

**Sonoma County Section on Aging**  
February 17, 2010

MINUTES

**Opening and Remarks:**

**Eloise Tweeten, Co-President**

Co-President Eloise Tweeten opened the meeting at 9:00 am and reviewed the timeline for the monthly meetings, i.e., meeting from 9:00 to 10:15 am, with networking from 8:45 to 9:00 and again from 10:15 to 10:30. Eloise introduced the members of the Executive Committee, and she reviewed the mission statement for Section on Aging. Requested all cell phones be turned off, or at least put on quiet mode.

Based on survey results, consensus was to have a July SOA meeting. This meeting will mainly be a networking meeting.

We have eliminated the announcement sign-up sheet during the meeting. Please post all announcements on the SOA website. Any new announcements not yet on the website can be turned in during the meeting to the Co-President and they will be announced by the Co-President at the end of the meeting.

Eloise recognized first time attendees. Encouraged each member to write to the editor of the Press Democrat in an effort to avoid cuts in in-home support services for seniors.

No raffle drawing this month as we already have Spotlight Speakers picked for the March meeting.

**Spotlight Speakers for March:**

Deborah Jackson, Redwood Funeral Society (coffee sponsor)  
Brian Arendt, Heartland Hospice

**Member Introductions**

**Spotlight Speaker (coffee sponsor):** Nancy Proctor  
Memorial Hospice and Hospice of Petaluma  
[Nancy.proctor@stjoe.org](mailto:Nancy.proctor@stjoe.org)

Nancy could not be present today as she was ill. She did, however, provide muffins/cookies for the meeting.

**Spotlight Speaker:** Paul Harlin  
Jonathan's Sons, Inc.  
[www.jonathansson.com](http://www.jonathansson.com)  
707-538-3210

Paul has been a general contractor for 30 years. Their primary focus is helping seniors and the disabled to stay in their homes by making them more functional. They specialize in platform lifts, stair lifts, residential elevators, and overhead track systems, along with more typical home modifications.

**Treasurer's Report:**

**Carolyn Worley, Treasurer**

**Exchange Bank:**

Beginning Balance (12/31/09)	\$2,294.17
Debits	614.09
Deposits	1,080.00
Ending Balance (1/31/10)	\$2,760.08

**Paypal:**

Beginning Balance (12/31/09)	\$ 115.92
Debits	38.76
Deposits	\$1,140.00
Ending Balance (1/31/10)	\$1,217.16

**Ending Balance (funds available):** \$3,977.24

Carolyn clarified the structure for membership dues, i.e., 1 agency, 1 location is \$60/year; 1 agency, 2 locations is \$120/year.

The number of members paid as of 2/17/10 is 78. Members who have not yet paid can pay through Paypal on the SOA website. If an existing member has not paid by 2/19/10, their membership will be put on hold and their listing taken off the directory on the SOA website.

Carolyn is taking Coffee Sponsor signups; sign-up sheet was passed around. For a \$50 fee, a member will receive a five minute spotlight speaker slot sometime during this coming year.

**Program Speaker:**

**Kate Maxwell**

**Council on Aging**

**“What is This About Hoarding, and What Do We Do About It?”**

According to Kate, hoarding is an expansion of a natural behavior. As human beings, we plan ahead and collect for things that we need. Hoarding becomes a problem when there is an excessive collection of things, interfering with day-to-day functioning. The behavior usually begins early in life, and can be a learned behavior. Hoarding is sometimes caused by an excessive compulsive disorder or an anxiety disorder, and can be accompanied by depression, ADD, or dyslexia. Risk factors include age, family history, and stressful life events. The result of hoarding is social isolation. There is no proven way to deal with hoarders; drugs have very little effect.

Kate challenged the SOA members to take a look at their lives and the lives of those around them to identify any potential hoarding tendencies. The best approach to take with a hoarder is to help them begin to discard and organize, as they become quickly overwhelmed. Identifying items to be passed along to family members is another way to help.

**Announcements:**

Oakmont Gardens will host a seminar today from 10:30 am to 12:00 on “Community Resources for Support and the Costs of Care”. Another seminar will be held on Wednesday, 2/24/10, from 10:30 am to 12:00 on “Legal, Financial and End of Life Care – Facts and Fiction”.

Sonoma County POLST Education Program: an 8 hour training, 4 Tuesdays in March (March 2, 9, 16, 23) from 4:30 to 6:30 pm at Friends House, 684 Benicia Drive, Santa Rosa. Register before 2/19/10 by contacting Susan Keller, Program Director, at [network@pacific.net](mailto:network@pacific.net), or by phone 707-539-2364.

**Program Speaker for March 17<sup>th</sup> meeting, 9:00 am (WEAR GREEN!):**

**Steven Campbell  
Magnificent Mind  
“Brain Development Late in Life”**

Respectfully submitted,

Debbie Cerri  
Secretary  
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