

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

October 16, 2019

Members present:

Nancy Wilson, Cheryl Fox, Marie Kay Hansen, John Hamilton, Meg Alexander,
Marc Alexander, Susanna Kraus, Bill Jordon and Barbara France

Members absent:

Sandy Barrett, Karen French and Patrick Hardman

Guest:

Barbara Corinblit

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 at 10:00 a.m. by Chair, Nancy Wilson.

Minutes:

The Minutes of the September 18, 2019, meeting were approved as presented.

Treasurer's Report:

Teresa Burris forwarded the following report of income and expenses for the
month of September:

Income:

\$255.00 Donation Jar
\$ 62.19 Olivers Community Card
\$ 22.51 United Way
\$.89 Interest

Total income for the month: \$340.50

Expenses:

\$108.00 Singing Group
(\$356.00) Dance Class
\$112.50 Bookkeeping
\$125.00 Facilities rental
\$ 50.00 Set up/take down for meeting
\$239.77 Printing of brochures

Total expenses for the month: \$297.27

Net income for September: \$62.23

Year to date income: (\$3,983.87)

Cash accounts total \$36,785.57

Nancy said that she noticed that there is no entry for our income from the Human Race. She will check with Teresa to find where it is located in the statements.

Programs:

September meeting: Dr. Khandhar was very popular and our attendance was 110. He has spoken to our group several times and regards our group as a model support group.

Future speakers: November, Dr. Phillip Grob, a Geriatric Psychiatrist, will speak on "Relevance of Cannabis to PD." We will hold our Holiday Party in December. Dr. Louise Aronson MD, author of "Elderhood" will speak in January and Dr. George Triadafilopoulos will speak on GI issues in February. In March we will have Barbara Corinblit M.S., CCC SPL, speech-language pathologist who will speak on Speech and Communication issues.

Robert Leavitt will speak in May about LSVT BIG and again in September on balance issues.

Building on the discussion at the last Board meeting about having a speaker or speakers to talk about Hospice and Palliative Care along with end of life choices it was decided we would look into having a conference lasting several hours that would feature several speakers on these subjects. Nancy, Marc, and Cheryl will meet to discuss how we might organize and sponsor this event. An email will be sent to all Board members about when and where they meet and any others who are interested are invited to attend as well.

Nancy said that she would like to invite Susan Marts to speak for 5 or 10 minutes at a caregivers break-out group. Susan has spoken to the Board previously about her book for children titled, "Grandpa Wants to Get a Porcupine." This book helped children understand and be less fearful of older relatives who have disabilities such as PD. Her new book, "Let's talk about Caregiving." is for those caring for patients of these various diseases. After discussion, Nancy said she would arrange a date with Susan.

Holiday Party: Nancy has talked to Rob Ellis and he will play holiday music while people come in and enjoy refreshments. There will be an entertainment section that will include Patrick Hardman; Marie Kay Hansen with John Hamilton; and Stuart Dole and Ann Hatfield. Rob will then accompany the group for a sing-along with a few Holiday tunes.

There will be tables set up for groups of 6 or 8 and the tables will have white table clothes with fairy lights and tea candles. Karen will purchase decorations and decorate the tables. Susanna made the motion that we authorize \$100 for decorations, Cheryl seconded the motion which was passed on a voice vote.

Barbara Corinblit:

Barbara introduced herself to the Board and presented her ideas for adding a Speech and Communication Skills class to our class offerings. Barbara worked at Memorial Hospital for many years and she was responsible for getting the grant that supports the PD Exercise Class that Memorial runs twice a week. Barbara's proposal envisions a class which would meet twice a month for an hour to an hour and a half that would devote approximately half the class to voice exercises like those taught in LSVT LOUD and the remaining half doing communication skills building. Barbara is trained in LSVT LOUD but this class would not replace that program. Rather, it would build on the skills developed in LSVT LOUD or be an introduction that might lead people to take a LSVT LOUD Class. Or it could just help people to maintain their speech capacity and learn techniques to deal with challenges. The class could be either on a drop-in or series basis. After discussion, it was decided that Barbara would work up a proposal for a test run to gauge response and interest. The class would be \$15 per person per session or she could be paid by the Board, a flat fee of \$75.00. We will continue discussion on this when we receive her proposal. Barbara is scheduled to speak at the March monthly meeting on Speech and Communication skills.

Dance Class: Nancy reported that she is going to look into the Dance Class schedule. Now that we have been holding the class three times a month it seems that instead of increasing participation we have the same number attending but spread over the three classes. The costs increased with the extra class offering but serve the same number of attendees. We will discuss whether to continue the third class at the next Board meeting.

Singing Class: John reported that the class is doing well despite a brief drop off in numbers.

Caregivers Group: Marie Kay reported that they are going along well. Karen is the contact for the fourth Thursday meeting.

Women's PWP Group: They are going to decide on a new meeting time. We will have that day and time at the next Board meeting.

PANC Conference:

About eight people have spoken to Nancy about attending the Conference in Sacramento on October 26. The attendees are to present their admission paper and PSGSC will reimburse them the \$25 fee.

Future Clinic:

There was a brief discussion for new board members, of the possibility of a new PD Clinic in the North Bay. Nancy will provide a synthesis of the past history of PSGSC efforts to get a PD Clinic and Movement Disorders Specialist in Santa Rosa before our next Board meeting.

Facilitators:

John has decided that he is no longer able to be a facilitator after filling this role for several years. Nancy thanked him for his willingness to take on this responsibility for so long. John had several suggestions for changing the facilitator role: Consider asking members of the caregiver's group to help lead the PWP break out group, Consider hiring a facilitator (perhaps Tess Lorainne) to work with the PWP break out groups and Combine the two PWP groups into one on occasion.

Nancy said that in November she will lead one of the PWP groups and she will be responsible for finding someone for the second group. Nancy said she would ask for feed back from the groups and we will consider alternative ideas for facilitators in the future.

Calendar:

Nancy will add both the Senior Expo to be held April 4, 2020, and the next Parkinson'sWise to be held April 18, 2020, to the Calendar on the website.

Fundraising:

Nancy has been notified that Mary's Pizza has increased their donation day contribution to 20%. We haven't had a Mary's Pizza fundraiser recently because they had lowered their contribution so much it was not worthwhile but, given this change, she asked if we'd like to do it again. It was generally agreed that we should look into it. Nancy will check on available dates.

Fundraising Letter: Nancy led a discussion about her proposed Fundraising letter. The Board agreed that we would have an envelopes containing the letter, a donation card and return envelope plus a brochure available at the November 5, meeting. It is hoped that everyone will take at least one to send to friends and relatives. Cheryl made the motion that we approve up to \$250 to print necessary materials for the fundraising letter. Susanna seconded the motion which was passed on a voice vote. Susanna will help Nancy stuff the envelopes.

Adjournment:

The meeting was adjourned at 12:15 by Chair, Nancy Wilson. The next Board meeting will be November 20, 2019 at Sunrise Senior Living, 4225 Wayvern Drive (near Brush Creek on Highway 12).

Respectfully submitted
Barbara France, Recording Secretary