

BOARD OF DIRECTORS
Meeting Minutes
December 2, 2025

Recording of this meeting can be found linked [here](#). These meeting minutes show the time of specific agenda items. Fast forward the recording to the item of interest to hear detailed discussion.

The Board of Directors of Grossmont Healthcare District held a regular meeting on Tuesday, December 2, 2025, at 9:00 a.m., via teleconference and in person. Members of the public were able to participate by telephone, Zoom, or in-person at the Grossmont Healthcare District Conference Center, located at 9001 Wakarusa Street, La Mesa, California 91942. For the purpose of these minutes, the listed items are reflected in the order set forth on the posted Agenda. In some cases, discussion of items may have taken place out of sequence during the meeting. Any mis-labeled items on the agenda have been corrected in these minutes.

Directors Present: Robert “Bob” Ayres, Board President
 Randy Lenac, Board Vice President
 Virginia Hall, RN, Board Secretary
 Nadia Farjood, Board Treasurer
 Maggie Watkins, Board Member

Staff Present: Aaron Byzak, Interim Chief Executive Officer
 Tom Scaglione, Chief Administrative Officer
 Amy Abrams, Chief Community Health Officer
 Aleks R. Giragosian, Esq., Legal Counsel

Guests Present: Pat Molton, Public Comment
 Craig McEwen, We Support U (via Zoom)
 Rakesh Patel, Neighborhood Healthcare (via Zoom)
 Laurie Seavey, IMPACT Melanoma (via Zoom)
 Tara Michener, Burn Institute (via Zoom)
 Ken Weekes, East County Transitional Living Center
 Mark Legace, Home Start, Inc.
 Deborah Martin, ElderHelp
 David Shorey, Institute for Public Strategies
 Marisa Varond, McAllister Institute (via Zoom)
 Joyce Moore, Thrive Lemon Grove (via Zoom)

Stephanie Smith, DAP Health (via Zoom)
Dyna Jones, BLISS Care Foundation (via Zoom)
Drew Decker, Home of Guiding Hands
Dilkhwaz Ahmed, License to Freedom (via Zoom)
Carlos Partida, Serene Health Group (via Zoom)
Jay Petterson, Heartland Fire Training Regional Foundation (via Zoom)
Laura Nelson, Tremble Clefs San Diego (via Zoom)

A. Call to Order

The meeting was called to order at 9:00 a.m. by President Ayres.

B. Pledge of Allegiance **(00:00:36)**

Interim Chief Executive Officer, Aaron Byzak, led the pledge of allegiance.

C. Approval of Agenda **(00:01:01)**

Motion was made by Director Hall, seconded by Director Watkins, and unanimously carried (5-0), to approve the agenda with the revision of moving agenda item E(1) to F(1).

D. Public Comment **(00:02:33)**

Pat Moulton thanked the District for the senior activities and services held at the Library.

Interim CEO Aaron Byzak addressed the written comment that was received relating to a City of El Cajon issue outside of the District's jurisdiction, which staff will forward to the City.

E. Consent Action Items **(00:09:04)**

1. San Diego County Local Agency Formation Commission (LAFCO) Call for Ballots – Election to Special Districts Advisory Committee – Eligible Nominees **(00:09:06)**

Motion was made by Director Lenac, seconded by Director Ayres, and unanimously carried (5-0), to cast a ballot for Mark Robak of Otay Water District as a LAFCO Special District Advisory Committee member.

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-0), to cast a ballot for Kimberly Thorner of Olivenhain Municipal Water District as a LAFCO Special District Advisory Committee member. (Director Lenac abstained.)

Motion was made by Director Watkins, seconded by Director Hall, and carried (4-0), to cast a ballot for James Gordon of Deer Springs Fire Protection District as a LAFCO Special District Advisory Committee member. (Director Lenac abstained.)

The above nominees will be selected and returned by staff to LAFCO by the requested deadline.

2. Board Meeting Minutes of October 7, 2025
3. Board Meeting Minutes of October 8, 2025
4. Board Meeting Minutes of October 16, 2025
5. Board Meeting Minutes of November 4, 2025

Motion was made by Director Hall, seconded by Director Watkins, and unanimously carried (5-0), to approve the meeting minutes of October 7, 2025, October 8, 2025, October 16, 2025, and November 4, 2025.

F. Reports/Presentations/Discussion/Possible Action Items

1. Finance Committee – Director Lenac (11/12/25) **(00:13:06)**
 - a) Presentation and Recommendation: Fiscal Year 24/25 Audit Report (Paul Kaymark, Nigro & Nigro)
 - i. The Finance Committee recommends that the Board accept the FY24/25 Audit Financial Statements

Paul Kaymark of Nigro & Nigro presented the FY24/25 Annual Financial Statements/Report. This included the scope of work, Nigro & Nigro’s responsibilities, the audited financial statement dashboard (year over year), and audit results (unmodified opinion with no material issues reported). Any small issues found were corrected by staff.

Motion was made by Director Lenac, seconded by Director Watkins, and unanimously carried (5-0), to accept the FY24/25 Audit Report.

