



Regular Meeting Agenda

Monday, August 3, 2026

10:00 AM

City Hall Complex, 915 I Street, Sacramento, CA 95814

Ethel MacLeod Hart Trust Fund Advisory Committee

Eliza Yam, Chair
Xavier Martinez, Vice Chair

Pamala Hunter
Joel Leong
Pat Orner

Open Session

Roll Call

Land Acknowledgement

Pledge of Allegiance

Consent Calendar

All items listed under the Consent Calendar are considered and acted upon by one Motion.

1. Approval of the Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes

File ID: 2026-00035

Location: Citywide

Recommendation: Pass a **Motion** approving Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes dated May 4, 2026.

Contact: Jacob Bredberg, Administrative Analyst, (916) 808-6846, jbredberg@cityofsacramento.org; Mindy Cuppy, City Clerk, (916) 808-5441, mcuppy@cityofsacramento.org; Office of the City Clerk

Attachments: [2026-00035 STAFF REPORT](#)

Discussion Calendar

2. Ethel MacLeod Trust Fund Cycle 6 Year End Review and Cycle 7 Project Update August 2026

File ID: 2026-01409

Location: Citywide

Recommendation: Receive and file.

Contact: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

Attachments: [2026-01409 STAFF REPORT](#)

3. Older Adults Services Program Update

File ID: 2026-01420

Location: Citywide

Recommendation: Receive and file.

Contact: Katie Houser, Recreation Manager, (916) 808-6046,
khouser@cityofsacramento.org; Javier Rivas, Recreation General Supervisor, (916)
808-1573, jrivas@cityofsacramento.org; Department of Youth, Parks, & Community
Enrichment

Attachments: [2026-01420 STAFF REPORT](#)

Commissioner Comments-Ideas and Questions

Public Comments-Matters Not on the Agenda

Adjournment

Where to Find the Agenda and Staff Reports: The agenda provides a general description and staff recommendation; however, legislative bodies may take action other than what is recommended.

Watch the Meeting Online: <https://www.youtube.com/user/TheCityofSacramento>

Watch the Meeting on Metro Cable 14.

Archives of past meetings are available at: <https://meetings.cityofsacramento.org>.

Submit Written Comments Online: Written comments received are filed in the record, and will not be read aloud. Members of the public are encouraged to submit public comments electronically through the City's Upcoming Meetings website at <https://publiccomment.cityofsacramento.gov>.

Public Comment Speaker Time Limits: In the interest of facilitating the legislative body's conduct of the business of the City, members of the public (speakers) who wish to address the legislative body during the meeting will have two minutes per item with the maximum of four items. All items on the Consent Calendar are considered one item. Speakers may only speak on four items per meeting.

Notice to Lobbyists: When addressing the legislative body, you must identify yourself as a lobbyist and announce the client/business/organization you are representing.

In compliance with the Americans with Disabilities Act, if you need special assistance, a disability-related modification or accommodation, agenda materials in an alternative format, or auxiliary aids to participate in this meeting, please contact the Office of the City Clerk at 916-808-7200 as soon as possible. Providing at least 5 business days will help ensure that reasonable arrangements can be made.

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City of Sacramento
Ethel MacLeod Hart Trust Fund Advisory Committee
Report
915 I Street Sacramento, CA 95814
www.cityofsacramento.org

File ID: 2026-00035

8/3/2026

Approval of the Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes

File ID: 2026-00035

Location: Citywide

Recommendation: Pass a **Motion** approving Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes dated May 4, 2026.

Contact: Jacob Bredberg, Administrative Analyst, (916) 808-6846, jbredberg@cityofsacramento.org; Mindy Cuppy, City Clerk, (916) 808-5441, mcuppy@cityofsacramento.org; Office of the City Clerk

Presenter: None

Attachments:

1-Description/Analysis

2-May 4, 2026, Ethel MacLeod Hart Trust Fund Advisory Committee DRAFT Meeting Minutes

Description/Analysis

Issue Detail: It is best practice for the Ethel MacLeod Hart Trust Fund Advisory Committee to approve the minutes for each meeting.

