



PANC

Annual Education Conference

**EMPOWERED MINDS
WANT TO KNOW**

• 2024 •

Sept. 28, 2024

**The Roebbelen Center
@ the Grounds**

Placer County Fairgrounds
700 Event Center Dr., Roseville, CA

**PARKINSON ASSOCIATION
OF NORTHERN CALIFORNIA**

WELCOME

Dear Conference Attendees –

I am again so happy to welcome you to PANC's Annual Educational Conference with this year's theme, "Empowered Minds Want to Know." Truly, the more you know, the better you are going to do! Technology has allowed our Parkinson's community to expand and include attendees from across the globe for a broader representation of shared stories and experiences as we continue "Building Community for the Journey."

This year, we are thrilled to have "Twitchy Woman" (Sharon Krischer) join us as our keynote speaker. She will be sharing her story and about her blog writings and Zoom series which chronicles her extraordinary journey advocating for herself and others while navigating a life that includes Parkinson's disease.

Please visit, thank, and patronize our sponsors and exhibitors who support this event and make it possible for all to learn and grow. A plethora of specialty resources are available that can help you live your best life, so take advantage of the opportunity both today and into the future.

The PANC Board of Directors has had several significant changes this year. In the spring, three members retired to pursue family and other endeavors including Dr. Matt Brown, Kurt Chismark, and Laura Friedeberg. Also in the spring, six new Board members joined to serve, including Susan Cobb-Paxton, Katelyn Epstein, Dr. Vanessa Grenyian, Dr. Kristina Hart, Chris McIlwain, and Harry Starkey. Each one jumped right in and is working on new projects that will benefit the PD community. We are also pleased to increase our staff and introduce Julie Donohue as our new bookkeeper/marketing manager.

In December of 2023, PANC received a substantial donation slated for a rural outreach program to bring PD education and hopefully increased services to the farming communities of the Central Valley ("Parkinson's Alley"). The seed investment enabled us to initiate a task force which now includes PANC representatives and other vested entities such as the Michael J Fox Foundation, San Joaquin Episcopal diocese, Davis Phinney Foundation, UC Davis Western Center for Agricultural Health and Safety, UCLA epidemiology and neurology team, and more. This will be a long-term project, but a worthwhile one that will help many who are suffering and undiagnosed throughout that region.

Another exciting project in the works, and thanks to a grant from the Arthur Rupe Foundation, is the development of extension programs of our popular and trademarked ParkinsonWISE™ course for exercise professionals to learn about working effectively with PD clients. ParkinsonWISE II will train employees of assisted living facilities and in-home care professionals regarding best practices of care for PD patients. ParkinsonWISE III is being developed specifically for family care givers and will be instructed at PANC support groups and via Zoom. We are indebted to the local professionals volunteering their efforts to produce these programs and hope to begin instruction in the early winter. Stay tuned!

The PANC Directors, Medical Advisory Panel, and staff continue to work hard to serve you, our exceptional Parkinson's community, in any way we can. It's always great to experience the enthusiasm and camaraderie that only PANC conferences generate, and I'm thrilled you joined today. Meet old and new friends, relax, absorb all that you can, and keep on keepin' on with PANC by your side!



Myron Jantzen

Myron Jantzen

President, Board of Directors,
Parkinson Association of Northern California

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PANC 2024 EDUCATION CONFERENCE AGENDA

