

THE PARKINSON PATH



The Parkinson Association of Northern California is an organization dedicated to enhancing the lives of people with Parkinson's, their families and care partners.



Get *The Parkinson Path* delivered straight to your email inbox by contacting Sharon@panctoday.org

Dizziness with Parkinson's Disease

By Jennifer A Liu, PT, DPT, NCS. Kaiser Permanente, Sacramento

Experiencing dizziness or vertigo is a common complaint of people with Parkinson's Disease (PwP). Prevalence ranges from 48-68%. Dizziness is more of an "umbrella term" that includes feeling lightheaded, woozy, faint, or vertigo. Vertigo, specifically, is defined as a sense of motion which typically feels like spinning.

Not only does dizziness feel uncomfortable, but it can also impact balance and increase the risk of falls. It is more common as the disease process progresses. So, what causes dizziness and what can you do to improve it?

Orthostatic hypotension: This is the most common reason for dizziness with PD. This is when your blood pressure drops when you change positions, like going from lying down to sitting up or sitting to standing. This can make you feel lightheaded or even temporarily lose consciousness. The first thing that can help is staying hydrated. It is also important to change positions often throughout the day but to move slowly initially, and pausing to make sure any dizziness has resolved before standing. Pumping the ankles and moving the legs before standing also improve circulation and blood flow back up to other parts of the body. Maintaining regular exercise can help manage blood

pressure. In some situations, using compression stockings or abdominal binders can help minimize a drastic drop in blood pressure. Other strategies such as adjusting medication doses, starting new medications, or increasing salt in a diet may be recommended, but it is always best to check with your healthcare team before making these adjustments.

Deep Brain Stimulation (DBS): PwP who have DBS sometimes experience dizziness. In these instances, it is best to work with the healthcare team to determine if changes need to be made to the DBS programming or if the electrode placement needs to be checked.

Medication induced dizziness: Dizziness is a common side effect of many medications including seizure medications, blood pressure medications, antidepressants and antipsychotics, antibiotics, and pain medications, including anti-inflammatories. If you take many medications, the drug interactions can cause dizziness as well. Adjusting medications on your own can be dangerous and it is best that you work with your healthcare team on making the appropriate modifications.

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The Parkinson Path is published four times a year by the Parkinson Association of Northern California.

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THE PARKINSON PATH

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Message from the Executive Director

In 1996, Clarence Youngren, a Sacramento-area resident, had a need and a vision for what became the first Support Group of the Parkinson Association of Northern California. Since then, Clarence has been followed by hundreds of dedicated PANC volunteers making significant contributions to building this incredible organization with a mission to better the lives of people affected by Parkinson's.

As I sit at the helm of PANC that includes so many kind, knowledgeable, generous, and heroic partners, it's no surprise that I often discover cool things that have been done in the past that continue to bring hope and joy for the PD community of Northern California.

One of these incidents happened a few weeks ago. Our office manager Sharon received a phone call from a visitor to McKinley Park in Sacramento who indicated that our bench had graffiti on it, and it needed cleaning. Having no knowledge of said bench, Sharon and I soon learned from PANC historians that yes indeed, in 2008, we added a dedication bench for all to enjoy near the Rose Garden.

With cleaning supplies in-hand, Sharon and I headed on an afternoon adventure and quickly found the bench (just East of the Rose Garden off H Street in Sacramento). The peaceful resting spot funded by PANC donors, has a plaque that says, "Dedicated to those who live and have lived with Parkinson's disease. Until there's a cure...a place to experience hope and healing every day." With some elbow-grease and support from passers-by, we were able to restore the bench to its clean and majestic glory and as a testament to the durability our Parkinson's community.

What this exercise reminded me of was about ALL the collective individuals and efforts that have made PANC into the success story that it is today. Along the way, there have been many, many dedicated PANC soldiers who have given much of themselves, both in effort and financially, to ensure that much-needed programs and services are available for those who benefit today and into the future.

The PANC park bench stands as a testament to exemplifying that until there's a cure, we are here, and are going to be here, as a place to rest, experience hope, and gather in unison to celebrate life with all its beauty and challenges. Life may get messy (much like graffiti), but the PANC organization remains steadfast with a goal to help bring peace and joy to the simple things in life, just like strolls through rose gardens.



