



"Life is a great tapestry. The individual is only an insignificant thread in an immense and miraculous pattern." – Albert Einstein

As I was contemplating what to write for this month's intro, the featured articles inadvertently created a theme: growing older and things worth remembering. There is only one undesirable way to avoid the former and the harsh truth is most of us will scarcely achieve the status of the latter.

When I was a child, someone told me of a professor who was teaching a class on anthropology or recorded history, or some such subject. In order to illustrate his point, the professor stood at the top of the steps in the back of the lecture hall and rolled out an entire roll of toilet paper – all of humankind's time on earth wouldn't even fill a single sheet, he told the class. Our lives, then, are a single clap in the overall applause.

As a way of setting expectations for a community meeting recently, I called attention to the fact that the subject of the meeting was bigger than any of us individuals in the room currently. It is a tough pill to swallow, sometimes, that the things we are working so diligently to accomplish will outlive us. However, it is powerfully humbling to take one's ego out of the equation and focus on what is worth preserving for future generations.

Anyway, it did the trick and focused attention away from potential personality conflicts and toward what is really important: making sure that our history can be learned, our past is honored and a very special place in time persists so it's not forgotten.

God willing, we will all grow older, so enjoy reading about efforts to create a more age-friendly society and how we recognize some seasoned folks for their contributions. Also, I invite you to maybe get out and enjoy a museum to spend a little time admiring those things worth remembering, be they old or new.

As always, please share this newsletter with a friend or neighbor and encourage them to <u>subscribe</u> for future newsletters or check out my Facebook page <u>here</u>.

PAT

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In the May Issue:

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- Celebrating International Museum Day

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Older Americans Month

May is Older Americans Month, a time to honor the contributions of older adults and celebrate the role they play in strengthening our communities. It's also a fitting time to reflect on how we can better support residents as they age.

In February, my colleagues and I adopted the Local Aging & Disability-Friendly Action Plan (LADAP), reinforcing the County's long-term commitment to supporting residents as they age and manage disabilities. Our County is proud to join the California Department of Aging and AARP's Age-Friendly Network of States and Communities in a shared mission: building a more inclusive and accessible future for older adults and people with disabilities.



The plan aligns closely with the bold goals of California's Master Plan for Aging, which focuses on:

- 1. Housing for All Stages & Ages Promoting affordable and accessible housing.
- 2. Health Reimagined Expanding healthcare access and wellness programs.
- 3. Inclusion, Not Isolation Strengthening community connections and reducing loneliness.
- 4. Caregiving That Works Supporting caregivers and improving long-term care systems.
- 5. Affording Aging Tackling economic challenges for aging populations.

With projections showing that by 2030, one in four Sacramento County residents will be age 60 or older, and nearly one in three will be either older or living with a

disability, there is no better time to act. The LADAP was built and shaped from community listening sessions and public feedback. Its central message is clear, improving access to essential resources is critical, whether that means housing, transportation and mobility for all abilities, healthcare, language support, employment opportunities, or simply being treated with dignity. The goal is to design communities that work for everyone, regardless of age or ability, while fostering the love and support of family, friends and neighbors. This is the vision of what it means to be age and disability friendly in our County.

Every May, to coincide with Older Americans Month, the Board of Supervisors and the County's Adult and Aging Commission recognize outstanding older adult volunteers through the "5 Over 50" Awards, spotlighting individuals age 50+ who are making a meaningful difference in the community.



This year's District 5 honoree is none other than Tony
Rutchena, better known to many as "Coach Tony." For over a decade, Tony has mentored students at Arcohe Elementary School and Lake Canyon Elementary in the Galt and Herald communities, supporting sports teams, garden programs, school

events and after-school activities, including the ever-popular chess club. Coach Tony has also been instrumental in transforming Arcohe school's gardens from barren spaces into vibrant, welcoming areas for the students and staff. Over the years, Tony has built water fountains, a greenhouse, an irrigation system, planters and more, involving student participation all along the way to encourage hands-on learning and gardening skills. Coach Tony exemplifies the spirit of service and I am proud and honored to recognize him with this year's "5 over 50" Award for District 5.

