

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

August 21, 2019

Members Present:

Nancy Wilson, Marie Kay Hansen, Patrick Hardman, Cheryl Fox, Marc Alexander, Karen French, John Hamilton, Sandy Barrett and Barbara France

Members Absent:

Judy Deas

Guests:

Meg Alexander and Susanna Kraus

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 10:00 a.m.

Approval of Minutes:

Approved as submitted

Board Members:

Nancy welcomed Susanna Kraus and Meg Alexander who, along with Bill Jordon have agreed to serve on our PSGSC Board. Nancy welcomed them and explained that Susanna will be our Greeter at the door for the monthly meetings and Meg will be taking over as Recording Secretary in 2020. Cheryl made a motion to accept Meg, Susanna and Bill as new members on our Board. Marc seconded the motion which was passed unanimously on a voice vote.

Treasurer's Report:

Teresa Burris forwarded the following accounting of July finances:

Income:

\$190.00 Donation Jar
\$770.00 Individual Donation
\$114.39 Olivers Community Card
\$.94 Interest

Total Income for the month \$1,075.33

Expenses:

\$644.00 Dance Class
\$117.65 Singing Group
\$237.50 Bookkeeping
\$254.41 Refreshments for Independence Celebration

\$ 32.71 John Hamilton for new laser pointer
\$125.00 Facilities rental
\$ 50.00 Setup/take down
\$ 6.00 License and fees paid to Secretary of State
Total Expenses for the month \$1,467.27
Net income for July (\$391.94)
Net income for YDT (\$1,799.65)
Cash Accounts total \$39,006.79

Marc will meet with Judy Deas to verify statements.

Speakers:

Marc reported that the September speaker, Salima Brillman, M.D., will present her talk, "PD is more than a motor disorder." In October Dr Khandhar's talk, "Going against the grain" will explore the changing perceptions in PD. In November, Grace Meacham RN will talk about Cannabis uses in PD. December will be the Holiday Party. Marc has just added Louise Aronson M.D., author of "Elderhood" to speak in January and in February George Triadafilopoulos MD, will speak on "GI symptoms in PD." In May we will have Robert Lovett and Sarina Ferguson of LSVT BIG speaking on balance issues.

Marc continues to work on the speakers list for the remainder of 2020 and asked for further topic suggestions. The discussion included having a speaker on Hospice and Palliative Care, looking at the differences and varied services provided by the two. There was further discussion of death with dignity laws. Three people have approached Nancy asking about the topic. Is this a question that has wider appeal or is it too limited to warrant a speaker for a whole meeting? It was finally decided that the facilitators would put out the question in the break out groups to gauge the interest in the membership.

Programs:

Dance: Nancy reported that Alison Low PT, came to the last Dance Class. She refers her PD patients from Kaiser to the class.

Singing: John reported that as summer winds down the attendance is increasing.

Women's Caregiver group: Marie Kay said that the group is meeting twice a month and is doing nicely.

New exercise class: The YMCA has just announced a new class designed especially for PD Patients. The class will emphasize balance exercises along with strength and cardio work. Class participants do not have to be YMCA members

Clinic:

Karen continues to work with Dr. Langston and Dr. Bronte-Stewart from Stanford to bring a Movement Disorder clinic to Santa Rosa. The medical part of the committee is enthusiastic about the project but the business representatives remain to be convinced. Drs. Langston and Bronte-Stewart continue to push the project and Karen will report further developments.

Publicity:

Nancy reported that she had 350 brochures printed and would like approval of the \$300 expense. Marc made the motion to approve \$300 for printing, Cheryl seconded the motion which was passed on a voice vote.

Nancy said that the printer told her that the printing file is on an outdated program that makes it difficult to change things or do a redesign so we will need to get the new program, In Design, when we do the next printing after the 2020 Board changes.

Data Base:

Cheryl will take over the Data Base in September.

Website:

We are going to add events to our website calendar. This will enable members of PSGSC to have advance notice of events that may be of interest. These will include ParkinsonWise training, Senior Expo, The Human Race and the upcoming Spanish Language Parkinson's Conference and others as they arise.

Fundraising:

We may be slightly under budgeted income this year so we should be considering possible fundraising efforts as we go along. We might send out the letter we used a while back and it was suggested that along with Board members that members at large could send the letter to friends and family.

Adjournment:

The meeting was adjourned at 11:50 by Chair, Nancy Wilson. The next meeting will be September 18, 2019 at Sunrise Senior Living, 4225 Wayvern Drive (near Brush Creek on Highway 12).

Respectfully submitted,
Barbara France, Recording Secretary