

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

MINUTES

**Opening and Remarks:**

**Laurie White, Co-President**

Co-President Laurie White welcomed new members and visitors and 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.

No raffle this month for spotlight speakers as April's speakers are already selected.

**Announcements:**

**Bob Cheal, Vice President**

Bob Cheal explained the new procedure for making announcements. Members should add announcements themselves on the SOA website; Bob to display these announcements before the start of the SOA meeting. Only announcements/events held within 30 days of meeting will be posted.

**Membership:**

**Ericka Richards, Membership**

Ericka Richards presented survey results. We had 50 participants in the survey. Based on these results, there will be no change in meeting format, other than keeping program speaker limited to 20 to 25 minutes for presentation, with a Q & A time after presentation. It was decided to have a July SOA meeting; agenda to be determined. Check website for upcoming speakers.

**Treasurer's Report:**

**Carolyn Worley, Treasurer**

**Exchange Bank:**

Beginning Balance (1/31/10)	\$3,646.38
Debits	201.92
Deposits	1,340.00
Ending Balance (2/28/10)	\$4,784.46

**Paypal:**

Beginning Balance (1/31/10)	\$ 717.16
Debits	14.28
Deposits	\$ 420.00
Transfers	\$ 500.00
Ending Balance (2/28/10)	\$ 622.88

**Ending Balance (funds available):** \$5,407.34

Carolyn announced members who have not yet paid, can pay membership dues either on the website or through Paypal.

Laurie White asked for ideas from members on ways to use the excess funds. Please submit all ideas to Laurie.

Thank you to Redwood Funeral Society for coffee and food.

**Spotlight Speaker:**      **Brian Arendt, Account Liaison**  
**Heartland Hospice**  
**707-495-4354**  
**[barendt@hcr-manorcare.com](mailto:barendt@hcr-manorcare.com)**

Heartland Hospice is the third largest hospice in the nation. They have had an office in Sonoma County for over ten years. They provide services 24/7. Brian announced an event they are co-organizing on April 20<sup>th</sup>, from 9:00 to 11:00 at the Wells Fargo Center. Speaker is Barbara Karnes, nationally known author of "Gone From My Sight". She will lead an informal discussion on end of life. This event is open to the public; 2 CEU's offered; free event. Brian invited all members to attend.

**Spotlight Speaker:**      **Deborah Jackson, President**  
**Redwood Funeral Society**  
**707-568-7684**  
**[info@funeral.org](mailto:info@funeral.org)**

Deborah is the new President of Redwood Funeral Society. Embalming came into play around the Civil War, and the industry has grown since that time. Cremation rates are going way up. Acknowledged how hard it is to talk about death; offered free presentations to members. They are in the process of revamping their website. Will publish price surveys for the surrounding 6 counties on the new website.

**Spotlight Speakers for April:**      **Lucy Andrews, At Your Service Home Care (coffee sponsor)\*CHANGED!**  
**Nancy Proctor, Memorial Hospice**

**Program Speaker:**      **Steven Campbell, MSIS**  
**Author of "Making Your Mind Magnificent"**  
**707-480-5007**  
**[steven@sbcglobal.net](mailto:steven@sbcglobal.net)**  
**[www.anintelligentheart.com](http://www.anintelligentheart.com)**

Your brain processes three times faster than we talk, and believes everything we tell it. The only element that holds us back or slows us down from learning, growing and changing is what we say to ourselves. Our brain believes and listens to what we say.

Don't allow yourself to think about mistakes that you've made. Instead remind yourself that you have another chance, that you are still learning, and that you'll never, ever give up.

Make goals in the present time.

**Announcements:**

Oakmont Gardens will host a seminar today from 10:30 to 11:45 on "Why Goals are so Incredibly Important", presented by Steven Campbell. They are also hosting a seminar on 3/24 from 10:30 to 11:45 on "How We Can Change Our Self Images", presented by Steven Campbell.

Adobe House will be hosting a wine and cheese event on 3/25, from 4:00 to 6:00 pm. All members are invited.

**Program Speaker for April 21st meeting, 9:00 am:**

**Stephan Passalacqua, DA  
Elder Abuse Prevention**

Respectfully submitted,

Debbie Cerri  
Secretary  
At Your Service Home Care  
[debbie@ayshomecare.net](mailto:debbie@ayshomecare.net)  
707-573-1003