Saturday, September 28, 2024

- 8:00 AM** **Check-in** Sponsors and exhibitors open
- 9:00 AM** **Welcome**
- Jan Whitney – PANC, executive director
 - Myron Jantzen – PANC, board president
 - Norika Malhado-Chang, MD – PANC, medical advisory panel
- Video Greeting** Suketu Khandhar, MD – Kaiser Permanente
- Legislative Update** Nate Solov – Michael J Fox Foundation
- Personal Reflection** Terri Van Bibber
- Carepartner Story** Terri Pease, PhD – Seabury House
- Keynote Speaker** Sharon Krischer, MA – founder of “Twitchy Woman”
- 10:30 AM** **Morning Break**
- 10:50 AM** **Movement Break!** Terrell Liedstrand, MA, MT-BC – McConnell Music Therapy Services
- Focused Ultrasound** Larry Bodden, MD – Kaiser Permanente
- Orthostatic Hypotension** Norika Malhado-Chang, MD – UC Davis Health
- Fund the Need: Respite Program**
- 11:45 PM** **Lunch** Sponsors and Exhibitors Open
- 12:45 PM** **Research Updates**
- Norika Malhado-Chang, MD – UC Davis Health
 - Jon Snider, MD, FAAN – UC Davis Health
 - Matt J.N. Brown, PhD – California State University Sacramento
- Panel Discussion**
- Moderator:** Norika Malhado-Chang, MD – UC Davis Health
- Panelists:**
- Christine Shade, PT, DPT, NCS – Kaiser Permanente
 - Eric Egli, PhD – Retired
 - Jessica Pietrowski, MS, CCC-SLP – UC Davis Health
 - Ellen Berkley, PharmD, BCACP – UC Davis Health
- Movement Break!**
- Cognitive Issues** Linda Trettin, PhD – Dignity Health
- Panel Q&A**
- 2:45 PM** **Closing**

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SPEAKER BIOGRAPHIES

KEYNOTES



Sharon Krischer, MA was diagnosed with Parkinson's disease (PD) in October 2009 after several years of experiencing odd symptoms. Ever since then, she has researched everything she could find on PD with the goal of finding a way to move on, literally, and not be defeated by the disease. Daily exercise is a key component for her to live successfully. She continues to play tennis (badly), practice yoga, attend boxing classes, travel around the world, and more. Sharon is often asked by friends to speak to a relative/friend/co-worker who has been newly diagnosed.

Sharon is a respected leader in the worldwide Parkinson's community and is often asked to speak to groups about her journey. Sharon writes a blog, "Twitchy Woman's Adventures with Parkinson's," to encourage the exchange of ideas and solutions with others whose lives have been affected. Since the start of the pandemic, Sharon has been hosting a twice monthly Zoom series for women with Parkinson's called Sunday Mornings with Twitchy Woman. Over 1,000 women have participated since the series began. Other programs followed to meet the needs of women including two Zoom support groups, a mentoring program for newly diagnosed women, and several Facebook groups. Most recently, Twitchy Woman sponsored 11 women to attend the World Parkinson Congress in Barcelona in July. Sharon lives in Beverly Hills, CA, with her supportive husband, Joel. They have three daughters and four grandchildren.



Terri Pease, PhD wrote a book to share what she had learned over nearly a decade of caregiving for her late husband, who had Parkinson's disease. Today, as a coach, consultant, and cheerleader for Parkinson's caregivers, she helps others renew their understanding of the caregiving role and works to improve the connection and affection between people with PD and their caregivers. Through her book *Love, Dignity and Parkinson's: From Care Partner to Caregiver*, weekly emails, and active online community, Terri applies her lifetime of providing empathic trauma-informed care to share her practical, realistic, and loving understanding of the PD journey. Thousands of PD caregivers in the US and other English-speaking countries around the world have made her book their handbook for caregiver self-care.

SPEAKERS



Ellen Berkley, PharmD, BCACP earned her Doctorate of Pharmacy from University of California, San Francisco (UCSF) in 2021, completed two years of residency training in ambulatory pharmacy practice at the University of California, Davis Health (UCDH) in 2022-2023, then was hired on as a Clinical Specialty Pharmacist in the neurology clinic where she manages patients with Parkinson's disease, multiple sclerosis, Huntington's disease, and other neurologic disorders. Dr. Berkley is passionate about supporting the residency program through research, precepting, and mentorship, and working in the multidisciplinary Parkinson's disease clinic with her amazing team to provide comprehensive, compassionate, patient-centered care.



