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Simi Valley Council On Aging (COA) Meeting

Monday, September 9, 2024 1:00 p.m.

- 1. Call to Order and Pledge of Allegiance
- 2. Roll Call
- 3. Agenda Review
- 4. Approval of Minutes
- 5. COA Chair Report (Pete Stong)
- 6. City Representative Reports
 - a. City Council (Mike Judge and/or Elaine Litster)
 - b. City Manager's Office (Anna M. Medina)
 - c. Senior Center (Staff)
- 7. Presentations None
- 8. Public Statements

This is the time reserved for individuals who wish to make public statements or comments on items within the subject matter and jurisdiction of the COA.

- 9. Informational Presentations None
- 10. Appointments
 - a. COA Dance Liaison
 - b. COA Executive Board Recruitment Committee Chair
 - c. Wayne Templeton Volunteer of the Year Award Selection Committee Chair
 - d. COA Representative to Speak Before City Council
- 11. Officer, Liaison, Representative, and Ad Hoc Committee Reports
 - a. Officer Reports
 - 1. Recording Secretary (Marie Hale)
 - Corresponding Secretary (Janet Plant)
 - 3. Treasurer (Jeanie Mortensen, see attached)
 - b. Liaison Reports
 - 1. Housing Liaison (Bob Cottle)

Council On Aging Mission Statement

The mission of the Simi Valley Council On Aging is to identify and serve the needs of Simi Valley seniors through the advocacy, development, support, funding and implementation of programs, events and services that provide seniors with maximum independence, safety, security, health and quality of life. Revised 6/13/2022

- 2. Financial Abuse Specialist Team Liaison (Carol Martin)
- c. Representative Report
 - 1. Ventura County Area Agency on Aging Advisory Council Representative (Al Brown and Susan Zirnite)
- d. Ad Hoc Committees
 - 1. COA Dance Committee (Jean Cecil)
 - 2. COA Furniture Replacement Committee (Pete Stong)
 - 3. 50th Anniversary Co-chairs (Pete Stong and Janet Plant)
 - 4. Strategic Planning Committee (Jeanie Mortensen and Janet Plant)
 - 5. Stars & Stripes Ice Cream Social/50th (Janet Plant)
 - 6. Bingo Bonanza/50th (Ted Andrews and Pete Stong)
 - 7. Arts and Crafts Fair/Pancake Breakfast/50th (Bill Oliver)
 - 8. Street Fair (Carol Martin and Jeanie Mortensen)
- 12. Continued Business None
- 13. New Business
 - a. Discussion/Action on a request to memorialize Barbara Flick on the Council On Aging Recognition Wall and fund the purchase of a plaque at a cost not to exceed \$150.
 - Discussion/Action on a request to memorialize Teri Thomson on the Council On Aging Recognition Wall and fund the purchase of a plaque at a cost not to exceed \$150.
 - c. Discussion/Action on a recommendation to approve three foundational pillars that will drive the development of the Council On Aging Strategic Plan.
 - d. Discussion/Action on a Statement of Concern regarding cuts in service levels to the Meals On Wheels program.
- 14. Announcements of Upcoming COA/Senior Center Events/Programs
 - a. COA Dance, Friday, September 13, 2024
 - b. COA/50th Bingo Bonanza, Saturday, September 21, 2024
 - c. COA Dance, Friday, October 11, 2024
 - d. COA/50th Arts and Crafts Fair, Friday, October 18, 2024
 - e. COA Arts and Crafts Fair, Saturday, October 19, 2024
 - f. COA/Noontime Rotary Club, Pancake Breakfast, Saturday, October 19, 2024
 - g. COA/Street Fair, Saturday, October 26, 2024
- 15. Suggested agenda items for the Monday, October 14, 2024 COA meeting.

16. Adjournment

/s/
Anna M. Medina
Deputy Community Services Director

If any individual has a disability that may require an accommodation to participate in this meeting, please contact the Simi Valley Senior Center at (805) 583-6363. Upon advance notification of the need for accommodation, reasonable arrangements will be made to provide accessibility to the meeting.

