

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

November 21, 2018

Members Present:

Kathy Osbun, Marc Alexander, Nancy Wilson, Sandy Grant, Sandy Barrett and Karen French

Members Absent:

Ann Walker, Mary Reed, Marie Kay Hansen, John Hamilton, Art Rosenblum and Barbara France

Guest:

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: Attendee heading should read, "Members Absent," Under speakers Carolee Barlow spoke on GI issues and Patrick Hardman's name should be corrected from Hartnet to Hardman.

Treasurer's Report:

Sandy G. reported that she has now transferred over the financials to Teresa Burris, our new accountant. Sandy paid \$100 for 2 hours of Teresa's time. Laurie Sutton will be PSGSC Treasurer from January 2019.

Teresa sent the financial statements which included:

Income:

\$2,201.00 Individual and donation jar income
\$ 75.74 Oliver's Community Card
\$ 15.33 Amazon Smile
\$.81 Interest
Total income for the month was \$2,292.88

Expenses:

\$1,207.50 LSVT LOUD Scholarship
\$ 77.63 Meeting Set up/take down and copy expenses
\$ 250.00 Facilities rental
\$ 173.00 Singing Group expenses
\$ (135.00) Dance Class (Donations exceeded expenses)
Total expenses for the month were \$1,573.13
Net income for October was \$719.75

Income Year to date is \$430.77
Cash accounts total \$41,508.07

Marc verified that accounts match bank statements.

Programs:

Speakers: Marc reported that Donna Deng, M.D., a Kaiser Urologist, will be our February speaker and Grace Meacham, RN, will speak on Cannabis in April. There was a lengthy discussion on what kind of presentation we would like in the future concerning the team approach to living well under challenging circumstances and choices for the future. Marc will continue talking to potential speakers.

Holiday Party: Kathy reported that we are set for the Holiday Party, December 8. Kathy thanked Laurie for getting out publicity for the party.

Dance Class: Nancy reported that the Valentine themed Dance Fundraiser will take place on Saturday, February 16, from 1:00 to 3:00 p.m. Nancy is planning to reprint the Dance information cards.

It was reported that Janet Lott was still pursuing the idea of a Tango Class in Santa Rosa. The Tango has been proven to be very beneficial for PWP. Nancy will also check with the YMCA again for potential classes for PWP.

Singing Class: After discussion about hiring a new teacher for our singing class, it was concluded that whomever we choose should have some knowledge of PD. This could be obtained by going online and looking up LSVT LOUD and the Parkinson's Voice Project. It was also suggested that the new hire attend the ParkinsonWise training in April. PSGSC could offer to pay for this training.

Caregivers Group: Three people attended last week and had an excellent discussion.

Women with PD Group: Laurie Sutton reported that she attended the meeting for the first time and enjoyed it. There were six women in attendance.

Future Board: Patrick Hardman, Laurie Sutton, Cheryl Fox and Mike Siegel have indicated an interest in joining the Board for 2019. Nancy Wilson has said that she will step up to become Chair/President as Kathy leaves the Board.

Publicity:

There may be a need to reprint our brochures with the new changes for 2019 in order to have the new dance class dates and new contact numbers.

Data Base update:

There was a discussion of ways we may want to manipulate our membership data to give us the flexibility to reach certain groups without sending information to everyone. Sandy trained Marc to be our back-up Email coordinator.

Fundraising:

Karen picked up the application at Whole Foods for their fundraiser. It is quite extensive and Sandy said she would look into completing it.

ParkinsonWise:

Marc reported that the date for our second ParkinsonWise training will be Saturday, April 13, 2019. We need a minimum of twenty participants at \$45 each. This is an increase from last year's \$25 fee. Also, this time Kaiser requires a \$2million insurance policy which will be covered by PANC.

Hispanic Outreach:

Marc is continuing to gather information on how to reach our County's Hispanic population with PD.

Adjournment:

The meeting was adjourned at 12:00 p.m. by Chair, Kathy Osbun. The next meeting will be Wednesday December 19, 2018 at the Sunrise Villa Senior Living.

Respectfully submitted:

Kathy Osbun

Barbara France, Recording Secretary