Larry Bodden, MD is a fellowship trained Functional and Epilepsy Neurosurgeon for the Comprehensive Movement Disorders Program for Northern California Kaiser Permanente. He began his neurosurgical training at the University of Wisconsin-Madison where he was first exposed to the life changing results of deep brain stimulation. He was then privileged to continue his training with sub specialty neurosurgical fellowships at Cleveland Clinic where he was extensively trained in DBS and high frequency focused ultrasound. His practice continues at Kaiser where he is honored to work with a world class integrated team of specialists to help those with Parkinson's disease, essential tremor, and dystonia.

SPEAKER BIOGRAPHIES CONT.



Matt J.N. Brown, PhD is an Associate Professor in the Department of Kinesiology at Sacramento State University. Matt obtained his BSc (Hons.), MSc at Wilfrid Laurier University and PhD in Kinesiology (Specializing in Neuroscience) at University of Waterloo. Prior to joining Sacramento State, Matt completed his training as a post-doc in 2017 at the Krembil Brain Institute. Matt has been doing research on people with PD (PwPD) for over 15 years and is actively part of several collaborative research projects in PwPD, including investigating the effects of exercise on PwPD. In his spare time, Matt loves to play ice hockey (staying true to Canadian roots) and spending time with his wife Jocelyn, son Harrison, and golden Sinclair.



Norika Malhado-Chang, MD is a professor of neurology and movement disorders specialist at the University of California-Davis School of Medicine in Sacramento, California. She serves as co-director of the UC Davis Parkinson's Disease Multidisciplinary Clinic, which has been named an international Parkinson's Foundation Center of Excellence. Dr. Malhado-Chang is also the Director of Medical Student Education in Neurology at UC Davis. She studied neuropsychology at New York University and graduated from Mount Sinai School of Medicine. She completed her neurology residency at Mount Sinai and stayed on for a two-year fellowship in movement disorders and deep brain stimulation. Dr. Malhado-Chang is in her 17th year on faculty at UC Davis, where she directs the clinical clerkship and sub-internship in neurology.



Eric Egli, PhD received his PhD in clinical psychology from the University of Minnesota. His work in Minnesota included hospital based mental health care and working as faculty of a family medicine residency. Dr. Egli later moved to California to work at Kaiser as a behavioral medicine specialist. In that role he collaborated with neurologists and others to help patients and families cope with the physical and psychological consequences of chronic disorders including Parkinson's disease. He retired from Kaiser in 2016 and maintained a private practice in Auburn through 2022. He served on the PANC board from 2019 to 2023.



Terrell Liedstrand, MA, MT-BC is dedicated to enhancing the lives of others through the transformative power of music. He holds an MA in Music Therapy and a BA in Psychology from the University of the Pacific. Terrell is a board-certified music therapist (MT-BC) and neurologic music therapist (NMT) with additional training in Guided Imagery and Music (GIM) from the Atlantis Institute for Consciousness and Music. Terrell is employed at McConnell Music Therapy Services and contracted with Sutter Health Hospitals and provides NMT services for both inpatient and outpatient neurologic rehabilitation centers and music therapy in the Sutter oncology department.



Jessica Pietrowski, MS, CCC-SLP is a Senior Speech-Language Pathologist at UCD Medical Center, Department of Otolaryngology-Head and Neck Surgery. She specializes in the evaluation and treatment of voice and swallowing disorders. She received clinical training at Johns Hopkins Hospital and completed her fellowship at Oregon Health and Science University. Her special clinical interests include neurogenic voice and swallowing disorders, and she has lectured nationally and internationally on Parkinson's-related voice and swallow impairments. She strives to optimize health, happiness, and quality of life for her patients and their families.



Christine Shade, PT, DPT, NCS is a Neurologic Physical Therapist at Kaiser Permanente in Roseville. She has special training in LSVT BIG, PWR and Rock Steady Boxing that she loves to apply to her treatment sessions and group workouts with her Parkinson's population patients. She motivates her patients to keep moving today so they can move tomorrow.