Policy Considerations: The City Clerk keeps a permanent record of the Ethel MacLeod Hart Trust Fund Advisory Committee proceedings, showing all action considered and taken and the vote of each member on matters before the Commission.

Economic Impacts: None.

Environmental Considerations: None.

Sustainability: None.

Commission/Committee Action: None.

Rationale for Recommendation: After each Ethel Macleod Hart Trust Fund Advisory Committee meeting, the City Clerk composes the DRAFT Minutes noting the action taken by the Commission.

The attached DRAFT Minutes are presented to the Commission for its approval as a permanent record of the meeting actions.

Financial Considerations: None.

Local Business Enterprise (LBE): None.



DRAFT Minutes

Monday, May 4, 2026

10:00 AM

Regular Meeting

City Hall Complex, 915 I Street, Sacramento, CA 95814

Ethel MacLeod Hart Trust Fund Advisory Committee

Eliza Yam, Chair
Xavier Martinez, Vice Chair

Pamala Hunter
Joel Leong
Pat Orner

Open Session

Regular meeting called to order by Chair Yam at 10:01 a.m. on Monday, May 4, 2026, at the Sacramento City Hall Chamber.

Members Present: Pamala Hunter, Joel Leong, Xavier Martinez, Pat Orner, and Chair Eliza Yam.

Land Acknowledgment – Led by Chair Yam.

Pledge of Allegiance – Led by Chair Yam.

Consent Calendar

Action: Moved/Seconded: Member Orner / Member Hunter.

Yes: Members Pamala Hunter, Joel Leong, Xavier Martinez, Pat Orner, and Chair Eliza Yam.

A motion **passed** to adopt the Consent Calendar in one motion except as indicated at each item.

1. Approval of the Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes

File ID: 2026-00034

Location: Citywide

Action: Passed a **Motion** approving Ethel MacLeod Hart Trust Fund Advisory Committee Meeting Minutes dated February 2, 2026.

Contact: Heather Brantley, Senior Deputy City Clerk, (916) 808-1486, hrbrantley@cityofsacramento.org; Mindy Cuppy, City Clerk, (916) 808-5441, mcuppy@cityofsacramento.org; Office of the City Clerk

Discussion Calendar

2. Ethel MacLeod Trust Fund Financial Report

File ID: 2026-00915

Location: Citywide

Action: Received and filed.

Contact: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

3. Ethel MacLeod Trust Cycle 6 Funding Review and Recommendations May 2026

File ID: 2026-00913

Location: Citywide

Action: Moved/Seconded: Member Leong / Member Martinez.

Yes: Members Pamala Hunter, Joel Leong, Xavier Martinez, Pat Orner, and
Chair Eliza Yam.

Passed a **Motion** accepting the Funding Recommendations as outlined in
the report.

Contact: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

4. Ethel MacLeod Trust Fund Advisory Committee Cycle 7 2026-2031 Funding Recommendations

File ID: 2026-00914

Location: Citywide

Action: Moved/Seconded: Member Hunter / Member Orner.

Yes: Members Pamala Hunter, Joel Leong, Xavier Martinez, Pat Orner, and
Chair Eliza Yam.

Reviewed and passed a **Motion** accepting the funding recommendations.

Contact: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

Member Comments-Ideas and Questions

Members of the committee provided comments.

Public Comments-Matters Not on the Agenda

None.

Adjourned – 10:27 a.m.

Where to Find the Agenda and Staff Reports: The agenda provides a general description and staff recommendation; however, legislative bodies may take action other than what is recommended. Full staff reports are available at <https://meetings.cityofsacramento.org>.

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City of Sacramento
Ethel MacLeod Hart Trust Fund Advisory Committee
Report
915 I Street Sacramento, CA 95814
www.cityofsacramento.org

File ID: 2026-01409

8/3/2026

Ethel MacLeod Trust Fund Cycle 6 Year End Review and Cycle 7 Project Update August 2026

File ID: 2026-01409

Location: Citywide

Recommendation: Receive and file.

