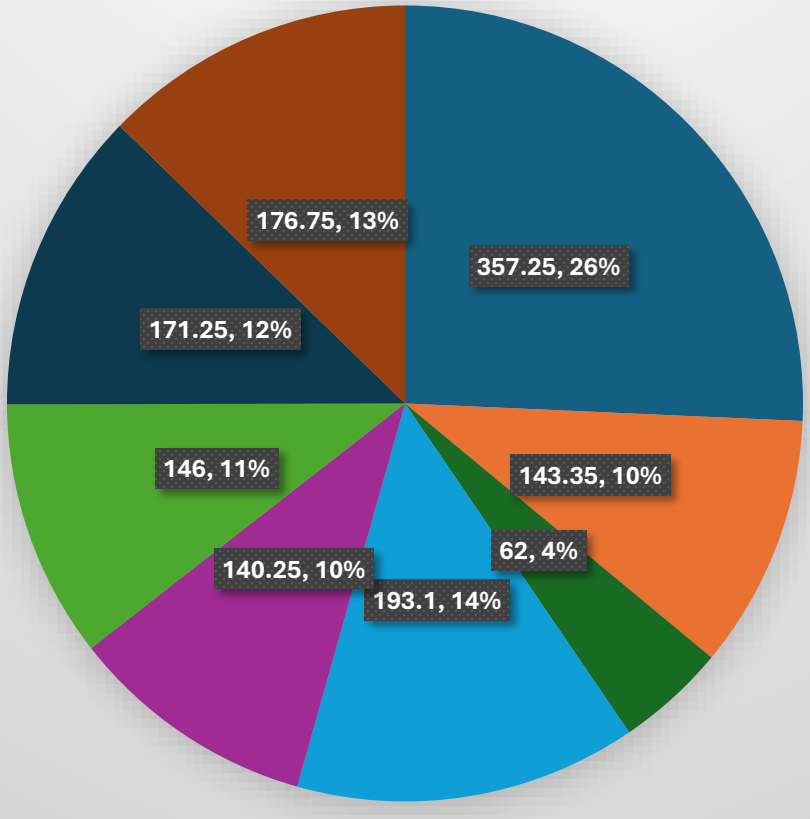
Sonoma County Aging & Disability Commission
FY 24/25 July 2025 – June 2026 Volunteer Hours

Aging and Adult Commission Meeting(s)	357.25
Executive Committee Meeting(s)	143.35
Standing Committee Meeting(s)	62
Ad Hoc Committee Meeting(s)	193.1
Planning Day Meeting	140.25
MPA Committee Meeting(s)	146
Area Plan Goals	171.25
Other Activities	176.75
Total Volunteer Hours:	1,389.95

Hours spent on Area Plan Goals:

6.10: Members reflect the diversity of the people they represent. Members will review outreach priorities twice, form two recruitment ad hoc committees, receive four planning reports, and complete two decisions on recruitment actions by the scheduled dates.	32
6.11: Members are able to describe the role of the Commission.	14.25
6.12: Members understand the range of long-term services and supports available	33.25
6.13: Members research and summarize topics affecting dignity, independence, and quality of life.	5
6.14: Members provide a public forum to hear from and talk to the people they represent.	8
6.15: Members learn about local challenges and opportunities through group conversations with community partners.	26.75
6.16: Members publicly share summary reports on Research Topics and Community Convenings.	12.75
6.17: Members provide feedback to ADRH staff and partners.	18
6.18: Members advise AAA staff throughout the development and administration of the Area Plan	1.5
6.19: Members advise the Board of Supervisors on aging, disability, and caregiver issues.	19.75

Sonoma County Aging & Disability Commission
FY 25/26 July 2025-June 2026 Volunteer Hours



TACC COMMITTEE

The Impact of HR1

on Area Agencies on Aging

What's at stake for older adults and the systems that support them

Paul Dunaway | Adult & Aging Division | Sonoma County Human Services

1

Setting the Stage

Even when aging services aren't explicitly named in HR1, the impact on older adults is significant.

