

Sonoma County Section on Aging
March 16, 2011

MINUTES

Opening Remarks:

Pat Sanborn, Vice President

Pat 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.”

Pat informed membership that SOA will dedicate one meeting to problem solving. Please submit ideas for this by completing survey or contacting a member of SOALC.

Pat acknowledged new members. Welcomed visitors and reminded them that they can attend two meetings before being expected to join. Acknowledged and thanked Kim Isley, Trees for a Change, for food and coffee sponsorship.

Pat thanked Bob Cheal for improvements made to SOA website and invited him to share these with membership. Bob received a huge applause!

1. Website now acknowledges coffee sponsors.
2. Help wanted listings.
3. Videos of program speakers are now archived.
4. Videos of spotlight speakers are included in member directory listing.

Spotlight Speakers for April:

Melody Konte, Homewatch Caregivers (coffee sponsor)
Alexis Baier, From the Heart Homecare (raffle winner)

Member Introductions

Spotlight Speaker:

Kim Isley
Trees for a Change
www.treesforachange.com
707-508-9262

Kim started Trees for a Change 3-1/2 years ago. She offers a unique alternative to flowers for giving gifts: planting trees in a National forest. The Forest Service chooses the areas to plant as need dictates. Cost ranges from \$15 to \$65 per tree, and can include your logo on certificate. For more information, please visit www.treesforachange.com. Kim is offering SOA members 10% off until April 15th.

Spotlight Speaker: **Erika Copenhaver, Attorney**
Galanti Copenhaver
www.galantilawgroup.com
707-538-6074

Erika is an Estate Planning Attorney, offering assistance with preparing wills, Power of Attorney, estate planning, trust administration and probate. Stressed the importance of working with clients before they lose the capacity to plan. Advised that everyone should review their documents every two years for changes and updates. Please visit www.galantilawgroup.com for more information.

Program Speaker: **Bettina Gentner, Social Worker**
Santa Rosa Memorial Hospital

Bettina is a Social Worker at Santa Rosa Memorial Hospital. Working together with the medical staff, the social worker takes on more of the psychological adjustments to being in the hospital and the transition of being discharged. Patients are being discharged sicker and quicker. Stressed the importance of family members having quick access to patient's medications, doctors, contact information for support system, power of attorney, etc.

Stressed to plan ahead:

- Power of attorney
- DNR
- Health Plan
- List of current medications
- Doctor's contact information
- Designated person to take care of pets, mail, paper, etc.
- Insurance coverage

Suggested posting this information on refrigerator for easy access. Please check with Lions Club and Homecares.org for equipment rentals, free of charge to seniors. Also suggested senior centers and local churches for volunteer help.

Pat acknowledged a group of nursing students from Sonoma State University.

April's meeting will be on Wednesday, April 20th, networking at 8:45 with meeting starting at 9:00 am.

Respectfully submitted,

Debbie Cerri
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