

Minutes of the Board of Directors
of the Parkinson's Support Group of Sonoma County

Annual Meeting
January 16, 2019

Members Present:

Sandy Grant, Marie Kay Hansen, John Hamilton, Marc Alexander, Nancy Wilson, Karen French, Kathy Osbun and Barbara France

Members Absent:

Art Rosenblum, Ann Walker, Mary Reed and Sandy Barrett

Guests:

Laurie Sutton and Patrick Hardman

Call to Order:

The Annual Meeting of the Directors of the Parkinson's Support Group of Sonoma County (PSGSC) was called to order by Chair, Kathy Osbun at 10:00 a.m.

Election of Board Members and Officers:

The following Board of Directors of PSGSC were unanimously elected for 2019: Sandy Barrett, Marie Kay Hansen, Mary Reed, Karen French, Mike Siegel, Patrick Hardman, Cheryl Fox and John Hamilton

The following were unanimously elected Officers of PSGSC for 2019: Chair, Nancy Wilson; Vice Chair and Program Director, Marc Alexander; Treasurer, Laurie Sutton and Recording Secretary, Barbara France.

Kathy thanked the Board for their help and support during her service on the Board, she then turned the Chair over to Nancy.

Thank You:

Nancy read a tribute to both Kathy and Sandy G. thanking them for their long, gracious and untiring service to the Board. Kathy and Sandy were presented with Thank You gifts from the membership of PSGSC.

Adjournment:

Nancy said that she looked forward to serving as Chair for the upcoming year and welcomed the new Board Members. The Annual Meeting was adjourned at 10:15 a.m.

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Members Present:

Nancy Wilson, Marc Alexander, Laurie Sutton, Patrick Hardman, Marie Kay Hansen, John Hamilton, Mike Siegel, Karen French and Barbara France

Members Absent:

Cheryl Fox, Sandy Barrett and Mary Reed

Guests:

Kathy Osbun and Sandy Grant

Announcement of resignation:

Mike Siegel said that it was with regret that he would have to resign his newly elected position on the Board due to increased personal responsibilities. Nancy said that she was sorry to hear of the changes which required his resignation but she hoped that he would feel welcome at Board Meetings and continue his participation in the Dance Class fund raising.

Call to Order:

The regular meeting of the Board of Directors of the Parkinson's Support Group of Sonoma County (PSGSC) was called to order by Chair, Nancy Wilson at 10: 30 a.m.

Approval of Minutes:

The minutes of the December 19, 2018 Board Meeting were approved with the spelling correction of Sandy Barrett's name in the ParkinsonWise item.

Treasurer's Report:

Sandy G. will continue as Treasurer until she has completed the year end reports. At that time, which Sandy believes will be by the next Board meeting, she will remove her name along with Kathy's name from the Bank accounts and Nancy, Laurie and Marc will go to the bank to sign signature cards.

Sandy gave the following account of December income and expenses.

Income:

\$127.90 Individual donations
\$ 79.86 Oliver's Community Card
\$ 1.75 Interest
\$120.00 Donation Jar
\$ (.78) Adjustment for Tulip pin sales tax
Income for the month totaled \$328.73

Expenses:

\$526.00 Dance Class

\$ 68.00 Singing Class
\$200.00 Holiday Party entertainment
\$ 62.50 Bookkeeping
\$ 50.00 Meeting set up and take down
\$142.82 Year end depreciation charge
Total expenses for the month; \$1,049.32
Net income for December: (\$720.59)
Year to date income: (\$336.23)
Cash Accounts total \$40,884.67

PSGSC finished the year being under budget with expenses. Original net income projection was (\$11,332.00) versus the actual total of (\$336.23)

Karen made the motion to accept the Treasurer's report. Patrick seconded the motion which was passed on a voice vote.

Goals Accomplished:

Nancy thanked Kathy for her leadership and acknowledged the accomplishments achieved during just the last three years.