Contact: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

Presenter: Javier Rivas, Recreation General Supervisor, (916) 808-1573,
jrivas@cityofsacramento.org, Youth, Parks, and Community Enrichment Department

Attachments:

1-Description/Analysis

2-Presentation - Cycle 6 & 7 Funding Summary August 2026

Description/Analysis

Issue Detail: Report Cycle 6 year end summary and Cycle 7 project updates.

Policy Considerations: Not applicable.

Economic Impacts: Not applicable.

Environmental Considerations: California Environmental Quality Act (CEQA): This action is not a project that is subject to CEQA because it is an organizational or administrative activity that will not result in direct or indirect physical changes in the environment. (CEQA Guidelines §15378(b)(5).)

Sustainability: Not applicable.

Commission/Committee Action: Not applicable.

Rationale for Recommendation: Not applicable.

Financial Considerations: Not applicable.

Local Business Enterprise (LBE): Not applicable.



Ethel MacLeod Hart Trust Fund
Funding Cycle 6 (2021-2026) Year End Summary
Project Summary & Updates
August 2026

Funding Categories

Category 1: Program Outreach and Access for Low-Income Seniors

Category 2: Facility Supports and Upgrades

Category 3: Support for Community Living

Category 4: Health and Wellbeing

Category 5: Creative Aging

Project	Funding Category	Approved Allocation	Total Spent	Description/Impact	Progress
Triple-R Sliding Scale Scholarship	1	\$210,000	\$196,923	The City of Sacramento operates three state-licensed fee-for-service adult day programs for people with dementia. Families unable to pay the full rate for participation in the Triple-R Adult Day Program receive a reduction in their bill to provide respite and care. Daily cost at Triple-R is \$66 for a half day and \$89 for a full day for city residents. For more information about Triple-R, please visit the website TripleR.org	Triple-R scholarships provided days of respite to caregivers through a sliding-scale scholarship to families in need. \$57,280 in scholarships have been awarded in FY26. Triple R participation units (attendance) amount to 6,833.
Triple-R Marketing Outreach	1	\$7,243	\$7,242.38	Although the city has provided adult day services since 1992, many people are still often unaware of the program and its benefits. Funding was used to purchase	Completed

				advertising in Music Circus playbills for 2022 and 2023. Ads were also placed in local newspapers.	
Hart Fun Pass	1	\$100,000	\$100,000	Hart Fun Passes cover the fees for low-income residents ages 50+ wanting to participate in citywide YPCE recreation, leisure enrichment and fitness programs. Through an application process, eligible residents receive a \$100 credit for use during a calendar year to offset the cost of participating in their chosen leisure activities. Information and the application for the Hart Fun Pass Program can be found on the city website.	1,105 passes have been used in full to date.
Meals on Wheels distribution at community centers	1	\$212,392	\$183,218.19	The City of Sacramento hosts three Meals on Wheels congregate program sites at the Hart Senior Center, Pannell Community Center and Hagginwood Community Center. ACC Meals on Wheels provide the meals for free and the city stores, heats, distributes and hosts the congregate program.	A total of 21,463 meals have been served in FY26 at the three city locations.
Meals on Wheels Expansion	1	\$62,000	\$0	Expand the Meals on Wheels Congregate Program called All Seasons Café to four additional city community centers. This program provides seniors with a hot and nutritious meal at lunchtime.	Unspent funding will be moved to Cycle 7
Most Important Meal of the Day	3	\$24,000	\$23,250	Provides low-income seniors with a monthly food staples for breakfast. This is a partnership with the River City Food Bank. Food boxes are distributed each month at the Stanford Settlement.	This project provides a box of food supplies monthly to 40 low-income older adults.
Bridging the Grey Digital Divide	3	\$30,150	\$30,150	Free computer classes as well as technical support for mobile devices are currently being offered at the Hart Senior Center.	Completed
Hart Senior Center Parking Permit Pilot Program	3	\$6,000	\$3,522.50	Free parking is a premium around the Hart Senior Center at 27 th and J streets. Almost all street parking is a maximum of two hours. Monthly parking passes can be purchased by the city to allow for all day parking. Senior center participants who are frail but desire to stay at the senior center for a full day benefit from having a parking permit.	This project currently serves 47 permit holders, at a \$5 monthly cost.