Area Agencies on Aging: The Backbone

- Funded primarily through the Older Americans Act
- Serve as the backbone of community-based support
- Support older adults and people with disabilities
- Present in every county across California

2

H.R. 1 Impacts on Older Adults in California

Up to 400,000
Medi-Cal enrollees age 50–64 risk losing coverage from increased paperwork requirements

~3 million
Medicaid expansion adults at risk from new work requirements

448,000+
Immigrants age 50+ risk losing Medi-Cal

433,000
Californians 60+ face new out-of-pocket costs up to $35 per service

~1 million
Older adults could lose home and community-based services

Housing Risk
Reduced home equity limits may force unnecessary nursing home placements

Immigrants
Lawfully present immigrants lose Medicare savings and ACA tax credits

Until 2034
Minimum nursing home staffing rules delayed — weakening resident protections

74,000+
Older immigrant adults lose food assistance immediately

3

Five Ways HR1 Impacts AAAs

01 **Demand Rises Dramatically**

02 **Resources Don't Keep Pace**

03 **Complexity of Need Increases**

04 **Local Systems Bear More**

05 **AAAs as Care Coordinators**

4

The Bottom Line

HR1 doesn't just impact budgets — it reshapes the entire ecosystem of aging services.

If we don't invest in AAAs:

- Longer wait times for services
- Increased strain on hospitals and emergency systems
- Worse outcomes for older adults and people with disabilities

If we get it right:

- AAAs are among the most effective community-based solutions available
- People age safely, with dignity
- Lower long-term cost to the overall system

5

What TACC Can Do

ADVOCATE	COORDINATE	COMMUNICATE
Push for Dedicated Funding	**Strengthen No Wrong Door**	**Tell the Story**
Engage state and federal partners to ensure aging services funding keeps pace with growing demand — not just holds flat.	Invest in AAAs as the connective tissue of the system — the place where people are seen, heard, and directed to the right support.	Make the connection visible: when federal safety nets shrink, AAAs absorb the impact. Decision-makers need to see this clearly.

6

FOOD INSECURITY AND NUTRITION PROGRAMS
in Sonoma County – Overview

Numerous studies have examined food insecurity and the state of nutrition in the United States as a whole and in Sonoma County in particular. We do not intend to reproduce that analysis here. One excellent resource for those interested in the details can be found in the 2024 Sonoma County Food Distribution System Assessment, located here:

- https://sonomacounty.gov/study-assesses-gaps-opportunities-for-programs-that-address-food-insecurity-in-sonoma-county .

"While Sonoma County is fortunate to have a wide range of options to feed people in need, this report shows that more work is needed so people don't go hungry. Addressing the root causes of food insecurity will ensure that all residents, especially the most vulnerable, have access to nutritious and culturally appropriate food." – Lynda Hopkins, District Five Supervisor.

Overall, Sonoma County reflects national trends, where ~13% of the population faces food insecurity.

- Most vulnerable are the unhoused, low-income individuals, and families with children, especially those headed by single parents.
- Compared to the population as a whole, Sonoma County seniors are not over-represented among those facing food insecurity (9.1% of households headed by someone 65+, 11.4% among those 65+ living alone).However, our target populations present unique conditions that can make food insecurity worse, including difficulties in transportation and mobility, isolation, special nutritional and medical needs, and ability to access and navigate the food distribution system.

"The report found that food insecurity has increased in Sonoma County since the COVID-19 pandemic, driven by inflation, rising food prices, high housing costs, and the end of temporary assistance programs funded by the federal government during the pandemic."

Our focus is on gaining a deeper understanding of how this system works for the communities we aim to represent: seniors, people with disabilities, and caregivers.

Food distribution in Sonoma County comes from a complex, distributed system. For those facing food insecurity, there are three major components to consider:

Home Delivered Meals, aka: Meals on Wheels. These programs are a significant resource for seniors and the disabled, as they meet the individual where they live. For those who cannot venture safely outside their own homes this can literally be a life saver. There are relatively few of these programs in Sonoma County, but they do service a wide area.

