

Sonoma County Section on Aging
August 17, 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 thanked all who attended the July Networking meeting: 99 attendees, including 20 visitors. Because of the positive feedback on the format for this July meeting, every other month the SOA meetings will start with assigned seating and round table discussions for 15 minutes, in place of member introductions.

Also based on feedback from membership, we will not have a program speaker for the October meeting, and instead designate 6 members to make presentations. Each speaker will have 5 minutes. Speakers will be picked at the September SOA meeting by raffle. If you have been a spotlight speaker in the last 12 months, you are not eligible.

We are considering changing the SOA rack cards to business cards. Will have this finalized by year end.

We will have SOALC officer elections in November for the upcoming year. Please be thinking about how you can serve this organization.

Treasurer's Report:

Carolyn Worley, Treasurer

Three new members joined last month.

- Started month at: \$5,867
- Expenses: 263
- Deposits: 560
- Ended month at: \$6,164

We have been notified that rent will be increasing next year. We have purchased a camera for use at SOA meetings. Will be purchasing a projector.

Member Introductions

Spotlight Speaker: **David Hahkloutubbe, Exec Director**
 Vintage Sonoma

www.vintagesenior.com
707-931-4857

Vintage Sonoma Senior Living offers assisted living, independent living, and memory care. Quality of life is paramount from the nutritious meals to the rewarding social life, diverse activities we encourage, to the beautiful surroundings.

Program Speaker: Dr. Mounir Belcadi, MD
Medical Director and Staff Psychiatrist at North Bay
Psychiatric Associates in Santa Rosa
“Elder Depression”

Clinical depression is:

- under-recognized
- under-treated
- is a treatable medical illness
- approximately 75% of suicides are depressed
- suicide risk increases with age
- it is not part of normal aging.

What is depression? Five or more of the following characteristics must be present during a two week interval and must represent a change from baseline function:

- loss of interest or pleasure
- depressed mood
- appetite change or weight loss
- insomnia
- less energetic
- feeling of worthlessness
- difficulty in decision making or concentrating
- recurrent thoughts of suicide
- preoccupation with health status or physical limitations

Minor depression is common; major depression is not. Risk factors include:

- alcohol or substance abuse
- use of medications associated with high risk of depression
- severe hearing or vision impairment
- history of attempted suicide
- history of psychiatric hospitalization
- chronic illness
- new admission or change of environment
- new stressful losses
- personal or family history of depression or mood disorders

General screening tool can be downloaded from Stanford’s website: Geriatric Depression Scale.

In conclusion:

- depression is common in elderly
- maintain high suspicion for presence of depression
- screen at each visit
- suicide is serious concern

September's meeting will be on Wednesday, September 21st, doors open at 8:30 with meeting starting promptly at 9:00 am.

Respectfully submitted,

Debbie Cerri
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