2. Community Grants & Sponsorships Committee – Director Watkins (10/24/25) **(00:29:45)**

Various organizations attended the meeting to thank the Board for their consideration of a FY25/26 grant and/or sponsorship award, based on their applications. These organizations included:

- Rakesh Patel, Neighborhood Healthcare (via Zoom)
- Laurie Seavey, IMPACT Melanoma (via Zoom)
- Tara Michener, Burn Institute (via Zoom)
- Ken Weekes, East County Transitional Living Center
- Mark Legace, Home Start, Inc.
- Deborah Martin, ElderHelp
- David Shorey, Institute for Public Strategies
- Marisa Varond, McAllister Institute (via Zoom)
- Joyce Moore, Thrive Lemon Grove (via Zoom)
- Stephanie Smith, DAP Health (via Zoom)
- Dyna Jones, BLISS Care Foundation (via Zoom)
- Drew Decker, Home of Guiding Hands
- Dilkhwaz Ahmed, License to Freedom (via Zoom)
- Carlos Partida, Serene Health Group (via Zoom)
- Jay Petterson, Heartland Fire Training Regional Foundation (via Zoom)
- We Support U representative (via Zoom)
- Tremble Clefs San Diego representative (via Zoom)

a) FY25/26 Grant & Sponsorship Tracking Report (For Information Only)

This tracking report was provided for information only and shows the remaining available budget amounts:

- Grants: \$3,500,000
- Sharp Grossmont Hospital Support: \$62,500
- Sponsorships: \$117,500

b) FY25/26 Grant and Sponsorship Recommendations

i. Presentation of recommendations for the FY25/26 grant and sponsorship cycle

Director Watkins summarized the FY25/26 grant season, noting roughly a \$4M budget and about \$10M in requests. She explained that all grant and sponsorship applications were evaluated using a scoring rubric and other criteria, including East County presence. The Board reviewed the requests and voted on funding recommendations, as follows:

Director Watkins outlined the order of recommendations: first, grants proposed for deferment to the Workforce Development Committee, followed by sponsorships and then the remainder of grants.

Motion was made by Director Watkins, seconded by Director Hall, and unanimously carried (5-0), to approve the below grants as strategic initiatives and defer them to the Workforce Development Committee in early 2026 for funding consideration:

- (a) St. Madeleine Sophie's Training Center: SMSC Healthcare Students Volunteer Program - \$25,000 (FY24-25 \$25,000) *Committee Recommendation: For Workforce Committee review and deliberation*
- (b) East County Economic Development Council Foundation: Grossmont Healthcare District Career Pathways Initiative - \$150,000 (FY22-23 \$105,000) *Committee Recommendation: For Workforce Committee review and deliberation.*
- (c) University of San Diego: Grossmont Healthcare District Behavioral Health Scholarship Fund - \$75,000 (No prior funding) *Committee Recommendation: For Workforce Committee review and deliberation.*
- (d) The Foundation for Grossmont & Cuyamaca Colleges: Advancing Cardiac Care Instruction in East County - \$75,000 (No prior funding) *Committee Recommendation: For Workforce Committee review and deliberation.*
- (e) Heartland Regional Fire Training Foundation: Heartland Fire Training EMS Pathway and Community Training Program - \$25,000 (No prior funding) *Committee Recommendation: \$25,000*
- (f) For Their Thoughts Foundation Inc.: Expanding Dementia Health Literacy in Schools and Strengthening the Neuro-Healthcare Pipeline in East County - \$46,100 (FY24-25 \$2,500 Sponsorship) *Committee Recommendation: \$40,000*

Director Watkins asked the Board if there were any sponsorships needing further discussion.

Director Lenac noted that sponsorships are an efficient way to support community healthcare partners, allowing small contributions from the District to help them raise much larger funds. As a result, he applies lighter scrutiny to these requests than to those seeking large sums for specific projects. He approves all the sponsorships presented.

Discussion ensued regarding the Jacob Cushman San Diego Food Bank's sponsorship and whether they charge for food, but this information was not available.

Director Hall vouched for NAMI's and American Lung Association's sponsorship requests. Due to lower rubric scoring and lack of East County focus, these two applications were not recommended for funding by the Committee. After discussion, **motion was made by Director Watkins, seconded by Director Farjood, and unanimously carried (5-0), to approve \$5,560 for NAMI's sponsorship and \$5,000 for American Lung Association's sponsorship.**

NAMI San Diego: NAMI Walks San Diego - \$5,650 (FY21-22 \$2,800)
(Event Date: 04-25-26)

American Lung Association in California: LUNG FORCE Walk - \$10,000
(FY23-24 \$20,000 Grant) (Event Date: TBD)

Jewish Family Services of San Diego: Continuum of Nutrition Support for Seniors - \$40,000 (FY24-25 \$40,000), *Committee Recommendation: For Board review and deliberation due to recusal.*

Motion was made by Director Hall, seconded by Director Watkins, and carried (2-2), to approve Jewish Family Services' grant request for \$40k. The motion failed. (Director Farjood recused herself for this agenda item as she serves on their board.) (Director Lenac was a nay vote citing his view that nutrition assistance lack a healthcare nexus.) (Director Ayres was also a nay vote.)

Discussion ensued regarding applications that involve nutrition and whether funding these would be appropriate, pursuant to the Grants Policy. Upon returning to the discussion, Director Farjood stated her position that nutrition assistance programs absolutely have a nexus to healthcare, and that the District should fund these critical programs.

The Salvation Army: East County Salvation Army Senior Nutrition Program - \$74,775 (FY24-25 \$7,000) *Committee Recommendation: For Board Review and deliberation due to recusal.*

Motion was made by Director Hall, seconded by Director Farjood, and carried (3-1), to approve The Salvation Army's grant request for \$10,000. (Director Watkins recused herself for this agenda item as she serves on their board.) (Director Lenac was a nay vote primarily due to an asserted lack of a healthcare nexus.)

(To discuss the order in which the grant applications would be addressed, the meeting broke for a 5-minute recess.)