Neighborhood Walk Promotion	4	\$0	\$0	The City of Sacramento hosts outside walks at or near community centers to encourage older adults to get some exercise, get some fresh air and get to know their neighbors.	In FY23, this was charged to our operating budget.
Exercise Equipment for Senior Center	4	\$952	\$951.69	The Hart Senior Center had a lot of very old basic exercise equipment that needed to be replaced.	Completed
Caregiver Grief Support Group	4	\$6,300	\$6,300	Weekly support group designed to support former caregivers in reconnecting with their own lives after the person they provided long-term care for passes away.	Completed This 6-month support group was offered in the Spring of 2025 and supported 18 people with intensive grief support.
Sensory Room	5	\$5,692	\$5,691.69	A sensory room was created at the Hart Senior Center to provide the correct level of sensory stimulation to enhance the feeling of comfort and well-being for people with dementia.	Completed The sensory room is located at the Hart Senior Center and there is currently a special offering for caregiver support using the sensory room
Belle Cooledge Community Center Lobby Furniture	2	\$33,671	\$33,670.03	Purchase of comfortable, functional equipment (program chairs, tables and lobby chairs) for Belle Cooledge Community Centers to accommodate the vast increase in older adult participation at the center. In total, 44 program chairs with arms to support balance for older adults, 3 lounge chairs, with easy in/out access, 5 tables and 4 carts to stack the chairs when not in use will be purchased.	Completed Chairs and lobby furniture were purchased to provide more comfortable and functional solutions to sustain program growth. Installation took place on February 20, 2026.



**Ethel MacLeod Hart Trust Fund Advisory Committee
Cycle 7 Funding Recommendations (2026 – 2031)
August 2026**

Funding Categories

Category 1: Program Outreach and Access for Low-Income Seniors

Category 2: Facility Supports and Upgrades

Category 3: Support for Community Living

Category 4: Health and Wellbeing

Category 5: Creative Aging

Category	Approved Amounts	Project Allocation
Program Outreach and Access for Low-Income Seniors	\$750,000	• Hart Fun Pass - \$375,000 • Triple-R Sliding Scale Scholarship - \$375,000
Facility Supports and Upgrades	\$35,000	Projects TBD
Support for Community Living	\$750,000	• Meals on Wheels support - \$600,000 • Most important meal of the day - \$120,000 • Hart Senior Center Parking Pass Program - \$30,000
Health & Wellbeing	\$70,000	Projects TBD
Creative Aging	\$20,000	Projects TBD
Total	\$1,625,000	

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File ID: 2026-01420

8/3/2026

Older Adults Services Program Update

File ID: 2026-01420

Location: Citywide

Recommendation: Receive and file.

Contact: Katie Houser, Recreation Manager, (916) 808-6046, khouser@cityofsacramento.org; Javier Rivas, Recreation General Supervisor, (916) 808-1573, jrivas@cityofsacramento.org; Department of Youth, Parks, & Community Enrichment

Presenter: Katie Houser, Recreation Manager, (916) 808-6046, Khouser@cityofsacramento.org; Javier Rivas, Recreation General Supervisor, (916) 808-1573, jrivas@cityofsacramento.org; Department of Youth, Parks, & Community Enrichment

Attachments:

- 1-Description/Analysis
- 2-Presentation - Older Adult Services Program Updates

Description/Analysis

Older Adult Services

The Youth, Parks, and Community Enrichment Department oversees one senior center and three licensed adult day programs citywide.

