

San Diego Central County Parkinson's Support Group  
Minutes of the Monthly Meeting of the Board of Directors  
October 8, 2018 10:00 am

Location of Meeting:

County of San Diego (Health and Humans Services Agency 3851 Rosecrans Street San Diego, CA 92110 University Room

Present at Meeting:

Nancy Floodberg, Jim Paterniti, Tony Jeske, AnnD Canavan, Mike Moore, Bruce Lowe (via conference call)

Initial Directors of SDCCPSG:

Nancy Floodberg

Tony Jeske

AnnD Canavan

Officers:

- President - Nancy Floodberg
- Vice President – Jim Paterniti
- Treasurer - Tony Jeske
- Recording/Corresponding Secretary - Deborah Jordan

Directors:

- Fundraising - Michael Moore
- Hospitality calls - Sharon Hieserich
- Webmaster - Bruce Lowe
- Room Reservations – Dolores Cohenour
- Publicity – Dolores Cohenour, /Susie McGuire
- Refreshments – Debbie Stubbe
- Videographer – Ron Phillips

Advisor Positions (non-voting)

- Tech support - AnnD. Canavan

Open Positions:

Social Committee Chair

Newsletter Publisher/Editor/Reporter/ Distributor

Tech Support, Jr.

Grant writer

Web master Jr.

The sixth meeting of the Board of Directors of the San Diego Central County Parkinson's Support Group (SDCCPSG) was called to order at 10:00 am October 8, 2018 at the County of San Diego Health and Human Services Agency located at 3851 Rosecrans Street San Diego, CA 92110 - University Room by President Nancy Floodberg.

### Approval of Agenda

The Agenda for this meeting was outlined and unanimously approved.

### Approval of Minutes

The Minutes for September 10, 2018 were unanimously approved with revisions.

### Board Titles

Nancy consulted with Paul Dawson, President of the North County Parkinson's Support Group regarding Board titles. Based on their discussion, the titles, as listed in the minutes, are appropriate and will be used moving forward.

## **Old Business Tony Jeske**

### **Topic 1                    Software QB, Microsoft Office**

The newest version of QuickBooks accounting software (which includes 501C3s) is out, however, Tony will use the old version for the remainder of 2018, switching to the new version in 2019.

Microsoft Office is available to the foundation through TechSoup. It can be downloaded from the cloud onto 3 computers. Nancy currently has her own purchased application on her computer. The TechSoup application will be held for use by the Newsletter Editor when one is identified.

### **Topic 2                    Von's program**

Von's charitable donation program operates differently from other programs Tony has looked into. Von's has a local foundation that supports non-profits with grants from \$1,000.00 to \$5000.00 per year. An application is required and, in the first year, funding is limited to \$1000.

### **Topic 3                    Year-end donation recap**

For 2018, Tony will write a letter of acknowledgement to the three or four individuals from whom San Diego Central County Parkinson's Support Group (SDCCPSG) has

received donations. Starting in 2019, the new QuickBooks program being installed, will identify and track donations.

It was suggested that a DONATE button be placed on the homepage of [www.sdccpsg.org](http://www.sdccpsg.org). Bruce stated he will get that set up on the website.

#### **Topic 4                    Aware in Care grant**

Tony no monies have been received to date from the \$280 Parkinson's Association grant awarded to SDCCPSG for the Aware in Care binders compiled for distribution at the September End of Life Options Speakers' Series. Nancy stated she would follow up with Chris Buscher, Executive Director of the Parkinson's Association.

### **Old Business Nancy Floodberg**

#### **Topic 1                    Speaker Series**

##### December Holiday Potluck

Wednesday, December 12, 6-8:30 PM, is Pt. Loma Parkinson's Support Group's (PLPSG) December Holiday Potluck. The Board discussed and decided the potluck would remain a PLPSG function rather than SDCCPSG function for 2018.

