

# K-12 TELEBRIEFING



**April 7, 2026**

**Welcome!**



# SUBJECT MATTER EXPERTS



**Dr. Motadel**  
Chief Pediatric Officer  
County of San Diego



**Tracy Schmidt**  
Senior Director, Attendance,  
Safety, & Student Engagement,  
SDCOE



**Jackie Stiles, MSN, RN**  
Coordinator, School Nursing  
SDCOE



**Dr. Taras**  
Physician Consultant  
SDCOE

# SPECIAL GUESTS



**Ricardo Hernandez**  
Human Services Program Manager  
CalFresh and General Relief Program



**Patty Soto**  
Manager  
Rady's Resource Nurse Line

# EDUCATION SECTOR TEAM



Nicole Cardoza



Allison Hirahara



Grace Huynh

# AGENDA

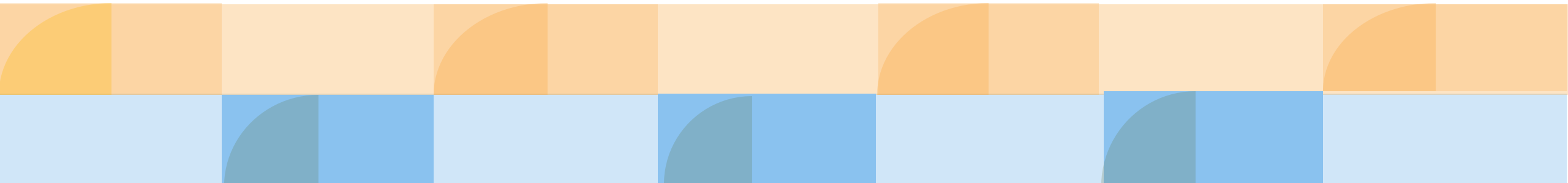


Agenda Item	Speaker/Presenter
Welcome	Nicole Cardoza
CalFresh & House Resolution 1 (H.R. 1)	Ricardo Hernandez
Take A Breath: Asthma RN Education Post Emergency Room Visit	Patty Soto
Public Health Updates	Dr. Motadel
Q&A Session	All Panelists



# Helping You Navigate Upcoming Changes to CalFresh & Medi-Cal Benefits

**April 2026**



# What is Changing?

House Resolution 1 (H.R. 1) or the “One Big Beautiful Bill Act” was signed into law on July 4, 2025. This law includes changes to CalFresh and Medi-Cal for some individuals.

## CalFresh Changes

**April 1, 2026:** CalFresh non-citizen eligibility categories will change

**June 1, 2026:** Work requirements will apply to “Able-Bodied Adults Without Dependents” (ABAWDs)

## Medi-Cal Changes

**January 1, 2026:** Full-scope Medi-Cal enrollment freeze for individuals with “Unsatisfactory Immigration Status”

**October 1, 2026:** Fed gov’t will change how some immigration statuses are classified for federally funded full scope Medi-Cal

**January 1, 2027:** Medi-Cal work requirements begin. Six-month eligibility checks begin.

\*Pregnant people and their infants are eligible for full-scope Medi-Cal during pregnancy and for one year after birth, regardless of immigration status.

# CalFresh Changes

## Eligibility for Non-Citizens

### Before April 1, 2026

- Certain non-citizens were eligible to receive CalFresh, such as asylees, and refugees.

### After April 1, 2026

- Certain non-citizens are no longer eligible to receive CalFresh benefits, such as asylees and refugees.

## Work Requirements for Able-Bodied Adults Without Dependents (ABAWDs)

### Before June 1, 2026

None (in San Diego)

### After June 1, 2026

- Age Range: 18 to 64 years old
- Exempt if a parent/guardian of a dependent child **under 14** in the home

Note: Some individuals may be exempt from work requirements if they are physically or mentally unable to be employed

# Who is Still Eligible for CalFresh?

Starting **April 1, 2026**, customers are **eligible** for CalFresh if they are one of the following:



United States  
(US) citizen

US National

Lawful  
Permanent  
Resident (LPR)

Cuban or  
Haitian Entrant  
(CHE)

Compacts of  
Free  
Association  
(COFA) citizen

# Who is No Longer Eligible for CalFresh?

Starting April 1, 2026, customers are no longer eligible for CalFresh if they are a/an:

Asylee

Refugee

Parolee  
(unless CHE)

Individual with  
deportation or  
removal withheld

Conditional entrant

Victim of trafficking

Battered non-  
citizen

Iraqis and Afghans  
with Special  
Immigrant Visas  
(SIVs)

Certain Afghan  
nationals granted  
parole between July  
31, 2021, through  
September 30, 2023

Certain Ukrainian  
nationals granted  
parole between  
February 24, 2022,  
through September 30,  
2024

Ineligible non-citizens who **adjust to a qualifying immigration status** *may* be eligible for CalFresh.

- For example, a refugee adjusts their immigration status to Lawful Permanent Resident (LPR).

# CalFresh Work Requirements



## People who must meet work requirements include:

- Adults 18-64
- Do not have children under 14 at home
- Are physically and mentally able to work
- Do not meet any other [exemptions](#)

Work requirements can be met by completing 20 hours/week or 80 hours/month through the following activities:

Work

Self-  
Employment

Training

Volunteering

# What should I do next?

BenefitsCal Account: Update contact info	Family Resource Centers: visit for in-person support
 <p>Visit your <a href="#">BenefitsCal</a> account and make sure your contact information is up to date.</p>	 <p>Visit a <a href="#">Family Resource Center</a>.</p>
Website	Access Customer Service: call for phone support
 <p>Visit the <a href="#">Changes to CalFresh and Medi-Cal webpage</a> to view changes to benefits.</p>	 <p>Call 1-866-262-9881.</p>
<p><b><i>If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next re-certification.</i></b></p>	

## What should I do next?



If you are using a County of San Diego P.O. Box, check your mail at least monthly to ensure you do not miss any communication.



Respond to communications that come from County of San Diego staff.

*If you are impacted by any of these changes, you will be contacted or informed during your intake interview or next recertification*

# Call to Action for Organizations

 <b>Inform</b> Share information with your clients and staff: <a href="#">CalFresh and Medi-Cal Changes</a> <a href="#">Self-Sufficiency Programs website</a>	 <b>Create or Promote Volunteer Opportunities</b> Partner with organizations that promote volunteer opportunities like <a href="#">HandsOn San Diego</a>
 <b>Enrollment Support</b> See if your organization is a good fit for the <a href="#">Access CBO Line</a> Request the <a href="#">Live Well on Wheels</a> for events	 <b>Stay Engaged</b> Sign up for <a href="#">Enewsletter Updates</a>
 <b>Create or Promote Work Opportunities</b> List open job opportunities with San Diego Workforce Partnership (SDWP) <a href="#">Employer Job Posting Website</a> See if you are a good fit to <a href="#">Become an Eligible Training Provider</a> with SDWP	 <b>Request HR1 Presentation</b> <a href="#">Request a presentation</a>

Check out the [CalFresh/Medi-Cal Changes Toolkit](#) and [Community Partner Resource Toolkit](#)