DRAFT MINUTES

- 1. Call to Order and Pledge of Allegiance Chair Pete Stong called the meeting to order at 1:00 p.m. Robert Martin led the Pledge of Allegiance.
- 2. Roll Call Marie Hale called Roll Call. Members present were Ted Andrews, Al Brown, Jean Cecil, Marie Hale, Carol Martin, Bill Oliver, Janet Plant, and Pete Stong. Jeanie Mortensen was excused. Marie Hale verified there was a quorum present.
- 3. Agenda Review By consensus of the Executive Board, the agenda was approved as presented.
- 4. Approval of Minutes Carol Martin moved to approve the minutes of the meeting on May 13, 2024, and Al Brown seconded the motion. The motion passed unanimously.
- 5. Report of Council On Aging (COA) Chair

Pete Stong reported on the success of the Wellness Expo which took place on May 15, 2024. He thanked his Co-chair, Carol Martin, and all the volunteers who made the Expo the "best ever." He reminded the audience that the COA meetings are dark during July and August, encouraging people to check out the monthly newsletter for summer activities and classes.

6. Representative Reports

a. City Council

Council Member Mike Judge reported the many new businesses opening in Simi Valley. Of particular interest was the decision by Amazon to continue their construction of an Amazon Fresh store to open in the old Bed Bath and Beyond location by the end of the year. Chick-fil-A is interested in the former Marie Callendar's building by Costco but without a drive-thru. Cork and Batter restaurant is planning to open just east of the Simi Town Center. Marco's Pizza and Mochinut will soon open in the Target Center on Los Angeles Avenue. The Rite Aid located on Los Angeles Avenue near First Street is closing.

b. City Manager's Office

Anna Medina reported on the various upcoming events at the Cultural Arts Center, including *Annie*, which runs from June 26 through July 21, 2024, and tribute concerts such as Creedence Clearwater Revival, Huey Lewis, and the Everly Brothers. A new art exhibit from Moorpark College students titled "Environments" will open on June 27, 2024. The next comedy night

will be on June 30, 2024, and the Hispanic Heritage Celebration & Festival is on September 28, 2024.

c. Senior Center

Candace Gray reported on the upcoming events at the Senior Center, including a "New to Medicare" presentation and an AARP Driver Safety class. Candace advised members to contact their vehicle insurance companies to see if completing the two-day seminar might qualify them for a discount. Simi Valley Adventist Health will present "Supplements and Drug Interactions" on June 27, 2024. She also reminded everyone to attend the Stars & Stripes Ice Cream Social on July 6, 2024.

Angel Sierra advised that the remodeling of the north restrooms may begin during the summer. He also introduced Samantha Argabrite, the new City Manager, who was present at the meeting. Her new position is effective July 1, 2024.

- 7. Presentations None.
- 8. Public Statements

Simi Valley Library representative Stephanie Erbe discussed upcoming events, including a Master Gardener class on July 11, 2024. She also brought copies of the library's summer calendar and stated that the Summer Reading Program has started.

Dorothy Yanick would like Barbara Flick to be honored on the COA Memorial Wall for her contributions to Senior Center programs. Pete Stong suggested she contact Robert Martin for further details.

- 9. Informational Presentations None.
- 10. Appointments None.
- 11. Officer, Liaison, Representative and Ad Hoc Committee Reports
 - a. Officer Reports
 - 1. Recording Secretary No report.
 - 2. Corresponding Secretary No report.
 - Treasurer

Chair Pete Stong reviewed the Profit and Loss Reports and Balance Sheets.

b. Liaison Reports

1. Housing Liaison

Bob Cottle reported that two apartment projects are going before the City Council at the June 24⁻ 2024, meeting. If approved, each is projected to have five affordable units for low and very low-income persons. While not specifically for seniors, they would be available to income-eligible seniors. He said he would provide wait list information when it becomes available.

2. Financial Abuse Specialist Team (FAST) Liaison

Carol Martin reminded everyone that the FAST monthly scams presentations are held every third Wednesday during lunch in the Multipurpose Room. Various professional resources are used to keep seniors informed of the latest scams and security issues. She also reported that the Simi Valley Police Department offered tips and tricks to avoid scams during last month's Wellness Expo.

c. Representative Report

1. Ventura County Area Agency on Aging Representative

Al Brown said that due to the state's budget deficit, funding for the senior nutrition programs is expected to be lower next year. He reported that additional federal and county funding is being sought. He also announced that the county is now accepting nominations for the Ventura County Legacy Awards. Three separate awards will be given: one for a business or organization, one for a dementia-friendly organization, and one for a community member-at-large. The deadline is September 1, 2024.

d. Ad Hoc Committees

1. COA Dance Committee

Jean Cecil announced that the next dance is June 14, 2024. Doors will open at 6:00 p.m., and free dance lessons will be provided from 6:30 to 7:30 p.m. The band will be Rhythm Kings, and the cost is \$10. The July dance is on July 12, 2024.

