

**MINUTES OF THE BOARD OF DIRECTORS
PARKINSON'S SUPPORT GROUP OF SONOMA COUNTY
Meeting by Zoom, September 16, 2020**

Members Present:

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

Absent: Sandy Barrett, Susanna Kraus, Tess Lorraine

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 12:15. Technical Zoom difficulties caused the delay in starting.

Approval of the Minutes:

A motion to approve the Minutes of the August 19, 2020 Board Meeting was made by Patrick Hardman, seconded by Cheryl Fox, and approved unanimously by the Board.

Treasurers Report:

Judy Deas reported that there was very little financial activity in the last month. There is no payment to the Dance instructors because no invoice was received.

Nancy will follow up to insure timely payment for Dance services to Brigit and the piano player, Gerry Grosz. There was no action yet on establishing a Pay Pal account or acquiring a debit card from Wells Fargo. Again, Judy Deas will follow up on that.

Donations approved at the last meeting to PANC and our host Church facility were made. The report from Teresa Burris is below.

A motion put forward by Marc Alexander and seconded by Bill Jordan approved the report unanimously.

Profit & Loss

Income: Oliver's Community Card \$57.71; Amazon Smile: \$29.40; Interest \$.29 - Total Income for the month = \$87.40.

Expenses: Bookkeeping Expense \$83.50; Grants & Awards: \$500.00 (\$250 to PANC & \$250 to Christ Church in lieu of facilities not being rented) - Total expenses = \$583.50.

Net Income for August is <\$496.10>. YTD is <\$1,811.56>.

Balance Sheet

Cash accounts total \$33,984.95.

Board Business:

There was an extended discussion on ways to reach out to our membership through digital media. This was a followup on the discussion with members after last Saturday's lecture presentation. Agreement coalesced around the sense that right now, given the extraordinary stress people are under, just to stay with what we are doing is most helpful. Cheryl Fox presented this as the strategy being used with her clients receiving support services. And Nancy strongly supported this, citing her experience working with her church congregation.

Because stress is high, it was suggested that we forgo a Holiday Party in December and have, instead, a speaker addressing helpful strategies for stress reduction. Nancy recommended Rebecca Bell, who gave a great presentation at her church on just this topic. Marc agreed this would be a great "Booking" for December's Program Calendar. Nancy and Marc will follow up on this.

There was a review of the Board policy adopted several years ago to support people who needed scholarship assistance to participate in LSVT-BIG. It was thought that \$5,000 had been set aside, most of it unused. Following up on the September lecture which featured information about this program, we will get out the word about to our membership about this support. Bill Jordan will be the contact person for this program.

Nancy made an announcement at the September meeting, following up on the Board's wish to get greater participation and support for the twice monthly Dance classes. An email will go out to the members to encourage class attendance and donations.

Meg will write up a piece for the Newsletter regarding free Zoom classes offered by a local group on developing personal and relational Resilience.

A Newsletters will be sent at the end of the month. Please send information for inclusion to Nancy by 9/29/20. It was suggested that we communicate to our members our decision not to undertake "heroic" outreach at this time, but to use the resources available.

Programs:

Marc asked the Board's thoughts about the September speaker, Robert Leavitt. Though there was feedback that he spoke too quickly for some to follow, in general, Board members thought he was informative.

2020 Speakers Schedule: Meeting every month on the 2nd Saturday by Zoom

October 10: Steve Blake, Nutrition

November 14; TBD

December 12: TBD Strategies for coping with Covid, reducing stress, preparing for the holidays.

2021 Speaker Schedule:

January 9: Ekene Enemchukwu, Urinary dysfunction

February 13:

March 13:

Website

Our website is updated after each member meeting. A new heading choice has been added: "Donate". The address to send donations is listed.

Marc will follow up with Jay Bell, our volunteer, to make sure new videos are edited and added to our website by Nancy.

Calendar

The PANC conference in Sacramento is by Zoom on 10/24/20. For more information:

https://whova.com/web/panca_202010/

Adjournment:

The meeting was adjourned at 1:17.

Our next meeting is **October 21, 2020 12 - 1:30 pm by Zoom.**