# Additional Community & Food Resources

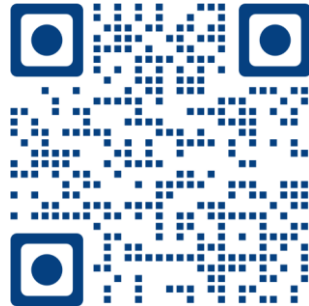
## Self-Sufficiency Programs

 (866) 262-9881




## 211sandiego.org

 2-1-1




## Feeding San Diego

 (858) 452-3663



## San Diego Food Bank


 (858) 527-1419



## San Diego Hunger Coalition




## Catholic Charities

 (619) 323-2841




## Jewish Family Service

 (858) 637-3210



## San Diego Workforce Partnership

 (619) 319-9675



## HandsOn San Diego





# Please provide your Presentation Feedback



# Take a Breath: Asthma RN Education Post Emergency Room Visit

**Patty Soto, MSN, RN, CPN**

Rachel Perkins, BS

Donna Donoghue, MSN, MBA, RN, NE-BC

Monica Angeles, MPH

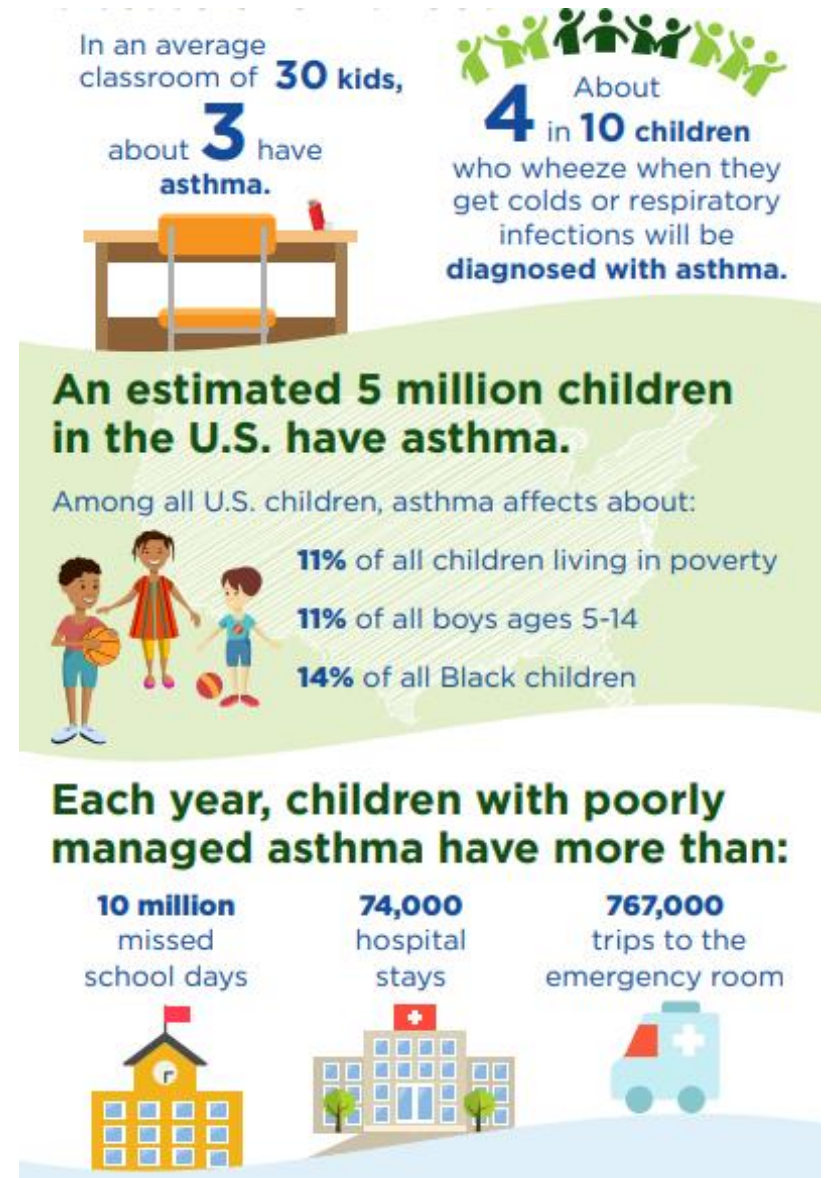
Keri Carstairs, MD, MBA, FACEP, FAAP



# WHY IT MATTERS

Asthma is the most common chronic disease of childhood

~3000 patients are seen each year at the Rady Children's ED for an asthma-related visit



# Identified Unmet Needs

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LACK OF EDUCATION



LACK OF CARE  
COORDINATION

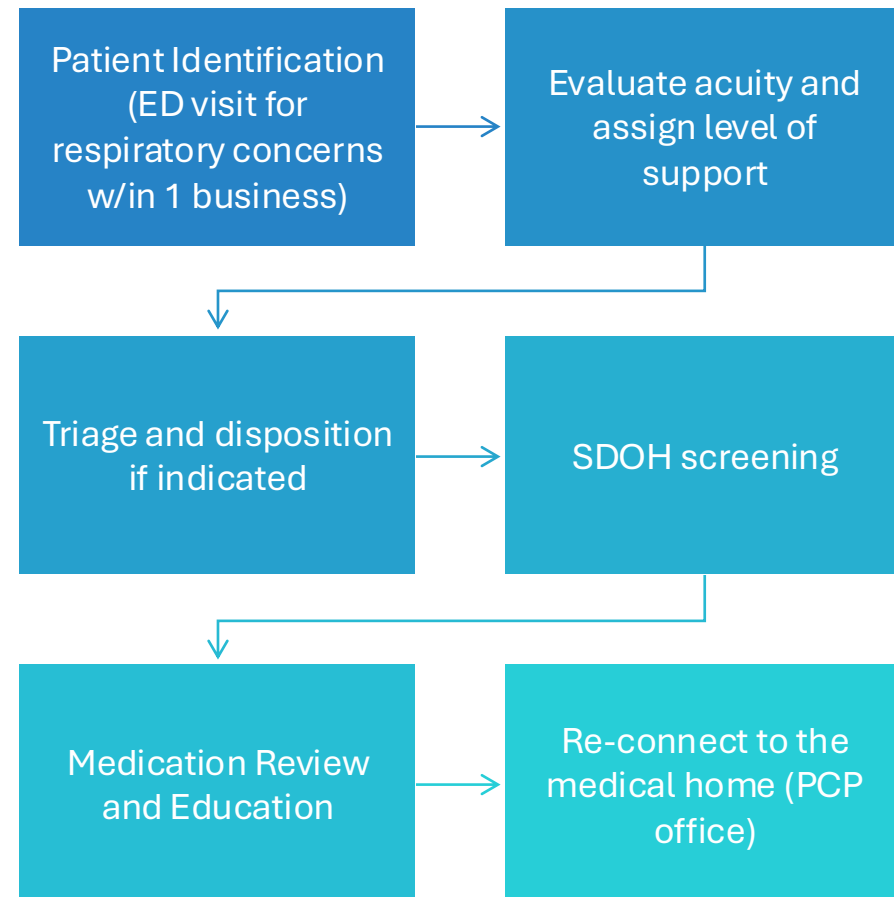


LACK OF FOLLOW-UP  
WITH PCP



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## Breathe Well RN Asthma Education Program



Poorly controlled asthma can be due to:



