

San Diego Central County Parkinson's Support Group  
Minutes of the Monthly Meeting of the Board of Directors  
March 11, 2019

**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, Bruce Lowe (via telephone), Debbie Stubbe, AnnD Canavan

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**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  
Technical Support – AnnD Canavan

**Directors**

Fundraising – Michael Moore  
Grant Writer – Jodi Harrison  
Hospitality calls – Sharon Hieserich  
Newsletter Editor – Jodi Harrison  
Newsletter Reporters – Jane Granby, Dolores Cohenour  
Newsletter Publishing/Distribution – Debbie Jordan, Nancy Floodberg  
Publicity – Dolores Cohenour, Susie McGuire  
Social Director – Debbie Stubbe  
Videographer – Ron Phillips  
Webmaster – Bruce Lowe  
Webmaster, Jr. – Jesse Luna

**Open Positions**

Tech Support, Jr.

The tenth meeting of the Board of Directors of the San Diego Central County Parkinson's Support Group (SDCCSP) was called to order at 10:10 am on March 11, 2019 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. AnnD Canavan was official timekeeper.

Bruce Lowe and Michael Moore called in to Nancy's phone to participate. As Michael had repeated problems maintaining contact, only Bruce was able to participate for the duration.

### **Approval of Minutes and review of Agenda**

The Board approved the Minutes for March as written. There were no changes in the Agenda.

### **Old Business**

#### **Nancy Floodberg**

#### **Topic 1                      Topic Surveys**

Nancy and AnnD are still working on the Topic Survey for 2019. Nancy and AnnD will set a date to meet regarding the survey soon. Although several of the Speaker Series slots have been taken, Tony remarked "people count" and the Speaker Series should include topics from the survey option, as well.

#### **Topic 2                      Welcome Packet**

Nancy stated she is waiting for Paul Dawson to get back to her regarding formatting of the Resource Packet. She is trying to track down envelopes and labels. Based on Paul's experience, printing the envelope's title on labels is easier to run through the printer, than trying to print on the envelopes directly. The new printer is up and running and is a "workhorse".

#### **Topic 3                      Newsletter**

Due to scheduling problems, the Speaker originally listed in the March Newsletter, Inbrija representative, Farzin Daneshnia, cannot present, therefore Nancy needs to change the feature article on the newsletter.

Following is discussion on Speakers and other items to be included in the Newsletter.

Nancy contacted Chrisy Selder of CARR, which oversees retirement and assisted living facilities in San Diego to see if they could present at a Speakers Series.

### **Topic 3                      Newsletter (cont'd)**

CARR (Consumer Advocates for Residential care for the elderly Reform) is a nonprofit organization which was created to help the public understand senior care options and to promote regulatory reform aimed at reducing resident risk (from website).

Nancy also mentioned she learned about San Diego's federally funded Ombudsman Program and would like a representative to speak at our Speaker Series. Every care facility has an Ombudsman assigned to it to represent and advocate on behalf of the resident/patient and information regarding this resource would be very helpful for our Parkinson community.

Jim agreed to speak on *Drugs and Parkinson's – Now What?* for the March Speaker Series.

Nancy's goal is to have Newsletter and Calendar drafts ready for Board meeting review at the beginning of the prior month to distribution so they can be updated, as needed, before being distributed. Bruce would also like the calendar for the website as soon as the Board approves it.

Tony gave Nancy a roll of stamps, as there are members who would prefer a hard copy of the Newsletter mailed to them.

Changes to the Newsletter include a library column entitled "Good Reads", featuring a different book each which helps others to better understand and live well with Parkinson's. This month's book is *The DNA of Hope*, written by a nurse.

Webmaster, Bruce Lowe, will be featured in April's Newsletter In Focus article.

CARR is running Pop-up Clinics through July that focus on empowering and educating older adults on how to successfully navigate the aging network and troubleshoot dead ends. A copy of their schedule will be included in March's Newsletter.

Annual registration forms have been turbo-scanned by Nancy, and the hard copies given to AnnD to create a database. Debbie J. will keep the hard copies once they have all been processed.

Nancy has asked Paul Dawson for input regarding North County's Directory format (what works, what doesn't) and will forward the information to Dolores Cohenour once received.

## **President's Report**

**Nancy Floodberg**

### **Topic 1                      Parkinson's Foundation**

The Parkinson's Foundation Aware-In-Care Ambassador Program has selected a San Diego team comprised of 6 members including Marty Acevedo, Edna Culp, Nancy Floodberg, Girija Muralidhar, and Linda Won. Team training will likely take place in Arizona in the Fall. Team members have been in contact via email and plan to meet early next month.