Below is the list of locations:

North Sacramento

Club Refresh- Triple-R Adult Day Program

- located at Woodlake Elementary School
- licensed adult day for people with early-stage memory loss

Midtown Sacramento

Ethel MacLeod Hart Senior Center

- Also houses a Triple-R Adult Day Program

South Sacramento**Triple-R Adult Day Program**

- located at South Hills Shopping Center
- one block from Belle Cooledge Community Center

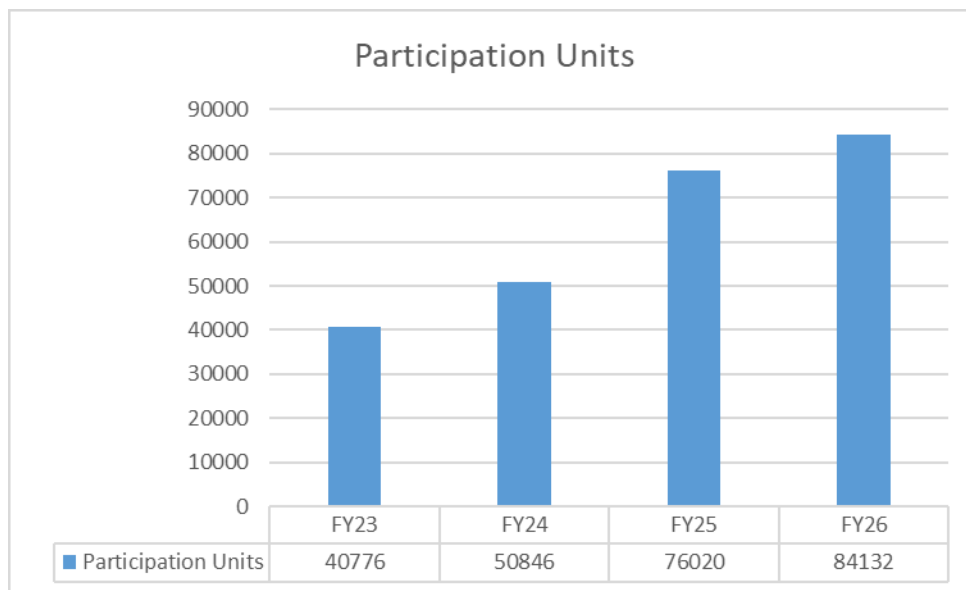
The Ethel MacLeod Hart (EMH) Senior Center is the hub for senior services for YPCE. In addition to providing a wide array of activities and support services, the center is a gathering place for people to connect and discover the joys of life after age 50. The EMH Senior Center operates Monday through Friday 8:00am-5:00pm.

YPCE operates three licensed adult day programs citywide to provide affordable and reliable respite care for families taking care of a loved one with dementia. Triple-R Adult Day Program sites are conveniently located throughout the city. Club Refresh is an early-stage memory loss program open Monday through Thursday 9:00am-2:00pm on an elementary school campus in North Sacramento. The Triple-R sites located in the EMH Senior Center and South Hills Shopping Center operate Monday through Friday 8:00am-5:00pm. Triple-R also provides Saturday Respite during the winter holidays.

In addition to these senior focused services, community centers provide robust opportunities for older adults.

Participation

Participation at the Ethel Macleod Hart Senior Center has doubled from 2023 to 2025. In 2023, EMH Senior Center, seniors came to the center for a total of 40,776 visits for a variety of activities including, but not limited to, exercise, community gardening, arts and crafts, poetry writing, book club, Meals on Wheels, technology assistance and health education workshops. In FY26, Hart Senior Center had a total of 84,132 visits, averaging 7,000 visits per month.