Lack of medication adherence



Improper medication techniques



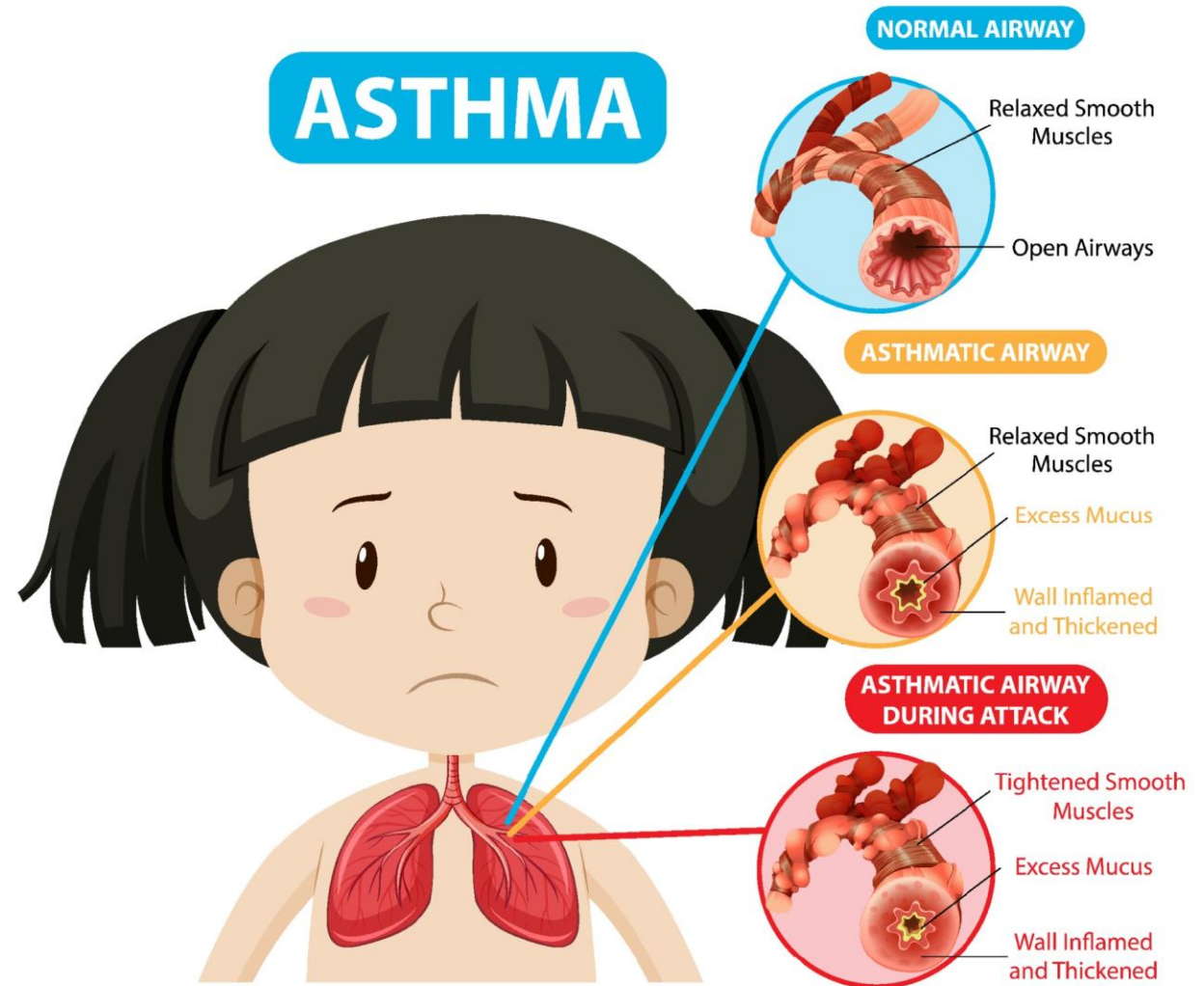
Exposure to asthma triggers



Lack of access to care

# WHAT IS ASTHMA

- Inflammation
- Muscle tightening
- Mucus



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## SIGNS AND SYMPTOMS

- Coughing
- Wheezing
- Trouble breathing
- Tightness in chest
- Tired Short of breath
- Feeling weak
- Poor sleep



# CONFUSED ABOUT MEDICATIONS?

Not to be printed or reproduced without expressed written consent of Allergy & Asthma Network

**Allergy & Asthma Network** is a national nonprofit organization dedicated to ending needless death and suffering due to asthma, allergies and related conditions through outreach, education, advocacy and research.

**Respiratory Treatments** 2017

Legend: **D** = DOSE INDICATOR **★** = BUILT-IN SPACER **G** = GENERIC AVAILABLE **DISEASE STATES:** **A** = ASTHMA **C** = COPD

**Short-acting beta<sub>2</sub>-agonist bronchodilators** relax tight muscles in airways and offer relief of symptoms such as coughing, wheezing and shortness of breath for 3-6 hours.

- ProAir<sup>®</sup> RespiClick** albuterol sulfate inhalation powder (D, A)
- Proventil<sup>®</sup> HFA** albuterol sulfate (A)
- Ventolin<sup>®</sup> HFA** albuterol sulfate (D, A)
- Xopenex<sup>®</sup> HFA** levalbuterol tartrate (A, C)

**Long-acting beta<sub>2</sub>-agonist bronchodilators** relax tight muscles in airways, offering lasting relief of symptoms such as coughing, wheezing and shortness of breath for at least 12 hours.

- Arcapta<sup>™</sup> Neohaler<sup>®</sup>** indacaterol inhalation powder (C)
- Serevent<sup>®</sup> Diskus<sup>™</sup>** salmeterol xinafoate inhalation powder (D, A, C)
- Striverdi<sup>®</sup> Respimat<sup>™</sup>** vilanterol hydrochloride (D, A, C)

**Inhaled corticosteroids** reduce and prevent swelling of airway tissue; they do not relieve sudden symptoms of coughing, wheezing or shortness of breath.

- Alvesco<sup>®</sup> HFA** 80 mcg, 180 mcg, 250 mcg budesonide (D, H, A)
- Annuity<sup>®</sup> Ellipta<sup>™</sup>** 100 mcg, 200 mcg fluticasone furoate inhalation powder (D, A)
- Asmanex<sup>®</sup> HFA** 100 mcg, 200 mcg mometasone furoate (D, A)
- Asmanex<sup>®</sup> Twisthaler<sup>™</sup>** 110 mcg, 220 mcg mometasone furoate inhalation powder (D, A)
- Flovent<sup>®</sup> Diskus<sup>™</sup>** 50 mcg, 100 mcg, 250 mcg fluticasone propionate inhalation powder (D, A)
- Flovent<sup>®</sup> HFA** 44 mcg, 110 mcg, 220 mcg fluticasone propionate (D, A)
- Pulmicort Flexhaler<sup>®</sup>** 90 mcg, 180 mcg budesonide inhalation powder (D, A)
- QVAR<sup>®</sup> Red** 40 mcg, 80 mcg beclomethasone dipropionate (D, A, C)

**Combination medications** contain both inhaled corticosteroid and long-acting beta<sub>2</sub>-agonist (LABA).

- Advair<sup>®</sup> HFA** 45/21, 115/21, 230/21 fluticasone propionate and salmeterol xinafoate (D, A)
- AirDuo<sup>™</sup> RespiClick<sup>®</sup>** 55/14 mcg, 113/14 mcg, 232/14 mcg fluticasone propionate and salmeterol xinafoate inhalation powder (D, A, C)
- Breo<sup>®</sup> Ellipta<sup>™</sup>** 100/25 mcg, 200/25 mcg fluticasone furoate and vilanterol inhalation powder (D, A, C)
- Dulera<sup>®</sup>** 100/5, 200/5 mometasone furoate and formoterol fumarate dihydrate (D, A)
- Symbicort<sup>®</sup> (HFA)** 80/4.5, 160/4.5 budesonide and formoterol fumarate dihydrate (D, A, C)
- Anoro<sup>®</sup> Ellipta<sup>™</sup>** 62.5 mcg/25 mcg budesonide and vilanterol inhalation powder (D, A, C)
- Bevespi Aerosphere<sup>®</sup>** 8 mcg/4.8 mcg glycopyrrolate and formoterol fumarate inhalation aerosol (D, A, C)
- Stiolto<sup>™</sup> Respimat<sup>™</sup>** 15 mcg/2.5 mcg tiotropium bromide and olodaterol (D, A, C)
- Utibron<sup>™</sup> Neohaler<sup>®</sup>** 27.5 mcg/15.6 mcg indacaterol and glycopyrrolate inhalation powder (C)

**Muscarinic antagonist (anticholinergic) bronchodilators** relieve cough, sputum production, wheeze and chest tightness associated with chronic lung diseases.

