

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

May 17, 2017

Members Present:

Kathy Osbun, Sandy Grant, Ann Walker, John Hamilton, Marc Alexander, Sandy Barrett, Nancy Wilson, Art Rosenblum and Barbara France

Members Absent:

David Getzoff, Suzanne deKozan and Marie Kay Hansen

Guests:

Mary Reed and Bill Stubbs

Kathy acknowledged the death of Gloria Stubbs. Gloria has been a long time Board member and has made many contributions including being the smiling welcoming face greeting everyone at the general meetings. She will be missed by all who knew her.

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 of the Board meeting of April 19 were approved with the following correction. Under Fundraising: We had 12 theatre tickets to "Guys and Dolls" and they were sold for \$20 each or 2 for \$30.

Treasurer's Report:

Sandy G. reported that the income for the month included \$335.00 from the April meeting Donation Jar; \$1070.00 mostly coming from the Donation Letter sent out by the board; \$.71 interest; \$71.30 from Olivers Community Card; \$40.00 from Mary's Pizza Event; \$9.35 from tulip pins and \$70.00 from theatre tickets to "Guys and Dolls". Total income was \$1,576.36. Expenses included \$194.00 for the Dance Class, \$100.00 for guest speaker fee; \$50.00 for meeting set up/take down; \$250.00 for facilities rental for April and May; \$282.00 for Singing Group (this includes two months, April and May). Total Expenses were \$876.00.

Net income for the Month was \$700.37. Cash accounts total \$36,243.20.

Art verified that accounts match bank statements.

Sandy G. discussed the proposed budget that she had sent out to Board members. Following further discussion John moved that we accept the proposed budget, Ann seconded the motion which was passed on a voice vote.

Sandy said that Art and David would do the audit next month.

Programs:

Speakers: Marc wanted Board feedback about a possible speaker for October. Steven Blake ScD. is an adjunct faculty nutritional biochemist at Hawaii Pacific Neuroscience. Doctor Blake's area of study is the role of nutrition in health and he has investigated the role of nutrition in Alzheimer's and Parkinson's Disease. There is a good deal of interest in nutrition, but the idea that dietary modification can alter the progression of PD is controversial. Dr. Blake is a good speaker and knows his biochemistry well but some members expressed concern that dietary advice should not be a one size fits all approach. Marc will invite him to speak with the understanding that this is a controversial topic.

Dance: Nancy said that the class continues to attract new members. The new informational postcards with class information are almost ready to be sent to the printers.

Singing: John said that the Singing class is going well.

Facilitators: Sandy B. and Marc will be facilitators for the June 3rd meeting.

Recruitment of new Board Members:

Our guest today, Mary Reed has agreed to serve on the Board. Marc made the motion that Mary be elected to the Board. Sandy G. seconded the motion which was passed unanimously. Welcome, Mary.

Publicity:

Sandy G. said that she has a video by Teepa Snow entitled, "Practical Tips for Better Living with Parkinson's Disease". She will watch the video then add it to the Library. Sandy reminded the Board that she needs book reviews.

Fundraising:

Sandy G. participated in the Human Race representing the PSGSC. She thanked everyone who donated to her entry. We do not yet know how much will be coming to PSGSC from the race proceeds.

The 12 theatre tickets for "Guys and Dolls" were sold.

People continue to buy the tulip pins at meetings.

In response to the Fundraising letter we have received \$2575 to date.

Scholarships: LSVT LOUD and BIG will continue to be offered.

Art has talked to Pam Fields and her present yoga class for Parkinson's patients is full. She doesn't see how she could add another to the schedule so offering a scholarship to her class would not be good at this time.

Marc has inquired about Rock Steady Boxing. The information flyer we have is outdated but we will get a more accurate one ready for the June meeting. The cost is \$80/per month and classes are Monday through Thursday at 4 p.m. as well as Saturday morning at 9 a.m. They have room to expand and they would welcome our scholarship offering. Once we have accurate flyers and verify information, we will offer a scholarship for Rock Steady Boxing.

Art suggested that Uber may be a way that we can offer transportation to meetings for members that do not drive or can not ride share. John will investigate the feasibility of offering transportation chits through Uber.

Adjournment:

The meeting was adjourned at 12:00 p.m. by Chair, Kathy Osbun. The next meeting will be June 21, 2017 at the Brush Creek Señor Living.

Respectfully submitted,
Barbara France, Recording Secretary