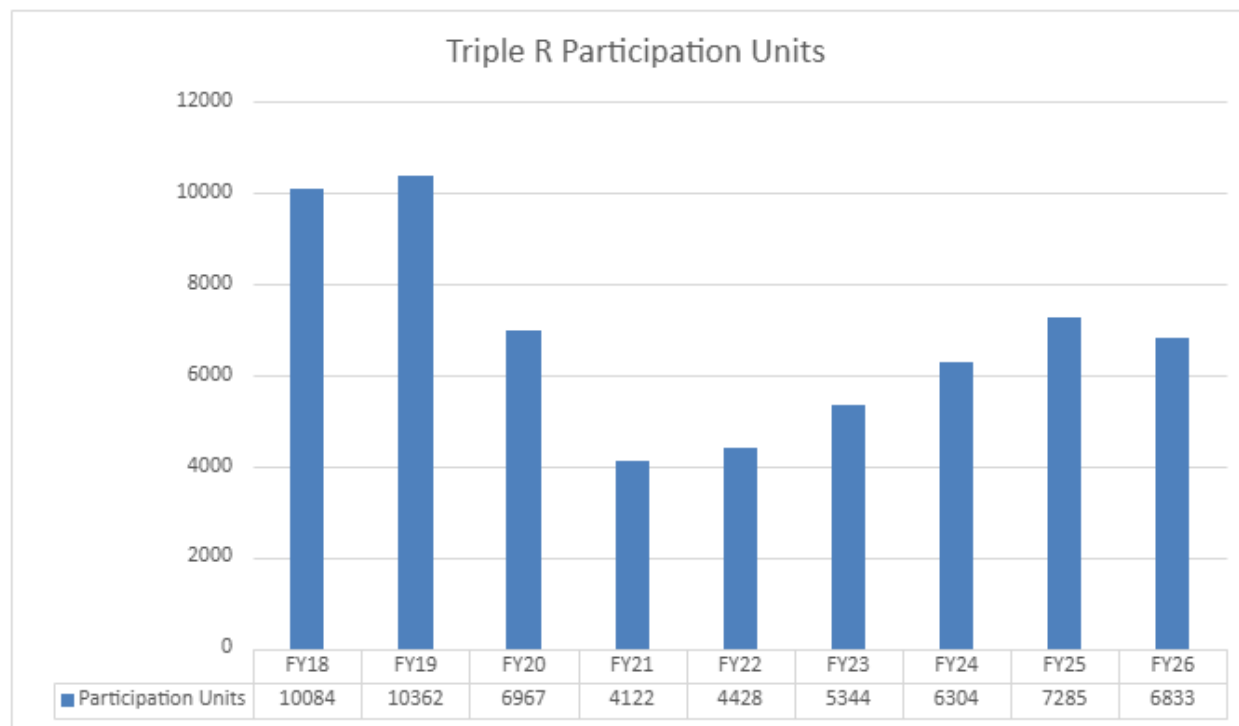


In addition to social activities, the senior center acts as a resource center providing tax assistance, meal and utility assistance referral, support groups, food box distribution and more.

The front desk staff at the senior center, which doubles as a resource and referral location for older adults, provides assistance to over 15,000 community members yearly, helping them to connect with community resources and programs through drop-in visits or phone calls.

Triple-R: YPCE's Triple-R program has been in operation for 34 years and is licensed as an Adult Day Social Model Program through the State of California, Community Care Licensing. This program is one of the very few city-operated adult day programs in California.

Connecting socially, feeling a part of the community, and sensing joy are critical experiences throughout the lifespan. Recognizing that older adults with dementia were at risk of being left out of this life experience, YPCE opened the first Triple-R program inside the Ethel MacLeod Senior Center in 1992 placing a priority on providing individualized, person-centered care for the older adult with dementia and quality respite, education and resources for the family caregiver. Triple-R, which stands for Recreation, Respite and Resources, has expanded to include two additional sites over the years to provide service throughout the city. Participants attend 2-5 days per week, and families can choose a half day (5 hours) or full day (8 hours) that best fits their schedule and respite needs. The longer day is offered because primary caregivers regularly use Triple-R services to be able to continue working. This program is fee-for-service costing \$50-\$94 per day, depending on the caregivers' needs. Approximately 1/3 of participants benefit from sliding scale scholarship funded through several sources, including the Hart Trust Fund, Del Oro Caregiver Resource Center and California Health Collaborative.



Triple-R averaged over 10,000 participation units pre-pandemic. Triple-R moved to virtual programming from March 2020 to June 2021. Since returning to in-person care, participation has been slow to rebuild up to pre-pandemic levels. There are several reasons for this, but an important one is referrals. Triple-R's best marketing is word of mouth from current participants, so lower participation has also reduced the number of referrals received by the program, making sharing information to the community about this vital service critical to its success.

Policy Considerations: Not applicable.

Economic Impacts: Not applicable.

Environmental Considerations:

California Environmental Quality Act (CEQA): This action is not a project that is subject to CEQA because it is an organizational or administrative activity that will not result in direct or indirect physical changes in the environment. (CEQA Guidelines §15378(b)(5).)