- Seebri<sup>™</sup> Neohaler<sup>®</sup>** glycopyrrolate inhalation powder (C)
- Increase<sup>®</sup> Ellipta<sup>™</sup>** umedidinium inhalation powder (D, A, C)
- Spiriva<sup>®</sup> Handihaler<sup>™</sup>** tiotropium bromide inhalation powder (C)
- Spiriva<sup>®</sup> Respimat<sup>™</sup>** tiotropium bromide (D, A, C)
- Tudorza<sup>™</sup> Pressair<sup>™</sup>** acetylcholinesterase inhibitor (D, A, C)

**Combination muscarinic antagonist and beta<sub>2</sub>-agonist Short-acting**

- Combivent<sup>®</sup> Respimat<sup>™</sup>** tiotropium bromide and albuterol (D, A, C)

**Biologic asthma treatments**

- Cinqair<sup>®</sup>** mepolizumab (A)
- Nucala<sup>®</sup>** mepolizumab (A)
- Xolair<sup>®</sup>** omalizumab (A)

Some basic demographic and campaign-related information from your interaction with your provider will be shared with Dr. Ryan Combs at the University of Louisville. This information is being collected to determine the effectiveness of a community campaign promoting the use of asthma action plans for every child with asthma. If you have any questions about the research study, please contact Dr. Ryan Combs at 502-852-1995.

## Asthma Symptom Action Plan (ASAP)

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Asthma Severity:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent  
 Student has had many or severe asthma attacks in the past year (at increased risk)

Asthma Triggers:  Illness  Exercise  Dust  Pollen  Mold  Pets  Strong smells  Emotions  Cold air  Other: \_\_\_\_\_

Daily controller medications given at home:  YES  NO Other: \_\_\_\_\_

Exercise-induced symptoms:  Pretreat with 2 puffs of Rescue Medication (see below) 15 minutes before exercise

### 1) Initial treatment of Asthma Symptoms\*: Prescription

Rescue medication:  Albuterol  Levalbuterol  Ipratropium bromide (Atrovent)  Other: \_\_\_\_\_

2 puffs inhaled every 4 hours with spacer (if available) as needed for COUGH, WHEEZE, SHORTNESS OF BREATH

### 2) Assess response to treatment in 10 minutes

Good Response	Poor Response				
No cough, wheeze, or difficulty breathing  	Still coughing, wheezing, or having difficulty breathing  				
May continue rescue medication every 4 hours as needed	Give 4 puffs of rescue medication immediately Contact school RN if not already present				
<ul style="list-style-type: none"> <li>• Return to class</li> <li>• Notify parent/guardian</li> </ul>	<h3 style="color: red;">3) REASSESS in 10 minutes</h3> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Good Response</th> <th style="width: 50%; text-align: center;">Poor Response</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Return to class</li> <li>• Notify parent/guardian who should follow up in 1-3 days with health care provider</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Contact parent/guardian who should pick up child and <b>take to health care provider today</b></li> <li>• If severe distress and nonresponsive to treatments, or if parent/guardian unavailable, <b>call 911.</b></li> </ul> </td> </tr> </tbody> </table>	Good Response	Poor Response	<ul style="list-style-type: none"> <li>• Return to class</li> <li>• Notify parent/guardian who should follow up in 1-3 days with health care provider</li> </ul>	<ul style="list-style-type: none"> <li>• Contact parent/guardian who should pick up child and <b>take to health care provider today</b></li> <li>• If severe distress and nonresponsive to treatments, or if parent/guardian unavailable, <b>call 911.</b></li> </ul>
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<p style="color: red; font-weight: bold;">*Call 911 Immediately if student has these symptoms, then continue Plan</p> <ul style="list-style-type: none"> <li>• Lips or fingernails are blue</li> <li>• Trouble walking or talking due to shortness of breath</li> <li>• Child's skin is sucked in around neck or ribs</li> </ul>					

**\*\* Please alert the asthma provider if the child consistently has asthma symptoms or needs albuterol (apart from pre-exercise) more than twice per week or has a severe attack at school.**

YES  NO Parent and child feel that the child may carry and self-administer the inhaler  
 YES  NO Asthma provider agrees that the child may carry and self-administer the inhaler  
 YES  NO School nurse has assessed student's ability to responsibly administer and self-carry the inhaler

MD/DO/NP/PA Printed Name and Contact Information: \_\_\_\_\_ MD/DO/NP/PA Signature: \_\_\_\_\_  
 Fax: \_\_\_\_\_ Phone: \_\_\_\_\_ Secure Email: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: I give written authorization for the medications listed in the Emergency Treatment Plan to be administered in school by the nurse or other trained school staff assigned by the site principal. I understand that designated school staff have my permission to communicate with the prescribing physician/health care provider on matters related to my child's asthma, this medication, and plan.

Parent/guardian signature: \_\_\_\_\_ School Nurse Reviewed: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_

# ASAP FORM FOR SCHOOL

# POTENTIAL TRIGGERS

- Allergies: Pollen, Dust mites, Pets
- Upper Respiratory Infection: Cold or Flu
- Exercise
- Secondhand Smoke
- Poor Air Quality
- Mold or Mildew
- Cockroaches or Rodents
- Strong Odor
- Cleaning Products

