

Sonoma County Section on Aging

October 21, 2009

MINUTES

Opening and remarks

Bob Cheal, Vice- President

Vice President Bob Cheal opened the meeting at 8:45. Bob announced that Saralyn Bowen has resigned from her position of President due to personal reasons. Bob will chair the meetings through the remainder of 2009.

Bob reviewed the mission of Section on Aging:

"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."

Bob welcomed visitors and announced that an application to become a member is available on-line at SonomaCountySOA.org.

Website

The website is now active and includes useful information for members:

- Application for renewing membership on line
- Member directory
- Minutes and announcements

We are looking into a new meeting site. Bob will keep the membership informed.

Parking

Be aware of 1 and 2-hour parking spaces. Eggen and Lance Funeral Home's parking is usually available when space is limited in the Odd Fellow's parking lot.

November elections

To date the following members have expressed interest in running for office:

Treasurer - Carolyn Worley, Mobility Masters
Secretary - Debbi Cerri, At Your Service Homecare
Membership Coordinator - Kelly Swanson, Sequoia Senior Solutions
Speaker Coordinator - Albert DeSilver, Visiting Angels

Patrice Giansante, Avenew
Pat Sanborn, Sage Solutions

Eldercare

Vice-President - Bob Cheal will serve the second year of his term

Co-Presidents - Laurie White and Eloise Tweeten have agreed to serve as Co-Presidents to keep the organization's momentum going that has been developed over the past few years.

Spotlight Speakers for November

Deborah Irwin, Ultimate Moves
Pat Sanborn, Sage Solutions Eldercare (November Refreshments sponsor)

Secretary

Laurie White

Laurie reminded members to check the announcements from the meeting on the website for accuracy.

Treasurer's Report

Bob Cheal for Maria Larsen

EXCHANGE BANK

Beginning balance (8/31/09)	\$2,163.69
Debits	\$34.91
Deposits	\$610.23
Ending balance (9/30/09)	\$2,739.01

PAYPAL.COM

Beginning balance (8/31/09)	\$0.00
Debits/fees	\$1.17
Deposits	\$30.00
Ending balance (9/30/09)	\$28.33

PROGRAM SPEAKER

Susan Keller, Founder and Director of the Community Network for Appropriate Technologies, a nonprofit educational and charitable organization serving Sonoma County since the 1970s. She also heads the Network Journey Project and the Sonoma County POLST Coalition.

Susan outlined the work that her organization does in educating and involving clients of in their terminal illness. In addition, Susan discussed POLST (Physician Orders for Life Sustaining Treatment) that is available in Sonoma County and in 25 states. The benefit of POLST is that it crosses all care settings and has to be honored in the hospital even if the doctor is not present. The packet of materials that Susan handed out included: A Providers Guide to POLST (brochure), Physician Orders for Life Sustaining Treatment, and Values Checklist and Guide:

My Choices Near the Ending of Life. For copies of these documents, contact Susan at 539-2364 or network@pacific.net

SPOTLIGHT SPEAKERS

Scott Miedema, GENTIVA HOME CARE

Genetiva Home Care has been a Medicare certified home health agency in Sonoma County since 1996. Scott corrected the myths about Medicare coverage for home health care, as well as offered some statistics about older adults and health care: 20% of Medicare recipients return to the hospital within 1 month of discharge; Seniors will fall 7 times before they break a hip. A nurse can come to the home under Medicare and do a fall risk assessment. Scott.Miedema@Gentiva.com. 293-4664

Robyn Kesnow, ANIMAL RN

Robyn outlined the scope of the services she offers as a registered veterinary technician: medication administration, pet sitting and walking, and taking pets to the veterinarian. When clients are ill and tending to their own health needs, Robyn steps in to care for the pet, giving the client relief in knowing that their pet is being taken care of. Robyn@animalrn.com. 695-2500.

ANNOUNCEMENTS

October 26 **Merrill Gardens**. Matter of Balance, Mondays and Wednesdays, ending November 18. Pat Sanborn 545-3863 ext 209, or Scott Miedema, 293-4664.

October 29 **Animal RN**. In-home animal first aid workshop, 2 PM, Creekside Community in Sonoma.

November 2, 2009 **Memorial Hospice**. Day of the Dead celebration (Dia De Los Muertos), 6-8 PM, Children and adult activities. Special ceremony at 6:30 PM. Bring photos of loved ones to be remembered.

November 1 **Heartland Hospice**. Annual Memorial Service, 2-4 PM, Finley Center. More information: 523-0111

November 4 **Brighton Gardens**. "How to Manage Holiday Stress" for caregivers. (RCRC speaker)

November 5 **Santa Rosa Memorial Outpatient Behavioral Health.** Open House 2 PM. 405 College, Santa Rosa. Steve Walsh, 525-5300, ext 4300.

December 15 **Marin/Sonoma Born to Age Senior Care Directory.** Deadline for advertising. Info: 226-7127 or Borntoage.com.

April 17, 2010 **MyMedcircle.com.** Senior Citizen Health Fair. Reserve your space now at the website. Be a guest on the Medical Talk Show, every Wednesday 7:00 - 8:00 PM, Channel 30, Santa Rosa, 694-2398

The Alzheimer's Association offers an early stage support group program for people with dementia and their family members. Skilled and experienced facilitators facilitate groups. Shelley Dombroski, 573-1210.

Laurie White, MSW, Dementia Care Consulting will be starting a support group for Lewy Body Dementia caregivers in early 2010. For more information, 525-9633.

As a community service, NY Insurance Company offers FREE Elder ID. For more information: Susan Chilton, 569-7124

Primrose's Brain Gym is now open. Make the best of what you have. 568-8360.

Respectfully submitted,

Laurie White, MSW
Secretary

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