Sustainability: Not applicable.

Commission/Committee Action: Not applicable.

Rationale for Recommendation: Not applicable.

Financial Considerations: Not applicable.

Local Business Enterprise (LBE): Not applicable.

Older Adult Services Program Updates

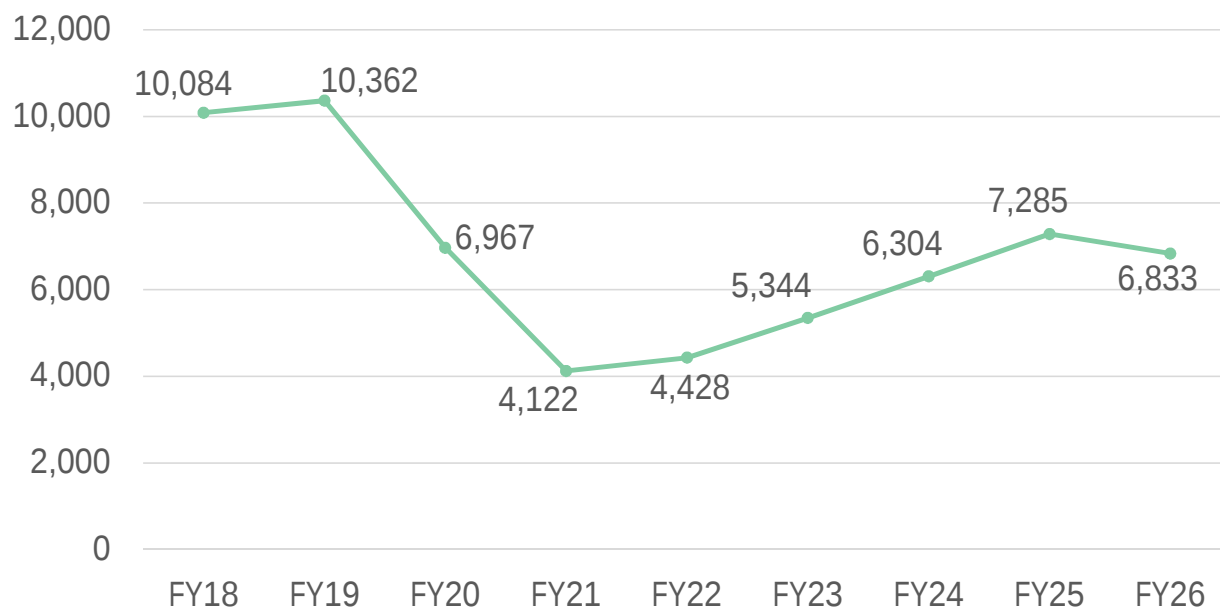
Empowering Older Adults. Enriching Our Community.



Triple-R at a Glance

Participation continues to grow,
getting closer to pre-pandemic
levels of attendance.

PARTICIPATION UNITS



3 CONVENIENT LOCATIONS



Club Refresh at Woodlake
School



Midtown at
Hart Senior Center



South Land Park at South
Hills Center

4 FUNDING RESOURCES

Triple-R
Scholarship



Hart Senior Center

Services, Connections, and Support for Healthy Living



CORE SERVICES



Meals on Wheel
Café



Food
Distribution



Tax
Preparation



Health &
Wellness
classes



Technology
Classes



Special Interest
Classes & Social
Groups



Resources &
Referrals



Access to Safe
Spaces



+11%

PARTICIPATION INCREASE

COMMUNITY PARTNERS



**Sacramento
Public Library**



Weekly Programming

A full week of opportunities to learn, move, and connect.