Executive Director for PANC,
Jan Whitney and PANC Office
Manager, Sharon



Constipation in Parkinson's Disease

By Dr. Nima Beheshti, DO MPH

Constipation is an exceedingly common problem in Parkinson's Disease (PD), and one that neurologists take very seriously. Up to 80% of PD patients will experience constipation during the course of their disease, and the risk of constipation increases with both the duration and severity of their PD. Interestingly, constipation is also known as a “pre-motor” symptom, which means that for many patients, their constipation was present for many years before their first “motor” symptoms of PD such as slowness, stiffness, tremor, or shuffling gait. In fact, constipation is one of the most common pre-motor symptoms, starting 10-20 years before the first motor symptom! In surveys, about half of PD patients reported they had constipation before their first motor symptom.

People with PD often have what is called “dysautonomia” or difficulties with maintaining their autonomic nervous system, which is the part of your nervous system that self-regulates things like blood pressure, sweating, body temperature, and digestion. In PD, we believe constipation is due to the improper functioning of your autonomic nervous system - this is why many PD patients also have issues with lightheadedness when standing, flushing, and urinary problems. For some people, these symptoms may respond to their Parkinson's medications, but for many patients other medications and lifestyle changes may be required to tackle them.

Constipation can be both uncomfortable and dangerous, which is why we take it so seriously. Patients with constipation often report abdominal pain and nausea as well, and as their constipation worsens many may start to eat less as a coping strategy, which can result in weight loss and weakness. There is even evidence that PD patients with constipation can have impaired absorption of their dopaminergic medications (such as Sinemet). Beyond that, however, untreated and severe constipation can progress to a medical emergency, as the excess pressure in your bowels can cause a rupture that is a surgical emergency. Therefore, it is best to manage constipation while it is still mild, and before it starts to have these uncomfortable or potentially dangerous symptoms.



In our PD population, our general recommendation is to have at least one bowel movement every other day, or at least 3-4 per week. For the majority of patients with PD, they will need the help of medications like stool softeners to help achieve this goal. While the specifics of your constipation treatment should be discussed with your primary care doctor and/or neurologist, we generally encourage mixing and experimenting with different medications to help achieve the goal of “every other day bowel movements.” Of course, too much of these medications can cause diarrhea which is uncomfortable as well, so careful adjustments may be necessary to get the right combination for you.

Beyond medications, there are other strategies to help with constipation as well. For example, staying hydrated and eating high-fiber meals can help keep you regular. Additionally, exercise can help with bowel motility and address constipation as well. And sometimes, your constipation may be made worse by other medications you are taking, like those for iron deficiency anemia or for depression. Again, you should discuss these possibilities with your primary care doctor and/or neurologist to see how you can be optimized to help with your constipation.

If you or a loved one are experiencing constipation in PD, we encourage you to have a discussion with your primary care provider and/or neurologist to discuss treatment options as soon as you can!



8:00 am Registration
9:00 am - 3:00 pm Program

SEPT. 28, 2024

**The Roebbelen Center
@ the Grounds**

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

KEYNOTE SPEAKER



**SHARON KRISCHER AKA
"TWITCHY WOMAN"**

Sharon is a respected leader and speaker in the worldwide Parkinson's community. 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 by PD. She also hosts a regular Zoom series for women with Parkinson's called "Sunday Mornings with Twitchy Woman".



**Registration
Opens July 15**

**\$40 In-person includes lunch
\$20 Virtual
(Spanish interpretation
available)**

**Learn More:
www.panctoday.org**

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Topics:

- Focused Ultrasound
- Orthostatic Hypotension
- A Care Partner's Story
- GI/GU, Sleep, and Cognition Issues
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- Resource Fair
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- Connect with Community
- Movement Breaks
- Lunch, Snacks, and Prizes

**Contact Info:
panc@panctoday.org
916.357.6641**

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

Dizziness with Parkinson's Disease

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Vestibular hypofunction: This is when the inner ear is under-functioning and results in dizziness or imbalance. This is easily missed but is quite common in cases of dizziness that are not related to orthostatic hypotension or medications. Vestibular hypofunction can be a result of disease-related neurologic changes, a virus, age-related changes, increased time being sedentary, and in certain situations, medication ototoxicity. This condition is often treated by a Vestibular Physical Therapist.