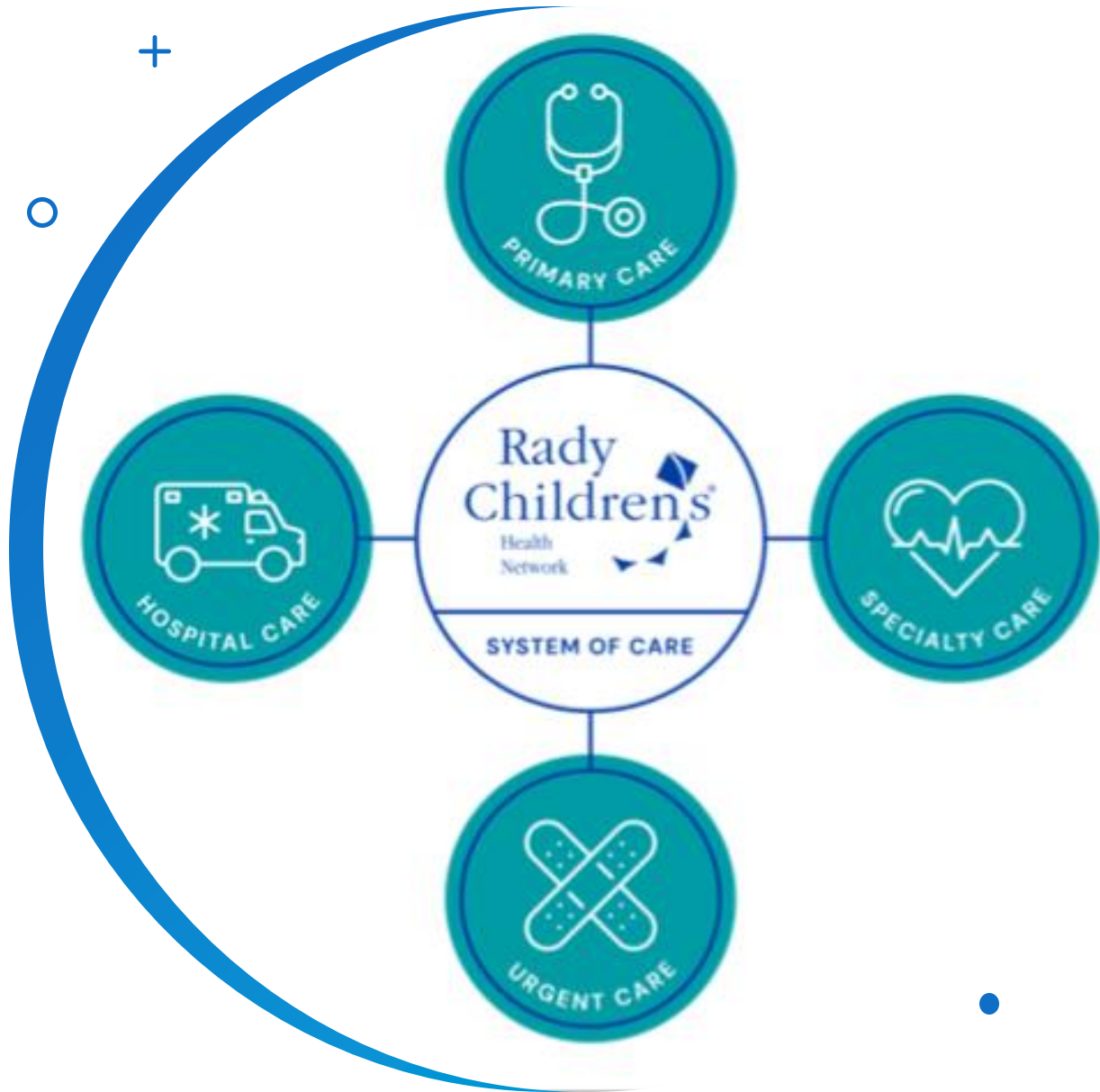
**KNOW YOUR ASTHMA TRIGGERS**

Asthma triggers can be different for everyone. These are the most common triggers.

Outdoor Triggers	Indoor Triggers	Other Common Triggers
 Air pollution	 Dust mites	 Illness
 Pollen	 Mold and humidity	 Strong emotions like stress or anxiety
 Weather	 Pets	
	 Cockroaches, mice, and rats	
	 Smoke, sprays, and disinfectants	

CS132839-1-A

[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

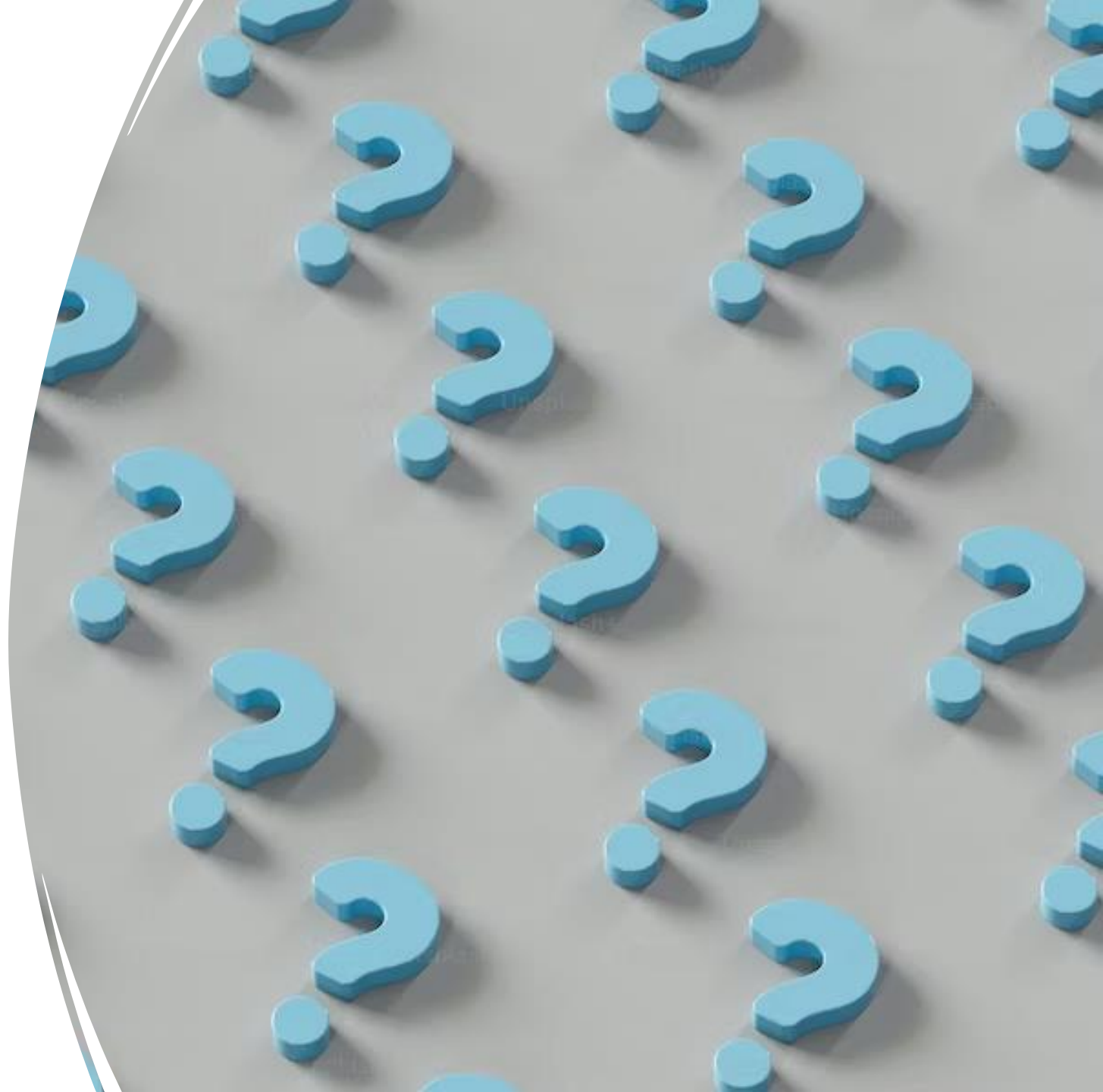


# Reconnect to Medical Home

- PCP and Specialists
- Asthma Action Plan
- School Forms-Asthma School Action Plan (ASAP)

# Questions

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# Referrals or Connections



PATTY SOTO  
[PSOTO@RCHSD.ORG](mailto:PSOTO@RCHSD.ORG)



BREATHE WELL RNS  
[\\_CRDASTHMA@RCHSD.ORG](mailto:_CRDASTHMA@RCHSD.ORG)



# Public Health Updates

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Dr. Motadel

# RESPIRATORY VIRUS UPDATE



## COVID-19

Hospitalizations  
**2,204**

Deaths  
**84**

Outbreaks\*  
**110**

6/29/2025 – 3/28/2026

## Influenza

Hospitalizations  
**2,561**

Deaths  
**60**

Outbreaks\*  
**32**

6/29/2025 – 3/28/2026

## RSV

Hospitalizations  
**651**

Deaths  
**10**

Outbreaks\*  
**6**

6/29/2025 – 3/28/2026

\*In residential congregate settings

[Respiratory Virus Surveillance Report](#)  
(Updated April 2, 2026)