Congregate Dining. Participants eat meals (usually lunch) with others in a structured and supportive environment. Meals are typically free or heavily subsidized. Locations include senior centers, senior living facilities, churches, shelters, and community centers. Meals are prepared onsite or at a central location with timely delivery. Advantages include social involvement (mitigating the isolation many seniors feel), the ability to connect with other needed services, and formal efforts to provide nutritionally sound and healthy meals.

Downsides include lack of accessibility for those who are not able to travel outside their homes; population served for congregate dining is different from home delivery. State funding priorities are shifting significantly toward congregate meals and away from delivery.

- **Food Pantries and Distribution Sites**. Participants can pick up food at a pre-determined location. This can range from carefully prepared frozen meals to bags or boxes of groceries. There

is good geographical coverage for these programs since they often don't require large scale or specialized equipment. A few tables in a public parking lot open for an hour or two a week on a regular schedule can be a very important supplement to a family or individual. Advantages include simple procedures and larger scale. Disadvantages include the necessity for physical access to distribution sites and the need for an ability to prepare meals at home.

Where does the food come from?

Sonoma County is fortunate in having both a large agricultural base and a network of farms, supermarkets, and restaurants that are tuned in to what can be done with donated surplus food. Donors, both individual and corporate, also provide the money (and their time) to make large-scale purchases of food. Organizations in the food distribution chain will typically get their food and fund their operations from a variety of sources. Volunteers do a considerable portion of the hands-on work needed to gather, prepare, distribute, and deliver food to the ultimate recipients.

What is the County's role?

Government funding is a critical piece of the overall picture but does not dominate the system. Services are funded across all distribution methods. Contracted services are included in the provisions of the Area Agency on Aging Area Plan. The programs shown below delivered a total of 391,624 meals to 13,864 individuals during the 2024-2025 Fiscal Year.

- Goal 5.1: "Contracted Service Providers will provide Home-Delivered Meals countywide reaching 2,500 older adults and adults with disabilities…."
  - o Fiscal Year 24-25 – 1,228 adults received 198,635 Home-Delivered Meals.
  - o Fiscal Year 25-26 – target is 2,050 adults (six-month results 825 adults/87,771 meals).
- Goal 5.2 – "Contracted Service Providers will provide Congregate Meals at locations countywide reaching 830 older adults and adults with disabilities…."
  - o Fiscal Year 24-25 – 788 adults received 17,773 Congregate Meals.
  - o Fiscal Year 25-26 – target is 830 adults (six-month results 351 adults/8,309 meals).
- Goal 5.3 – "Contracted Service Provider will provide Brown Bag program at distribution sites countywide reaching 10,400 older adults and adults with disabilities…."
  - o Fiscal Year 24-25 – 11,249 adults received 147,669 meals through the Brown Bag program.
  - o Fiscal Year 25-26 – target is 10,400 adults (six-month results 8,749 adults).
- Goal 5.4 – "Contracted Service Provider will provide To-Go Meals at distribution sites countywide reaching 135 older adults and adults with disabilities…."
  - o Fiscal Year 24-25 – 599 adults received 27,547 meals through the Brown Bag program.
  - o Fiscal Year 25-26 – target is 135 adults (six-month results 321 adults/17,098 meals).

NUTRITION PROGRAMS SONOMA COUNTY
ADC Ad Hoc Committee Report

To understand available food services in Sonoma County, we contacted major Nutrition Providers for their perspectives on operations, challenges, and successes. All information comes from the providers, (not the committee's conclusions or recommendations). We have summarized their comments below.

AAA Contracted Nutrition Providers - Please note that AAA funding for Council on Aging + Petaluma Peoples Services Center, only covers a portion (approximately 30%) of their total Nutrition Budget.

