

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

November 20, 2019

Members Present:

Nancy Wilson, Karen French, Marc Alexander, Bill Jordon, Susanna Kraus, Patrick Hardman, John Hamilton, Marie Kay Hansen and Cheryl Fox

Members Absent:

Sandy Barrett, Meg Alexander, Judy Deas and Barbara France

Dall 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 10:00 a.m.

Approval of Minutes:

The Minutes were approved as presented.

Introduction of Prospective New Board Member Tess Lorraine:

Nancy introduced Tess Lorraine who will be joining the Board at the December 18, 2019, meeting. Tess is quite familiar with Parkinson's Disease and has worked extensively with older people. She is a patient and caregiver advocate and has given seminar series focusing on end of life choices for many years. Tess will be a welcome addition to the Board.

Back-up email coordinator:

Cheryl volunteered to move the mail coordinator's job to one of her staff. It was suggested that we could look for a more user friendly email program. There was discussion about the privacy issues around email addresses. Nancy will look into this and consult our attorney if she feels that is called for.

Treasurers Report:

Teresa Burris forwarded the following report of income and expenses for the month of October.

Income:

\$515.00 Donation Jar
\$ 59.67 Oliver's Community Card
\$.92 Interest

Total income for the month: \$575.59

Expenses:

\$902.00 Dance Class
\$ 87.50 Bookkeeping

\$125.00 Facilities rental
\$ 50.00 Set up/take down for meeting
Total expenses for the month: \$1,158.50
Net income for October: (\$582.91)
Net YTD income: (\$4, 566.78)
Cash Accounts total \$36,202.66

The Church will be raising our rent in January to \$150 per month plus the \$50 set up and take down. The three extra meetings a year represent an increase in the budget but the meeting donation jar would cover this increase in cost. A final vote on this will occur at the December 18, 2019, meeting.

Programs:

Speakers: Our November 2nd Meeting was cancelled due to after effects of the power outages. Dr. Phillip Grob's presentation, "Relevance of Cannabis to Parkinson's Disease", may be moved to April. We considered other changes to our 2020 calendar, including July 11 Picnic with Dance performance and demonstration

Holiday Party: Rob Ellis who has led us in a sing-along in the past, is not available this year. We do have musical talent from our membership scheduled in his place. Karen is preparing a slide show and will decorate the tables. We will also invite our members to present stories or poems of their choice for our entertainment. We plan for 10 tables to be set up and expect about 60 attendees. Finger food is requested. Nancy will rework the announcement for this Party to be sent out December 2nd or 3rd, 2019.

Day Long Conference On End-Of-Life Options: The planning committee of Cheryl, Meg, Tess and Nancy will meet to discuss our plans for this Conference. They thought that April seemed too soon due to the amount of preplanning required. It was felt that fall would be a better time for the event. Cheryl suggested offering Continuing Education Credits which might underwrite expenses of the Conference. It might be possible that we allow vendors to set up display tables for a fee. The planning committee will meet in early December to find a venue, date and outline the program.

Dance Class: Nancy reported the the Dance Class would like to do a performance. They would dance for about ten minutes and then have audience participation for another ten to twenty minutes. Karen suggested this could be part of the July program. Marc suggested that we might also have a yoga demonstration as well. Nancy said she would consult with the Dance Group first to see how much time they would need.

During 2019 we have offered the Dance Class three times a month but attendance at each individual class is lower than when we were meeting two times a month. Nancy discussed this with members of the Dance Class and they suggested that the class be held at Sunrise Villa as they would not charge for the room as long as

we allowed their residents to participate. There are two problems with that venue: 1) parking is insufficient and, 2) we have a stated focus of the class being for PWP/ Caregivers only. Nancy said that a proposal for 2020 will be presented to the Board in December for a decision.

Singing Class: John reported that participation has dropped off. It was suggested that we could generate new interest by announcing this class again at our next meeting.

Caregivers Group: Marie Kay said that we have the possibility of a speaker for caregivers, Aaron Daley of UCSF who has a forty five to sixty minute presentation. Cheryl will work with Marie Kay to find a venue and Marie Kay has collected topics of interest to caregivers. This will be held on a day other than that of the regular Caregiver group meetings.

Speech/Communications proposal:

We have planning to have a pilot program of four sessions with Barbara Corinblit. The pilot classes will be the second and fourth Fridays in January and February from 10-11 a.m. We will need three or four couples, preferably from our Board members, to try the program. Marc and Cheryl will look for a venue. Sunrise Villa was suggested but they have minimal parking and they do not charge if their residents are allowed to attend. They will have a final proposal at the December Board meeting for a vote.

PD Clinic Research:

Karen reported that Stanford is negotiating with Christopher Way, MD, MDS to work four days per week in Santa Rosa. Karen visited Stanford's clinic in Emeryville.

Facilitators:

There was discussion of Tess leading the whole PWP group. The concerns with this is that the larger group would not allow everyone to participate and it seems that when there are two groups they tend to self select into men in one group and women in another. John noted that men are often reluctant to talk. Tess and Nancy will meet to discuss ideas and report back at the December meeting.

Fund raising:

DONATION LETTER: Nancy distributed Donation letter and packets to Board members present. We will have the Donation letter and packets available at the December 14, meeting and the letter will be sent out by email.

MARY'S PIZZA DINE AND DONATE: We will participate in Mary's Pizza Dine and Donate on January 22nd, 2020. We will receive 20% of sales on this day. Printed forms will be available at the December and January meetings and there will be email reminders.

Donation: Kathy Osbun's mother, Betty Greenway, has again given a generous \$1,000 donation in memory of Ben Osbun.

Website: Nancy will talk to our website manager to see if it is possible to have a "Donate Now" button on our website.

Adjournment:

The meeting was adjourned at 12:00 by Chair, Nancy Wilson. The next meeting will be December 18, 2019, at Sunrise Senior Living, 4225 Wayvern Drive (near Brush Crush Creek on Highway 12).

Respectfully submitted:

Notes by Marie Kay Hansen

Prepared for distribution by Barbara France

Recording Secretary