Benign Paroxysmal Positional Vertigo (BPPV): In the inner ear, there are small calcium crystals that sometimes get dislodged and can cause a spinning sensation. The spinning typically occurs with a sudden change in head position like getting in to bed, rolling over in bed, or bending down. The spinning sensation lasts less than a minute. In the general population, BPPV is usually spontaneous, but can occur after a fall or head trauma. BPPV may occur in 11% of PwP. There are specific maneuvers that can be used to assess for and treat BPPV. The assessment and treatment are often performed by Vestibular Physical Therapists or ENT specialists.

Transient ischemic attack (TIA) or stroke: If sudden onset dizziness occurs along with other neurologic signs such as sudden weakness, numbness, headache, or confusion, this could indicate a TIA or stroke. This is considered to be

a medical emergency and immediate medical attention in the Emergency Department is recommended to start time-sensitive assessment and treatments.

The above list is not all inclusive. Conditions such as concussions after falls, anxiety, vision changes, breathing conditions, or other heart issues can cause dizziness as well. If dizziness or vertigo is impacting balance, walking, ability to participate in usual daily activities, or safety, please discuss these symptoms with the healthcare team to assess if further workup or treatment is required with a Primary Care Physician, Neurologist, ENT specialist, Physical Therapist, or other specialists.

Resources:

Vertigo and Dizziness. Parkinson's Foundation. Accessed 03 March 2024. https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/vertigo?gad_source=1&gclid=EAlaIqobChMI5MvvgKbqhAMVKQ-tBh2AXAQMEAAAYiAAEgl3xPD_BwE&utm_source=google&utm_medium=adgrant&utm_campaign=&utm_term=symptoms%20of%20dizziness

Park, JH., Kang, S.Y. Dizziness in Parkinson's disease patients is associated with vestibular function. *Sci Rep* 11, 18976 (2021). <https://doi.org/10.1038/s41598-021-98540-5>

Travel with Benefits

By Carol and Ken Shoemake

Hi. My name is Carol Shoemake and I was diagnosed with Parkinson's Disease in 2018 at age 72. A couple of year's ago, my husband Kenny called to my attention that I do so much better with my disease when we are gathered with our family or friends or traveling. And, the effect is sustained when we travel. It was my husband's contention that these gatherings and travel spike my endorphins. He wondered if an endorphin spike could compensate for the continuing loss of my dopamine.

In reading about the potential of this benefit and discussing it with my skilled and wonderful neurosurgeon, Dr Khandhar at Kaiser Permanente, we learned that endorphins are the body's natural painkillers and mood elevators. While, as most readers know, dopamine is involved in various brain functions, including movement, motivation and reward. In our research we found that while an increase in endorphins may not directly replace my dopamine, the positive effects of endorphins on my mood and stress reduction obviously help improve my overall well-being and quality of life. By sharing my story, Kenny and I hope to encourage others with Parkinson's disease to travel, or spend more time with family or friends.

So, here is our story: Two years ago, we decided to test our "spiked endorphin theory" by traveling somewhere every month. In fact, I am writing this article while we are in a plane heading to Hawaii for 10 days. This is our March trip. Our bodies ache if we travel more than 5 hours, so we tend to travel closer to home. We are fortunate that we have grandchildren attending colleges in Idaho, Oregon, Colorado and Washington. We love to go see them. We also like to follow our favorite sport's teams (light the beam), and love going to destinations in December that have beautiful holiday displays such as the San Antonio Riverwalk. This December we plan to go to Leavenworth, Washington.

In order to simplify our travel, we bought a Feather wheelchair that only weighs 13.5 pounds. Kenny says it makes him feel macho being able to lift it with one hand. We further simplify by using the ride-hailing services rather than complicating our travel with car rental, destination mapping and parking issues. Our travel routine is to load the lightest luggage in our wheelchair and then I use the wheelchair as a walker until we can check our luggage



Carol and Ken Shoemake

at the ticket counter. Kenny follows, pulling our largest luggage, After our wheelchair is tagged, and our luggage checked, then I jump in the wheelchair and off to our boarding gate we go.

The airline staff are wonderful, and so very helpful. And, of course, we get to board first when you arrive at the boarding gate in a wheelchair. We simply leave the chair at the airplane door, and then it is waiting for us at the airplane door when we arrive at our destination. A friend, who is a part-time baggage handler for a major airline, tells us that wheelchairs are treated as priority luggage and get special treatment in the airline cargo area underneath the plane. We give the airlines an A+.

