



# Be a Catalyst for Change!

Join Sonoma County's  
Aging and Disability Commission



## Speaking Up for the Community

- The Aging & Disability Commission advises the Board of Supervisors and county staff on behalf of Sonoma County's older adults, people with disabilities, and their caregivers.
- We are a diverse and passionate group of volunteers fostering dignity and quality of life through community advocacy.
- Duties include monthly Commission meetings (3<sup>rd</sup> Wednesdays 1:00-3:00 pm), committee participation, and community outreach.



## Your Voice is Valuable!

By joining as a member, you will have the opportunity to:

- Learn about aging and disability services and funding.
- Connect with your community and people with similar interests.
- Share your ideas and experiences directly with county leadership.
- Amplify the voices of underserved groups in your community.
- Help improve and shape local services.

Meetings are public – join us in person or via Zoom.

Find meeting dates and agendas at [sonomacounty.ca.gov/sonoma-seniors](https://sonomacounty.ca.gov/sonoma-seniors)

Contact us at: [aaa@schsd.org](mailto:aaa@schsd.org)