Motion was made by Director Ayres, seconded by Director Lenac, and unanimously carried (5-0), to approve all recommended grant and sponsorship amounts, with those containing questions being pulled for discussion.

Motion was made by Director Watkins, seconded by Director Farjood, and unanimously carried (5-0), to approve the removal of c, j, l, p, w, y, aa, dd, ee, ff, gg, kk, nn, pp, rr, tt, vv, xx, yy, fff and qqq for further discussion, at the request of Director Hall and Director Lenac:

- (c) Boys & Girls Club of East County: BGCEC Youth Meal Program - \$50,000 (FY24-25 \$2,500 Sponsorship; FY20-21 \$10,000 Grant) Committee Recommendation: \$30,000
- (j) Southern Regional Resource Center, Inc.: Improving GHD Family Caregivers' Wellbeing Through Respite Care - \$337,864 (No prior funding) Committee Recommendation: \$250,000
- (l) SDSU Research Foundation dba Center for Excellence in Aging & Longevity (CEAL): Strengthening Aging Supports in East County Through Caregiver Training, Peer Networks, and Community Connection - \$144,473 (FY24-25 \$25,000) Committee Recommendation: \$75,000
- (p) Alzheimer's San Diego: Support for GHD Residents Impacted by Dementia - \$34,236 (FY24-25 \$23,000) Committee Recommendation: \$20,000
- (w) Institute for Public Strategies: Meet ME (Mountain Empire) Outdoors - \$149,966 (No prior funding) Committee Recommendation: \$100,000
- (y) San Diego Seniors Community Foundation: East County Longevity Hub - \$350,000 (No prior funding) Committee Recommendation: \$250,000
- (aa) Bliss Care Foundation, Inc.: Blissful Care Expansion - \$94,800 (No prior funding) Committee Recommendation: \$95,000
- (dd) Feeding San Diego: Food is Medicine – Rural Initiative Food Distributions - \$75,000 (FY24-25 \$25,000) Committee Recommendation: \$75,000
- (ee) The San Diego LGBT Community Center: Advancing Health Equity for the LGBTQ+ Community through The Center's Behavioral

- Health Services - \$50,000 (No prior funding) Committee Recommendation: \$40,000
- (ff) San Diego Youth Services: Mental Health for Vulnerable Youth - \$112,000 (FY23-24 \$24,999 Grant; FY23-24 \$2,500 Sponsorship) Committee Recommendation: \$56,000
- (gg) Meals-on-Wheels Greater San Diego, Inc.: Strengthening East County Senior Health: Meals and Innovation Hub Support - \$200,000 (FY23-24 \$30,000; FY23-24 \$5,000 Sponsorship) Committee Recommendation: \$75,000
- (kk) Resounding Joy, Inc.: Sounds of Legacy: Addressing Social Isolation Through Music Therapy for Seniors - \$25,000 (No prior funding) Committee Recommendation: \$25,000
- (nn) The New Children's Museum: Ground & Grow: Trauma – Informal Ceramics for Youth - \$55,000 (No prior funding) Committee Recommendation: \$25,000
- (pp) Christie's Place: Christie's Place Mental Health Services for Youth and Families Living with HIV - \$25,000 (FY24-25 \$5,000 Grant; FY24-25 \$2,500 Sponsorship) Committee Recommendation: \$25,000
- (rr) We Support U: Personalized Repetitive Transcranial Magnetic Stimulation (PrTMS) for Treatment of Mild Traumatic Brain Injury mTBI (aka Concussion) - \$750,000 (No prior funding) Committee Recommendation: \$100,000
- (tt) ArtReach: Addressing Behavioral Health & Social Isolation Through Visual Art Workshops with IRC's Women's Resiliency Center and Newcomer Youth Program - \$25,000 (FY24-25 \$14,000) Committee Recommendation: \$25,000
- (vv) African American Writers & Artists: Seasons of Health & Wellness: Community Engagement Initiative - \$25,000 (No prior funding) Committee Recommendation: \$25,000
- (xx) Vision y Compromiso: Me Veo Bien, Me Siento Bien/I Look Good, I Feel Good, a chronic disease management program - \$80,000 (No prior funding) Committee Recommendation: \$50,000
- (yy) Tremble Clefs San Diego, Inc.: Together, We Grow! - \$176,829 (No prior funding) Committee Recommendation: \$50,000

(fff) Crisis House: Pathway to Home: Senior Support Initiative - \$50,000 (FY23-24 \$8,000 Grant; FY23-24 \$8,599 Sponsorship)

(qqq) Voices for Children: Court Appointed Special Advocate (CASA) Program Training Initiative - \$25,000 (FY24-25 \$25,000 Grant; FY24-25 \$10,000 Sponsorship)

c) Grant Requests for Consideration

Recommended for funding:

(a) East County Transitional Living Center (ECTLC): East County Crisis Checkpoint for Continuum of Care - \$500,000 (FY23-24 \$12,500 Sponsorship; FY21-22 \$35,000 Grant) *Committee Recommendation: \$200,000*

(b) Vista Hill Foundation: Vista Hill ParentCare Dual Diagnosis - \$30,000 (FY24-25 \$30,000) *Committee Recommendation: \$30,000*

(c) Boys & Girls Club of East County: BGCEC Youth Meal Program - \$50,000 (FY24-25 \$2,500 Sponsorship; FY20-21 \$10,000 Grant) *Committee Recommendation: \$30,000*

Motion was made by Director Farjood, seconded by Director Ayres, and carried (4-1), to approve Boys & Girls Club of East County: BGCEC Youth Meal Program's grant request for \$30,000. (Director Lenac was the nay vote.)