We find much of the same helpfulness described above when we travel by train. We are delivered to the train door in a special passenger cart.

While travel can be expensive, our children have unselfishly encouraged us to spend their inheritance due to the obvious effects of my endorphin spikes. We love to include them in our travel when they are available. So spend, spend, spend. We hope we have encouraged you to do the same. We have found that regular visits with our friends, travel and family events cause our human spirit to soar even in the face of our disease challenges. We pray you find the same.

NorCal's Real Estate Community Supporting Parkinson's

By Jan Whitney, Executive Director, PANC

Last week, Kevin McDonald from McDonald Group Real Estate and comedian Joe Crespillo from Realty 1st, who has Parkinson's, presented PANC's Executive Director Jan Whitney with a check for \$5,167.51 raised at their spectacular Comedy in the Barn event in April. Attendees, sponsors, and comics all came together to celebrate our Parkinson's heroes and contribute to the well-being and services for those affected.

The NorCal Real Estate community has been incredibly supportive of PANC, and we are so appreciative of the many industry leaders who are truly contributing to the health and welfare of our constituency.

According to McDonald, "We are happy to have fun while donating to a great cause. The real estate industry can be competitive, but we really are like a small family and enjoy helping one another and great organizations like PANC that provide needed assistance for those in our community. Seeing Joe and others fight Parkinson's disease can be tough, but we all support one another. Talking about Parkinson's and its effects can be a little shaky, but Joe has fun with his situation and his comedy helps him and others to cope with it. I'm so pleased to be a part of this event."



Journal Writing

Excerpt from *Comforting Friends* newsletter

The process of journal writing is an activity that clears your mind and lets you be honest and truthful. This is why journal writing is for your eyes only. You may ask "what should I write in my journal?"

To get started write about one of the following:

- What would I most like to remember about today?
- What would I most like to forget or ignore?
- What would I like to say to someone who touched my life today?
- What feelings did I have today? How often do I have these feelings?

Ideas for using and maintaining your journal

Allow yourself to do nothing at all until you feel a deep and genuine urge to write. Write only what, when, and where you want to do so. Write as much or little as you like.

Date each entry and include the name of the day, the time you start, your location if you are not in your customary place. Journal writing is for YOUR EYES ONLY. Write freely, uninhibitedly, candidly. Be honest with yourself. Write spontaneously, quickly, including everything. Do not edit yourself. Don't cross out or throw away anything you write.

Write about feelings. This is where the action is: how you feel about what is occurring. What are your feelings telling you? Review your writings periodically. Look for patterns, recurring themes, issues, values.

Write with color. Use different colored ink for different kinds of writings. Perhaps blue for reflections, purple for poems, green for meditations, etc. Colors keep a journal lively and make it more fun to read later. It is a simple way to organize your material too.

When you are tired of writing, quit.

Source: John Bingham of Bingham Counseling



PANC Board Members – Farewell and Welcome

A special thank you to our retiring board member Matt Brown, PhD. Professor at California State University, Sacramento. Thank you for your tireless service. Also thank you for your willingness to serve to Kurt Chismark, non-profit executive (retired) and Laura Friedeberg, MFCC. We wish you well with your next endeavors.

Welcome to six new board members. We are delighted to introduce:

Susan Cobb-Paxton

Susan brings experience with both professional healthcare and as a Parkinson's disease care partner to the Board of Directors. Before retirement, she was a healthcare executive consultant with over 30 years of strategic and program planning experience. Susan hopes to make a difference by helping bridge the gaps in PD healthcare, support, and education in underserved and rural populations.

Katelyn Epstein

Katelyn works in the medical industry for Insightec, specializing in advanced treatment options for patients with Parkinson's disease (focused ultrasound). Through her efforts, she aims to drive advancements in innovative care and create greater awareness about PD. By blending her expertise and dedication, Katelyn strives to make a meaningful impact on the lives of those battling PD and ensuring they receive the support and treatment they deserve.

Vanessa Greyion, PharmD

Vanessa brings significant experience as a registered pharmacist and businessperson to the PANC board. Having worked with people with Parkinson's and their families for many years, Vanessa is well versed on available adaptive and mobility devices. She is eager to share new innovations in assistive devices and promote PANC to the PD community

Kristina Hart, D.O.

