



ORANGE COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

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Older Adult Services Committee Meeting AGENDA

Wednesday, November 20, 2024
2:00 p.m. – 2:30 p.m.

***In-Person meeting**

750 The City Drive South, Suite #130, Orange, CA 92868

Hybrid Option:

<https://us06web.zoom.us/j/87073687286>

Meeting ID: 870 7368 7286

*Great works are performed not by strength, but by perseverance.
~ Samuel Johnson*

2:00 – 2:05 p.m. Welcome & Introductions

2:05 – 2:10 p.m. Public Comment:

**At this time members of the public may address the Chair regarding any item within the subject matter of this board's authority provided that no action is taken on off-agenda items unless authorized by law. Comments shall be limited to three to five (3-5) minutes per person.*

2:10 – 2:30 p.m. Discussion Items:

- **Update on Committee and Committee Goals**
 - Update on Committee Meetings
 - Establishing Future Meeting Topics/Approaches/ Goals

- **Announcements**

MHSOAC Meeting: (P.I.V.O.T Project)

November 21, 2024, 9:00 am – 3:45 pm

https://mhsaac-ca-gov.zoom.us/meeting/register/tZlKf-6grToiG9frxRPTlyOJlIoTcAkL7q_c

Must Register to obtain Zoom Link

2:30 p.m. Adjourn

In compliance with the Americans with Disabilities Act, those requiring accommodations for this meeting should notify the Behavioral Health Advisory Board's Administrative Office 72 hours prior to the meeting at (714) 834-5481

You may request supporting documentation distributed to the Behavioral Health Advisory Board as related to the agenda items upon request from Karla Perez, kperez@ochca.com

*“..... that’s why the world is round ~ so you can’t see where you’re going.”
~Pauline Abbott, PhD ~ Prof. Emeritus of Gerontology, Cal State Fullerton*

AUTUMN – GROWTH BEGINS WITH LETTING GO



Autumn always seems far too short to me and as we embark upon winter, I find myself in reflection of Autumn's splendor. Autumn is one of my favorite life coaches, for with each falling leaf and changing color, it seems there can be found some lesson, metaphor or parable. I am most coachable during fall because it is the season that I am most hypnotized by. As the rest of the year whizzes by, fall is when I remember to pause and relish life. It is when Nature has my full and undivided attention. It is my season of pensive reflection and resolution.

Fall shows us how beautiful it is to let go of dead things. It is in our nature to grow attached to things, but what if the trees held so tightly to their leaves that they did not let them change their colors and fly? They would have no room to grow fresh, new leaves. In their attempt to protect themselves from vulnerability and nakedness, they would forfeit their opportunity to strengthen and renew. They would be holding on to something that, regardless of whether they held on or not, would eventually crumble. Holding on may seem to exemplify strength, that is, until it begins to weaken the host; then strength is best represented in those who can so elegantly let go. The funeral of the leaves is one of the most beautiful dances, and how courageous of the tree to strip itself bare to set them free. With each instance of letting go, the opportunity arises to strengthen, self-liberate, refresh and start over—to make room for a clean slate and to receive a harvest of something new.

Change is constant. Life pivots upon the oxymoronic truth that the only constant in life is change. Here lies the essence of life. A tragically beautiful, and optimistically morbid paradox upon which the world turns. No brutal heat nor frigid cold is permanent; each phase is solved by systematic and seasonal cooling or thawing, observable in nature and in life. And isn't that great news, this ability depends on the certainty of change. Because in that promise of change, we can be assured that our circumstance is never permanent, no matter how dire our own shortsightedness may find it to be.