COUNCIL ON AGING – DENISE JOHNSON - Home-delivered, Congregate, To-Go Program

- There is a waitlist for the To-Go Meal program only, which has become our most highly utilized and popular nutrition service. With growing demand, funding may need to be reevaluated by shifting additional resources from Congregate Dining to the To-Go Meal program.
- Providers do not have the financial capacity or clinical expertise to provide individualized nutritional guidance. All our nutrition programs complete a Nutritional Assessment during intake. If a client scores marginally, follow-up is referred to the COA Registered Dietician.
- Providers are required to provide quarterly education and training for staff in AAA Nutrition Programs. Development of the content is a provider responsibility, with AAA providing final approval. It would help if AAA could assist in developing standardized training materials, guidance, or templates.
- Why is there such a strong focus on increasing Congregate Dining participation when the To-Go Meals are already demonstrating significant success and demand within the community.
- We need to advocate at the state level through CDA for greater flexibility in nutrition requirements to better align meals with preferences and cultural needs. Providers should have more ability to serve foods seniors are interested in eating while still maintaining overall nutritional balance.
- It would be helpful if AAA could review nutrition program models in other counties to better understand what strategies are leading to higher participation and program success.

PETALUMA PEOPLES SERICES CENTER – CAROLYN BUCK - Home-delivered, Congregate

- PPSC operates a robust Home-delivered program and offers a freshly made congregate hot lunch. We have a reputation for quality, nutrition, dependability, and service with many devoted volunteers.
- Rising cost of food, packaging, equipment, and equipment replacement is a huge challenge.
- There is a growing demand for services as the population ages. Many clients need additional time spent with them resulting in case management or community referrals.
- Increased county compliance and reporting requirements create a significant strain on staff time and administrative capacity. We spend more hours completing documentation, entering data, correcting errors, and maintaining required records for reimbursement and monitoring. This reduces time available for direct client services and program operations. Perhaps AAA could work with the CDA to improve our reporting requirements to alleviate some of the strain on nutrition staff and providers.
- There are also the challenges of budget cuts, insufficient funding, volunteer shortages, and the growing senior population.

NOTE: *Nutrition program reporting requirements for AAA contracts include: unduplicated clients, meals served, cost per meal, delivery timeliness, % high nutritional risk, % low income, waitlists, ability to prepare meals independently, referrals to case management/supportive services, improved food security, compliance to dietary reference, food safety, staff/volunteer training, and client satisfaction and quarterly assessments*

REDWOOD EMPIRE FOOD BANK – JESSICA HERNANDEZ - Brown Bag, Food Pantries

- REFB covers five counties (Sonoma, Mendocino, Lake, Humboldt, and Del Norte) with Sonoma constituting about 74% of their efforts. They have 7,400 volunteers and 80 hired staff.
- In 2025, 75.6 million worth of food was distributed. The overall demand has increased steadily over recent years, but REFB has managed to match that growth. They maintain a current listing of partner organizations (community groups, senior centers, churches). Many offer food pantry locations (permanent or using other facilities) and meal programs.
- Redwood Empire Food Bank is recognized across the entire area. They work with Aging and Disability Resource Hub and 211.org to get the word out at a high level.
- They've yet to see a major impact on demand due to changes in the CalFresh/SNAP requirements. Not all the provisions have fully kicked in yet (e.g. work requirements), and there are typically some seasonal variations in demand that can make it more difficult to assess short-term trends.

FOOD FOR THOUGHT – HELEN MYERS - Home Delivered, Pick-up Meals, Food Pantry

- Food For Thought, founded in 1988, provides nutritious, medically tailored meals for people suffering from AIDS. It began as a grassroots effort to offer "food as medicine" when treatments were limited. They have grown to provide a broad range of nutrition services for many people across the County.
- Through large-scale meal service, delivery and pick-up options, the organization provides a broad range of nutrition services serving communities across Sonoma County. In 2025, they served over 300,000 meals to 2,000 people - 50% to residents 60+ - about half of the people are in Santa Rosa.
- Understanding that nutrition is not one-size-fits-all, they offer customized meal options for individuals who require specific diets due to chronic conditions or medical necessity.
- To better serve the diverse needs of the Hispanic population, the program features a multilingual Registered Dietitian fluent in both English and Spanish, ensuring that language is never a barrier to receiving expert nutritional guidance.

