

Sonoma County Section on Aging
November 17, 2010

MINUTES

Opening and Remarks:

Eloise Tweeten, Co-President

Co-President Eloise Tweeten called the meeting to order at 9:00 am and welcomed all visitors and invited them all to please stand. Reminded visitors they are allowed to attend two meetings before having to join SOA. Reminded group to turn off cell phones.

Reviewed Sonoma County Section on Aging 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.”

Reviewed policy for Code of Ethics. Please acknowledge on-line before renewing membership this coming year.

Reminded members to be sensitive to client confidentiality.

Thanked Alexander for helping with coffee set-up. Announced that SOA is sponsoring coffee today.

Please post all announcements on the SOA website before next month's meeting.

Laurie White announced the December 15th meeting will be a holiday party. SOA is catering the event. A sign-up sheet was passed around for volunteers to bring table centerpieces and raffle prizes to the party. Raffle tickets will be handed out at the beginning of the December meeting. Announced that SOA is working with the Volunteer Center to buy gifts for seniors in need. We have 35 “hearts” with seniors names and wish lists available after today's meeting. Anyone interested, please see SOALC member and bring wrapped gift back to December meeting for distribution.

Member Introductions

2011 SOALC Candidates:

Two minute presentations were given by each candidate for 2011 SOALC:

Laurie White, President
Pat Sanborn, Vice President
Phyllis Sutter, Program Coordinator
Kelly Swanson, Membership Coordinator
Albert DeSilver, Outreach Coordinator

Eloise proposed members to accept these candidates for respective offices. Members approved.

Spotlight Speakers for November: Angela Sharp-Sabatino

Clutter Bug
www.clutterbug.us
707-480-2502

Angela and Corey Sharp-Sabatino own and operate Clutter Bug, a licensed and insured BBB accredited family-operated business. Clutter Bug specializes in creating well-organized and dynamic environments in which clients can thrive. They can also help create long-term solutions to a cluttered lifestyle. Clutter Bug will provide gentle, non-judgmental, and motivational support to organize homes, offices, garages, yard spaces, sheds, and barns. They also offer local furniture pick up and assembly, packing/unpacking, personal computer work station

set-up, and removal and haul away services.

Program Speaker: **Julie Menack, MA, CLPF, CAPS**
 “Using Technology to Enhance Aging in Place?”
 21st Century Care Solutions
 www.21stCenturyCareSolutions.com
 510-469-4036

Over 80% of seniors desire to stay in their homes for the rest of their lives. Aging-in-place has particular challenges for older adults, but moving because one’s health changes is disorienting, disturbing, and undesirable for many. There are a growing number of strategies for aging-in-place in which residential design, medical and home monitoring equipment, and comprehensive care services are integrated into a dynamic and efficient monitoring and management system. Some examples:

Communication & Engagement: Stay connected by video conferencing (Skype and video phones), senior friendly computers and software, or using email and facebook without a computer (some products that are available are Presto and My Celery).

Health & Wellness: Automated phone reminders for medications are available (Smart Pill Boxes). Medical conditions can be monitored and treated at home through Home Telehealth.

Home Safety & Security: In addition to the traditional emergency response systems that are widely used, there is an automatic fall detection system that sends alerts without one having to push buttons. Location management through GPS devices embedded in shoes and wristbands. Residential monitoring systems using strategically placed devices throughout the home (bed, doors, etc.), tracking patterns and sending alerts when patterns are broken.

Learning & Contribution: Social networking such as Google, Facebook, Yahoo, You-Tube.

Cognitive & Physical Fitness: Gaming systems allow seniors to play games such as bowling, golf, tennis, etc., to help with movement. (Example: Wii)

Please feel free to contact Julie at Julie@21stCenturyCareSolutions.com, if you have additional questions.

Upcoming Programs: **January: Pundits and Predictions for 2011**

Next month’s meeting is scheduled for December 15th which will be our catered Holiday Party, same time, same place! For those participating in the “Surprises for Seniors” program, please do not forget to bring your gifts! Thank you!

Respectfully submitted,

Debbie Cerri
SOA Secretary
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