Figure 1.1. San Diego County COVID-19 Cases (N=11,940)

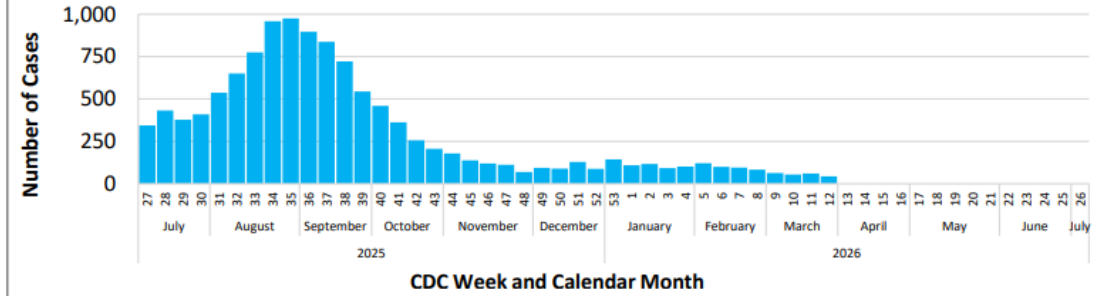


Figure 1.2. San Diego County Influenza Cases (N=22,718)

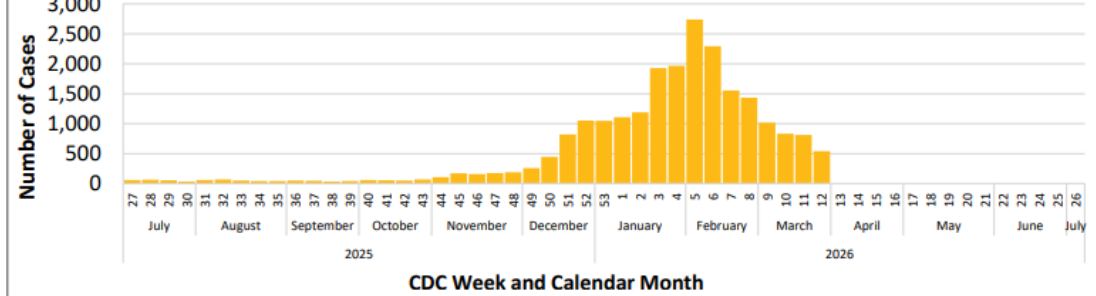
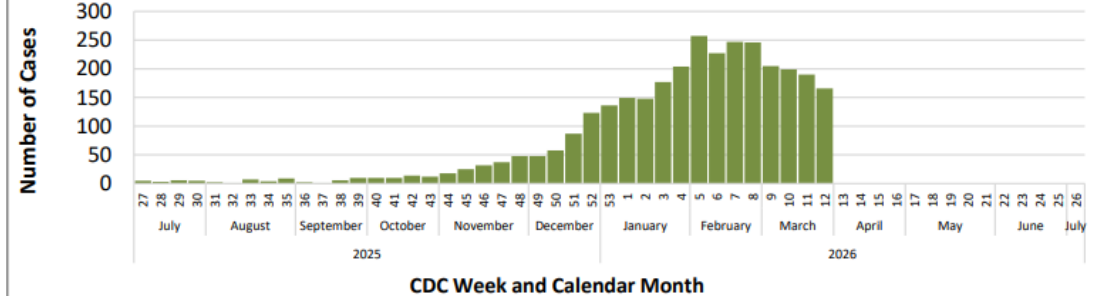
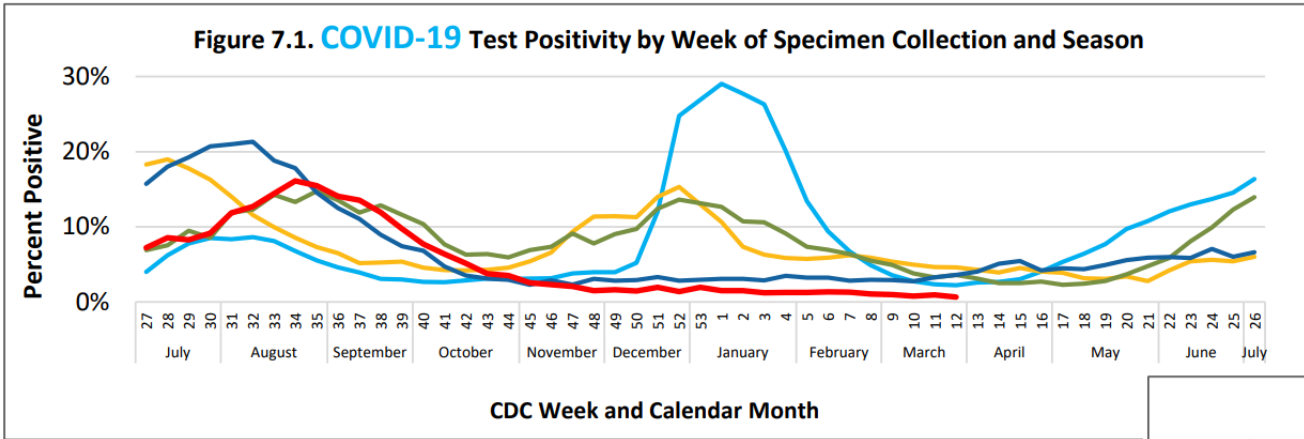