(d) License to Freedom: Roots of Resilience - \$139,800 (FY24-25 \$19,290) *Committee Recommendation: \$88,000*

(e) St. Madeleine Sophie's Training Center: SMSC Healthcare Students Volunteer Program - \$25,000 (FY24-25 \$25,000) *Committee Recommendation: For Workforce Committee review and deliberation*

(f) DAP Health, Inc.: DAP Health Centro Medico El Cajon X-ray Equipment and DR Software Upgrade - \$94,899 (FY24-25 \$16,750) *Committee Recommendation: \$94,899*

(g) San Diego Rescue Mission: East County Homeless Outreach & Collaboration - \$350,000 (FY24-25 \$25,000) *Committee Recommendation: \$150,000*

- (h) YMCA of SD County / East County Family YMCAs: LIVESTRONG at the YMCA Cancer Survivor Program - East County - \$17,453 (FY24-25 \$17,500) *Committee Recommendation: \$15,000*
- (i) Neighborhood Healthcare: Neighborhood Lakeside Health Center Expansion - \$450,000 (No prior funding) *Committee Recommendation: \$250,000*
- (j) Southern Regional Resource Center, Inc.: Improving GHD Family Caregivers' Wellbeing Through Respite Care - \$337,864 (No prior funding) *Committee Recommendation: \$250,000*

After discussion regarding the appropriate grant award, **motion was made by Director Lenac, seconded by Director Hall, and carried (4-1), to approve Southern Regional Resource Center, Inc.: Improving GHD Family Caregiver' Wellbeing Through Respite Care's grant request for \$100,000. (Director Farjood was the nay vote, stating that she would have awarded the full Committee-recommended amount of \$250,000.)**

- (k) East County Economic Development Council Foundation: Grossmont Healthcare District Career Pathways Initiative - \$150,000 (FY22-23 \$105,000) *Committee Recommendation: For Workforce Committee review and deliberation.*
- (l) SDSU Research Foundation dba Center for Excellence in Aging & Longevity (CEAL): Strengthening Aging Supports in East County Through Caregiver Training, Peer Networks, and Community Connection - \$144,473 (FY24-25 \$25,000) *Committee Recommendation: \$75,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve SDSU Research Foundation dba Center for Excellence in Aging & Longevity's (CEAL): Strengthening Aging Supports in East County Through Caregiver Training, Peer Networks, and Community Connection grant request for \$75,000. (Director Hall was the nay vote.)

Motion was made by Director Hall to approve SDSU Research Foundation dba Center for Excellence in Aging & Longevity's (CEAL): Strengthening Aging Supports in East County Through Caregiver Training, Peer Networks, and Community Connection grant request for \$25,000. With the absence of a second, this motion failed.

- (m) Saddles In Service: Healing for Frontline Nurses and Medical Staff - \$25,000 (FY24-25 \$25,000 Grant; FY24-25 \$5,000 Sponsorship) *Committee Recommendation: \$25,000*
- (n) Volunteers in Medicine - San Diego Inc.: Free Medical Clinic for the Uninsured – Expanded Services - \$250,000 (FY24-25 \$150,000) *Committee Recommendation: \$175,000*
- (o) Autism Society San Diego: Expanding Autism Support Services in East County - \$250,000 (FY24-25 \$5,000 Sponsorship) *Committee Recommendation: \$100,000*
- (p) Alzheimer's San Diego: Support for GHD Residents Impacted by Dementia - \$34,236 (FY24-25 \$23,000) *Committee Recommendation: \$20,000*

Motion was made by Director Farjood, seconded by Director Lenac, and unanimously carried (5-0), to approve Alzheimer's San Diego's: Support for GHD Residents Impacted by Dementia grant request for \$20,000.

- (q) Home of Guiding Hands Corporation: Nursing Expansion for IDD Residents of Grossmont Healthcare District - \$225,000 (FY23-24 \$69,000; FY23-24 \$5,000 Sponsorship) *Committee Recommendation: \$125,000*
- (r) Oncology And Kids, Inc.: Resident Oncology Camp - \$25,000 (FY22-23 \$20,000) *Committee Recommendation: \$25,000*
- (s) University of San Diego: Grossmont Healthcare District Behavioral Health Scholarship Fund - \$75,000 (No prior funding) *Committee Recommendation: For Workforce Committee review and deliberation.*

- (t) McAlister Institute for Treatment & Education Inc.: Integrated Recovery Health Project: Expanding Medical and Psychiatric Support for SUD Treatment in East County - \$223,820 (FY23-24 \$13,100) *Committee Recommendation: \$200,000*
- (u) Family Health Centers of San Diego, Inc.: FHCSO Older Adult Services - \$40,000 (FY23-24 \$2,500 Sponsorship; FY21-22 \$70,939 Grant) *Committee Recommendation: \$40,000*
- (v) Serving Seniors: Serving Seniors East County Nutrition & Aging Care Support Program - \$78,837 (FY24-25 \$30,000) *Committee Recommendation: \$50,000*
- (w) Institute for Public Strategies: Meet ME (Mountain Empire) Outdoors - \$149,966 (No prior funding) *Committee Recommendation: \$100,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve the Institute for Public Strategies': Meet ME (Mountain Empire) Outdoors grant request for \$100,000. (Director Lenac and Director Hall were the nay votes.)