Last year's District 5 winner, Faye Gaines, is another remarkable community leader, recognized for her work as CEO and Director of the Sunshine Food Pantry and Resource Center, Inc. in Galt. Faye and her team provide food and resources to

thousands of residents each month, serving as a lifeline for families in need and a cornerstone for support.

The Adult and Aging Commission is impressively made up entirely of volunteers who monitor services, track trends and give a voice to the needs of older adults and people with disabilities. The Commission reports directly to the Board of Supervisors and helps shape County policies and resources for our senior population.

If you're interested in joining the Commission, please consider applying to serve. Read more on the commission and how to apply <u>here</u>. For those that may have a future "5 Over 50" honoree in mind, keep an eye out for next year's nomination period, typically open in February.

Together, we can make Sacramento County a place where everyone, regardless of age or ability, has the opportunity to thrive.

Celebrating International Museum Day

Museums across the Sacramento region are opening their doors on May 18th with special exhibits and interactive events in celebration of International Museum Day 2025, a global initiative that highlights the essential role museums play in education, culture and community connection.

Organized by the International Council of Museums (ICOM), International Museum Day has been celebrated globally since 1977. Last year, more than 37,000 museums in over 150 countries participated, and Sacramento's growing cultural sector is proud to be part of this worldwide initiative, blending local stories with global themes.

This year's theme, "Museums for Education and Research," resonates strongly in Sacramento, where our institutions are increasingly embracing innovative programs to engage learners of all ages. With 32 museums and cultural destinations, the region offers several unique opportunities for learning and exploration. Whether you're drawn to art, history, science or wildlife, our local

museums offer immersive experiences designed to spark curiosity and foster lifelong learning.

Some of the standout museums located within District 5 include:

Sacramento Children's Museum (SCM) - The first children's museum in the Sacramento area, SCM provides hands-on learning opportunities for kids from birth to age eight years old. The SCM provides a place where children are encouraged to think for



themselves, expand their problem-solving abilities through creative exploration and exercise both for their bodies and their minds. Learn more here: <u>Sacramento</u> Children's Museum.

Elk Grove Historical Society - Specializing in preserving and sharing the history of Elk Grove, the Elk Grove Historical Society provides the community with access to their extensive archives and collections. In addition to being the central historical research center of Elk Grove, the Society also hosts a number of speaker series, guided tours, historical bus trips and yearly special events. For more information visit: Elk Grove Historical Museum.



to house the workers of the Southern Pacific Railroad, the Locke Boarding House is now part of the California State Parks system and highlights the rich heritage of Locke, a historic Chinese American town. Also designated as a National Historic Landmark, the Boarding House features displays depicting traditional Chinese farming practices and the daily lives of the early residents of the community. While in Locke, make sure to also visit the Chinese School Museum, the Dai Loy Gambling House and the

Jan Ying Museum! Learn more at: Locke museums.

Mills Station Arts & Cultural Center (MACC)- Located in Rancho Cordova in the historic Mills Station Building, built in 1911, the MACC has become a vibrant arts and cultural hub for the community. Brought to you by a collaboration of the City of Rancho Cordova, Sacramento Regional Transit, Sacramento County, and the Cordova Community Council, the MACC offers concerts, rotating exhibits, workshops, historical displays, cultural demonstrations and special presentations, all celebrating local artists. Visit their website for more events and exhibit information: MACC.

Whether you're learning about Native American history at the State Indian Museum, stepping back in time at Sutter's Fort to learn about the Gold Rush era, admiring classic cars at the California Automobile Museum or inspiring future generations of explorers at the Aerospace Museum of California, with so many options right in our backyard, you're sure to find something that will spark an interest.

Many Sacramento museums also offer virtual content through live-streamed tours and educational videos, making it easier than ever to engage with history and culture. Whether experienced in person or online, International Museum Day is an opportunity for residents and visitors alike to reconnect with the region's past and look ahead to its future. For a full list of Sacramento area museums, please visit: Sacramento Area Museums.

Out & About in District 5



Touring the Mather Aviation Hangar at Mather Airport. Group photo from left: me with Quinten House, owner Victor Cushing and Candice Cushing Emerson.



