

Sonoma County Section On Aging  
Meeting Minutes  
September 16, 2009

Vice President Bob Cheal opened the meeting at 9:00 AM. Bob directed members and visitors to the Section on Aging website for membership and meeting information: SonomaCountySOA.net.

The election for Section on Aging officers will take place at the November meeting, November 18. SOA members who are interested in running for an office, should contact Bob Cheal at [bob@youreldercareresolution.com](mailto:bob@youreldercareresolution.com). Slate of candidates will be presented at the October meeting, October 21. Terms begin in January 2010. The following positions are open:

Current officers offered a brief description of each office. For further information on the following vacant offices, please visit SonomaCountySOA.net. or contact current officer (email addresses are listed below).

**Secretary**, Laurie White, Dementia Care Consulting,  
Laurie@dementiaconsulting.com

Two year term, records minutes at each meeting; send to Bob Cheal, Vice President to upload on the website.  
Approximate time commitment per month: 2-3 hours excluding committee and general meetings

**Treasurer**, Maria Larson, Lifeline MLarsen@phdc.org

Two year term. Responsible for recording deposits, writing checks, balancing checkbook and keeping records of Section on Aging accounts. Also keeps spreadsheet on membership and dues paid. Approximate time commitment per month: 3-4 hours, excluding committee and general meetings

**Speaker Coordinator**, Eloise Tweeten, Tweeten Eldercare Advisors  
Eloise@Tweeteneldercare.com

One year term. Identify, recruit and schedule speakers for 10 meeting per year. Introduce speakers at each meeting. Time commitment: 1-2 hours a month after initial set up of speaker schedule, excluding committee and general meetings

**Membership Coordinator, Steve Walsh**  
Swalsh5@sbcglobal.net

One year term. Welcomes members and visitors to monthly SOA meetings. Contact and recruit visitors/prospective members who attend SOA meetings. Time commitment: 1-2 hours a month, excluding committee and general meetings.

President Sarlyn Bowen and Vice President Bob Cheal will continue in their prospective offices for one more term, throughout 2010.

Spotlight Speakers for October

Robyn Kesnow, R.V.T, Animal RN  
Scott Miedema, MS, Gentiva Home Health (will bring coffee and refreshments)

Spotlight Speaker for November:

Donna Quinn Robbins, Ultimate Moves

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**Treasurer's Report**

Maria

Larsen  
(reported to Secretary after meeting)  
For the month ending 8/31/09:  
Deposits \$120.00  
Debits: \$333.00.  
Balance \$2163.69

**PROGRAM SPEAKER**

Dr. Mary Maddux-Gonzalez,  
Public Health Officer, Public Health Division Director

Presentation highlights:

The essential services of the Public Health Department include: monitoring health status; informing, educating and empowering; mobilizing community partnerships; enforcing laws; developing policies and plans; linking people to needed services; research.

**Sonoma County statistics**

Population: 483,897

Seniors: 85,928, or 18% of total population. There is an increase in Latinos and a decrease in older white adults.

Goal of the Public Health Department is to extend the number of years of life and decrease time with disabilities.

50% of people 75 yrs. and older have a disability.  
Obesity rates: 1/3 of men and 1/4 of women in Sonoma County are obese (2007 data)  
People who are obese are at higher risk for high blood pressure, heart disease, diabetes, stroke, sleep apnea and some cancers.

H1N1 is a new and 'novel' virus. No more serious than seasonal flu except for people with underlying health conditions, pregnant women and people who are obese. As of 9/08/09: 167 outpatient cases, 54 hospitalizations, (11 in ICU), 6 pregnant women and one health care worker have been affected; 7 fatal cases. These are cases that meet strict criteria and definitions. Additional mild cases have gone unreported.

Influenza Pandemic Estimates/Projections for Sonoma County  
153,000 ill  
76,500 outpatient visits  
1,470 people will be hospitalized (x10 if severe)  
112 will be on ventilators (x10 if severe)  
< 100 ventilators in the county  
355 deaths (x10 if severe)

Recommended precautions include washing hands, respiratory etiquette (sneezing and coughing in arm, not on hands), staying home when sick.  
For further information: call the Public Health Information Line, 565-4477  
2009 vaccine program website: [Calpanflu.org](http://Calpanflu.org).

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#### **SPOTLIGHT SPEAKERS**

**Albert DeSilver, Co-Director**  
Visiting Angels

Adesilver@visitingangels.com  
528-0222

Albert and his wife Marian Cremin, LCSW are co-directors of the Santa Rosa office of Visiting Angels. Albert acknowledged and thanked SOA organizations for their support and referrals. Albert described Visiting Angel's Family Advantage Program that provides clients with discounts for service and products provided by national and local companies. Examples include: JC Penney, 10% off contacts and 25% off eye glasses; Kenwood Hearing Services offers 10% off hearing devices; Massage Envy offers massages for \$49.

**Dave Carter, Reverse Mortgage Officer**

Bank of America  
Dave.w.carter@bankofamerica.com  
235-8786

In Dave's presentation he 'de-bunked' a couple myths of reverse mortgages:

*"I will lose my home"*. Not true.

*"There will not be any equity left if I do a reverse mortgage."* This is not usually true, but depends on the amount borrower spends.

The good news about reverse mortgages is:

- 1.) Reverse mortgages can fund a person's needs, including medical equipment and home care.
- 2.) A bank account is set up that allows borrowers to spend money as long as they are spending equity on the home while living in the home.

**EVENTS**

September 18 Primrose Alzheimer's Living Open House highlighting Primrose's new Brain Gym, 4:00 PM - 6:00 PM, 578-8360.

September 27 & October 4 *The Alzheimer's Project*, a documentary produced by Maria Shriver on topics of research, family caregiving and disease impact on children and grand children. Lunch is provided by Brighton Gardens. Free. Pat Sanborn, 545-3863 ext. 209.

October 6 *Debunking the Myths of Aging*, Anabel Pelham, PhD, San Francisco State, Gerontology Department Director. Wine and cheese reception, 5:30 PM - 7:00 PM.

October 7 *Aging in Place*, Senior Resource Expo. 10:00 AM - 2:00 PM, Santa Rosa Veterans Hall. Exhibitors, speakers, flu shots and refreshments. Dave Carter, Bank of America, 235-8786 or Carolyn Worley, Mobility Masters, 525-1994

October 14 Friends House presents *Parkinson's' disease: New Approaches to Multidisciplinary Care*. October 14, 8:00 AM - 4:00 PM. CEUs for LVN's and RN's. Melody Allmond or Louise Patterson, 538-0152.

October 17 Alzheimer's Association Wine Country Memory Walk begins at 10:00 AM (registration opens at 8:30 AM). Anna Guiffre, Special Events Manager, 573-1210 ext 1606

October 21 Senior Fair Marin County, 9:00 AM - 1:00 PM

October 25 Jewish Community Center presents a free SIMCA Sunday, 11 AM - 4 PM. Jewish. Food Festival at the Santa Rosa Veteran's Memorial Building. Music, fun and crafts for whole family.

November 19 Napa Alzheimer's Disease Education Conference, Grace Episcopal Church, St. Helena. Presented by the Alzheimer's Association and Adult Day Services of Napa Valley. Keynote speaker: Adam Boxer, MD, UCSF. Contact Shelley Dombroski, 573-1210.

Thursdays "Nooner" concerts for seniors in the Sonoma Square, 11:00 AM - 1:00 PM, by Sonoma Homecare.