- (x) Institute of Reproductive Grief Care: Reproductive Grief Education for Grossmont College Nursing Program - \$44,000 (FY24-25 \$2,500 Sponsorship) *Committee Recommendation: \$25,000*
- (y) San Diego Seniors Community Foundation: East County Longevity Hub - \$350,000 (No prior funding) *Committee Recommendation: \$250,000*

Motion was made by Director Farjood, seconded by Director Lenac, and carried unanimously (5-0), to approve San Diego Seniors Community Foundation's: East County Longevity Hub grant request for \$250,000.

- (z) The Foundation for Grossmont & Cuyamaca Colleges: Advancing Cardiac Care Instruction in East County - \$75,000 (No prior funding) *Committee Recommendation: For Workforce Committee review and deliberation.*

- (aa) Bliss Care Foundation, Inc.: Blissful Care Expansion - \$94,800 (No prior funding) *Committee Recommendation: \$95,000*

Motion was made by Director Farjood, seconded by Director Lenac, and carried (4-1), to approve Bliss Care Foundation, Inc.'s: Blissful Care Expansion grant request for \$95,000. (Director Hall was the nay vote.)

- (bb) Heartland Regional Fire Training Foundation: Heartland Fire Training EMS Pathway and Community Training Program - \$25,000 (No prior funding) *Committee Recommendation: \$25,000*

- (cc) Impact Melanoma: San Diego County Skin Cancer Prevention GHD - \$122,407 (FY24-25 \$19,237) *Committee Recommendation: \$80,000*

- (dd) Feeding San Diego: Food is Medicine – Rural Initiative Food Distributions - \$75,000 (FY24-25 \$25,000) *Committee Recommendation: \$75,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve Feeding San Diego's: Food is Medicine – Rural Initiative Food Distributions grant request for \$75,000. (Director Lenac was the nay vote.)

- (ee) The San Diego LGBT Community Center: Advancing Health Equity for the LGBTQ+ Community through The Center's Behavioral Health Services - \$50,000 (No prior funding) *Committee Recommendation: \$40,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve The San Diego LGBT Community Center's grant request: Advancing Health Equity for the LGBTQ+ Community through The Center's Behavioral Health Services request for \$40,000. (Director Lenac and Director Ayres were the nay votes.)

- (ff) San Diego Youth Services: Mental Health for Vulnerable Youth - \$112,000 (FY23-24 \$24,999 Grant; FY23-24 \$2,500 Sponsorship)
Committee Recommendation: \$56,000

Motion was made by Director Farjood, seconded by Director Lenac, and unanimously carried (5-0), to approve San Diego Youth Services': Mental Health for Vulnerable Youth grant request for \$56,000.

- (gg) Meals-on-Wheels Greater San Diego, Inc.: Strengthening East County Senior Health: Meals and Innovation Hub Support - \$200,000 (FY23-24 \$30,000; FY23-24 \$5,000 Sponsorship)
Committee Recommendation: \$75,000

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve Meals-on-Wheels Greater San Diego, Inc.'s: Strengthening East County Senior Health - Meals and Innovation Hub Support grant request for \$75,000. (Director Lenac was the nay vote.)

- (hh) San Diego Center for the Blind: The Nourish Project - \$25,000 (No prior funding) *Committee Recommendation: \$25,000*

- (ii) Majdal: Arab Community Center of San Diego, fiscally sponsored project of Mission Edge San Diego: Supporting Holistic MENA Refugee & Immigrant Mental Health - \$91,195 (FY23-24 \$11,440)
Committee Recommendation: \$92,000

- (jj) Jewish Family Services of San Diego: Continuum of Nutrition Support for Seniors - \$40,000 (FY24-25 \$40,000) *Committee Recommendation: For Board review and deliberation due to recusal.*

- (kk) Resounding Joy, Inc.: Sounds of Legacy: Addressing Social Isolation Through Music Therapy for Seniors - \$25,000 (No prior funding)
Committee Recommendation: \$25,000

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve Resounding Joy's: Sounds of Legacy - Addressing Social Isolation Through Music Therapy for Seniors grant request for \$25,000. (Director Lenac and Director Hall were the nay votes.)

- (ll) Home Start, Inc.: Expanded Specialized Behavioral Health Services for GHD Child Victims of Trauma, Abuse, & Crime - \$88,552 (FY24-25 \$38,500) *Committee Recommendation: \$75,000*
- (mm) The Salvation Army: East County Salvation Army Senior Nutrition Program - \$74,775 (FY24-25 \$7,000) *Committee Recommendation: For Board Review and deliberation due to recusal.*
- (nn) The New Children’s Museum: Ground & Grow: Trauma – Informal Ceramics for Youth - \$55,000 (No prior funding) *Committee Recommendation: \$25,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve The New Children’s Museum’s: Ground & Grow: Trauma – Informal Ceramics for Youth grant request for \$25,000. (Director Hall and Director Lenac were the nay votes.)

- (oo) San Diego County Medical Society Foundation dba Champions for Health: In-home Wellness for Older Adults & Homebound Individuals - \$30,000 (FY24-25 \$30,000) *Committee Recommendation: \$30,000*
- (pp) Christie’s Place: Christie’s Place Mental Health Services for Youth and Families Living with HIV - \$25,000 (FY24-25 \$5,000 Grant; FY24-25 \$2,500 Sponsorship) *Committee Recommendation: \$25,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve Christie’s Place’s: Mental Health Services for Youth and Families Living with HIV grant request for \$25,000. (Director Lenac was the nay vote.)