Nate Solov, owner of Solov Advocacy, is a Capitol insider with over 22 years of legislative and lobbying experience in Sacramento. His relationships with legislators, staff, and the Governor's office allow him to achieve results for clients. He's represented the Michael J. Fox Foundation for Parkinson's Research since 2019, helping to pass legislation making the state's Parkinson's Registry permanent and creating and funding the state's Neurodegenerative Disease Registry with over \$8 million dollars in the state budget. He's collaborating with organizations from Parkinson's, Alzheimer's, MS, and ALS to secure additional funding in the 2025 state budget to continue the Parkinson's and Neurodegenerative Disease Registries to improve treatments and patient outcomes.



Jon Snider, MD, FAAN is a Movement Disorders Neurologist at UC Davis Health. He specializes in the diagnosis and management of all types of adult movement disorders, including (but not limited to) Parkinson's disease and its mimics. He has a strong academic interest in medical education, as well as in leading clinical research trials to develop better treatments and cures for movement disorders. He also loves adventuring with his wife, Chun, and his dog/fur-baby, Fluffy.



Linda Trettin, PhD is a clinical neuropsychologist with Dignity Health Sacramento and works as a member of the interdisciplinary team, including Dignity Health Neurologic Institute of Northern California. She provides comprehensive neuropsychological evaluations to assess current cognitive functioning, mood, and activities of daily living. In her private practice, she provides counseling to care partners. She enjoys working collaboratively with individuals living with movement disorders and their families. She takes a strengths-based approach, focusing on ways to capitalize on strengths to address challenges.



Terri Van Bibber was diagnosed with young onset Parkinson's disease in 2015 at the age of 48. She became a Rock Steady Boxing Coach at 49 and currently coaches at the UFC GYM in Rocklin. Terri maintains a full and active lifestyle. She has participated in many of the PD fundraising activities such as The Tour de Fox Wine Country Rides, PD Moving Day, and the Parkinson's Revolution Rides. Terri is passionate about learning and discovering how to be her best self as well as encouraging others to do the same! Terri lives with Jim, her husband of 29 years, and their dog Sophie. They have 2 grown children and 1 grandchild.

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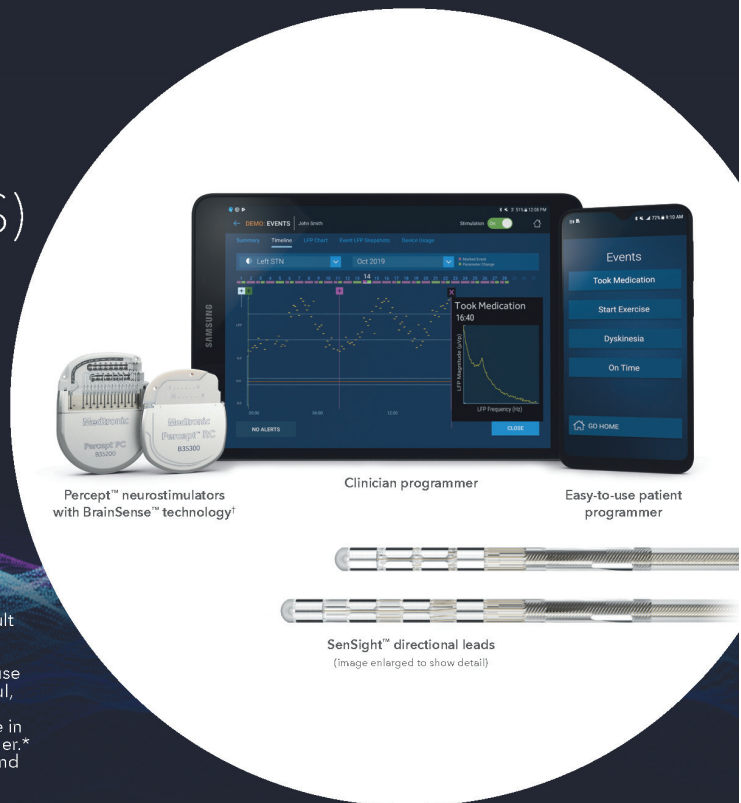
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* **Humanitarian device:** The effectiveness of these devices for the treatment of dystonia and obsessive-compulsive disorder has not been demonstrated

