

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

June 20, 2018

Members Present:

Sandy Grant, Sandy Barrett, Marc Alexander, Ann Walker, Kathy Osbun and Barbara France

Members Absent:

Karen French, Marie Kay Hansen, John Hamilton, Art Rosenblum, Mary Reed and Nancy Wilson

Guest:

Christina Sundstrom

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 May 16, 2018 Board meeting were approved as read.

Treasurer's Report

Sandy G. reported income for the month:

\$1682.78 from The Human Race  
\$ 593.08 May Donation Jar  
\$ .94 Interest  
\$ 87.42 Olivers Community Card  
\$ 16.30 Amazon Smile income from 1st quarter  
\$ 4.61 Tulip Pin sale

The Human Race income, at this time, is overstated by collection \$140.00. In June we received another \$40.00 and paid out \$148.85 to have them put together. We will also be paying sales tax of \$15.53 for the sale of the shirts. The net income for the shirts will be \$15.58 at this time.

Total income for the month is \$2385.13.

Expenses for May:

\$330.00 Dance Class  
\$100.00 Guest Speaker  
\$125.00 Facilities Rental  
\$222.00 Singing Group

\$ 36.99 Finance Committee  
Total Expenses for the month are \$863.99  
Net income for May is \$1,521.14. Net income for the year is (\$1,727.81)  
Cash Accounts total \$40,186.44.

Marc verified that account statements match bank statements.

Programs:

Speakers: Marc said that Diana Partovi a Neuropsychologist at the VA will speak on Managing Cognitive Changes in PD. This will be on August 11, the 2nd Saturday. On October 6, we will have a Panel on Resources for people with Parkinson's and on November 3, Carolee Barlow CEO of the Parkinson's Institute in Sunnyvale will speak on GI problems with PD.

Marc said that he had been approached by Five Microns, a company that is working on a device to help PWP cope with tremors. They would like to have a table at one of our meetings where they could introduce their device and have people sign up to test and review it. Marc will look into this more and report back. Christina is going to a presentation in Napa by this company and will report to Marc her impressions.

Break out groups: Sandy B. said they had good discussions with a lot of participation.

Dance for PD: Sandy G. said that the group fluctuates between 20-22 people but there is a wide variation in the amount in the donation jar from one class to the next. Sandy said she will ask Katherine to remind people that the donations help support the class. Katherine has added a table and chairs to a corner of the class and this has encouraged additional socializing after the class.

Women's Group: Kathy reported that she had received an email from a newly diagnosed woman who spoke of her mixed feelings after her first visit to the Dance Class. There are many women who are searching for answers and the Women's Group is a very good place for women to learn and share experiences. The Women's Group seems to be increasing numbers lately but there is need for someone to take a bit of a leadership role in the group to get them more organized and able to get the word out to other women at the general meeting. Ann said that those who do attend feel it is very worth while but they do lack someone who will lead the group enough to give some cohesion.

Singing Class: There was a smaller group last meeting. They had the substitute and everyone really likes his class.

Facilitators:

Sandy B and Marc will be facilitators for the break out groups at the August 11 meeting.

Board:

Kathy reminded all to make contacts for possible Board members. Sandy G. said that she has set up a meeting with someone who has expressed interest in taking over the emailing part of her job.

#### Accountant:

Sandy G. sent a letter to Teresa Burris setting out the terms we agreed to at the last meeting, as well as a detailed description of what the job will include. Teresa has agreed and Sandy and Teresa will begin working together in September.

#### Book Reports:

Sandy doesn't have any Book Reports ready to send out. She said that the Book Reports have greatly increased interest in the Library.

#### Resources from Parkinson's Foundation:

Marie Kay tried to obtain simple order cards for the informational Booklets the Parkinson's Foundation puts out but they sent her material not suited to our needs. Sandy G. has gone through it all and made a simple list of exactly how people can order the books and a separate list for ordering the Aware In Care kits. The lists will go out in an email and also be available at meetings.

#### Placing flyers at meetings for private classes:

Marie Kay said that she has been asked if a member could place a flyer on our information table for a yoga group that she has attended and found very helpful. In the past we have not put out flyers unless as a group we were familiar with the class or program. It was decided that this member could announce it in her break out group and just say that she has gone to the class for quite sometime and she has found it helpful. Then she could pass further information along if anyone asked for it. It was suggested that this yoga instructor should be put on a list of people to contact next time we offer a ParkinsonWise class.

#### Resources for Voice therapy:

Marc said that though we normally think only of LSVT LOUD in the area of voice therapy there are several web based programs and specialized apps that are available on electronic devices as well as other programs from varied sources. With this in mind, Marc is beginning to make a list and do a bit of research about each one and this will be an additional resource list for the membership.

#### PD Registry:

Marc said that beginning in July all medical practitioners are supposed to report the number of PD patients in their practice. This has been a goal for quite sometime but the California Legislature has finally funded the program. This is important because for the first time the number and demographic information will be available and will be useful for seeking further funding and services for the PD community.

#### YMCA:

Karen left word with Kathy that the local Y would not be charging their initial membership fee from June 1 to August 13. Anyone who is interested should call the Y for further information.

Changing the number of Board members:

Sandy G. talked to Don Winkle, our attorney, about changing the number of Board members. He said according to our bylaws we need between 3 and 21 Board members and the exact number can be set or changed at any time by making a motion to be voted on by the existing Board.

Adjournment:

The meeting was adjourned at 12:00 p.m. by Chair, Kathy Osbun. The next meeting will be Wednesday, July 18, 2018, at the Sunrise Villa, formerly known as Brush Creek Senior Living.

Respectfully submitted,  
Barbara France, Recording Secretary