- (qq) ElderHelp of San Diego: ElderHelp Care Coordination & Transportation Program - \$65,000 (FY24-25 \$50,000 Grant; FY24-25 \$10,000 Sponsorship) *Committee Recommendation: \$50,000*
- (rr) We Support U: Personalized Repetitive Transcranial Magnetic Stimulation (PrTMS) for Treatment of Mild Traumatic Brain Injury mTBI (aka Concussion) - \$750,000 (No prior funding) *Committee Recommendation: \$100,000*

The We Support U representative answered questions from the Board via Zoom. Director Ayres would like to see a potential future partnership with them and Sharp Grossmont Hospital's Neuroscience Center.

Motion was made by Director Farjood, seconded by Director Watkins, and carried unanimously (5-0), to approve We Support U's: Personalized Repetitive Transcranial Magnetic Stimulation (PrTMS) for Treatment of Mild Traumatic Brain Injury mTBI (aka Concussion) grant request for \$100,000.

(ss) Legal Aid Society of San Diego, Inc.: Grossmont Healthcare District Health Access Project - \$65,000 (No prior funding) *Committee Recommendation: \$65,000*

(tt) ArtReach: Addressing Behavioral Health & Social Isolation Through Visual Art Workshops with IRC's Women's Resiliency Center and Newcomer Youth Program - \$25,000 (FY24-25 \$14,000) *Committee Recommendation: \$25,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve ArtReach's: Addressing Behavioral Health & Social Isolation Through Visual Art Workshops with IRC's Women's Resiliency Center and Newcomer Youth Program grant request for \$25,000. (Director Lenac and Director Hall were the nay votes.)

(uu) Burn Institute: Burn Institute Fire Prevention and Burn Survivor Services for Grossmont Health District Residents - \$68,000 (FY23-24 \$34,000) *Committee Recommendation: \$34,000*

(vv) African American Writers & Artists: Seasons of Health & Wellness: Community Engagement Initiative - \$25,000 (No prior funding) *Committee Recommendation: \$25,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (3-2), to approve African American Writers & Artist's: Seasons of Health & Wellness: Community Engagement Initiative grant request for \$25,000. (Director Lenac and Director Hall were the nay votes.)

(ww) For Their Thoughts Foundation Inc.: Expanding Dementia Health Literacy in Schools and Strengthening the Neuro-Healthcare Pipeline in East County - \$46,100 (FY24-25 \$2,500 Sponsorship)
Committee Recommendation: \$40,000

(xx) Vision y Compromiso: Me Veo Bien, Me Siento Bien/I Look Good, I Feel Good, a chronic disease management program - \$80,000 (No prior funding) *Committee Recommendation: \$50,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve Vision y Compromiso's: Me Veo Bien, Me Siento Bien/I Look Good, I Feel Good, a chronic disease management program grant request for \$50,000. (Director Lenac was the nay vote.)

(yy) Tremble Clefs San Diego, Inc.: Together, We Grow! - \$176,829 (No prior funding) *Committee Recommendation: \$50,000*

Motion was made by Director Farjood, seconded by Director Watkins, and carried (4-1), to approve Tremble Clefs San Diego, Inc.'s: Together, We Grow grant request for \$50,000. (Director Lenac was the nay vote.)

Not recommended for funding by the Committee originally:

(zz) Eric Paredes Save A Life Foundation: Screen Your Teen - \$13,200 (FY24-25 \$13,200)

Motion was made by Director Ayres, seconded by Director Watkins, and carried unanimously (5-0), to approve Eric Paredes Save A Life Foundation's: Screen Your Teen grant request for \$13,200.

(aaa) SD Imperial Counties Developmental Services Foundation aka Foundation for Developmental Disabilities: Expanding FDD's Emergency Help Fund Program Supporting San Diego Regional Center Clients and Their Families - \$25,000 (No prior funding)

(bbb) Trauma Intervention Programs of SD County Inc.: Crisis Intervention - \$25,000 (FY24-25 \$20,000)

(ccc) Make-A-Wish Foundation of San Diego: Enhancing Pediatric Cardiac Care Through Resilience-Building Interventions - \$25,000 (No prior funding)

- (ddd) San Diego Hunger Coalition: Addressing Food Insecurity for GHD's Most Vulnerable Residents - \$20,000 (No prior funding)
- (eee) Empowered Endings Foundation: Compassionate Navigation and Conversations: Supporting Seniors and Families in East County for Life at End of Life - \$75,000 (No prior funding)
- (fff) Crisis House: Pathway to Home: Senior Support Initiative - \$50,000 (FY23-24 \$8,000 Grant; FY23-24 \$8,599 Sponsorship)

Motion was made by Director Watkins, seconded by Director Hall, and unanimously carried (5-0), to approve Crisis House's: Pathway to Home-Senior Support Initiative grant request for \$25,000.