- + Gathered information from PWP's as to their "Health Care Entity"
- +Singing and Dance classes: started 2015 and voted to support on-going classes
- +Follow up of "New attendees" by a Board Member
- +Donation Letter created and used successfully, 2016
- +List of Facilitator prompts" developed
- +Recruitment of MDS (Kaiser - Dr. Nandipati)
- +List of MDS in the "Greater Bay Area" created and distributed to members
- +Scholarships offered for LSVT LOUD and LSVT BIG and Parkinson's Voice Therapy
- +List of current Bay Area clinical trials created and distributed
- +New Member packets updated
- +ParkinsonWise training completed and listed on website
- +Developed job descriptions for board positions

Programs:

Speakers: Marc said that he would not be at the February meeting. Dr. Donna Deng, Neuro Urologist from Kaiser in Oakland will speak on "The Unruly Bladder and Parkinson's Disease."

In March we will have Carol Peterson OT speak on "Living well at varying levels of care." We will have some larger mobility aids at the meeting and after discussion it was decided that, if possible, these devices would be in the parking lot for people to look at as they came into the meeting. The devices would also be available during the

break. Marc asked that it be announced at the February meeting that people, who have aids which they find particularly helpful, bring them to the meeting.

Dance Class: Mike said that plans were fully underway for the Dance for PD recital to be held February 16 from 2 to 4 p.m. The theme will be "Love to Move" Mike is organizing refreshments and is asking anyone who can to ask their grocery stores for gift card donations to cover the cost. Emails and flyers will be used to publicize the event and it will be announced at the February meeting. There will be no admission charge though donations will be accepted. The goal is to bring attention to the class. Nancy detailed the proposed budget which will be about \$1000. Patrick made the motion that we authorize Nancy and Mike to spend up to \$1000 for the Dance Recital. Marie Kay seconded the motion which was passed on a voice vote.

Singing Class: John reported that he led the last singing class as the new instructor, Steve Delap had a previously scheduled appointment, but Steve will lead the next class. John and Marie Kay had lunch with Steve and they discussed the class and what we were looking for under his leadership. Steve said that he felt he would be happiest with a six month trial period for the benefit of both the group and himself. John thought that was a good plan.

Publicity:

Marie Kay has investigated putting an ad in the Oakmont News to publicize our monthly meetings. She thought this might be a good idea since the Oakmont PD group has disbanded so there are a number of people without a support group. The cost is \$29.00 per notice. It was agreed that we should put in notices each month for three months and then reconsider future placements.

Marie Kay made the motion that we authorize \$150 to place notices in the Oakmont News. Patrick seconded the motion which was passed on a voice vote.

YMCA Discount:

Karen reported that a flyer has already been sent to the membership about the "Y" extending their discount to people holding insurance with other Insurance companies in addition to their first discount offering to AARP insurance holders.

Facilitators:

Facilitators for the February meeting have not been decided.

Parkinson'sWise:

Marc has the flyers that will be placed on each chair at the February meeting.

Marc reported that several trainers from ParkPoint Health Club attended the first ParkinsonWise last year and he met with them on Monday. He learned that they are planning to offer a class tailored to PWP at their Santa Rosa and Healdsburg Clubs. They hope to have these classes up and running in April.

Future Clinic:

Karen is continuing to meet and talk to people who may be of help in getting a Movement Disorder Clinic here in Santa Rosa.

Library:

Kathy noted that since both Sandy G. and Ann are leaving the Board that Marie Kay is left with a big job on her own in the Library. Nancy will make an announcement at the February meeting seeking an assistant for Marie Kay.

Data Base:

The Data Base needs a lot of work, Karen said that she would be happy to help work on it. Laurie, Mary and Cheryl have previously said they would be available to work on it as well.

Fundraising:

Our ongoing fundraisers are Amazon Smile, Oliver's Community Card and Tulip Pins. Sandy said that she has put together the necessary figures for Karen so that she can apply for the Whole Foods collection which features a different group each month. It was agreed that it would be best to apply to the Coddington Whole Foods.

Parkinson's Foundation Grant:

The deadline is upcoming and we don't have a suitable project ready for application but we should keep this in mind as we plan for future projects. Sandy G. suggested that we fill out the application anyway as there is a lot of information required and then when we have a suitable project it wouldn't require so much work to get the application prepared.

Adjournment:

Nancy said that she was looking forward to working with the Board in the year ahead. There being no further business the meeting was adjourned at 12:00 p.m. The next meeting will be Wednesday, February 20, 2019 at the Sunrise Senior Living.

Respectfully submitted,
Barbara France, Recording Secretary