

MINUTES OF THE BOARD OF DIRECTORS
OF THE PARKINSON'S SUPPORT GROUP OF SONOMA COUNTY

January 15, 2020

Members Present:

Nancy Wilson, Tess Lorraine, Marie Kay Hansen, John Hamilton, Susanna Kraus, Bill Jordon, Marc Alexander, Meg Alexander, Patrick Hardman, Judy Deas

Members Absent:

Cheryl Fox, Sandy Barrett

Guest:

Karen French

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 the Chair, Nancy Wilson at 10:00 a.m.

APPROVAL OF THE MINUTES

The minutes were approved with one correction: page 3, paragraph 3: Spelling of **Aaron** Daley's name, and the size of the Church room is **55**, not 65 persons.

TREASURERS REPORT

The Report and the Budget were distributed to the Board prior to the meeting. In submitting the Financials, Teresa Burris presented this summary:

Profit & Loss

Income: Donations received from Appeal letter \$1,355.00; Donation Jar Income \$280.00; United Way \$22.51; Oliver's Community Card \$.94; Interest \$.88 - Total Income for the month = \$1,659.33.

Expenses: Dance Class Expense \$1,738.00; Singing Group Expenses \$485.00; Bookkeeping Expense \$100.00; Facilities Rental \$125.00; Meeting Setup/Takedown \$50.00; Printing/Copying \$49.52; Total expenses = \$2,547.52.

Net Income for December is <\$888.19>. Net Income for the year is <\$4,972.93>.

Balance Sheet

Cash accounts total \$35,796.51.

A transfer of \$1,000 was made from the savings account, to checking.

Budget

PSGSC came in under budget for the year in the amount \$9,697.07.

Nancy and Judy led the review and discussion of the Financials. Overall it was a successful year with a lot of projects.

We were under budget for the year by \$9,600. Our estimated income for the year exceeded the actual income - the lack of participation in the Human Race being the main reason. Adjustments were made during the year to reduce the budget overrun for the Dance Classes.

Nancy and Judy are working on next year's budget. They asked Board members to submit information for programs they are involved in. New expenses include design and printing of a brochure, sponsoring a conference regarding end of life issues, a budget for refreshments, and new information package to distribute to neurologists to assist newly diagnosed PD patients .

A motion to accept the financial reports was made and approved.

BOARD BUSINESS:

Potential New Board Member:

We are in need of new Board members and Nancy would like the Board to help in this process. Please keep in touch with her about ideas. She will contact Sharon Marts, a caregiver for her parents who had PD, facilitator, and author, who brought her book to our 1/11/20 Caregivers' group.

A discussion about the need to replace Nancy as Board Chair was productive. It was decided that a job description that breaks down the component parts of the job would be circulated to Board Members. Rather than have all parts done by one person, we can consider dispersing responsibilities.

Nancy was very clear that she would like to move forward with the decision so that she can have time to train whoever is taking over.

PROGRAMS:

2020 Speakers report Marc: Meetings every month of the year on the second Saturday.

April 11: The program with open with a 15 minute chair yoga demonstration, followed by a presentation by a PD dance class.

June 13: still in the air. Cannabis or End of Life conversations
Dr Aronson's talk 1/11 was discussed with positive feedback.

Dance Class report by Nancy: A new person is managing the Odd Fellows Hall. Still uncertain what the monthly cost will be. Dance Classes are on "life support". Need promotion and energizing.

Singing Class report by John: Going well. 7-8 attendees.

Caregivers report by Marie Kay: Meetings on 2nd Tuesday and 4th Thursday. Groups are active and much appreciated. Meeting with Aaron Daley from UCSF this Saturday, 1/18/20 has 20 people signed up.

Speech Class report by Marc: Seven folks attended the first class in this beginning series. "Good collaborative class." Need to make flyers for future series.

Exercise Class report by Bill: Board members were encouraged to keep Bill informed about exercise opportunities, as they keep changing. Good to have one person tracking this, identifying wellness resources.
Alison Low will give a 2-hour session on April 18th at ParkinsonWise Training.

September Conference / Crossroads: End of Life Choices

Tess jumped right in asking the group, What do we want to accomplish? How big an event should this be? Concern about creating stress with large event. Board members joined the conversation, sharing their own opinions re attending or doing more. The consensus was that the Board leaned toward a small event with various topics, panelists and break-out groups.

The meeting ended with a reminder that next Wednesday, 1/22/20, is our Fund Raiser and Social Event at Mary's Pizza Shack on Summerfield Avenue in Santa Rosa.

Adjournment: There being no further business the Board was adjourned at 12:00 p.m. The next meeting will be Wednesday, February 19th, 10:00 at the Sunrise Senior Living.

Respectfully submitted, Meg Alexander, Recording Secretary