- (ggg) Heaven's Windows: Child Nutrition Program - \$25,000 (No prior funding)
- (hhh) Arms Wide Open: Performing Arts Classes for People with Disabilities - \$25,000 (FY24-25 \$25,000)
- (iii) Covenant Living at Mount Miguel dba Covenant Living of the West: Enhancing Transportation Access for Seniors at Covenant Living at Mount Miguel - \$15,000 (FY24-25 \$15,000)
- (jjj) Survivors of Torture, International: Health Education and Literary (HEAL) Program - \$75,000 (FY24-25 \$19,290)
- (kkk) Center for Community Solutions: TRIUMPH (Trauma Recovery Integration Using Multiple Pathways to Healing) - \$25,000 (FY24-25 \$25,000)
- (lll) Developmental Services Continuum, Inc.: DSC's Music Therapy Program - \$25,000 (FY24-25 \$25,000)
- (mmm) Jacobs & Cushman San Diego Food Bank: San Diego Food Bank's Fresh Produce for East County Program - \$75,000 (FY23-24 \$18,000)
- (nnn) Noah Homes, Inc.: Noah Homes IT Infrastructure Upgrades for Essential Medical Services and Compliance - \$200,000 (FY24-25 \$25,000)

- (ooo) Community, Action, Service and Advocacy (CASA): Bringing Shared Housing to East County to Help Prevent Homelessness - \$25,000 (No prior funding)
- (ppp) N.A.T.I.V.E. Placements: Project Hope - \$50,000 (No prior funding)
- (qqq) Voices for Children: Court Appointed Special Advocate (CASA) Program Training Initiative - \$25,000 (FY24-25 \$25,000 Grant; FY24-25 \$10,000 Sponsorship)

Motion was made by Director Watkins, seconded by Director Farjood, and carried unanimously (5-0), to defer Voices for Children’s: Court Appointed Special Advocate (CASA) Program Training Initiative grant request for \$25,000 to the Workforce Development Committee in early 2026 for funding consideration.

- (rrr) Centro de Salud de la Comunidad de San Ysidro, Inc.: Food is Medicine Rural Initiative - \$258,930.69 (FY24-25 \$64,083 Grant; FY24-25 \$5,000 Sponsorship)
- (sss) Connections for Adults Living Independently, Inc.: Connecting Individuals to Supported Living Services: A Multipronged Media and Outreach Approach - \$25,000 (No prior funding)
- (ttt) San Diego Blood Bank: East County Donor Center (ECDC) Support - \$90,000 (FY24-25 \$19,290)
- (uuu) Mama’s Kitchen: Medically Tailored Meal Service – East County - \$70,000 (FY24-25 \$30,000)
- (vvv) San Diego Oasis: Wellness Plus – Comprehensive Health Education for Older Adults at San Diego Oasis’ La Mesa Center - \$65,000 (No prior funding)
- (www) American Pacific Health Foundation: Cognitive Assessment and Risk Education (CARE) Project - \$25,000 (No prior funding)
- (xxx) Therapy Center Inc. dba Challenger Center: Empowering Independence and Dignity in Aging - \$50,000 (FY23-24 \$18,750)
- (yyy) So Say We All: Humanizing Healthcare Through Lived Storytelling - \$23,500 (No prior funding)

- (zzz) Boys to Men Mentoring Network: Boys to Men Mentoring RECLAIM Project (Restorative Engagement for Community Leadership and Intervention Among Men - \$25,000 (No prior funding)
- (aaaa) Walk San Diego dba Circulate San Diego: East County Vision Zero Report Update and Community Engagement - \$48,250 (No prior funding)
- (bbbb) FundaMental Health: Bridging the Mental Healthcare Gap in the Grossmont Healthcare District - \$25,000 (No prior funding)
- (cccc) Braille Institute of America, Inc. San Diego Low Vision Rehabilitation - \$25,000 (No prior funding)
- (dddd) Newcomers Support and Development: In Arabic Medical Podcast - \$25,000 (No prior funding)
- (eeee) Community Eldercare of San Diego dba St. Paul's PACE: St. Paul's PACE Nemeth Transportation Program - \$320,000 (FY24-25 \$12,858)
- (ffff) The Foundation for Care Integration: Hospital to Home Transportation Program - \$100,000 (No prior funding)

d) Sponsorship Requests for Consideration

Recommended for funding:

- (a) Jacobs & Cushman San Diego Food Bank: San Diego Food Bank Gala - \$10,000 (FY23-24 \$18,000 Grant) (Event Date: 04-18-26) *Committee Recommendation: \$5,000*
- (b) Autism Society San Diego Inc.: Autism Social and Mental Health Conference: Caring. Connection. Community. - \$10,000 (FY24-25 \$5,000) (Event Date: 02-20-26) *Committee Recommendation: \$10,000*
- (c) Boys & Girls Club of East County, Inc.: BGCEC's 4th Annual Community Health Fair - \$10,000 (FY24-25 \$2,500) (Event Date: Spring 2026) *Committee Recommendation: \$5,000*
- (d) ElderHelp of San Diego: ElderHelp's Essence of Life Awards and Charity Auction - \$15,000 (FY24-25 \$10,000) (Event Date: 03-16-26) *Committee Recommendation: \$10,000*

- (e) Transcendence Youth Arts Project: CREATE Performance 2026 - \$10,000 (FY24-25 \$5,000) (Event Date: 04-03-26) *Committee Recommendation: \$10,000*
- (f) Institute of Reproductive Grief Care: The Next Frontier: Where Innovation Meets Compassion - \$10,000 (FY24-25 \$2,500) (Event Date: 03-27-26) *Committee Recommendation: \$10,000*
- (g) Center for Community Solutions: Grossmont Healthy Relationships Day - \$14,500 (FY24-25 \$25,000 Grant) (Event Date: 03-12-26) *Committee Recommendation: \$7,000*
- (h) San Diego Black Business Network: HealWellFest - \$20,000 (No prior funding) (Event Date: TBD) *Committee Recommendation: \$10,000*
- (i) Thrive Lemon Grove: Lemon Grove Farmers Market - \$10,000 (No prior funding) (Event Date: 10-02-25) *Committee Recommendation: \$7,500*
- (j) For Their Thoughts Foundation: Move For Their Thoughts (MoveFTT) 35 Day Mile-a-Day Challenge - \$10,000 (FY24-25 \$2,500) (Event Date: 04-26-26) *Committee Recommendation: \$5,000*

