SCARE Membership Meeting Minutes
August 25, 2026, 1:00 pm
Finley Center Cypress Room

Board members present: Andre Bercut, Sherry Parr, Kathy Young, Ed Clites, Lou Maricle, Phyris Tobler, and Paul Carroll
Absent: Carol Bauer, Chris Bauer
Members' present: 18 in the room and 14 on Zoom.

1. Andre opened the meeting
2. Andre gave an update on AB1601. The bill has now passed in the Senate and is on the Governor's desk for signature. Once it is signed, a group from SCARE will set up a meeting with the CAO/BOS to discuss next steps.
3. Presentation – Shellie Schulze. Shellie talked about the importance of core training. This involves strengthening the abdominal and gluteal muscles. One can incorporate strengthening these muscles in whatever exercise program they do. Shellie's specialty is working with older and larger individuals to help with fall prevention. Her phone number is 707-696-6518 for more information. Recording of her presentation can be found at ShellieShulze Core Strength08252026.mp4
4. JLMBC – Phyris reported that they formed a subcommittee to see if there is a way to find less expensive premiums for retirees on Medicare. A discussion on health care rates ensued. She also reported that for people on United HealthCare, they can switch between the different UHC plans at any time. They don't have to wait for County open enrollment.
    a. Phyris mentioned the Council on Aging PEARLS program. PEARLS is Program to Encourage Active, Rewarding Lives. They are looking for volunteers to work one-on-one with older adults experiencing isolation and/or symptoms of depression. You may contact Denise Johnson at 707-252-0143 for more information. They are also just wanting to make our members who might benefit from it aware of the program.
    b. We need more members to sign up for us to sponsor an Emergency Prep class. This will be a two-session class where you will get an emergency bag, and they will direct you in gathering necessary information for the bag. They give you a lot of information and suggestions of what to do in all kinds of emergency situations including fires, floods, and earthquakes. Please contact Phyris to sign up on the interest sheet. Then we can move forward with scheduling. We need a minimum of 30 participants. We will send out an email regarding this.
    c. Phyris had heard that across the U.S. people were stealing people's home by changing the name on the title. Home Title Lock is a business advertising to protect you from this happening for a fee. Phyris reached out to Deva Proto, our county clerk/recorder/assessor, for more information. Companies like Home Title Lock can only inform you after fraud has occurred. It requires someone to falsify a deed, notarization and record it making it public information. In Sonoma County, Starting January 1, 2027, the Recorder's Office will be mailing a

notification to the current assessed owner within 30 days of there being a change in the deed. At any time, you can go online to the recorder's office and check your deed. Just put in your name, last name first with no punctuation. Phyris will have more information in the next newsletter.

   d. SCARE board is requesting information on members' volunteer time. We would like to gather this information to let the BOS know how much retirees contribute to the community. You may get this information to any board member.
   e. We have several vacancies on the Board. Contact any board member if you are interested in a board position.
5. Andre let the members know that there is a free breakfast at the Union Hall on Neotomas on Labor Day. Current and potentially elected individuals will be there.
6. SCERA has formed a subcommittee to address COLAs once AB 1601 is signed. Andre is sending a letter to the governor encouraging him to sign the bill. SCARE will also be reaching out to the BOS and CAOs office once it is signed.
7. Julie, SCERA CEO, will be speaking at our November membership meeting. There is a request for Neil Baker and Mark Walsh to attend. They are our representatives on the SCERA Board.
8. Door prizes were given
9. Meeting adjourned.

Next Membership Meeting: November 17, 2026, 1:00, Finley Center
Next Board Meeting: September 2, 2026, 12:30 PM, SEIU office

Respectfully submitted by Kathy Young