

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

July 18, 2018

Members Present:

Kathy Osbun, Sandy Grant, Marc Alexander, Nancy Wilson, Marie Kay Hansen, Ann Walker, Sandy Barrett, Karen French, John Hamilton and Mary Reed

Members Absent:

Barbara France and Art Rosenblum

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 June 20, 2018 meeting were approved as read.

Treasurer's Report:

Sandy G. reported income for the month:

\$ 256.00 June Donation Jar

\$ .92 Interest

\$ 101.42 Oliver's Community Card

\$1266.84 Additional proceeds from the Human Race (Total collected

\$1525.00)

Total Income for the month: \$1625.17

For the Dance Class total, Sandy decided to allocate the Warren Wilson donations to the account now and take out the middle step of keeping them on the balance sheet until the end of the year. That will simplify things for the new bookkeeper to allocate donations and fundraisers as they are collected. At this time, we have received \$1525.00 in donations to be applied to the Dance Class Expenses. That inflates our number for the month to be \$903.81. For the year, with the donations applied, the cost of the dance class is \$547.96.

Expenses:

\$183.00 Singing Group

\$ 50.00 Meeting Setup and Take Down

Total Expenses for the month: +\$620.81 due to the donations applied to the dance expenses.

Net income for the month is \$2245.98

Net income through June is \$478.17

Total Cash Accounts are \$41,574.13

## Programs:

Speakers: Marc asked for input by the Board to figure out some of the logistics for our October General Meeting with a panel of four speakers focused on “Resources for Parkinson’s” It was decided that we would eliminate the breakout groups to give enough time for the four speakers and questions. We will give each speaker 15 minutes. Speakers will present for the first hour, and then we will break for refreshments. After a 15 minute break, we will resume for questions. It was suggested that the speakers go in this order: 1. Speaker to represent Parkinson’s Foundation 2. Robin Riddle, PD Community Outreach from Stanford, asking her to focus on resources in Sonoma County (to keep it local) 3. Cheryl Fox who runs a business providing advocates for PWP’s who need help with setting up appointments, increasing proper care, etc. 4. Judith Long, Chaplain at USCF addressing anxiety/ stress issues for both PWP’s and caregivers upon diagnosis of PD.

It was also decided to handle all questions at the end of all four presentations by putting 3x5 cards on chairs for people to write out questions as they think of them. The moderator (either Kathy or Marc) will collect question cards and select questions for the panel to answer.

Dance Class: Both Sandy G and Nancy reported that the dance class was going smoothly with the three people who have taken over the organization of collecting the money, setting up the room for a social circle, etc. The refreshment budget will now be used instead of relying on “pot luck” participation.

Singing Class: All is going well.

Caregiver’s Group: Marie Kay reported six participants this last meeting with good discussion.

PD Women’s Group: Ann will attend and report back at August Board meeting.

## Facilitators:

Sandy B. and Marc will be facilitators for the August 11 General Meeting breakout groups.

## PD Clinic update:

Karen reported that she spoke with Dr. Maya Katz who said that she was going to have a meeting with her Medical Director about getting a clinic here in Sonoma County. Karen has not heard back yet on the results of this meeting.

## Publicity:

There are no book reviews at the moment.

## Senior Expo at Finely Center:

Karen will look into what it takes for participation in the next Expo,

#### YMCA registration fees:

Sandy will send out an e-mail to our members about the YMCA waiving fees for June 1 through August 13.

#### Data Base Update:

Sandy G. reported that she is working with Laurie Sutton who has agreed to take over as "E-mail Coordinator." In working together, they have found difficulty in the transfer of data to Laurie's computer. A motion was made by Sandy B. and seconded by Nancy to allot up to \$300 to hire someone to help with the transfer of membership email addresses. The motion was passed unanimously. It was also suggested that "OUR" e-mail address that goes out "TO" the membership should read "PSGSC."

#### Resources for Voice Therapy:

Marc is still working on this.

#### Movement Disorder Specialists:

Marc has updated this list.

#### Changes at Parkinson's Institute:

Kathy discussed an e-mail received from the Parkinson's Institute about changes they are making in their program. It was decided that instead of sending the information out to our members by e-mail that we would wait until Dr. Carolee Barlow from the Parkinson's Institute comes to speak at our November General meeting so she can answer questions about the Institute's collaboration with Axial Biotherapeutics.

#### Scholarships:

Sandy G. reported that a member is interested in a scholarship for LSVT/LOUD at the Swain Center. A motion was made by Nancy and seconded by Sandy B. to approve the scholarship in which PSGSC would pay 75% of the cost. The motion was approved by a unanimous vote. In discussion about the scholarship program with this member it was brought to our attention that she found our application confusing with no direction as what to do next. Sandy G. said that she would work with Melissa at the Swain Center to streamline the application. It was found that we need a shorter application form for the applicant and an "Approval Notification" to PSGSC from the Swain Center that the applicant is approved for the program.

There was also a suggestion that we could offer a scholarship for LOUD CROWD for those that have completed an LSVT/LOUD program. Currently the cost is \$15 per week.

#### Adjournment:

The meeting was adjourned at 11:45 a.m. by Chair, Kathy Osburn. The next meeting will be Wednesday August 15, 2018, at the Sunrise Villa, formerly known as Brush Creek Senior Living.

Respectfully submitted,  
Kathy Osbun  
Barbara France, Recording Secretary