

San Diego Central County Parkinson's Support Group
Minutes of the Monthly Meeting of the Board of Directors
December 10, 2018

Location of Meeting:

County of San Diego Health and Human Services Agency
3851 Rosecrans Street, San Diego, CA 92110
San Diego Room

Present at Meeting:

Nancy Floodberg, Tony Jeske, Deborah Jordan, AnnD Canavan, Bruce Lowe (via phone)

Initial Directors of SDCCPSG:

Nancy Floodberg
Tony Jeske
AnnD Canavan

Directors

Fundraising – Michael Moore
Publicity – Dolores Cohenour, Susie McGuire
Videographer – Ron Phillips
Webmaster – Bruce Lowe
Hospitality calls – Sharon Hieserich

Officers:

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

Open Positions

Newsletter Editor/Reporter
Directory
Tech Support, Jr.
Webmaster, Jr.
Grant Writer

Advisor Positions: (non-voting)

Technical Support – AnnD Canavan

The eighth meeting of the Board of Directors of the San Diego Central County Parkinson's Support Group (SDCCSP) was called to order at 10:00 am on December 10, 2018 at the County of San Diego Health and Human Services Agency located at 3851 Rosecrans Street, San Diego, CA 91110 – San Diego Room by President Nancy Floodberg.

Approval of Minutes and review of Agenda

The Board approved the Minutes for October and November as written. There were no changes in the Agenda.

Old Business

Nancy Floodberg

Topic 1 Topic Surveys

The topic surveys will have six or seven topic suggestions for the next year Speaker Series. Nancy and AnnD are working on this and will be sending out the survey one more time.

Topic 2 Welcome Packet

The Welcome Packet presentation evoked a lot of discussion regarding the status of the other Parkinson Support Groups in relation as whether to include them in the flyers for the Welcome Packet. Nancy reported that both Jim Paterniti, leader of Minds in Motion (MIMO) and Ron Phillips, leader of the Veterans Support Group, would likely be bringing their groups to a close as both are PwP with increasing health issues. In addition, the Veterans Support Group lost their sponsor, and no one is stepping forward to help out. Nancy said she would look into the matter and is consulting with a neuropsychologist who previously facilitated the group.

The Welcome Letter is now more informal. The email needed to be changed to presidentsdccpsg.org. The Board approved contact methods for the Board members printed in the Welcome Packet such as emails and phone numbers.

The Registration page is “good to go”.

The Resource Pamphlet is on hold due to the uncertainty of the other groups. Additionally, there are printing issues. Ron Phillips will be printing the outer envelope as well as the rest of the packet in color.

The Newsletter is targeted to be ready for the January 9, 2019 Speaker Series Meeting. Nancy is waiting to hear from Paul on any other information he has on producing a newsletter. It has been discussed that a newsletter is the best way to reach and support those with Parkinson’s Disease.

Topic 3 Room Reservations

Nancy sent all the room reservation information to the Board Members. She highly recommended that the confirmation of the room reservations be brought to every SDCCPSG meeting, to ensure that there will be no problems or confusion on the part of the facility’s guards as to where and when the meetings are being held. Nancy is going out of town in February and does not want a repeat of what happened last year when there was no room available, although there was one reserved.

The Board got a little off topic and discussed business cards. It was decided to use heavier stock with a matte finish with their names and contact information printed on them.

Treasurer’s Monthly Report

Tony Jeske

Topic 1 Network for Good

Tony reports SDCCPSG received two checks from Network for Good totaling \$795 and \$45. Both were sent anonymously.

Topic 2 Quick Grant Receipts

Nancy will create a spreadsheet tracking Parkinson's Association Quick Grants receipts. Tony will send out the receipts to the Parkinson's Association.

Topic 3 Non-profit mailing

Tony is looking into what SDCCPSG needs to do to be eligible to obtain non-profit mailing status for stamps.

Topic 4 Asset Record

SDCCPSG now owns several assets, either donated or bought. For example, there is a printer and a computer being used by different members of SDCCPSG. In order to keep track of our assets, Tony created a form in which the person being lent the asset fills out the form acknowledging the asset is the property of the San Diego Central County Parkinson's Support Group. There are other constraints mentioned as well in the form. The Board voted to accept and use the form. Tony will house the forms.

Topic 5 Financials

Nancy will give Tony the names for the donation letter, acknowledging those who donated to SDCCPSG.

Tony reported the SDCCPSG's cash balance is \$5174.65. It was discussed and approved that fundraisers would be quarterly (such as 'opportunity' drawings).

Nancy spoke about fundraising on Facebook. Facebook will match funds donated to SDCCPSG. Nancy did this for her birthday. Funds have not been received yet.

Presidents Report

Nancy Floodberg

Topic 1 Parkinson's Foundation

Nancy spoke about applying to the Aware-In-Care Ambassador Program being sponsored by the Parkinson's Foundation (PF). She, Edna Culp, a UCSD telephonic nurse whose husband has Parkinson's, and Marty Acevedo, a PwP and former dietician at Tri-City Hospital will apply as a team. Due to the overwhelming response, the selection process has been postponed until early January 2019.

Topic 2 Parkinson's Association

Nancy spoke about Empowerment Day held on November 30th, 2018 and sponsored by the Parkinson's Association (PA).

Paul Dawson made a beautiful banner for SDCCPSG, which hung at our booth.

Nancy and other Board members overall experience was fine, but they felt there was room for improvement. Nancy encountered several attendees, mostly newly diagnosed, who needed to have a more private, one-on-one conversation with a support group leader. Nancy stated that there needed to be a "support room" for PwPs and one for caregivers seeking support. Nancy suggested LCSW's "staff" the support rooms.

The venue is too small, and the PA needs to find another place to hold Empowerment Day.

Nancy also thought that PF community grant money could be used to expand programs (i.e. "You have Parkinson's – Now What?").

Topic 3 SDCCPSG

Nancy stated that when passed around at the last Speakers' Series, most people signed-up for refreshments on the volunteer sign-in sheet. SDCCPSG encourages its members to participate and volunteer for open positions.

Nancy remarked it would be nice if we had someone to publish "hacks" and had someone to interview people for the newsletter.

There needs to be a Board Election in January to be in compliance with the State. Tony is looking into what is needed.

SDCCPSG will be looking at "Giving Tuesday" in 2019 and will revisit this next summer.

In 2019, SDCCPSG will have several social events. It was decided that we would look into underwriting the three social events- April, August and December. Suggestions were to combine April's social event to coincide with the Step-by-Step Walk.

The January Speaker Series will feature our webmaster, Bruce Lowe, who will be speaking on how to navigate the SDCCPG and PLPSG websites. SDCCPSG will also be registering and collecting a \$25 donation for those who wish to be participants.

Nancy will be gone on vacation from February 12 – March 3. Jim has offered to be her facilitate the Speakers' Series and PBPSG.

The meeting was adjourned at 12 noon.

The next Board meeting will be held January 14, 2019 at HHSA.