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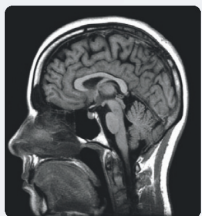
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Bob Murray 530-321-6157,
chicopdgroup@yahoo.com

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Placerville PD Support Group

Larry Alver 916-933-2465, ldalver@sbcglobal.net

HUMBOLDT COUNTY

Humboldt PD Support Group

Tom Bethune 707-822-7923,
thomasbethune@gmail.com

Humboldt PD CarePartner Support Group

Rose Bond 707-826-7764,
rosebond95524@suddenlink.net

MARIN COUNTY

Marin PD CarePartner Support Group

Debby Thurlow 415-302-0362,
marinparkinsonscarepartner@gmail.com

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Ukiah PD Support Group

Mary Hatfield 707-391-7393, hatfieldmj@pacific.net

MONTEREY COUNTY

Salinas PD Support Group

Eileen Domalaog 831-998-7554,
salinasvalleyspeech@gmail.com

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Napa Valley PD Support Group

Colleen Winters 209-602-1536,
cfwinters@yahoo.com

NEVADA COUNTY

Grass Valley/Nevada City PD & CarePartner Support Groups

Jennifer Westoby 530-268-2563,
jennifer.westoby@gmail.com

Truckee PD Support Group

Ellen Roumasset 650-759-3666,
dr.eroumasset@gmail.com

PLACER COUNTY

Auburn PD & CarePartner Support Groups

Karen Hancock 530-885-0950,
karen@hancockonline.net

Lincoln PD Support Group

Christine Grmolyes 916-769-0449,
christine@seniorcs.com

Lincoln PD CarePartners Support Group

Charlotte James, cjames4528@sbcglobal.net

Roseville PD Support Group

Kati Rozak 916-704-0556, katirozak36@comcast.net

SACRAMENTO COUNTY

El Dorado Hills/Folsom PD CarePartner Support Group

Larry Alver 916-933-2465, ldalver@sbcglobal.net

Elk Grove PD & CarePartner Support Groups

Myron Jantzen 916-804-6497, mpjantzen@aol.com

Folsom/El Dorado Hills PD Support Group

Donna Rixmann 916-712-9642,
donna@yogapeace.net

Gold River Lewy Body Dementia Support Group

Denise Davis 800-272-3900, denise.davis@alz.org

Sacramento Arden Arcade PD Support Group

Betty Tronson 916-395-2771,
bettytronson@sbcglobal.net

Sacramento Area YOPD Support Group

Susan Lopez-Payan 916-995-2047,
sacyopd@hotmail.com

Sacramento Grupo De Apoyo para los Hispanos y/o Latinos con la Enfermedad de Parkinson

Kimberley Arrendondo-Blanco 916-884-7767

Sacramento Natomas PD Support Group

Kristina Krieger 530-677-6767,
Kristina.krieger@brightstarcare.com

Sacramento PD CarePartner Support Group
Gain Saetern 916-728-9333, gsaetern@deloro.org

Sacramento Post DBS Support Group
Info 916-731-1610, Email HS-DBS@ucdavis.edu for link to join Zoom mtg; See panctoday.org/support-groups.html for flyer with dates-topics

Sacramento South Area PD & CarePartner Support Groups
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SAN JOAQUIN COUNTY
Lodi PD CarePartner Support Group
Charlene Martin 916-600-5769, lodiparkinsonsgroup@gmail.com

Lodi PD Support Group
Maureen Olsen 209-329-1185, lodiparkinsonsgroup@gmail.com

Stockton PD Support Group
Lou Basinal 916-832-3754, loub@AgelnPlaceSacramento.com

Tracy PD Support Group
Kathryn Clark 209-879-3108, classieladyat63@yahoo.com

SAN MATEO COUNTY
Foster City PD Support Group
Will Corkern 650-534-7799, wcorkern@aol.com

SHASTA COUNTY
Redding PD & CarePartner Support Groups
Kim Hawkins 530-945-7628, kim.reddingpsg@gmail.com