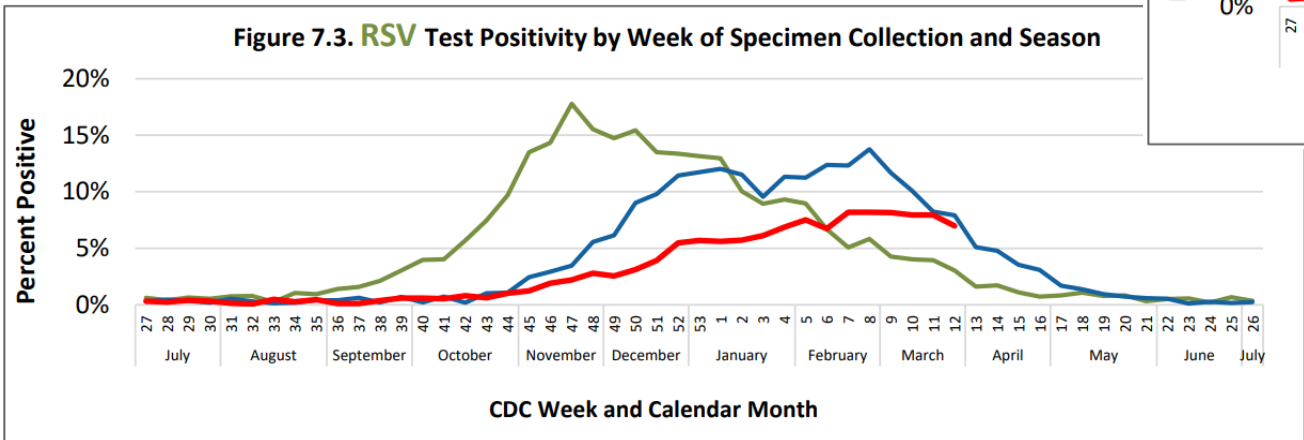
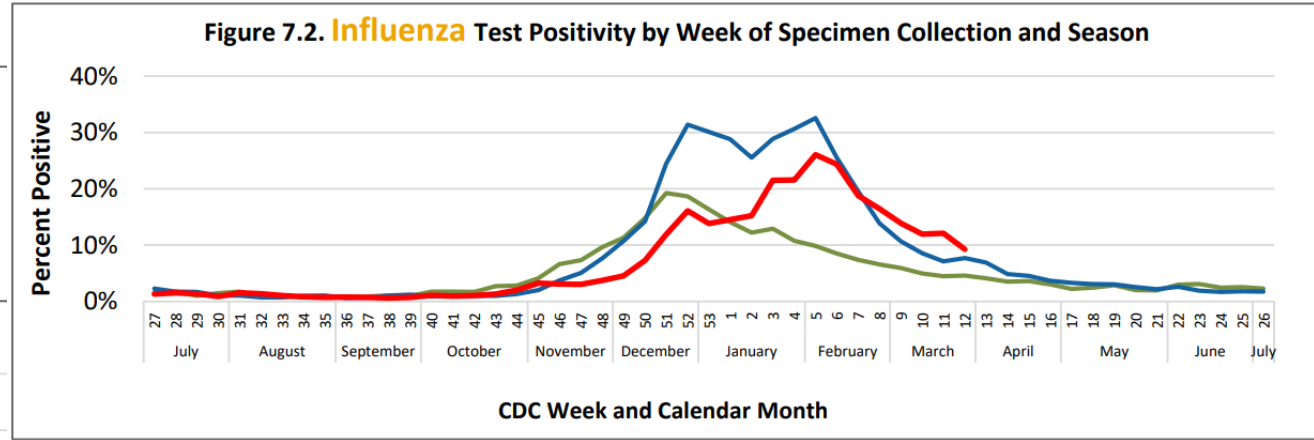
Figure 1.3. San Diego County RSV Cases (N=3,134)



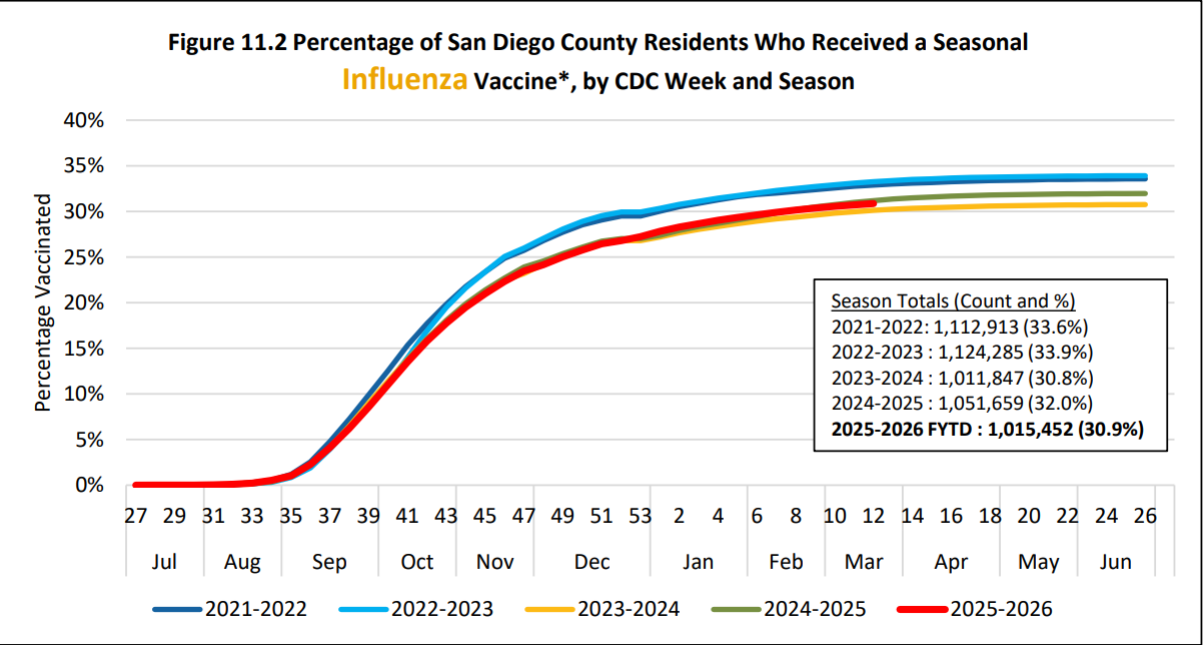
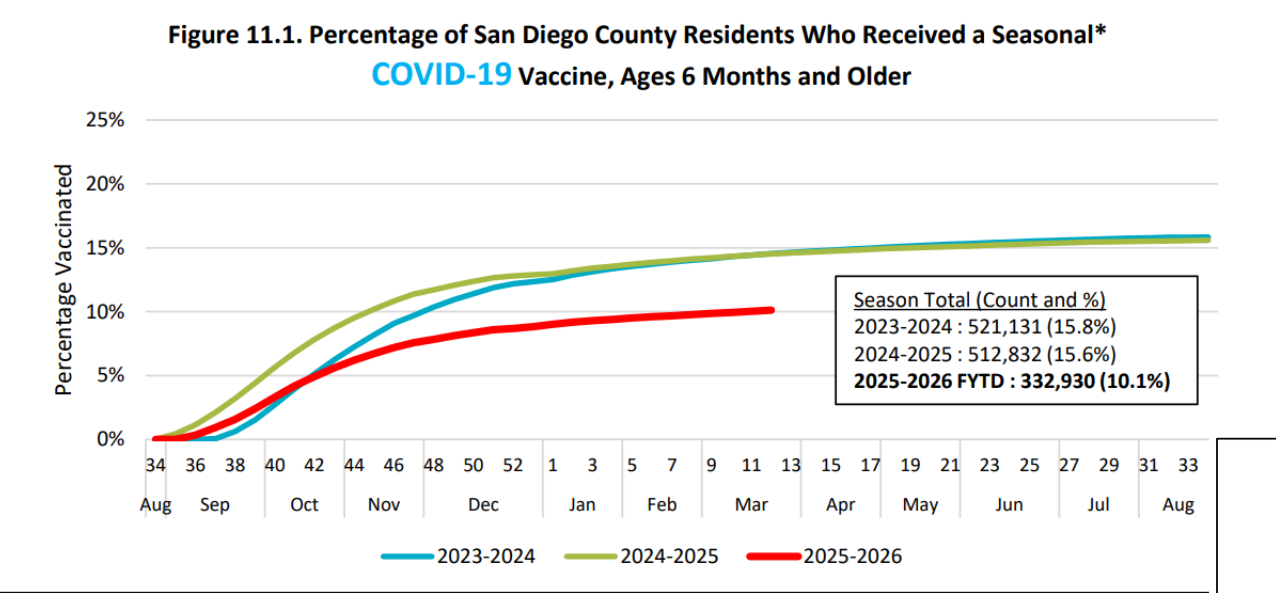
# COVID-19, INFLUENZA, & RSV POSITIVITY



