

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

August 15, 2018

Members Present:

Marie Kay Hansen, Sandy Grant, Nancy Wilson, John Hamilton, Kathy Osbun, Karen French, Sandy Barrett, Marc Alexander and Barbara France

Members Absent:

Art Rosenblum and Mary Reed

Guest:

Mike Siegel and Janet Lott

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 July 18, 2018 Board meeting were approved with the following correction: The last sentence in the Dance Class item should read, The refreshment budget will now be used to provide snacks at the class.

Treasurer's Report:

Sandy G. reported income for the month included:

\$ 1.00 Interest

\$100.21 Oliver's Community Card

\$ (.34) To adjust for sales tax on t-shirts

Total income for the month was \$100.87

Expenses:

\$ 21.00 Dance class brought in more than paid out

\$250.00 Facilities rental for August and September

\$190.00 Singing Group

Total expenses for the month were \$519.00

Net income for the month was \$(418.13)

Net income for the year is \$60.04

Cash Accounts total \$41,137.34

Marie Kay verified that accounts match bank statements.

Sandy will begin to work with the new bookkeeper in September to begin the transition.

Programs:

Dance Class: Mike Siegel came to the meeting to discuss the ongoing funding, goals and future of the Dance Class. Mike and his wife are happy participants of the class and are interested in not only its long term viability but the possibility of adding more Dance Classes to the schedule. He has spoken to many of the people coming to the class and found that some people think that the class existence depends on contributions solely from the attendees while others feel that the class will be subsidized by PSGSC and the donations at each class are not essential to its continuance. Regardless of how people view the financial support for the class, a great majority would really like to have one or more dates for the class added to the schedule.

Mike raised the possibility of adding more classes with Katherine Luther but she said that she didn't see how that could be done because the donations only paid for about half of current costs of the class. That along with the sentence in the Dance Class email that goes out as a reminder before each class that states the importance of donations at the classes, Mike concluded that the Board did intend that at some future time the class would be self sustaining. Following from that, Mike was willing to be involved in fund raising that would make the class self sufficient and provide for one or more additional classes in the future.

After discussion, the members of the Board realized that though the intention behind donations was to reinforce the value of the class, the Board meant the Dance Class be a permanent part of the programs PSGSC provides for the members. Kathy and Sandy will look at the emails to clarify the statement on donations. It is also the intention of the Board that the suggested donations be voluntary and that everyone should feel welcome even if they cannot afford the suggested donation. The entire Board agreed that adding a class should be investigated. Nancy and Mike will check with Odd Fellows Hall managers to see if more dates are available and clear possible dates with Tori and her team. Nancy will report back at the next Board meeting.

Janet Lott contacted Kathy about the possibility of offering Tango dance classes for PWP. She is a dancer with life long experience and is now teaching classes. She said that quite by happenstance she had two PWP in a class and to her amazement they both were excited about how much it helped with their every day movements. She began to explore a bit and found there has been research on Tango dancing and PD that supported her anecdotal findings. She then thought it might be possible to offer a class just for PWP and she wanted to explore that possibility with the Board. After discussion, it was decided that she should go to a couple of our existing Dance for PD classes to get a feeling for the wide range of ability the members have and see if her classes could accommodate such a wide range. She could speak to the members of the class at their social time and perhaps gauge their interest in having a tango class. It was the feeling of the Board that this is well worth exploring and would add

variety to our offerings. Nancy will speak to Katherine and Tori to make arrangements for Janet to visit the Dance Class.

#### Fundraising:

Karen investigated the Chipolte fund raising nights and found that the requirements would not work for our group.

Karen also noticed that Whole Foods had donation jars at their cash registers for non profits. The recipients change frequently and groups can apply to be included. Karen wanted permission to pursue this further for PSGSC. It was agreed that she go ahead with this project.

Sandy has made up a new Amazon Smile flyer. This one will not have her name on it as a contact.

#### Clinical Trials:

Karen spoke with Dr. Katz who had spoken with her Executive Director about bringing a PD Clinic here to Santa Rosa. The Executive Director said that they are overwhelmed with DBS surgeries and that there was not the personnel to send down here at the present time. Dr. Katz said not to give up the idea.

#### October Meeting Panel:

Marc said plans were moving along. At the last meeting the speaker, Diana Partovi, distributed a list of resources to the Care Giver Group. It was decided that we would add the names and information of the Panel speakers to that and have it available for the whole membership.

#### Break Out Groups:

Marc and John led the groups and the discussions in both were good.

#### Singing Class:

John said that the members of the Singing Class really enjoy the substitute teacher and wish that he could be an instructor on a regular basis. John said that he had said as much to Hank and found that he would not be adverse to doing that. Hank also mentioned that Jamie was getting involved in a little more travel and workshops and John concluded that an opening for at least alternating teachers was possible. He wanted to get clearance to proceed with further discussions with Jamie to see if the new arrangement might be possible. The consensus was that he proceed as he saw fit.

#### Care Giver Group:

Marie Kay said that they had a good group with good conversations.

#### Women's Group:

Ann said they had 5 at the last meeting. They did discuss establishing a bit of structure to have at least a nominal leader but decided that they were

happy going on as they were. There was a feeling in the group that they did want the group to continue.

**New Board Members:**

Sandy G. said that she still can not find a replacement Treasurer even though the responsibility has been greatly reduced. It was suggested that she, herself make an announcement at the next meeting saying that she will be leaving and we need a Treasurer and spell out exactly what the now reduced responsibilities would be.

**Email Transfer:**

It has been a much more difficult process than anticipated and Sandy G spent \$135.00 more than previously approved in acquiring help to accomplish the job. Nancy made the motion that we approve the \$135 additional expenditure for the email transfer. Marc seconded the motion which was passed on a voice vote.

**Library:**

Marie Kay said that the Library was very busy at the last meeting. Sandy G. said that we have no Book Reports ready to send out.

**Rock Steady Boxing:**

Kathy has received enough concrete information that we can discuss scholarships for the class at our next meeting.

**Scholarships:**

Sandy G. has reworked the Scholarship flyer for LSVT LOUD after receiving feed back on the application process. In addition the Swain Center has decided that they will eliminate the swallow test requirement. They now require only a referral from a primary care physician. Others offering the program still require the swallow test. The flyer will now include this information as well as instructions for the participant to move through the application process. Ann's name will now be on the flyer if the applicant has further questions.

**Adjournment:**

The meeting was adjourned at 12:10 p.m. by Chair, Kathy Osbun. The next meeting will be Wednesday September 19, 2018 at the Sunrise Villa on Highway 12.

Respectfully submitted.

Barbara France, Recording Secretary

