

**MINUTES OF THE BOARD OF DIRECTORS
PARKINSON'S SUPPORT GROUP OF SONOMA COUNTY
Meeting by Zoom, August 19, 2020**

Members Present:

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

Absent: Sandy Barrett, Susanna Kraus, Cheryl Fox

Call to Order:

The regular meeting of the Board of Directors of the Parkinson's Support Group of Sonoma County [PSGSC] gathered at noon, but we did not have a quorum until about 12:20, at which time the meeting was called to order by the Chair, Nancy Wilson.

Approval of the Minutes:

A motion to approve the Minutes of the July 15, 2020 Board Meeting was made by Bill Jordan, seconded by Marc Alexander, and approved unanimously by the Board.

Treasurers Report:

Judy presented the treasurer's report. Income has been 1/2 of what we budgeted and expenses have been 1/3. The pandemic has dampened all activity and simplified our finances.

Profit & Loss

Income: (Virtual) Donation Jar Income \$180.00; Oliver's Community Card \$189.44; Interest \$.29 - Total Income for the month = \$369.73.

Expenses: Bookkeeping Expense \$125.00; (Virtual) Dance Class Expense \$60.00 - Total expenses = \$185.00.

Net Income for July is \$184.73. YTD is <\$1,315.46>.

Balance Sheet

Cash accounts total \$34,481.05.

Budget

The Budget to Actual report was distributed to the Board. Expenses are continuing to stay under budget, reduced by COVID and SIP.

In the next newsletter, we will request participants in the Zoom dance class to make if donation, if possible, as expenses are continuing for that group.

Marc will review the checkbook/bank statements with Judy. Nancy and Judy will check with Teresa.

Board Business:

Judy reported that she is continuing to research the addition of PayPal to our website/newsletter for donations.

Nancy will contact Maggie Gondola, who does our newsletter and database, has contracted Covid-19. She will check in to see how Maggie is doing in two weeks, and see how our newsletter/reminders are being affected.

Nancy reported that she had received a letter from the Christ Church United Methodist where we usually meet. They are requesting a donation to help them cover ongoing expenses for the physical facility. The Board felt it appropriate to support the Church and also the PANC organization, which we have supported in the past. A motion to give a \$250 donation to both PANC and the Church, was made by John Hamilton, seconded by Marie Kay Hansen, and passed unanimously. Nancy will write letters to send with checks which Judy will write.

There was a proposal from Barbara Corinblit to adjust the Speech and Communication group we are sponsoring, given financial impact on folks during this time. After some discussion it was moved that we underwrite the adapted program in the amount of \$300 for 10 sessions to begin in October, 2020, provided the group has no fewer than 4 participants and no more than 8. A motion to that effect was made by Marc Alexander and seconded by Patrick Hardman.

Nancy asked Meg to write a piece for the Newsletter on the Circles of Resilience program that is being offered for free on-line by the local group, Dovetail Learning, in Sebastopol.

Nancy took time to talk with the Board in some detail about changes in her personal situation. She has been reviewing what is important to her at this point in her life and decided to make a move back to San Francisco, closer to her daughter, to old friends — and where the weather is cooler! She expects to put her house on the market in the next five days. She will be leaving the Board in January. We need to get ready for this.

Programs: Marc

2020 Speakers Schedule: Meeting every month of the year on 2nd Saturday

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

October 10: Steve Blake: Nutrition

November 14: Ekene Enemchukwu, a Neuro-urologist from Stanford has been invited to discuss urinary dysfunction.

December 12: Holiday Party? Speaker? We will check with Cheryl Fox who had ideas for a holiday event.

There was a short discussion about the August program (Dr. Phillip Grob “Cannabis”). Only a few present had heard the speaker. It was a bit of a surprise to them - less scientifically based than our usual programs. “A little over the top”, was one comment.

John Hamilton suggested as a possible presenter Sanford Martin, an organic chemist who was featured in Langston’s book, Frozen Addicts. John and Marc will discuss this possibility more.

There being no further business, the meeting was adjourned at 1:27 pm. Our next meeting will be on Zoom, Wednesday, September 16, 2020 at noon.

Respectfully Submitted,
Meg Alexander, Recording Secretary

