

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

February 20, 2019

Members Present:

Nancy Wilson, Laurie Sutton, Marie Kay Hansen, John Hamilton, Karen French, Cheryl Fox, Marc Alexander, Mary Reed, Sandy Barrett and Barbara France

Members Absent:

Patrick Hardman

Guest:

Mike Siegel

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 a.m.

Approval of Minutes:

The Minutes of the January 16, 2019 Annual and Regular Board meetings were approved as read.

Treasurer's Report:

Laurie presented Teresa's monthly statement.

Income:

\$100.00 Individual donations
\$106.95 Oliver's Community Card
\$.98 Interest

Total income for the month: \$207.93

Expenses:

\$729.25 Dance Class
\$208.00 Singing Class
\$100.00 Bookkeeping
\$200.00 Mailbox annual rental
\$550.00 Church rental for February and March and yearly
yearly storage fee of \$300.00.
\$ 6.00 Certified copies of reports for Secretary of State
\$ 49.75 Postage stamps

\$ 38.52 Bookkeeping supplies
Total expenses for the month were \$1,881.52
Net income for January was (\$1,673.59)
Cash accounts total \$39,211.08

Two transfers totaling \$1,500 were made from savings to checking account this month.

Marc verified that accounts match bank statements.

Budget:

Nancy presented the end of year statements comparing budgeted amounts with actual income and expenses and outlined a few suggestions Sandy Grant had made for consideration in the 2019 budget. Nancy asked Board members to review the budget and contact her with comments on additions or changes. She will send the comments to Teresa, our accountant, who will prepare a draft that will be part of our financials prior to the March Board Meeting. We will vote on it at our next meeting.

Board members:

Nancy announced that she and Barbara will be leaving the Board at the end of 2019. Therefore, we need to be looking for new Board members and officers all throughout this year. In addition, both Marie Kay in the Library and Patrick with audio-visual, need assistants. If we all look for people who might be interested in helping out in our positions the future transitions will be eased.

Speaker:

Marc reported that Carol Peterson OT, will speak on "Assistive Devices and Home Adaptations" at the March 9th meeting. There will be vehicles in the parking lot for members to look at on their way in as well as members sharing items they have found useful in their daily lives. Carol will have a powerpoint presentation and Karen said she has a print out of the slides as well as room for people to take notes. It was decided that a copy will be available online for members to refer back to if they choose.

Marc reported our April speaker asked to be rescheduled later in the year. Cheryl Fox, RN, will be our speaker. Her topic: "What's Next? Community Resources for the Highest Possible Quality of Life."

Our May 4th speakers are: Janice Sternfeld and Brian Griffin. The topic: "Living Well at Various Levels of Care." Nancy will contact both speakers and ask for a more specific overview of their presentation. The hope is that we might ask members to read "Being Mortal" by Atul Gawande.

Marc asked for topics people would like to have at future meetings. Suggestions included: Speaker on drugs for delusions and hallucinations, non-

motor symptoms, nutrition, possibly Steve Boyce from Hawaii, dance class presentation and a wellness fair.

Dance Recital:

Mike Siegel turned in some expense invoices and names of people to be sent thank you letters. Nancy reported that it was a successful presentation with 20 class members participating and about 80 in attendance. They received \$505.00 in jar donations and \$1645.00 in separate donations. It was a very positive and enjoyable event and everyone felt like it was something the class should do every year.

Singing Class:

John said that 10 people were at the last class and everyone was quite enthusiastic about Steve Delap, the new instructor. Sandy said that she thought the class was a great thing for us to support. She said the room was so comfortable and everyone enjoyed being there for the social aspects as well as the singing.

Caregivers:

Marie Kay said there were five at their last gathering and they were thinking of adding a second meeting a month.

Women's Group:

Laurie reported that there were four at the last meeting and felt it was a good group.

ParkinsonWISE:

Marc said flyers were ready and all seemed on course for the April 23rd class. All information is available on the website and announcements will be made at meetings and through email.:

Senior Expo:

There will be a Senior Expo at the Finley Center on April 27, 2019. There is a fee of \$150 for non-profit groups however, there is a \$50 discount for early registration. Karen said she would man the booth and have PSGSC meeting and group information as well as material for our scholarships, Singing and Dance classes. Karen made the motion we approve up to \$150 for our participation in the Senior Expo, Mary seconded this motion which was passed on a voice vote. Nancy will sign the contract and Laurie will send the check.

Publicity and Library:

Nancy said that we have new brochures and everyone should take new ones to distribute as Sandy Grant and Kathy Osbun are contact numbers on the old brochures. Marie Kay and Nancy will change out dated materials from the New Member packets already put together. Nancy updates the website on Friday so members should review the new brochures as well as information on the website and let her know if she needs to make changes.

Whole Foods fundraiser:

Karen said that the first six months slots were filled before she did her check on when we could apply so now we will wait until June to apply.

Future Clinic:

Nancy reported that she talked to our attorney, Don Winkle, about whether our bylaws allowed us to work on establishing a PD Clinic. He said that our bylaws, as written would allow us to undertake this plan, but he suggested that when we were further down the path we should amend the bylaws to specifically include this project. He did add that in his experience this undertaking was very expensive, time consuming and difficult to pull together and he suggested thorough planning and budgeting at every step along the way.

Karen has spoken to several influential individuals who have expressed interest in helping make the ultimate aim of a full service clinic a reality.

The Board discussed various ways to approach the problem starting with defining what members wanted in a Clinic, this ongoing discussion is the important first step in studying the feasibility of the Clinic proposal. Then we would need a step by step plan outlining our specific goals and the path to reach those goals. We need a solid business plan, a fundraising plan, a committee structure; all to support the vision Karen has articulated. We will continue discussion at the next meeting.

Data Base:

Laurie has proposed a new data base form that will help us keep track of members and their interests. This increased information can help in tailoring email messages and future meeting topics. Please review this and send suggestions for changes to Laurie as soon as possible.

Adjournment:

The meeting was adjourned at 12:00 p.m. by Chair, Nancy Wilson. The next meeting will be March 20, 2019 at the Sunrise Senior Living.

Respectfully submitted,
Barbara France, Recording Secretary