##### Speakers' Series Topic Survey

On Monday, October 8<sup>th</sup>, Nancy electronically sent out to the PLPSG database an online link to the 2019 Speaker Series Topic Survey. A hard copy of the survey was provided to each board member.

#### **Topic 2                    SDCCPSG**

##### Sidekicks

The Davis Phinney Foundation Sidekicks pilot project, facilitated by Nancy, starts this month and continues for four consecutive weeks. The program pairs 15 people with Parkinson's together with 15 youth in an inter-generational experience using storytelling and art to develop a basis for friendship and understanding. The dates are Saturday, 10/20, 10/27, 11/3, 11/10 at Oakmont of PB from 1:00 – 2PM.

##### Support Groups

Minds in Motion – Jim Paterniti reports that support group meetings are currently in flux. He expressed interest in utilizing videos from the PLPSG Speakers' Series at MIMO's meetings and hopes to do so later this month.

Pacific Beach – Nancy Floodberg reports the group had its first meeting the third Wednesday of September and they decided their focus will be "to have fun!"

Pt. Loma – the Speakers' Series October topic will be *The Three Lies and Eight Mistakes of Medi-Cal*, presented by Edward Scott Stewart, Esq. The breakout support group is having difficulty securing space at the local library and will meet this month at the County of San Diego Health and Human Services Agency.

Flying Solo – AnnD reports that more participants are desired and that she and Susie McGuire are actively recruiting.

Veterans – RON Phillips reported to Nancy that the group needs a sponsor in order to secure a meeting room at the VA Medical Center. Dr. Vincent Filoteo, PhD been the founder and sponsor for the support group. Ron is considering contacting Dr. Stephanie Lessig, neurologist and motor disorder specialist for the VA Medical Center to see if she would be willing to sponsor them. At this time they are not meeting.

### **Topic 3                      Parkinson’s Association**

Gala – On October 6 was very successful. They were expecting 200 reservations and had over 330. SDCCPSG’s new, trifold Welcome Pamphlet was handed out at the support group table.

Good Start Program – October 22, 9:30 am – 12 noon, Tri-City Wellness Center

Empowerment Day – November 30<sup>th</sup>, 8:45am – 3:30 PM, Marina Village. SDCCPSG will have a table with information regarding its’ support groups.

FACT – the PASD subsidized transportation program will now offer rides evenings as well as on the weekends. Weekend transportation is more likely to be accommodated mid-day on Saturdays.

### **Topic 4                      Welcome Packet**

Pamphlet – the trifold Welcome Pamphlet was finished and printed for distribution at upcoming events, including the Gala and Empowerment Day. Nancy learned that 24-pound paper is preferable to 20-pound when printing on both sides of a single sheet. She was able to secure 24-pound paper at Kelly Paper, printed the pamphlets on her own computer, and took them to Staples for folding.

Registration – all support groups within the SDCCPSG will use the adopted Registration form.

Directory – all support group participants within the SDCCPSG can elect (on the Registration form) to be listed in the Directory.

Newsletter – Nancy will meet with Paul Dawson, President and current Newsletter Editor of NCPSPG, regarding their newsletter format and its publication using either Publisher or Word.

### **Topic 5                      Open Board Positions and Backup**

Newsletter Editor –  
Publicity/Reporter –  
Social Committee Chair –

### **Topic 6                      Board Job Descriptions**

The Board job descriptions are listed in the By-laws. Tony will send a copy of the By-laws to secretary, Debbie Jordan.

**Topic 7                      Stationery**

The stationary design was handed out and approved by the Board. Electronic copies have been given to Nancy, Tony, and Debbie.

**Topic 8                      Board, PLPSG Room Reservations**

Both the board and PLPSG have experienced ongoing issues with room reservations. The Pt Loma/Hervey Library only allows reservations out three months, and any government or medical entity has priority for room reservations. Currently citizenship training is ongoing on Mondays and Fridays in the Community Room at the library. Nancy contacted Pt. Loma Community Presbyterian Church and they charge \$100.00 per meeting for a room. Nancy will contact Health and Human Services to see what options are available at their agency on Rosecrans Street for the remainder of 2018 and for 2019.