2. COA Furniture Replacement

Pete Stong said the new common-area furniture purchased by the COA for the north side of the building looked wonderful.

3. Strategic Planning Committee

Janet Plant commented that the committee meets every three weeks and is working on the challenges of creating a strategic plan for the Council On Aging. One goal is to expand services and activities.

4. Wellness Expo

Both Pete Stong and Carol Martin reported on the Wellness Expo's success. Carol indicated that 360 people signed into the welcome booth with their Senior Center cards and estimated that up to 125 people attended who did not sign in. Pete has served as the Wellness Expo Chair for eight years and stated he is taking a hiatus from chairing this event next year. He plans to remain on the committee as a member and continue working with Adventist Health Simi Valley as the primary sponsor.

5. Stars & Stripes Ice Cream Social

Janet Plant reminded everyone of the fun plans for this annual event on July 6, 2024. The doors will open at 1:30 p.m., and ice cream will be served from 2:00 – 4:00 p.m.

- 12. Continued Business None.
- 13. New Business None.
- 14. Announcements of Upcoming COA/Senior Center Events/Programs
 - a. COA Dance, Friday, June 14, 2024
 - b. COA Stars & Stripes Ice Cream Social, Saturday, July 6, 2024
 - c. COA Meeting "Dark" in July
 - d. COA Dance, Friday, July 12, 2024
 - e. COA Dance, Friday, August 9, 2024
 - f. COA Meeting "Dark" in August
 - g. COA Meeting, Monday, September 9, 2024
 - h. COA Dance, Friday, September 13, 2024
 - i. COA Bingo Bonanza, Saturday, September 21, 2024
- 15. Suggested agenda items for the COA meeting on Monday, September 9, 2024, at 1:00 p.m.

Approval of Recognition Wall plagues for Barbara Flick and Teri Thomson.

16. Adjournment at 1:35 p.m.



DATE: August 13, 2024

TO: Simi Valley Council On Aging

FROM: Jeanie Mortensen, Council On Aging Treasurer

SUBJECT: PROFIT AND LOSS AND BALANCE SHEET SUMMARY

The Year-to-date (YTD) Profit and Loss (P&L) report (attached) summarizes the Council On Aging's (COA) total income and expenses from July 1, 2024, to August 13, 2024. There is no reporting period Profit and Loss statement for this meeting because this is the first COA Board meeting for the fiscal year.

During the current period, the COA received \$5,665 in contributions from various sources, including \$1,210 in ticket sales from the July and August dances, \$1,320 in ticket sales for the upcoming Bingo Bonanza, \$555 in donations from Friday Bingo, \$236 from the Coffee Concession, \$2,335 in table reservations for the upcoming Arts and Crafts Fair and \$9 in interest income.

Also, during this period, the COA incurred expenses in the amount of \$11,439 which includes bookkeeping expenses, supplies, food and musicians for the Ice Cream Social, Dial-a-Ride ticket booklets, supplies and food for the dances, supplies for the marketing outreach at the October Street fair, credit card fees, supplies and food for Senior Share, coffee and supplies for the coffee concession, and musicians for Meal Site Entertainment.

Please note that the variance reflected in the net income of the attached YTD Profit & Loss report is a result of rounding. The difference in whole dollars is \$5,774.

July 1, 2024 to August 13, 2024 – YTD Profit & Loss:

REVENUES: \$ 5,665 EXPENSES: \$ 11,439

NET INCOME: \$ (5,775)

August 13, 2024 – Balance Sheet:

The August 13, 2024, Balance Sheet (attached) shows the COA's financial solvency with \$448,207 in assets and \$702 in liabilities (unpaid PCard purchases).

Staff will be available to answer any questions at the September 9, 2024 meeting.

