

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

June 10, 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 ZOOM), Debbie Stubbe, Jim Paterniti (via ZOOM)

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 – open

Directors

Grant Writer – Jodi Harrison

Newsletter Editor – Jodi Harrison

Jane Granby

Newsletter Publishing/Distribution – Deborah Jordan,

Nancy Floodberg

Publicity Dolores Cohenour

Videographer – Ron Phillips

Webmaster – Bruce Lowe

Webmaster, Jr – Jesse Luna

Hospitality calls – Sharon Hieserich

Open Positions

Tech Support

Tech Support Jr., (possibly Kagen Yates)

The thirteenth meeting of the Board of Directors of the San Diego Central County Parkinson's Support Group (SDCCSPG) was called to order at 10:03 am on June 10, 2019 at the County San Diego Health and Human Services Agency located at 3851 Rosecrans Street, San Diego, CA 91110 – San Diego Room by President Nancy Floodberg. Tony was official timekeeper.

Approval of Minutes and review of Agenda/Updates

The Board approved the Minutes and the Agenda for June as written.

President, Nancy Floodberg, set-up the ZOOM meeting successfully, using the free account feature. There was discussion on how the procedure works with ZOOM in place at the meetings.

Jodi will not be present at the meeting, as she is out of town. Nancy will deliver Jim's business cards to him personally. (Agenda passed out).

Mike Moore and his wife moved to New Jersey for more family support, therefore he will no longer be in the Fundraiser position.

Susie McGuire was taken off the Publicity position. No one has seen her for several months.

Old Business

Nancy Floodberg

- **Vistaprint Orders**
Business cards – Debbie J and Tony received their cards. Jim wanted the back of his card blank so people could write on them. A sign was also ordered from Vistaprint during one of their specials, which was anonymously donated. Nancy also bought a tablecloth from Amazon. Nancy has not had time to go to a silkscreen store to see how much it would be to customize the tablecloth and is waiting to see if Vistaprint's a table drape goes on sale, as that may be an option. Jim wondered why we don't have a big banner. Nancy said that we did, but it did not always work in certain locations. Discussion was held and then the subject was tabled.
- **PLPSG Google Account**
Nancy met with Jodi Harrison for seven hours straight. They were able to develop a Contact Information Form for our SDCCPSG Google Account, which now has ownership of the form originally developed on Jodi's account. People can click on a link, which takes them to the form to fill it out, with the information loading into an Excel Spread Sheet. Nancy has over 260 names for input. Nancy then met with Bruce, who recommended the Google Account password be changed every 90 days. Jodi will be moving, but still wants to remain active. Nancy will be training herself on Google Accounts. Any of the files AnnD. created from 2017 are now in a file

with her name on it. AnnD can access it via Nancy. Both paper and computer Contact Information Forms are okay to submit.

- Update on Welcome Packet
Due to the extensive time Nancy spent on the Google Accounts, she has not spent a lot of time on Welcome Packet. Debbie Volunteered to look at the information with Nancy and make sure it is up-to-date, and not duplicating information. We need to decide what to keep and what not to keep. After Debbie J. and Nancy go over the information and make recommendations, **the information will be sent to Jim.**
- Pacific Beach/La Jolla Support Group/s
In addition to Oakmont Residential Community in Pacific Beach (where we currently hold a monthly support group), both Wesley Palms (Pacific Beach) and Monarch Cottage (La Jolla) have expressed interest in a Parkinson's support group. A Wesley Palms resident who participates in the Oakmont Support Group gave Nancy the Asst. Director's number to call, saying he was eager to pursue the idea, however, a message left by Nancy last month has not been returned. Monarch would like to start hosting three Parkinson's support groups (daytime with lunch, evening, Speakers' Series) as soon as possible, with meetings held at La Jolla Community Center. Nancy has attended previous presentations at the Center by Monarch Cottage, and they are very well run. As Oakmont's support group numbers have steadily dropped over the Spring (2-4), Nancy approached Oakmont about co-hosting a support group with Monarch Cottage. Oakmont declined, stating facilities offering the same services view one another as competitors. Nancy asked Oakmont to provide a list of facilities they do not consider competitors and with whom they would be willing to co-host a support group, however, has not received one.

Moving forward, it is clear there is an interest in Parkinson's support in the PB/LJ area, however, there needs to be care in moving forward, "one step at a time". The first step will be for Nancy and Jim to attend an upcoming presentation hosted by Monarch Cottage at the La Jolla Community Center to familiarize themselves with Monarch's approach and then report back at the next Board meeting. Nancy proposed that: 1) she contact Monarch to hold an exploratory support group meeting on the first Thursday in August; 2) we see how many show up; 3) we determine the interest and needs of the people who show up; 4) if there is a big showing and high interest, close the Oakmont group, maintain and, overtime, possibly increase the support groups at the La Jolla Community Center, per Monarch's request. Jim volunteered to do the initial support group presentation. It will be held at the La Jolla Community Center as a trial. **The Board voted unanimously to approved Nancy's proposal.**