**New Business  
Tony Jeske**

**Topic 1                      Treasurer's Report**

Tony reported the SDCCPSG's cash balance is \$736.38.

**Topic 2                      Bank Online Access**

Both Tony and Nancy now have online access to SD DCCPSG's bank account at Pt. Loma Credit Union.

**Topic 3                      Mystery Check**

STC see PSG received a check for \$795.00 from Network for Good. The accompanying paperwork said the organization takes 3-5% of all donations that go through them. It was decided that the check would be returned.

**Topic 4                      Email Scam**

Tony received 3 emails, that appeared to be from Nancy's SDCCPSG email address, requesting that Tony send a \$3000.00 Gala donation to an out-of-state account and routing number. Tony did not comply. According to Bruce this is "spoof" email. He will look into our addresses through GoDaddy.

## **New Business**

**Bruce Lowe**

### **Topic 1 SDCCPSG Officer Emails**

Per Bruce, he will set up Gmail accounts for us to use (i.e. [bl.sdccpsg@gmail.com](mailto:bl.sdccpsg@gmail.com)).

### **Topic 2 Donations on Website**

Per Bruce, we can use the donation button on either the PLPSG or SDCCPSG website.

## **New Business**

**Nancy Floodberg**

### **Topic 1 County-Wide Support Group Flyer**

Paul Dawson is developing a countywide support group flyer featuring a county map listing support groups by location as well as contact information for and NCPSPG, SDCCPSG and UCSD. These will be distributed at the Good Start Program and placed in neurologists' offices countywide.

### **Topic 2 Call List for Group Participants not on Internet?**

Nancy will contact Sharon Hieserich about calling participants without Internet access until we are distributing a paper Newsletter.

### **Topic 3 Printing**

Options for printing were discussed. NCPSPG's printing is underwritten by The Neurology Center. Nancy phoned the Parkinson's Foundation contact, Colleen Fisher, PF's West Coast representative. She had previously stated she was looking into PF joining the San Diego Chamber of Commerce, which would provide her with a printing discount. This has not yet happened. Nancy will contact Dijana Ristic, former PASD volunteer and USD employee, regarding a possible USD discount. Tony shared information regarding a printer (Canon Pixma G4210) that is less expensive to operate because, as a reservoir-based printer, it uses ink tanks rather than cassettes.

### **Topic 4 Backup Videographer**

The possibility of utilizing a student from the SDSU videography Dept was discussed. Nancy also shared that Dr. Abigail Lawler's PowerPoint from her presentation would not be available as she and she had not referenced all of her statements.

### **Topic 5 Conveying SG Meeting Information**

In addition to the monthly SDCCPSG calendar, the SDCCPSG and PLPSG websites will be referenced in communications for related meeting locations/dates/times.

**Topic 6                      Position Replacements**

Nancy will be out of town and unavailable from mid-February until early March 2019. Tony has agreed to facilitate the February PLPSG Breakout meeting. Nancy will check with Ron Phillips about being the MC for the February Speakers' Series with the tentative plan being that the topic will be an update on Summit for stem cells research. In addition, Nancy will seek a group participant to facilitate the PBSG. Nancy will be present for the February Board meeting.

**New Business**

**Jim Paterniti**

**Topic 1                      SDCCPSG Logo**

Jim had investigated other more contemporary logos for SDCCPSG not realizing that the current logo is, in fact, the Pt. Loma lighthouse. It was agreed upon that the current logo would remain in use.

**New Business**

**Mike Moore**

**Topic 1                      LifeWalker Raffle**

Mike will start selling raffle tickets for the LifeWalker, donated to SDCCPSG by Bruce Lowe, in October, with the drawing to be held at the December Holiday Potluck. Mike will purchase raffle tickets and sell them for \$1.00/one ticket, \$5.00/10 tickets.

**The meeting was adjourned at 12:00 PM**