CERES COMMUNITY PROJECT – DEBORAH MORELLI - Home Delivered

- Ceres has moved into a newly constructed facility as of February 2026. This represents a significant upgrade in infrastructure and production capabilities.
- Ceres currently serves all of Marin and Sonoma counties. Through their Medi-Cal Partnership Program, they have extended their reach to serve residents in Napa and Solano counties.
- The program specializes in organic, nutrient-dense, medically tailored meals designed to support patients with serious health challenges. The focus of their clinical intervention includes treating patients with chronic kidney disease (CKD), diabetes, high blood pressure among other diagnoses.
- Meals are delivered by volunteers through a relay system that serves Sebastopol, Santa Rosa, and San Rafael, helping get fresh meals to people efficiently. More than 700 adult volunteers keep the program running, with seniors making up the largest group of volunteers. Ceres partners with Becoming Independent to employ individuals who help coordinate and support volunteer operations.
- Ceres helped launch the Cal CBO Medical Coalition, bringing community organizations and healthcare partners together to make nutrition support more accessible for people living with chronic health conditions.

We were unable to reach the following Providers. The information we gathered is from their websites

ST. VINCENT de PAUL – (707) 584-1579 - https://www.svdp-sonoma.org/

- Throughout the County, numerous religious organizations operate food pantries and/or hot meals as a key part of their mission (e.g., Catholic Church through St. Vincent de Paul Society, Seventh Day Adventists, Salvation Army, and Church of Jesus Christ of Latter-Day Saints).
- For instance, St. Vincent de Paul offers free hot meals at their dining site on Wilson Street in Santa Rosa. They provide hot meals and critical hunger relief to low-income and unsheltered individuals.

HOME DELIVERED MEALS of SONOMA – (707) 935-9141 - **https://www.mowofsonoma.org/**

- Our Mission is to feed Sonoma Valley seniors and homebound residents in body and spirit by helping them retain self-sufficiency and independence with meals delivered each weekday to their home.
- Since 1974, Home Delivered Meals of Sonoma supports seniors and homebound residents, while cultivating community relationships with local businesses and nonprofits who help feed Sonoma Valley's food insecure. Each weekday volunteers cook 2 meals (a bagged lunch and a hot meal), and volunteer drivers deliver the meals to clients' homes (between 23,400 - 31,200 meals a year.)

ADC Nutrition Ad Hoc Committee
CLOSING SUMMARY AND RECOMMENDATIONS
August 12, 2026

The research performed by the ADC Nutrition Programs ad hoc Committee was enlightening. We learned a great deal from interviews with local service providers that provide a variety of programs: congregate dining, home delivered meals, pickup (to go) lunches, food banks, church sponsored programs.

Federal Funds are the major level of funding for Nutrition Programs → State → Local.
In Sonoma County, AAA funded programs are regulated by the California Department of Aging (CDA) and administered by the Sonoma County Area Agency on Aging. It should be noted that the amount of AAA funding is only a portion of the actual budget (usually about 30%.) Providers are responsible for the rest of the cost often raised through fundraising and grants.

Committee recommendations:

- Support the intention of AAA staff to resume quarterly group meetings with nutrition program providers to facilitate information sharing and technical assistance.
- Ask AAA staff to report on areas of the county where residents cannot get home-delivered meals, and what steps are being taken to establish delivery in those areas.
- Discuss with AAA staff how the Commission might advocate to the California Department of Aging (CDA) to allow AAAs to allocate nutrition funding according to local needs. CDA prioritizes funding for Congregate meals, but locally we have more demand for To Go meals. Can the Commission help advocate more local flexibility? (This might be a discussion item for TACC.)

NUTRITION PROGRAMS AD HOC COMMITTEE MEMBERS

Deanna Schaat
Robin Thompson
Trayce Beards
Diane Spain (chair)