Elk Grove Community meeting on Public Safety. Top left photo: Elk Grove Police Cpt. Brian Schopf, me, Elk Grove Chief of Police Bobby Davis and Elk Grove Mayor Bobbie Singh-Allen. Top right photo: talking with Elk Grove residents. Bottom left photo: Lisa Hume, interpreter Eva Zhou and me. Bottom right photo: standing with Cosumnes Deputy Fire Chief Dan Quiggle and Cosumnes Fire Chief Felipe Rodriguez.



I enjoyed meeting local artists and viewing their fabulous art pieces and displays at the Elk Grove Fine Arts Festival on April 26.





Breaking ground at the new Sutter Health Elk Grove Care Center. Top Photo: Congresswoman Doris Matsui addressing the crowd. Bottom photo from left: Elk Grove Mayor Bobbie Singh-Allen, Congresswoman Doris Matsui, representatives from Sutter Health, me and Cosumnes Community Services District Board Chair Angela Spease.





Had a great time at the Chicks in Crisis Bubbles & Brunch fundraiser! Left photo: Thanking Board Member Michael Thomas with MacQue's BBQ for providing the food. Pictured right: me with Founder and CEO of Chicks in Crisis Inez Whitlow and Director of Operations Marya Cooley.



Touring the SPCA with my colleague Supervisor Rich Desmond. Pictured with us are CEO Jennifer Brent, Board Member Jerry Haleva and COO Jamie Larson.



At the Elk Grove Regional Scholarship Foundation Donor Appreciation Event. Pictured here are members and supporters of the foundation and scholarship recipient Giana Orhue.

Upcoming Events

The month of May also celebrates Asian American and Pacific Islander (AAPI) Heritage Month, the "May is Bike Month" campaign and Memorial Day. Be sure to check out some of the events listed below in recognition of these important observances.



THE CREATIVE SPACE & SACRAMENTO ASIAN PACIFIC CULTURAL VILLAGE present

Asian Pacific CultureFest



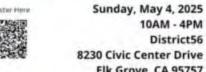
























TOPICS COVERED:

- Operational Requirements
- · How to Apply
- Labeling Requirements
- Approved Food Items

Please bring your sample label and food list as there will be time to get feedback from our team. You may bring your own device if you'd like to fill out an online application during the workshop.

Space is limited. To reserve a spot or for more information, please contact Sania Andrusiak at leesania@saccounty.gov



Annual Membership Meeting

Thursday, May 8, 2025 - 6:30 p.m.

Albert Einstein Middle School Cafeteria 9325 Mirandy Drive, Sacramento

Open to members and non-members

6:30 pm - Community organizations begin tabling 7:00 pm - Meeting begins promptly (Board election, speakers, Q&A)

- Learn about how RCA benefits the Rosemont community
- Visit community organizations tabling at this event, including law enforcement officials and representatives from Sacramento County
 - Get the scoop on upcoming RCA events and programs, new businesses in the area, and much more!















May 16, 2025



Rancho Cordova City Hall 2729 Prospect Park Drive Rancho Cordova CA 95670

BUY YOUR TICKET TODAY!

www.cordovacouncil.org/the-rancho-cordova-luncheon Reservation deadline is Wednesday before the luncheon.



- . \$20 for members of the Cordova Community Council and/or the Rancho Cordova Area Chamber of Commerce
- . \$30 for non-members and walk-ins

Want to become a member?

Visit our website: cordovacouncil.org















Volunteers Needed

Residents will have the opportunity to volunteer for one of over a dozen projects throughout the day. From park clean-ups to mural painting and home renovations, there will be something for everyone on Spring Service Day.

Sign Up

CityotRanchoCordova.org/ SpringServiceDay or scan the QR code.





CityofRanchoCordova.org

City of Rancho Cordova











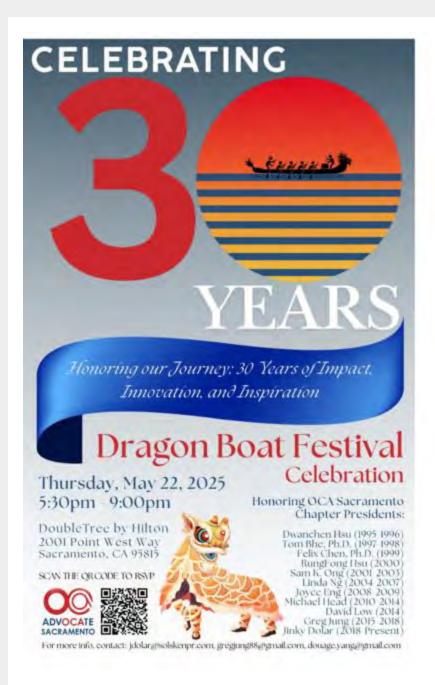
Saturday, May 17 | 8 a.m. - 2 p.m. Lincoln Village Community Park

Looking to clean out your closets or find a great deal?