Not recommended for funding:

- (k) Southern Regional Resource Center, Inc.: Aging and Caregiving Awareness Campaign: Exhibits & Community-Based Conference - \$70,000 (No prior funding) (Event Date: N/A)
- (l) NAMI San Diego: NAMIWalks San Diego - \$5,650 (FY21-22 \$2,800) (Event Date: 04-25-26)
- (m) Christie's Place: "A Woman's Voice" Annual San Diego HIV Women's Conference - \$7,500 (FY24-25 \$2,500) (Event Date: 03-07-26)
- (n) American Lung Association in California: LUNG FORCE Walk - \$10,000 (FY23-24 \$20,000 Grant) (Event Date: TBD)

Director Farjood asked staff to provide the remaining funds balance and suggested that all non-recommended organizations be brought back to the Grants & Sponsorships Committee for further consideration, based on rubric scores. Director Watkins agreed.

(The meeting paused for award recipients to take photos with the Board.)

3. Policies & Procedures Committee – Director Ayres (10/30/25) **(03:13:15)**
 - a) Recommendation: Consideration to Approve Creation of Standing Workforce Development Committee
 - i. The Policies & Procedures Committee recommends the creation of a standing Workforce Development Committee in alignment with District’s mission statement

Motion was made by Director Ayres, seconded by Director Watkins, and unanimously carried (5-0), to approve the creation of a Workforce Development Committee as the tenth standing committee.

- b) Recommendation: Consideration to Dissolve Ad Hoc Committees
 - i. The Policies & Procedures Committee recommended dissolving the Workforce Development Ad Hoc Committee and transitioning it into a standing committee.
 - ii. The Policies & Procedures Committee recommended dissolving the CEO Search Ad Hoc Committee due to the hiring of the permanent CEO.

Motion was made by Director Ayres, seconded by Director Lenac, and unanimously carried (5-0), to approve the dissolution of both the Workforce Development Ad Hoc Committee and the CEO Recruitment Ad Hoc Committee.

4. Board Reorganization – Election of Officers **(03:15:36)**

President Ayres thanked his fellow Board members, staff, Interim CEO Byzak, and Counsel Giragosian, for all their hard work. Director Farjood thanked President Ayres for his service and leadership.

Counsel Giragosian opened the floor for nominations for each of the respective offices: President, Vice President, and Secretary.

Director Hall nominated Director Lenac for President, Director Watkins for Vice President, and Director Farjood for Secretary.

Director Farjood nominated Director Watkins for President, but this nomination was declined.

Director Farjood nominated herself for President, and Director Watkins for Vice President. Director Farjood asked President Ayres if he would consider a second-year term as President, and he declined.

Director Farjood provided remarks on her values and qualifications for serving as Board President.

President Ayres called for a vote for Director Farjood as President. Director Farjood cast the lone aye vote, and it did not pass.

President Ayres then called for a vote for Director Lenac as President. Directors Lenac, Hall, and Watkins cast aye votes, and it passed.

The Directors raised their hands as a collective body and, unanimously voted (5-0), to approve Director Lenac as President, Director Watkins as Vice President, and Director Farjood as Secretary.

Pursuant to District policy, the incoming President (Director Lenac) will appoint the Treasurer, Assistant Secretary, and Assistant Treasurer. *(Later, Director Hall was appointed Board Treasurer, James Sly (incoming Chief Executive Officer) was appointed Assistant Secretary, and Tom Scaglione (Chief Administrative Officer) was appointed Assistant Treasurer.)*

G. Board Member Comments/Reports

1. Monthly Stipend Report for Meetings Attended – This report includes meetings from the prior month. Board Members are invited to provide brief reports on any community meetings, conferences, and/or trainings attended for which a stipend was paid, or for any other meetings of significance.
2. Board and Interim CEO Comments **(03:29:02)**

Director Lenac expressed his concern about funding large organizations outside of the District.

Director Watkins commented it would be prudent to go back and revisit what we should be funding as a Board.

Director Farjood stated there should be guidance for grant and sponsorship applicants on the award amount to request when applying. She is in favor of using strategic initiative dollars for larger scale capital projects like the development of a behavioral health facility.

President Ayres gave an update on the Apple Pro demonstration at the Innovation Center in Kearny Mesa, and will get back to the Board with dates and times.

President Ayres explained the process in which committees will be assigned for 2026.

Director Farjood thanked Interim CEO Byzak for his service, friendship, and guidance, observing that this was his last Board meeting in the role.

H. Information Items

1. Monthly Grant & Sponsorship Report for October 2025
2. Monthly Investment Transaction Report for October 2025
3. Monthly Financial Report for October 2025
4. Monthly Community Health Report for November 2025
5. Quarterly Community Health Report (July – September 2025)
6. 2025 Committee Assignments

I. Future Agenda Items - *Directors may move to agendaize any item for discussion or presentation at a future meeting*

J. Next Regularly Scheduled Meetings

1. Thursday, December 18, 2025, 9:00 a.m. (*This meeting is cancelled.*)
2. Tuesday, January 6, 2026, 9:00 a.m.

L. Adjournment

There being no further business on **motion duly made, seconded, and unanimously carried, the Board adjourned at 12:32 p.m.**

Respectfully submitted,

Randy Lenac, President, Board of Directors

ATTEST:

Nadia Farjood, Secretary, Board of Directors