Simi Valley Council On Aging YTD Profit and Loss

July 1 - August 13, 2024

	Total
Income	
5310 Investment - Interest Gains	8
5490 Miscellaneous Revenue	791
5560 Ticket Sales	2,530
5580 Table Reservations	2,335
Total Income	\$5,665
Expenses	
7540 Professional Services	528
8100 Operating Expenses	
8110 Supplies	543
8125 Video Rentals	35
8135 Investment - Int. Loss/Charges	46
Total 8100 Operating Expenses	624
8500 Program Expenses	
8510 Supplies	2,179
8512 Food	2,244
8535 Community/Club Support	4,000
8580 Musicians & Bands	1,795
8590 Special Expenses	70
Total 8500 Program Expenses	10,287
Total Expenses	\$11,439
Net Income	-\$5,775

Thursday, Aug 15, 2024 06:33:05 PM GMT-7 - Accrual Basis

Simi Valley Council On Aging Balance Sheet

As of August 13, 2024

	Total
ASSETS	
Current Assets	
Bank Accounts	
1105 U.S. Bank Savings (1105)	110,956
5601 U.S. Bank Checking (5601)	184,198
US Bank 6 month CD	50,000
US Bank 9 month CD	75,000
Total Bank Accounts	420,154
Other Assets	
9601 VCCF Endowment Fund	28,053
Total Other Assets	28,053
TOTAL ASSETS	\$448,207
LIABILITIES AND EQUITY	
Liabilities	
Credit Cards	
4178 COA Corporate Account	702
Total Credit Cards	702
Total Liabilities	702
Equity	
30000 Opening Balance Equity	390,734
32000 Unrestricted Net Assets	62,546
Net Income	-5,775
Total Equity	447,505
TOTAL LIABILITIES AND EQUITY	\$448,207

Thursday, Aug 15, 2024 06:17:36 PM GMT-7 - Accrual Basis



DATE: September 9, 2024

TO: Simi Valley Council On Aging

FROM: Jeanie Mortensen, Council On Aging Treasurer

SUBJECT: DISCUSSION/ACTION ON A REQUEST TO MEMORIALIZE BARBARA

FLICK ON THE COUNCIL ON AGING RECOGNITION WALL AND FUND THE PURCHASE OF A PLAQUE AT A COST NOT TO EXCEED \$150

On December 13, 2021, the Council On Aging (COA) approved the creation and installation of a recognition wall for seniors who have made an impact on the COA and Senior Center and allocated funding to subsidize the cost of a plaque to be placed on the recognition wall. The COA also approved the following process and criteria when adding names to the memorial wall.

To qualify, all nominated candidates to be memorialized will be:

- Reviewed and approved by the COA Executive Board at a regular COA meeting;
- 60 years of age or older at the time of their passing;
- A City of Simi Valley resident;
- Someone who provided impactful service or contributions to the COA or Senior Center;
- Approved at the discretion of the current COA Executive Board.

On August 2, 2024, the COA received a request from Dorothy Yanick, Timothy Humble, Sharlene Pass, Angelika Merry, Christina Usedom, and Joan Hammond, nominating Barbara Flick to be memorialized on the COA Recognition Wall. The letter read as follows:

We would like to nominate Barbara Flick to the recognition wall. Barbara passed away on April 24, 2024, at age 85. She had been a long-time resident of Simi Valley.

Approximately 24 years ago, Barbara began coming to the Senior Center to find support after her husband passed away. She joined the bereavement support group and bonded and received the support that she was looking for. After many years in the group, she grew tired of reliving her grief when sharing stories of her loss. As a result, Barbara and several members of the group established the Coping with Loneliness group, eventually evolving into the Coping with Life group. It started with about eight people and grew to over 20 participants. Barbara led this group for many years until a few weeks before her

passing, even though she received dialysis two times a week.

She also faithfully worked on the second Monday of every month with the Council On Aging to help fund and distribute the COA's Buy One, Get One, Dial-a-Ride ticket system. Barbara and a friend also picked up baked goods from Costco for the Friday Bingo games each week. She loved to bake and cook and often brought homemade cookies to the Coping with Life meetings. She loved to have parties and go to restaurants and even invited friends to her home.

In summary, I believe all her volunteer work and accomplishments deserve recognition. The Coping with Life group would love to see her name on the recognition wall so she can be remembered always. We ask that the Council on Aging consider memorializing Barbara for her extensive contributions and impactful and dedicated service to the seniors of the Simi Valley community.