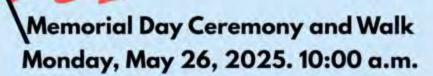
This is the perfect event for you!











A Tribute to Fallen American Military.

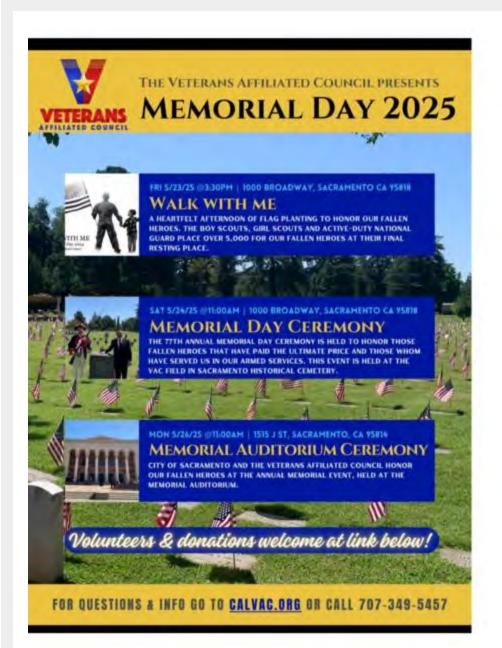
Join the Elk Grove Cemetery District and Cosumnes CSD on this special ceremony and walk for veterans.

The ceremony will begin at the Elk Grove Historic Cemetery, followed by a walk for veterans to the parking lot of the Elk grove Historical Society located in Elk Grove Park, where we will host a community BBQ. Shuttle service will be provided by Cosumnes CSD.

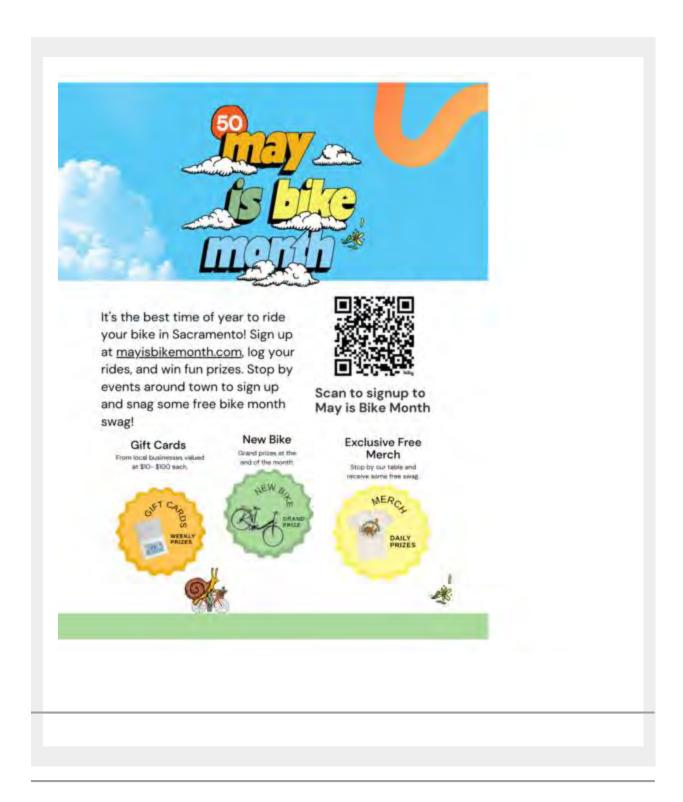
Elk Grove Historic Cemetery: 8450 Elk Grove Blvd.

Elk Grove Historical Society Parking Lot: 9941 E. Stockton Blvd.

Elk Grove, CA 95624







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