SOLANO COUNTY
Benicia PD & CarePartner Support Groups
Bradford Miller 707-515-9216, bradfordmiller807@gmail.com

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Rick Newman 707-999-6845, newman.rick@yahoo.com

SONOMA COUNTY
Sonoma County PD Support Group
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Linda Casale (209) 214-5574, lindacasale24@gmail.com

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Susan Vantress 530-701-0039, suze2u@hotmail.com

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Davis PD Support Group
Ken Hale 530-913-7068, kenn.hale@gmail.com

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SUNDAY, OCTOBER 27 10 AM - 2 PM

Have fun raising funds for PANC! The event includes Topgolf's unique golf play, friendly competition, brunch buffet, silent auction, etc. No golf experience needed -- hit balls from elevated bays. Social tickets (no golf) are available for spectator fun and include brunch buffet. Can't attend but still want to support? Participate in the silent auction from anywhere. Details coming soon.



GOLFER TICKET: \$75*

Ticket includes 2-hours of golf, brunch buffet and non-alcoholic drinks.

SOCIAL TICKET: \$50*

Ticket includes brunch buffet and non-alcoholic drinks.

BAY FOR 6 PLAYERS: \$400

Ticket includes 2 hours of golf, brunch buffet, and non-alcoholic drinks for 6 people.

**REGISTER BY OCT 22 AT
WWW.PANCTODAY.ORG**

**LOCATION: 1700 FREEDOM
WAY IN ROSEVILLE**

*Prices increase \$10 on Oct 10 for individual tickets

Duopa
carbidopa/levodopa
enteral suspension
4.63 mg/20 mg per mL



Kern was an actual Duopa patient and Mentor volunteer on prescribed therapy and volunteering as a Mentor at the time of printing. Changes in therapy and/or Mentor volunteer status may have occurred since that time.

Duopa Mentor Program

Connect with a Duopa patient or care partner to learn about a treatment option

Duopa Mentors are real patients and care partners of patients who have experience with Duopa therapy and volunteer their time to help people like you. Conversations are free, private, and easy to schedule. Together you can:

- Get tips and share stories
- Learn about their experiences
- Ask questions about treatment with Duopa



To connect with a Duopa Mentor:
Scan the code,
visit www.Duopa.com/mentor, or
call 1-855-776-8966 (M-F: 8 AM-5 PM CT).

If you're already a Duopa patient (or a loved one of someone who is) and want to volunteer as a Mentor, please call 1-855-776-8966.

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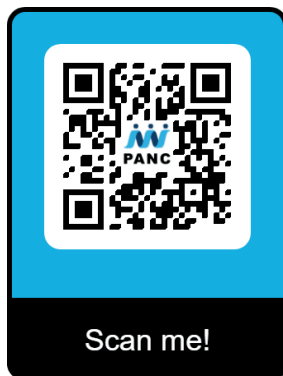
HERE'S TO THE PEOPLE WHO MAKE NORTHERN CALIFORNIA GREAT.

At Sutter Health, we salute organizations like the Parkinson Association of Northern California and partner with them to make our community a better place for everyone.

sutterhealth.org



THANK YOU TO THE PARKINSON'S COMMUNITY



We're glad you joined us today and encourage you to connect with one of our support groups, attend our other educational events, visit us at PANCToday.org, call us, sign up for our newsletter and we especially want to invite you to be a part of **"Building Community for the Journey."**



Parkinson Association
of Northern California

1024 Iron Point Rd. Ste. 1046 Folsom, CA 95630

916-357-6641

www.panctoday.org



**“Parkinson’s cannot hold back
a person’s determination.”**

—John, living with Parkinson’s for 12 years



**Together, we strive to
make every day icONic**

Stay connected at
BeicONicwithPD.com




**Every day, we’re inspired by the
determination and spirit of people
with Parkinson’s disease (PD) as they
strive to live their lives to the fullest.**

That’s why at Supernus, we’re committed to:

- Sharing the icONic voices of people with PD
- Partnering with the PD community
- Bringing innovative PD treatments to the market



 Join the
Be icONic
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community



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