The Parkinson Foundation Walk will be held on June 22<sup>nd</sup>, 2019.

## **President's Report (cont'd)**

### **Topic 2      Parkinson's Association**

Team SDCCPSG includes all our Support Groups. Our goal is to raise \$1,000. A separate flyer will be forthcoming. There will also be a Facebook posting. Nancy and Debbie J will meet regarding staffing a support group table with our banner prominently displayed.

### **Topic 3      SDCCPSG**

The SDDDDPSG is developing a team for the "Step by Step" 5 K Walk slated for April 7, 2019 at Liberty Station from 9:00 am – 12 noon. Registration begins at 7:30 am.

The April Social was discussed. The Board prefers a Social at the Kona Kai Club, as it provides accommodations for those with movement disorders. Debbie S. and Nancy will meet to firm-up plans. The Board voted to not underwrite any of the expenses of the Social. Nancy is a club member and is looking to create a Prix Fixe Menu, with our group at a table on the patio or perhaps in the Member's Lounge. During negotiations last year, the club manager spoke with the restaurant manager about moving us to a separate room and charging a rental fee if we went over 16 people, stating the restaurant couldn't handle a higher number. The restaurant manager accommodated all 21 of us on the patio with a Prix Fixe Menu for \$20.00.

Possible speakers for the Speaker Series are:

- Inbrija (new PD rescue medication available now)
- CARR/Ombudsman programs
- Accessing Mobile Medical Services
- Home Health

The support group leaders did an excellent job while Nancy was on vacation.

The SDCCPSG is currently comprised of the following support groups:

Speaker Series – facilitated by Nancy

Pacific Beach (PB)-facilitated by Nancy

Flying Solo – facilitated by AnnD

Point Loma – facilitated by Nancy

Duopa Therapy (Do You DUOPA?)– facilitated by Nancy

## **Treasurer's Report**

**Tony Jeske**

### **Topic 1                      Financials**

Tony reported the SDCCPSG's cash balance is \$6596.73.

We received a check from Network for Good in the amount of \$235.00

We have received "Nada" from Amazon as they have a cash ceiling that needs to be reached before they distribute funds.

We received a \$500.00 Grant check from Don Carlos Giving, affiliated with support group participants John Don Carlos and wife Leila Jiminez. The Grant is used for charitable purposes. Tony sent out a "thank you" letter.

Tony is taking care of obtaining and completing Government forms coming due:

    U.S.: Annual exempt organization return

    Cal: Public Charities Annual Exempt Organization return

Tony stated the process is lengthy and that before it is completed the government may need to know "what color our underwear is" (said in jest).

Tony suggested we look into buying a projector as we continually have audio-visual problems at our Speaker Series. Bruce and AnnD are going to look into the problem and come up with a recommendation. Bruce stated we could buy one on Amazon if that's what is decided. He also stated the problem could be in connecting to the internet and display.

The scam email issue came up again. Bruce does not want us to respond to the emails. Bruce stated we could implement a codeword such as "toadstool" in our emails should the scam continue.

### **Name Tags (revisited)**

Tony is looking into getting the Board members name tags, so we are more easily identified at functions. The Board is not in consensus yet as to what type of name tags to get, that will be cost effective as well as "user-friendly to those with Parkinson's".

## **New Business**

**Nancy**

### **Odds and Ends**

Nancy discussed vendor presentations. She has made connections with several representatives who are interested in presenting at our Speakers' Series. She stated some local support group foundations do not want to bring in a singular vendor to avoid appearing to promote or endorse a particular brand or perspective.

### **Odds and Ends (cont'd)**

The county's Parkinson's support group leaders, in conjunction with the Parkinson's Association, are looking into developing a quarterly Saturday Seminar Series that would cover a specific topic each time, with multiple vendors, as well as relevant medical personnel, participating. This is in the development phase with UCSD support group leader, David Higgins, taking the lead in organizing the first Saturday Seminar.

The Board voted that individual vendor presentations are acceptable with the disclaimer that they be informational, educational and not endorsed by SDCCPSG.

### **Web Master (Old Business)**

#### **Bruce Lowe**

Bruce asked for "60 seconds". He is now to be added to the monthly Agenda.

Bruce stated the Point Loma website has been closed, per Board directive, and is now "dead". People going to that site will be redirected to the SDCCPSG website.

The meeting was adjourned at 12:05 PM.

The next Board meeting will be held April 8, 2019 at HHSA.