

Sonoma County Section on Aging
April 20, 2011

MINUTES

Opening Remarks:

Laurie White, President

Laurie welcomed all to this month's meeting and reviewed mission statement:

“The Sonoma County Section on Aging is a coalition of agencies, organizations and individuals concerned with the well-being of older adults. As a network alliance, we advocate for and promote the development, coordination, and implementation of older adult services in Sonoma County.”

Laurie reviewed the following:

- Kelly Swanson, Membership Coordinator, is currently developing a “buddy” system for new members.
- Phyllis Sutter, Program Coordinator, and Kelly Swanson are working on the July Networking meeting. Per requests received from various members, the format for this meeting will be to break into small groups working on central, pre-determined topics. If anyone has any ideas for topics, please notify any of the SOA Leadership Committee members.
- Albert Desilver, Outreach Coordinator, along with Pat Sanborn, is in the process of redesigning the SOA rack cards. Please contact Albert if you are in need of more cards.
- The SOALC will be working on writing several new policies before the end of 2011.

Laurie introduced all new members. Invited all visitors to attend SOA meeting twice before being asked to join.

Please go to SOA website for announcements.

Treasurer's Report:

Carolyn Worley, Treasurer

Carolyn presented quarterly report. SOA ended the quarter, 3/31/11, with an available balance of \$4,947.

Spotlight Speakers for May:

Eloise Tweeten, Tweeten Eldercare (coffee sponsor)
Kevin Miskelly, Careful Moving & Storage (raffle winner)

Member Introductions

Spotlight Speaker:

Melody Konte, Marketing Director
Homewatch Caregivers of the Northbay

707-996-5768

www.homewatchcaregivers.com

Melody introduced Peter Rubens, owner of Homewatch Caregivers. Homewatch Caregivers of the Northbay is an employer model home care agency dedicated to serving those who are recovering, convalescing or aging wherever they call home. Homewatch provides comprehensive personal care, quality of life care, transportation, serving Sonoma, Marin, and San Francisco counties. NPDA member and compliant.

Spotlight Speaker:

Alexis Baier, Marketing Director

From the Heart Home Care

707-528-4663

www.fromthehearthomecare.com

Alexis' background is in finance, software, and sales. Was a part time caregiver for her grandmother. Excited about this opportunity to return to the field of caregiving. From the Heart Home Care serves the entire Bay area, is family owned and operated. All caregivers are carefully screened and backgrounds checked.

Program Speaker: **Richard Eisner, Seismologist
“Earthquake Preparedness”**

The three major earthquake sites in the world are located in Japan, Alaska, and at the Geysers in Sonoma County. Spoke of recent event in Japan: 9.0 quake on 3/11/11. The intensity of this was equivalent to a combination of the events of Katrina, Haiti, and the BP oil spill.

Japan is about the same size as the state of California, with four times the population. They are the best prepared country in the world for natural disasters. They have more seismic instruments than we have in all of the US. With all of their planning for natural disasters, (sea walls, floodgates, education, warning systems, signs, and refuge areas), they still weren't prepared for this latest event.

Stressed the need to plan on how to respond to disasters. Recommends “drop, cover, and hold” during an earthquake. Recommended that we all should plan for being on our own for at least 72 hours, maybe longer.

Disaster time phases:

- 0 to 10 hours: neighbors and family
- 10 to 100 hours: neighbors, family, co-workers, non-government organizations, community based organizations
- 100+ hours: government

Suggested that we all as individuals and together as groups plan and prepare for our role as responders in the case of a natural disaster.

Laurie suggested that SOA may tackle the topic of how SOA can coordinate our efforts.

May's meeting will be on Wednesday, May 18th, networking at 8:45 with meeting starting at 9:00 am.

Respectfully submitted,

Debbie Cerri
SOA Secretary
Castle & Cooke Mortgage, LLC
debcerri@aol.com
707-292-5495