

Oakmont Gardens provided breakfast for the SOA members. Sheila introduced the Chef, Mark Bush, who has been with Oakmont Gardens for 16 years. She then thanked the 5 residents that helped serve today and announced that one of them, Marianne, had just celebrated her 103rd birthday! Marianne spoke to the group and encouraged all to be health conscious and stay active! The Executive Director of Oakmont Gardens for the last 17 years announced they are in the process of remodeling all of the apartments.

Spotlight Speaker: **Jan Post-Schwarz, Activities Coordinator**
 Santa Rosa Senior Center
 707-524-5716
 Santarosarec.com

Announced that they will be breaking ground for the new Senior Center next month! Naomi Honda, Fundraising Coordinator, announced they are holding a fundraiser on October 16th and invited all members to bring any electronic waste to the Senior Center that day. Flyers will be posted on the SOA website with more details.

Program Speaker: **Eris Weaver; “The Art of Apology”**
 Facilitator & Group Process Consultant
 707-338-8589
 Eris@erisweaver.info

Look at the intention of an apology. Apologies should be about looking at yourself and not about what the other person did. Apologies are not the same thing as giving feedback. You cannot make an apology and at the same time give feedback to that person (example: “I’m sorry, but...”) There are many reasons people have difficulty apologizing: pride, ego, losing face, being weak, guilt, shame.

Five languages of apology:

- Regret (I’m sorry, I feel bad.)
- Responsibility (I did something that caused you pain.)
- Restitution (I’m going to do something to make it better, I.e., I crashed your car, I’ll get it fixed.)
- Repentance (What to do to prevent it happening again.)
- Request for forgiveness.

Five love languages:

- Acts of service (example: breakfast in bed)
- Words of affirmation (example: I love you, or you’re beautiful)
- Gifts (example: flowers)
- Quality time
- Physical touch (affection)

Other tips:

- Choose a method (in person, letter, email, phone call) for the apology based on the situation and people involved.

Prepare the person for the apology by forewarning and asking to meet and talk.
Forgive yourself and get your own guilt out of the way.
It's better to wait a while to do the apology than to do it quickly and have it blow up.
You can apologize for doing or saying something even though you didn't intend to hurt them.

Laurie made the following announcements:

Please be thinking about possible nominations for Leadership Committee openings.
Please use the feedback forms left on the tables for speaker evaluation and feedback for July
Networking meeting.
Please see Eloise or Laurie for more SOA rack cards.
Thank you to Steve Walsh for stepping in and helping with sign-ins.

Next month's meeting is scheduled for September 15th. We will have speakers giving legislative updates from Sacramento and Sonoma County.

Respectfully submitted,

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