

Minutes

Regional Council on Aging - Victor Valley

September 8, 2025

This meeting is being recorded and will be conducted pursuant to the provisions in the governor's executive order N-25-20 dated March 17, 2020, which suspends certain requirements of the Ralph M. Brown Act.

A. Call to order by Chair Sam Craddock at 9:39 a.m.

B. Introductions by Chair Sam Craddock:

BOARD MEMBERS

P Chair, Sam Craddock	P Vice-Chair, Teresa Brenner
P Treasurer, Dharini Dobbins	P Sergeant-at-Arms, Mayra Williams
A Secretary, Shannon Jones	

REPRESENTATIVE REPORTS

P 1st District Supervisor: Representative, **Christopher Porter (Supervisor)**
-- DAAS: Senior Information & Assistance Rep, **Karen Costeines**
-- APS: Supervising Social Services Practitioner, **Alisha**

BUSINESS REPRESENTATIVES

P Victor Valley Community Service Council (VVCSC): **Maxine DiDonato**
P A Greater Hope: **Ilyana Ortiz**
P Inland Caregivers (ICRC): **Jaritza Mendoza**
-- VNA Care: **Lisa Gonzalez**

Guest Speaker

P **Desert Valley Medical Group**

GUESTS

-- Jamila Tahir - HICAP	-- Shirley King - WOW	-- Salcedo – WOW
P Luvenia Kimble	-- Deborah Rouse - AgeWise	P Alejandra Espinosa
P Senior Citizen	P Leilani	--
P AJ Larkins	P Sharon Cobb – Community Liaison	P Susie Haynes – Desert Valley Medical Group
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C. Minutes Review:

1. Posted on the websites. No changes to be made.

D. Reports:

1. Chair Report- **Sam Craddock**

- a. Sam signed a contract for a national TV talk show "Aging Untold" to air daily starting in the spring on 47 stations and next fall on 160 stations across the country. The show will be supporting aging and caregiving.
- b. She is not sure how much that will interfere with her duties as Chair as she will be in Atlanta. She can finish things out for the rest of this year, and elections will be held in December.
- c. Teaching at Solstice on the second Thursday night between 6:15 and 6:30.

2. Vice-Chair Report- Teresa Brenner

- a. Teresa will be absent next month.

3. Treasurer's Report- **Dharini Dobbins**

- a. The treasurer's report was submitted, showing a balance of \$1325. No debits, transactions or credits were recorded.

E. Guest Speaker – Dr. G & Dr. Cha (Desert Valley Medical Group)

- a. Dr. Cha and Dr. G from Desert Valley Medical Group presented on healthy aging, preventative care (screening), vaccinations, and nutrition.
- b. Drs. Cha and G discussed key screening measures including mammograms, pap smears, cholesterol level checks, blood pressure monitoring, BMI, DEXA scans for osteoporosis, and CT scans for lung cancer.
- c. Dr. G emphasized the importance of vaccinations, including COVID-19 boosters, flu shots, pneumococcal, Tdap, and shingles vaccines.
- d. **Record Transfers:** When changing doctors or states, it's important to share your records from your previous state or doctor.
- e. **Hydration:** Drink plenty of water before getting shots or blood tests.
- f. **Covid is mutating:** And boosters may be necessary.
- g. **Amyloid plaques cannot:** be reduced with lifestyle modification.
- h. **Importance of Protein:** What our bodies need the most is protein. Protein can help with vegetable sources. It can come from eggs, it can come from meat, it can come from fish, seafood. Avocados, bananas and apples all have fiber.

- i. **Good vs Bad fats:** Avoid palm oil, and highly processed or simple carbohydrates. Whole grain is preferable over bread.
- j. **Women can have different signs:** that they're having a heart attack than men.

F. Announcements:

- 4. 1st District Supervisor: Representative, **Christopher Porter (Supervisor)**
 - a. There is one opening on the Senior Affairs Commission. (In Person)
 - Aj Larking wants to talk to Chris regarding the Senior Affairs Commission position.
 - Check if gas funds can be used to subsidize driving to San Bernardino for the Senior Affairs Commission position.
 - b. Contract approved for agencies providing nutrition services for seniors extending through 2026 with increased funding. Need to fill the Senior Affairs Commission.
- 5. Victor Valley Community Service Council (VVCSC): **Maxine DiDonato**
 - a. There is a Duck Race in September. Get tickets online or through Dharini. Duck Races will be virtual this year so everyone can watch it. (Biggest fundraiser of the year.)
 - b. Introduced Chair Yoga and Chair Zomba. They do it twice a month - Every other Tuesday at 10:30am. Service lunch afterward at no charge. Make Reservations.
 - c. Looking to have meals delivered and looking into grocery assistance.
 - d. Bingo for prizes on Thursday.
- 6. Inland Caregivers (ICRC): **Jaritzza Mendoza**
 - a. November is National Family and Caregiver appreciation month.
 - b. Three celebrating Caregiver conference: one Virtual, one in English and one in Spanish, the two in person are going to be in Riverside at the 1st United Methodist Church.
 - c. This year is ICRC's 40th Year – Doing a 40 Year Anniversary Ribbon Cutting Ceremony.
 - d. Doing our first Dinner Gala – Silent Action, Live Band and Fundraising. This is a Ticket event. Help our efforts with Caregiving.

G. Open Discussion:

- a. Senior Information Assistance Program:
 - Farmers markets still running until end of September, call for verification.
 - Verify Farmers Market attendance via 800 number and inform seniors.
- b. Senior Affairs Commission Position: Needs to be filled ASAP.
- c. Elections: Scheduled for December.

H. Adjournment:

The meeting was adjourned at 10:45a.m. by **Sam Cradduck**.

The next RCA meeting will be on Zoom on Tuesday October 14, 2025 at 9:30 a.m.