25

WEEKLY
CLASSES



7

COMMUNITY
PARTNERS



10

WELLNESS
PROGRAMS



5

SOCIAL
CLUBS

MONDAY

Strength & Balance
9:00–9:45 AM

Hart Walk
9:30–10:30 AM

Art & Soul
10:00 AM–12:00 PM

Tai Chi
10:30–11:30 AM

TUESDAY

Line Dancing
9:00–10:00 AM

Life History Writing
10:00 AM–12:00 PM

Somatic Muscle
Release (virtual)
11:30 AM –12:00 PM

Ping Pong
12:30–4:30 PM

WEDNESDAY

Strength & Balance
9:00–9:45 AM

Manitos
10:30 AM–2:00 PM

Ukulele Strum &
Hum
12:45–2:15 PM

Taiko Drumming
3:00–4:00 PM

THURSDAY

Craft N' Chat
10:00–11:30 AM

Yoga for Your Life
10:15–11:15 AM

Ballroom Dancing
1:30–4:30 PM

Chair Yoga +
Functional Mov.
2:00–3:00 PM

FRIDAY

Strength & Balance
9:00–9:45 AM

Hart Walk
9:30–10:30 AM

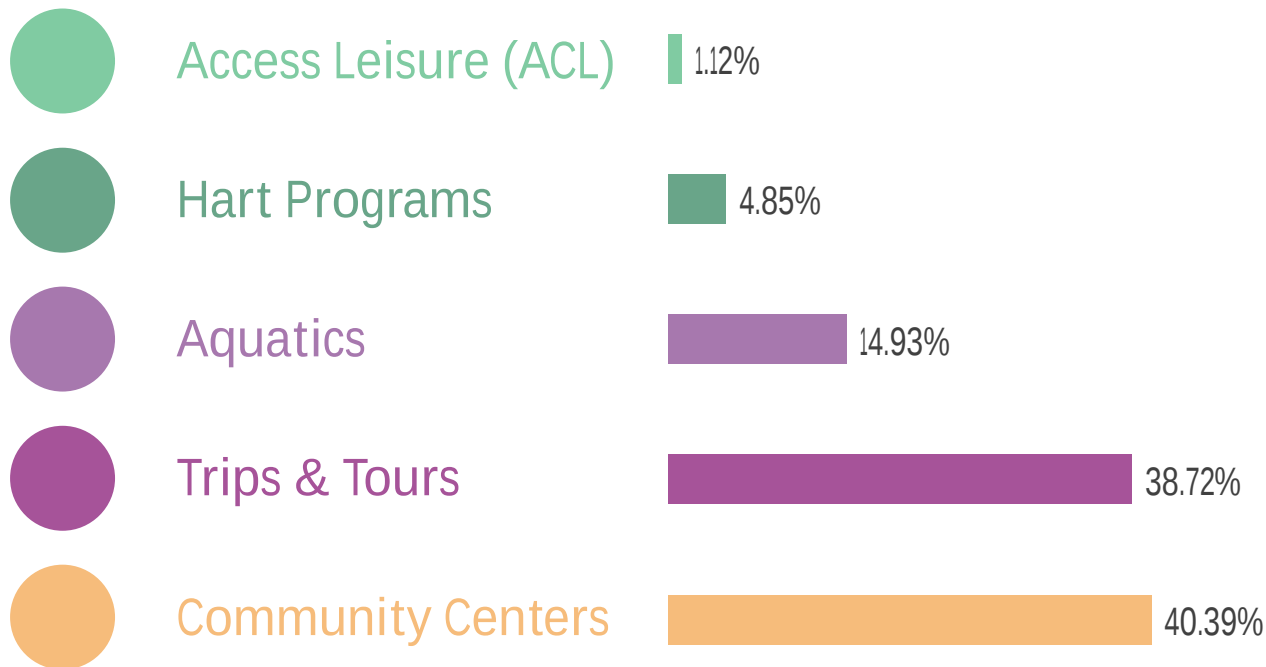
Phone Forum
by appointment

Watercolor
1:00–3:00 PM

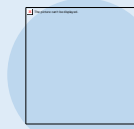
Programs are subject to change. Check the monthly calendar for full details.

FY26 Fun Pass Usage

Where participants are using their Fun Pass



TOP TAKEAWAYS



About 45% of usage supports access to Community Centers and Hart Programs.



Aquatics remains a popular option for aquacise and lap swim.



Trips & Tours accounts for nearly 40% of Fun Pass usage.

The Fun Pass helps remove barriers and keeps older adults active, engaged, and connected.