

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

October 17, 2018

Members Present:

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

Members Sent:

Ann Walker, Sandy Barrett, Mary Reed and Art Rosenblum

Guests:

Mike Siegel, Patrick Hardman, Cheryl Fox and Laurie Sutton

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, Kathy Osbun at 10:00 a.m.

Approval of Minutes:

The Minutes were approved with the following corrections:

- 1) Under Expenses Dance class the amount should read \$59.68
- 2) Under October meeting replace Caroline Fisher with Colleen Fisher and add Cheryl Fox to speak on help for PD patients navigating the health care system.

Treasurer's Report:

Sandy reported income and expenses for the month of September

Income:

\$ 1.10 Interest
\$108.92 Olivers Community Card
Total income for the month \$110.02

Expenses:

\$ 75.00 Bookkeeping expense
\$486.00 Dance Class
\$ 50.00 Stamps
\$173.00 Singing Group
Total Expense for the month \$784.00
Net income for September (\$288.98)
Net income for the year (\$673.88)
Total Cash Accounts \$41,020.73

Programs:

October Meeting: Kathy asked for thoughts about the panel at the meeting. The consensus was that it was information overload. All the speakers had so much good information that holding to the preplanned time allotment was not possible. We will consider having the guests back individually at future meetings so that their information can get across to the members more effectively. It was also noted that people missed the break out groups. The break out groups are as important as the speakers to many of the members.

Kathy was alerted by the Church that the building is not available for our meeting on the regular date in March 2019. She will ask for the second Saturday of the month.

Marc asked for ideas for future speakers and said that he had been contacted by representatives of home equipment like ramps and chair lifts. This led him to think about an occupational therapist to talk about helpful home items to make daily life easier. Other suggestions included advanced planning for both legal and personal decisions.

Carolee Barlow will speak at the November meeting on Urinary issues. Marc will lead the meeting as Kathy will be gone.

The Holiday party will be the 2nd Saturday in December. Nancy will ask Rob Ellis to play Holiday music and Kathy and Karen will do decorations. Members will bring pot luck finger food.

Dance Class: Nancy reported that she has made a schedule for the upcoming year that will include classes on the 1st, 2nd and 4th weeks for the month. She signed the contract for the Dance Class and the contract for the Singing Class will be available for John to sign next week.

Nancy presented a budget for the Dance Class fundraiser to be held early next year. She has spoken to the Odd Fellows Hall management and they will provide a suitable room for \$320 for 3 hours. Other expenses will bring the projected total to \$750.00. Nancy moved that we approve \$750 for the Dance Class fundraiser which will occur early next year. Sandy G. seconded the motion which was passed on a voice vote.

Janet Lott and her partner will dance as dance class members arrive for the next class. After the Dance for PD Class Janet will talk with class members to see if they would be interested in a tango class. Nancy will report back at the next Board meeting and we will discuss what the next step might be.

Singing Class: Kathy announced that Jaimie had submitted a resignation letter. John said that he had lined up substitutes to audition to take over Jamie's position. John has taken over the responsibility to lead the class and finalize a replacement and he will be reimbursed for this transition time.

Caregiver Group:

Marie Kay said that seven people were at their last meeting.

Break out group facilitators:

John will be a facilitator and Sandy will be contacted to see if she will be able to lead the second group.

Future Board:

Kathy said that she was happy to welcome Cheryl Fox, Patrick Hartnet, Mike Siegel and Laurie Sutton as future Board members. Kathy also announced that she will continue as Chair through the January 2019 Annual Board meeting and then she will take her leave from the Board. She feels that the next Chair should come from the present Board.

Future Clinic:

A fundraiser for the Buck Institute who was referred to Karen told her that the Buck Institute is looking to branch out from a purely science research based institution to include clinics for various age related diseases. He said that a movement disorder clinic is included in this list. The Buck Institute is presently in the process of building a separate facility on their campus to house this new clinic arm of the Institute. They aim to be able to establish satellite clinics and he would help establish one in Santa Rosa. He will keep Karen posted on the progress of their new program.

Data Base:

Mary will work with Arlene to bring our data base up to date. Kathy said it would be helpful if we had a way to manipulate our data to more effectively target messages for our members. Sandy will speak to the computer tech who helped her change over the email arrangements.

ParkinsonWise:

Marc has started planning for another ParkinsonWise training class this upcoming spring. He has spoken to PANC and they will support us as they did for our last class. He will speak to Kaiser about a conference room for the class. There have been a number of people requesting another class. Cheryl volunteered to help Marc with the arrangements.

Hispanic Outreach:

Marc said that he is interested in the underserved Hispanic PD community. Statistically there is a large number of non English speaking people who have no access to medical care for their PD. He is looking for ways to extend our outreach to this community and help make PD care more accessible. It was suggested that we have a presence at the Roseland fair and perhaps translate our brochure into Spanish which could be provided to the Health Clinics in Hispanic neighborhoods. Marc will start with some contacts in Healdsburg.

Adjournment:

The meeting was adjourned at 12:00 by Chair, Kathy Osbun. The next meeting will be Wednesday November 21, 2019 at the Sunrise Villa Senior Living.

Respectfully submitted,
Barbara France, Recording Secretary