Old Business

Tony Jeske

- Name tags
Name tags were purchased.
- Directory/Database
Nancy asked Tony if he was developing the Directory or Dolores. Tony stated he would volunteer to be in charge of the Directory with help from Dolores. Tony gave examples of the categories needed in the database (i.e. name and address for get well cards). The importance of a relational database (every piece needs to be entered separately) was discussed.
- Projector Discussion
Prior to purchasing our own projector, Tony recommended purchasing 2 connectors to accommodate speakers' computers that need to be successfully connected to HHSA's existing overhead projector for presentations. **The Board voted yes on getting 2 connectors.**
- ZOOM – next step
SDCCPSG has purchased a ZOOM account. Bruce and Nancy will explore how best to download ZOOM and its corresponding components using Nancy's computer as the host.
- Photoshop – 2 left to distribute
Right now, Jodi has Photoshop. Nancy will ask Jodi about her moving and Photoshop. Nancy will take one. Bruce said that we need to use it because there is a “shelf-life” on Photoshop. One is on hold.

President's Report

Nancy Floodberg

Parkinson's Foundation

The Parkinson Foundation Moving Day Walk will be held on June 22nd, 2019. Nancy will have a table set up promoting our support group and Aware in Care. They have not gotten the support expected because there are two walks in close proximity. Nancy will have the June newsletter to distribute. Debbie S. will join Nancy at the support group table.

Parkinson's Association

The Gala (Sunset Soiree Fall Event) will be held on October 5, 2019 at the Del Mar Plaza.

The Good Start Program is slated for July 16st. It will be held at the United Church of Christ. Nancy will be there representing SDCCPSG and as an Aware in Care Ambassador.

The Parkinson Association is having computer problems. Based on its current configuration, it appears anyone can submit changes to the webmaster. Nancy and Bruce have been asked by Chris Buscher to assist the Association's webmaster in their website development.

Empowerment Day is November 15th, 2019.

SDCCPSG

- **Speaker Series**

Nancy would like to have medical mobile services (denture, x-ray, lab, podiatry), Dr. Kunkel/PD & bowel function and Dr. Paceto/PD & sleep disorders for the August, September and October Speaker Series.

Nancy brought up that we are being solicited for speakers to come in and promote their agenda. We have "cold calls". The Board agreed we want to keep the Speakers centered around professionals.

Nancy reported there has been discussion about developing a master speaker list at the Parkinson's Association level.

- **August Potluck (Friday, August 16th) at ZLAC Rowing Club.**

We are limited to 30 people. The cost is \$15 each and \$5 will be underwritten by the Foundation (\$10 total/person). A Parkinson's Nutrition Company (from Arizona) will be bring desserts and doing a brief presentation.

Nancy brought a big tote of decorations, etc. which will be stored at Debbie J's home.

- **Event presence**

Nancy was invited to a Senior Resource Fair at Oakmont, and found it very helpful in networking.

SDCCPSG will be at the Good Start Program and Empowerment Day.

Newsletter/Calendar

The new calendar was passed out with potential items for July. CARR's pop-ups will end in July. Flying Solo has consolidated with Mission Valley. It will always be listed in our calendar, but not as one of our groups, because it is now affiliated with the UCSD Network.

Nancy may put a Monarch meeting on the calendar that was voted on by the Board. This is the meeting that Jim volunteered to facilitate. (La Jolla)

Support Group Leader's Reports

- PLPSG
Our next Speakers' Series is on *Traveling with Parkinson's*. Jim Paterniti is the speaker. We hope to get the Leila Jimenez and John Don Carlos, Joan Miller and Peter Keys, Mike and Marta Fowler and Nancy Floodberg to participate in a panel discussion. We may also have a wheelchair bound woman and her mother, who together travel extensively, join us.

The Hack for July is Bernie's Proposal Lift. The recommended book is *Surviving Survival*.

Need to check on how to thank donors. Do it as a feature article.

Passed out due date calendars.

Question on should we be called Chapters instead of Groups. **Nancy put to a vote that the different location should be referred to as Chapters. The motion passed.**

- PBPSG no new info
- Duopa no new info
- Flying Solo

Flying Solo has consolidated with UCSD Network's Flying Solo, a subgroup of their Mission Valley Support Group.

- Veteran's no new info

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New Business

Tony

Financials

Tony reported the SDCCPSG's cash balance is \$7180.73.

\$30 donation from Ne Cause.com

Annual Minutes

Tony will be out of town June 11th-25th.

New Business

Nancy

Open Board Positions – Fundraising, Tech Support/Video, Social Media (Facebook)

Google Account training – it is available on YouTube.

Recorder – Jane Granby has requested a recorder to assist her in writing In Focus articles. Tony will purchase one for her.

Event Photos – We need to have a member to take pictures at our events. Ron will still videotape our meetings.

ZOOM meetings – Nancy suggested we consider holding one in-person Board meeting (for those who can) and two ZOOM Board meetings per quarter to reduce the travel load on Board members, all of whom are people with Parkinson's (with the exception of Nancy). We will consider implementing this once the ZOOM account has been successful uploaded and trialed.

New Business

Bruce

Facebook – Bruce sent information to Board members regarding our Facebook presence. We currently have both a page and a group. Bruce explained the difference and said our Facebook group will be deleted.

Passwords – Our Google Account Password has been updated.

Google Analytics – Bruce explained our website visitor pattern as reflected in the analytics.

The meeting was adjourned at 11:59 am.

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