Thank you for your consideration.

As COA Treasurer, I have confirmed that the COA has operating expense funds available to cover the cost of a plaque should this nomination be approved.



DATE: September 9, 2024

TO: Simi Valley Council On Aging

FROM: Jeanie Mortensen, Council On Aging Treasurer

SUBJECT: DISCUSSION/ACTION ON A REQUEST TO MEMORIALIZE TERI

THOMSON ON THE COUNCIL ON AGING RECOGNITION WALL AND FUND THE PURCHASE OF A PLAQUE AT A COST NOT TO EXCEED

\$150

On December 13, 2021, the Council On Aging (COA) approved the creation and installation of a recognition wall for seniors who have impacted the COA and Senior Center and allocated funding to subsidize the cost of a plaque to be placed on the recognition wall. The COA also approved the following process and criteria when adding names to the memorial wall.

To qualify, all nominated candidates to be memorialized will be:

- Reviewed and approved by the COA Executive Board at a regular COA meeting;
- 60 years of age or older at the time of their passing;
- A City of Simi Valley resident;
- Someone who provided impactful service or contributions to the COA or Senior Center;
- Approved at the discretion of the current COA Executive Board.

On June 8, 2024, the COA received a request from Kathleen Trindle nominating Teri Thomson to be memorialized on the COA Recognition Wall. The letter read as follows:

I am writing to nominate Teri Thomson to be memorialized on the COA Recognition Wall.

At the time of her passing in December 2023, Teri was 94 years old and had resided in Simi Valley for over 33 years. She was an original resident of Las Serenas Senior Apartments and lived there until she could no longer care for herself. She spent the last 3 years of her life in an assisted living facility in Sacramento in order to be closer to her daughters. Her Celebration of Life was held at the Simi Valley Senior Center on March 9, 2024. She requested donations be made to the COA and Senior Center in lieu of flowers.

During her time in Simi Valley, Teri was very active in the community, especially at the Simi Valley Senior Center. She trained to become a senior center ambassador and worked the front desk, welcoming newcomers and promoting the facility. She worked tirelessly to establish a brown bag (Senior Share) food program to provide a weekly bag of groceries to low-income seniors. She undertook the task and attempted to facilitate transportation for Simi Valley seniors to Kaiser Permanente in Woodland Hills.

Teri served as a city representative on the Ventura County Area on Aging Advisory Board from 2005 to 2007. She was elected to the Simi Valley Council On Aging Executive Board, first as Recording Secretary in 2008 and then as Vice Chair in 2009. She was nominated and chosen to receive the 2011 Wayne Templeton Volunteer of the Year Award. All the while, she volunteered at Crestview Elementary School where she mostly worked with the reading program.

In summary, I believe Teri Thomson's volunteerism, dedication and efforts on behalf of Simi Valley seniors and the Senior Center qualifies her for a place on the Recognition Wall. I respectfully ask that the Council On Aging consider memorializing Teri for her extensive contributions and impactful and dedicated service to the seniors of the community of Simi Valley.

This honor would be tremendously meaningful to Teri's family and friends. Thank you for your consideration.

As COA Treasurer, I have confirmed that the COA has operating expense funds available to cover the cost of a plaque should this nomination be approved.



DATE: September 9, 2024

TO: Simi Valley Council On Aging

FROM: Janet Plant, Strategic Planning Ad Hoc Committee Co-chair

SUBJECT: DISCUSSION/ACTION ON A RECOMMENDATION TO APPROVE

THREE FOUNDATIONAL PILLARS THAT WILL DRIVE TH

DEVELOPMENT OF THE COUNCIL ON AGING STRATEGIC PLAN

At the November 13, 2023, Council On Aging (COA) meeting, the Executive Board appointed a Strategic Planning Ad Hoc Committee tasked with developing a one-to-five-year strategic plan to support the COA's mission. The plan would include goals, objectives, and strategies to ensure proper and appropriate stewardship of COA funds and assets.

The Strategic Planning Committee first met in April 2024 and has been meeting monthly since then. Using the COA Needs Assessment Survey results presented at the November 13, 2023 COA meeting as a guide, the committee focused on determining the most appropriate foundational pillars, goals, and objectives to drive the strategic plan.