— 2025-26 — 2024-25 — 2023-24 — 2022-23 — 2021-22



# COVID-19 & INFLUENZA VACCINATIONS





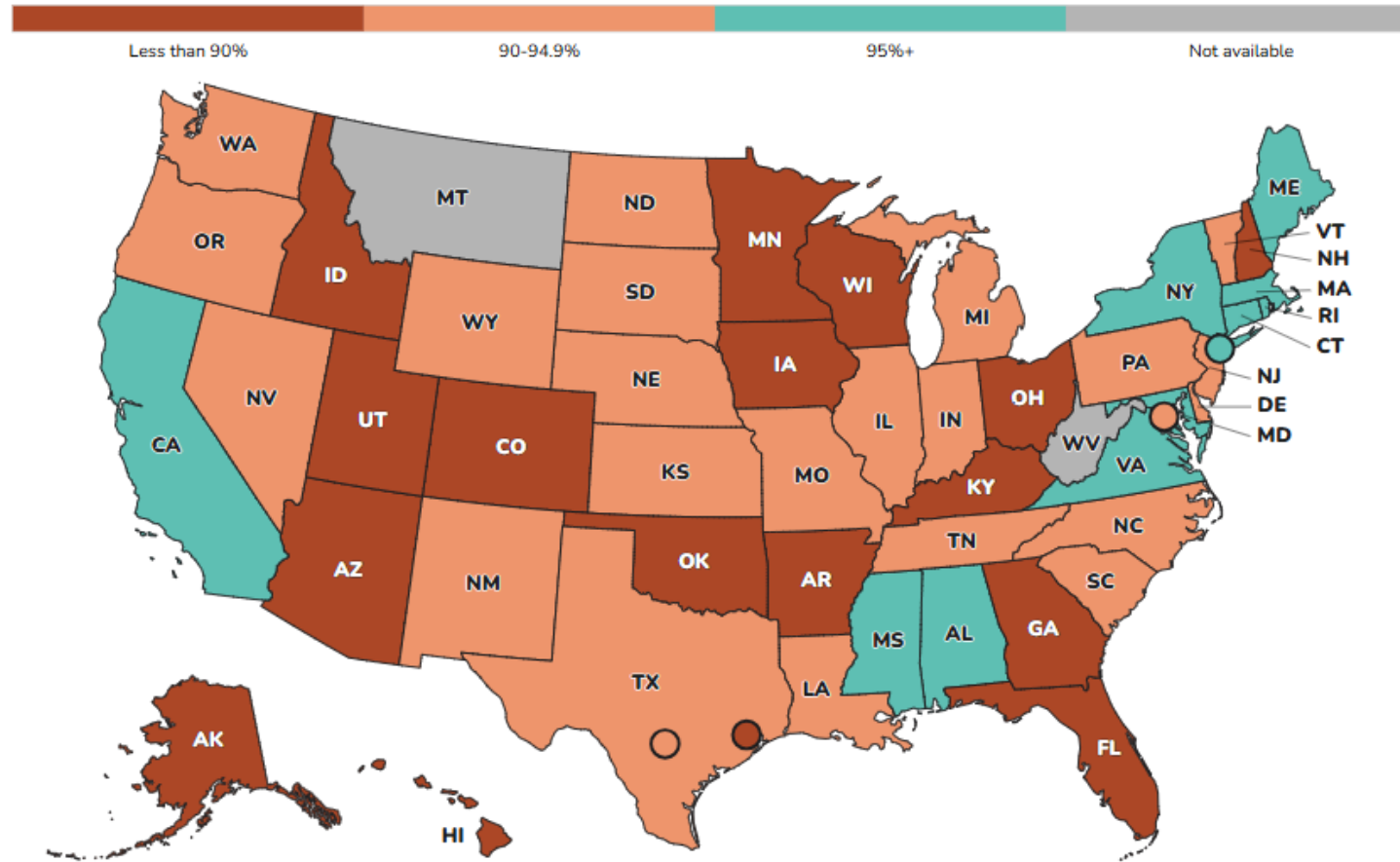
# MEASLES EXPOSURE FROM OUT-OF-STATE TRAVELER



- In March, an unvaccinated out-of-state adult who later tested positive for measles visited the emergency department at Sharp Memorial Hospital.
- County staff worked closely with Sharp Memorial Hospital to identify and notify over 200 patients and employees who may have been exposed and assess their risk of developing measles.
- No measles cases have been reported in San Diego County in 2026. Last year, the County identified one case linked to international travel.



# MMR VACCINE COVERAGE FOR KINDERGARTENERS (2024-2025)



# MMR VACCINE



- **The measles-mumps-rubella (MMR) vaccine is effective.** Two doses provide 97% protection against measles.
  - Children: 1 dose at 12 months of age and another dose at 4-6 years.
  - Children may get the measles, mumps, rubella, and varicella (MMRV) vaccine instead, which protects against chickenpox too.
  - Older children, adolescents, and adults who have not previously received the vaccine.
- **Plan to be fully vaccinated at least 2 weeks before international travel.**
- Families with children **traveling to regions in the United States with ongoing outbreaks** should consult with a health care provider about following immunization recommendations for international travel.



# CHEESE LINKED TO E.COLI OUTBREAK



- County Public Health officials are warning people not to eat RAW FARM raw cheddar cheese because it has been linked to a Shiga-toxin producing E.coli outbreak that has made two people in San Diego sick.
- Raw milk products like unpasteurized cheese can carry dangerous bacteria, including Shiga toxin-producing E. coli.
- These infections can cause severe illness, especially in young children, pregnant women, older adults, and people with weakened immune systems.



[CDPH – Raw Milk and Raw Dairy Products](#)

[County Urges Residents Throw Out Cheddar Cheese Linked to E.coli Outbreak](#)



# Thank You!

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# Announcements

# What Parents Need to Know to Improve School Food Webinar



The Chef Ann Foundation is hosting a webinar on school food systems, offering practical tips on how to advocate effectively. This session explores how to navigate policy opportunities, build strong partnerships, and drive meaningful improvements in school food.

**Wednesday, April 8, from 11:00am – 12:00pm**

**[Register for the Webinar!](#)**

# San Diego Immunization Coalition Events



Throughout April, the San Diego Immunization Coalition is hosting several informative events focused on immunizations. There will be a webinar on Adolescent Immunizations on April 10 and an Immunization Skills Institute Training on April 20. Register to learn more about immunizations!

**[Adolescent Immunizations Webinar – April 10](#)**

**[Immunization Skills Institute – April 29](#)**

# Safer Places In-Person Trainings



Join two upcoming in-person trainings to learn about LGBTQIA+ youth, inclusive practices, allyship, and topics like intersectionality and transgender and non-binary experiences.

## In-Person Training Part 1:

- **Wednesday, April 15, 9:00am – 12:00pm**

## In-Person Training Part 2:

- **Friday, April 17, 9:00am- 12:00pm**

# California's Commitment to Advancing Oral Health Equity for Children & Youth



The California School-Based Health Alliance is hosting a webinar on the oral health status of California's youth and its impact on education. Learn about public health strategies that address social determinants of health and support the state's goal of achieving oral health equity for all.

**Tuesday, April 21, 1:00pm – 2:15 pm.**

**[Register to Join!](#)**

# Survey on Dental Services in San Diego County Schools



The Children's Oral Health Workgroup of the San Diego County Oral Health Coalition is seeking information from schools receiving dental services across the region. Your input is greatly appreciated and will help the Coalition understand service coverage and identify potential gaps in care.

[Complete the Survey!](#)





# Q&A



# THANK YOU FOR ATTENDING!

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For more information, please visit our website: [LiveWellSD.org/Education](https://LiveWellSD.org/Education)

You can also email us at: [LiveWellEducation@sdcounty.ca.gov](mailto:LiveWellEducation@sdcounty.ca.gov)

**Next Telebriefing: Tuesday, May 5, 10:00 AM**