



May 22nd Dinner Meeting

**Location: Santa Rosa Veterans' Memorial Building
1351 Maple Ave, Santa Rosa (across from the So. Co. Fairgrounds)**

It is AAPI Heritage month, and we welcome our guest speaker Khou Yang-Vigil, Director of Equity and Access Program at SSU



Khou Yang-Vigil is the Educational Opportunity Program coordinator and advisor at SSU. She is a CA Hmong-American native, and has lived the majority of her life in Northern CA. Her parents are immigrant refugees, and she is the first person in her family (out of 8 siblings) to earn a Bachelor's degree (SSU) in American Multicultural Studies and a Master's degree in Higher Education and Student Affairs (Indiana State U). She has worked within the CA State University system for 10 years, and has been at SSU since 2012. Her background in student leadership development also includes holistic advising which focuses on the whole student. Yang-Vigil lives with her husband and 3 beautiful children in Sonoma County.

Program Schedule:

5:30 pm — Mix & Mingle, no-host bar

6:30 pm — Dinner*

7:00 pm — Club Business Meeting

7:30 pm — Program – **Khou Yang-Vigil**

***Dinner rates (ALL DINNER RSVP'S MUST BE PREPAID):**

You may RSVP here <https://www.democlub.org/dinner-meetings>

Once you have completed your RSVP, you will receive a thank you. Click on the Dinner tab, scroll down to where you can click on the Act Blue link to pay. Santa Rosa Democratic Club will require all dinner reservations be prepaid through Act Blue.

Deadline to RSVP 10 pm 5/19/2024.

If you do not prepay, you will not receive a meal.

OR mail in your check payable to SRDC. Please note on the memo line, dinner 5/22. Mail to SRDC, P. O. Box 32, Santa Rosa, CA 95402 **DEADLINE FOR RSVP and payment via Act Blue or check received to our P.O. Box is NO LATER THAN 5/19/2024.**

Price of dinner for all attendees will be \$25.00. We appreciate your continued support. You may attend the meeting only at no cost, and we do ask that you please RSVP. Mark 0 for meals.

Menu

Appetizers:

Individual packets of treats

Main Course:

**Meat Ragu Lasagna
(ground turkey & sausage)**

**Vegetarian Option
Vegetarian Lasagna**

**Both served with green salad,
and French Bread & Butter**

Dessert:

Variety of Cookies

**Catering by
Kristina Cassidy**

**MAY IS OLDER AMERICANS MONTH
LET'S CELEBRATE AND EDUCATE OURSELVES**

HOSPITAL STAY! – WHAT ARE MY RIGHTS?

(How to protect ourselves, our loved-ones, our patients!)

- Who will help you when you are taken to the hospital?
- Coming out of surgery, will you have decisions to make?
- What about insurance? Care instructions? Observation status or hospital admission? Safe discharge planning?



HELP is at hand! Learn about the protections and services available to Medicare patients and how you and your loved ones and caregivers can avoid serious pitfalls.

Wednesday May 15th, 10:00 AM

Unitarian Universalist Congregation of Santa Rosa

547 Mendocino Ave., Santa Rosa

Glaser Center – Founders Room (parking in lot behind Church)

Brought to you by CA Alliance for Retired Americans (CARA)

Join our Empowered Elder Workshop!



HOW TO APPEAL A HOSPITAL DISCHARGE

You have the right to appeal a discharge if you or a loved one is being discharged from a hospital or referred to an RCFE after a hospital stay as part of your recovery and you believe it is **UNSAFE** for you to leave.

Call Livanta toll free to appeal the discharge :1-877-588-1123 24 hour voicemail 1-855-887-6668 (TTY)
Mon.–Fri. 9am -5pm, Sat.–Sun. 11am - 3pm

***Just bring yourself and a friend, snacks and handouts will be provided.
RSVP to Bonnie at 707-579-5228 or bonnielpetty@gmail.com***



Sonoma Valley Celebration

June 8, 2024

Your Sonoma Valley Host Committee

invite you to attend an evening with great food, wine and conversation with

U.S. CONGRESSMAN MIKE THOMPSON

Saturday, June 8, 2024 - 4:00 - 6:00 pm

Sangiacombo Family Vineyards - Catarina Garden

427 West Watmaugh Road

Sonoma, CA

Tickets \$40 for Individual

Sponsorships Available.

For ticket and information:

<https://www.mikethompsonforcongress.com/events/sonoma-valley-celebration>

SONOMA COUNTY CONSERVATION ACTION'S

GRASSROOTS GALA

June 22, 5 pm
Sally Tomatoes

Back to our Roots

We are thrilled to announce our 34th Grassroots Gala, "Getting Back to Our Roots," taking place on Saturday, June 22nd from 5 PM to 8 PM at Sally Tomatoes, Rohnert Park. This annual celebration is a cornerstone event for rallying our community and gearing up for pivotal local elections.

Why You Should Attend:

- **Celebrate:** Honor our environmental champions who safeguard Sonoma County's natural beauty.
- **Support:** Help us provide crucial backing for progressive candidates this November.
- **Connect:** Mingle with like-minded members committed to environmental advocacy and policy.

Special Guests:

- **Chris Rogers**, Master of Ceremonies and California State Assembly District 2 Candidate
- **Featured Speakers:** We are very excited to have **Sara Aminzadeh** and **Damon Connolly**, who are pivotal in shaping California's climate agenda.



Master of Ceremonies
Chris Rogers, California
State Assembly District 2
Candidate



Sara Aminzadeh, Deputy
Secretary of External Affairs
with the California Natural
Resources Agency



Damon Connolly, California
State Assemblymember and
Vice-Chair of the Joint
Legislative Committee on
Climate Change Policy

RSVP Today!

Ticket Options:

Individual: \$100 - Be a part of the celebration.

Premium Sponsorships:

SOCO Climate Protector: \$10,000 16 tickets (2 tables), an 8-day/7-night 2025 Hawaiian stay for 6 at the KoOlina Resort (Goes to the first \$10,000 Sponsorship), and program recognition.

Fighter for our Wildlife Corridors: \$5,000 12 tickets (1.5 tables), an 8-day/7night 2025 stay in Kauai for 4 (Goes to the first \$5,000 Sponsorship), and program recognition.

City Sprawl Buster-aka Urban Growth Boundary Supporter: \$2,500 8 tickets (1 table), a Gourmet Duck Dinner with Neal Fishman & Maxene Spellman (Goes to the first \$5,000 Sponsorship), and program recognition.

SCCA Supporter: \$1,000 4 tickets and program recognition.

SCCA Friend: \$500 2 tickets and program recognition.

This is your chance to make a significant impact. Your participation helps us counteract the influence of large corporate donors and ensures our voice is heard.

[Secure Your Spot - Purchase Tickets Today!](#)

Looking forward to celebrating with you,

Conservation Action Team

Through education and grassroots organizing, Conservation Action engages with the public on environmental issues and policies that affect Sonoma County, influencing the way our area will be shaped for years to come.

Sonoma County Conservation Action
540 Pacific Ave
Santa Rosa, CA 95404
United States