At the June 2024 Strategic Planning Committee meeting, the committee agreed upon three foundational pillars to serve as the COA's guiding principles and drive the plan's goals, objectives, and strategies. The three pillars are:

- Senior Center Outreach and Awareness
- Senior Center Programs and Services Support
- Fundraising to Support Financial Sustainability

The Strategic Planning Committee will use these three pillars as the foundation of its Strategic Plan and help develop objectives and strategies. The Strategic Planning Committee believes these three pillars are in complete alignment with the COA Mission Statement, which is:

The mission of the Simi Valley Council On Aging is to identify and serve the needs of Simi Valley seniors through the advocacy, development, support, funding and implementation of programs, events and services that provide seniors with maximum independence, safety, security, health and quality of life.

The Strategic Planning Committee requests that the COA Executive Board approve the three foundational pillars to form the basis of the development of the COA Strategic Plan. If approved, the committee will commence the development of the Strategic Plan and any necessary promotional materials that will support the Council On Aging's mission.



DATE: September 9, 2024

TO: Simi Valley Council On Aging

FROM: Janet Plant and Jeanie Mortensen, Strategic Planning Committee Co-

Chars; Pete Stong, COA Chair

SUBJECT: DISCUSSION/ACTION ON A STATEMENT OF CONCERN REGARDING

CUTS IN SERVICE LEVELS TO THE MEALS ON WHEELS PROGRAM

When the City Council established The Council On Aging in 1974 via Resolution No. 87-124, they tasked the council to 1) Identify the problems and needs of senior citizens; 2) Develop and recommend solutions to the City Council; and 3) Administer and support programs that benefit seniors.

Our by-laws state that the purpose of the Simi Valley Council On Aging shall be to advise the City on all matters dealing with senior quality of life, including areas such as nutrition. The Meals on Wheels program is an essential and integral cornerstone of nutrition services and support, serving the needs of vulnerable, homebound Simi Valley seniors.

On Friday, August 16, 2024 and Wednesday, August 28, 2024, three Council On Aging (COA) Executive Board members (Pete Stong, COA Chair, Jeanie Mortensen and Janet Plant, Strategic Planning Committee Co-Chairs) met with Anna Medina, Simi Valley Community Services Manager and liaison between the SV City Council and the SV Council On Aging.

The purpose of these urgent meetings was to discuss the Meals on Wheels (MOW) program, which has experienced a significant and precipitous service level decline since April 1, 2024. In April, Ventura County informed the City and the SV Senior Center that the federal and state grant funds that Ventura County receives for the Congregate Meals and the Meals on Wheels programs would be cut by 25% at the beginning of the 2024-25 fiscal year on July 1.

To prepare for this funding cut, Senior Center staff stopped accepting additional clients to the MOW program, with the plan to reduce the number of clients served through attrition. On April 1, 2024, the number of MOW clients served was approximately 180. As of the end of August, this number has declined to only 135, with approximately 80 homebound and in-need individuals currently on the waiting list to receive meal services.

Staff has projected that to maintain the current levels of service for Congregate Meals and Meals on Wheels, the funding shortfall for the 2024-25 fiscal year will be

approximately \$237,000. It is the understanding of the COA that the City is considering to approve the funding of this shortfall. While this proposed amount of money to supplement the Congregate Meals and the Meals on Wheels programs is considerable, there is still great concern that this amount does not provide the necessary funds to restore MOW to its previous level. It is estimated that an additional \$100,000 would be needed this fiscal year to minimally restore Meals on Wheels to the service levels that existed as of April 1, 2024. Current plans are to continue to reduce the number of MOW participants, through attrition, without adding any new participants. Thus, the waiting list that currently is at 80 will likely be double that—160—by the end of the fiscal year.

Therefore, the COA expresses its grave concern regarding the proposed plans for the 2024-25 fiscal year to address the funding shortfall for the nutrition services programs. In particular, the COA disagrees with plans to continue to reduce the number of seniors served by Meals on Wheels and to not address the growing number of seniors who are on the waiting list but who are not being added to the program.

The Council On Aging is willing to partner with the City and the community to find both immediate and long-term solutions to this urgent crisis with Meals on Wheels so that the needs of the most vulnerable seniors in our midst are met. We request that the City Council take the necessary actions to restore Meals on Wheels to the service levels that existed as of April 1, 2024.