

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

On-Line Zoom Meeting, June 17, 2020

Members Present: Nancy Wilson, Tess Lorraine, Marie Kay Hansen, John Hamilton, Bill Jordan, Marc Alexander, Meg Alexander, Patrick Hardman, Judy Deas, Cheryl Fox

Members Absent: Susanna Kraus, Sandy Barrett

**1. CALL TO ORDER:** The regular meeting of the Board was called to order by the Chair, Nancy Wilson, at 12:00.

**2. APPROVAL OF MINUTES:** A motion to approve the minutes of May 20th Board meeting was made by Patrick Hardman, seconded by Bill Jordan. Approved.

**3. TREASURER'S REPORT:** Judy Deas reviewed with the Board our financial situation. Since our group meetings are suspended, there were only donations from Olivers and Amazon Smile collected in the past month.

Profit & Loss

Income: Oliver's Community Card \$87.24; Amazon Smile \$23.30; Interest \$.28 - Total Income for the month = \$110.82.

Expenses: Bookkeeping Expense \$83.50; Dues & Subscriptions \$149.90 (Reimbursement to Nancy Wilson for Zoom subscription); Professional Services \$350.00 (Jay Bell, videographer who setup videos for meetings) - Total expenses = \$583.40.

Net Income for May is <\$472.58>. YTD is <\$853.64>.

Balance Sheet

Cash accounts total \$34,942.87.

Nancy characterized our financial position as "holding our own" in this unusual time. A motion to accept the report was made by Cheryl Fox and seconded by Patrick Hardman. Approved.

#### **4. BOARD BUSINESS:**

With the Stay-at-home order in place, the Board discussed the various impacts on our operations and members. Arrangements with the Church and Odd Fellows Hall rental for the rest of the year are not clear yet, but Nancy is in touch with them.

Board members reported that there is ongoing connection with group members through Zoom meetings of Women with Parkinson's, Caregivers and Dance class.

We are keeping the website up-to-date and adding "Resources" to our list. We will reference this in emails and newsletters so that our group can have access to the latest information on webinars and classes.

#### **5. PROGRAMS:**

It was noted that about 30 or so connections on Zoom have been made for our monthly programs. Quite a few of these have two people watching. It is expected that all our meetings through the end of the year will take place on Zoom.

**2020 Speakers Schedule:** Meetings every month of the year on 2nd Saturday.

February and May: Speaker recordings on website

June 13: Barbara Corinblit: "Voice & Communication Issues in PD"

Slides and Tools for communication and class flyer on website

July 11: Tess Lorraine: "The Talk"

August 8: Dr. Phil Grob: Cannabis

September 12: Robert Leavitt & Sarina Ferguson: LSVT-BIG

October 10: Steve Blake: Nutrition

November 14: (to be developed by Cheryl, Tess and Nancy - related to end of life issues and conversations and palliative care)

December 12: Holiday Party?

\*Ongoing: Reading *Being Mortal* by Atul Gawande + Film

The June meeting was not recorded, but the speaker, Barbara Corinblit, has a one page summary of useful "tools" that will be distributed via email to the membership.

The Board discussed a proposal by Barbara Corinblit for a speech & communication class:

**Attendees:** Four PWP (or PWP plus a communication partner)

**When:** 4 Wednesdays at 10 am for 1 hour by Zoom, beginning July 1, 2020.

**Content:** Voice and Speech training will consist of:

1. Warm ups
2. Voice exercises
3. Oral readings
4. Conversation practice
5. Communication strategies

**Cost:** \$80 per session, paid before the class begins. The class consists of 4 sessions total. Communication partners are encouraged to attend at no charge. Sliding scale for a reduced cost is available by request. Salary pays for preparation, group instruction and any follow up required. Cash or check accepted. (Note: If class is sponsored by PSGSC the cost would be \$250). A motion to accept the proposal without PSGSC financial support at this time was made by Cheryl Fox and seconded by Patrick Hardman. Approved.

## **6. WEBSITE / Newsletter:**

We continue to investigate the possibility to enable on-line donations through PayPal or another entity on our newsletter and website.

Nancy is working with Maggie in Cheryl Fox's office to improve our email connection with members through the newsletter and email reminders. Maggie is very professional and the newsletter on Mail Chip is being refined monthly.

Nancy and Tess will prepare something for the upcoming newsletter related to the July 11th program.

## **7. CALENDAR: Yearly Calendar of Events:**

Mary's Pizza Shack Fundraiser for PSGSC 1/22/20 & **Postponed**  
Human Race 5/2/20 **cancelled**

PR: Senior Expo @ Finley in Santa Rosa 4/4/2020 **cancelled**

ParkinsonWise Training. 4/18/20. **cancelled**

Senior Fair @ Sebastopol Senior Center 5/30/20 12-2:30 pm **cancelled**

PANC Conference in Sacramento 10/24/20 **Will definitely happen. Date?**

Crossroads Conference (PSGSC)—September, 2020 **Postponed**

## **8. ADJOURNMENT:**

There being no further business, the Board was adjourned at 1:20 pm. The next meeting will be on-line by Zoom, Wednesday, July 15th, at 12:00 p.m.

Respectfully submitted, Meg Alexander, Recording Secretary