Dr. Hart is a Movement Disorder specialist with the University of California Davis in Sacramento. Kristina as a special interest in PD, PSP and MSA and has training in using Deep Brain Stimulator (DBS) programming and Botox injections for neurologic disorders. She hopes to further community outreach and research to improve the understanding of and care for individuals living with Parkinson's Disease and related disorders.

Chris McIlwain

Chris is a mechanical engineer turned contractor, who owns McIlwain Mobility Solutions which serves the greater Sacramento area. His specialty is helping people increase their daily independence and the ability to enjoy the great outdoors, no matter the physical challenge. Chris looks forward to learning more about PD and inspire PD community to try new things, enjoy the outdoors, and keep moving.

Harry Starkey

Harry brings a wealth of leadership experience to the PANC Board of Directors. He is a water resource engineer and has served on many nonprofit and professional boards, including two Rotary Clubs, hospital foundations, water districts and the Tree Foundation of Kern County. Harry would like to strengthen the community support for PD and advance awareness of exercise in the treatment of it.



Honor, Memorial, Support & Celebration

February 2024 – May 2024

IN HONOR/SUPPORT/CELEBRATION OF

All those who fight this vicious disease daily

Danielle Hand-Nicholls*

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Tom Williams, an amazing uncle.

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Daria Stoner

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February 2024 – May 2024

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Ph.D.

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Trudy Currier*

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Gerald & Jacqueline

Kilbert

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Molly Kopta

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Anny Schomburg*

Dale Seale*

Kathleen Shannon

Barbara Sheroham

Mary Sicheloff*

Kurt Sjoberg*

Brian Smith*

Kimberly Smith*

Regional Support Groups

For additional information, visit www.panctoday.org

Don't see a support group in your area? Let us help you start one!

Contact us at 916-357-6641 or panc@panctoday.org

EN ESPAÑOL

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

Tercer Martes 6:00 p.m.
ACC Senior Center, 7334 Park City Dr., Sacramento
Kimberly Arredondo-Blanco 916-884-7767,
kimberly@panctoday.org

BUTTE COUNTY

Chico Parkinson's Support Group

4th Wednesday 1:00 p.m. (In person)
Faith Lutheran Church, 667 E. 1st Ave., Chico
2nd Wednesday 1:00 p.m. (Zoom)
Bob Murray 530-321-6157,
chicopdgroup@yahoo.com

EL DORADO COUNTY

Placerville Parkinson's Support Group

3rd Tuesday 12:30 p.m.
First Lutheran Church, 1200 Pinecrest Ct., Placerville
Larry Alver 916-933-2465, ldalver@sbcglobal.net

HUMBOLDT COUNTY

Humboldt Parkinson's CarePartner Support Group*

1st and 3rd Wednesday 11:30 a.m. (Zoom)
Rose Bond 707-826-7764,
rosebond95524@suddenlink.net

Humboldt Parkinson's Support Group

Every Wednesday 9:00 a.m. (Zoom)
2nd Friday 3:00 p.m. (In person)
Immanuel Lutheran Church
3230 Harrison Ave., Eureka
Tom Bethune 707-822-7923,
thomasbethune@gmail.com
Rose Bond 707-826-7764,
rosebond95524@suddenlink.net

MARIN COUNTY

Marin Parkinson's CarePartner Support Group*

1st Wednesday 2:00 p.m.
The Redwoods, 40 Camino Alto, Mill Valley
Debby Thurlow 415-302-0362,
marinparkinsonscarepartner@gmail.com

MONTEREY COUNTY

Salinas Parkinson's Support Group

Not meeting June, July & August returning Fall 2024
Salinas Valley Health, 450 E Romie Ln., Salinas
Eileen Domalaog 831-998-7554,
salinasvalleyspeech@gmail.com

NAPA COUNTY

Napa Valley Parkinson's Support Group

2nd Sunday 4:00 p.m.
Napa New Life Tabernacle Church
2525 1st Street, Napa
Colleen Winters 209-602-1536,
cfwinters@yahoo.com

NEVADA COUNTY

Grass Valley/Nevada City Parkinson's CarePartner Support Group*

4th Thursday 10:30 a.m.
Unitarian Universalist Community of the Mountains,
Channing Room 246 S. Church St., Grass Valley
Jennifer Westoby 530-268-2563,
jennifer.westoby@gmail.com

Grass Valley/Nevada City Parkinson's Support Group

3rd Thursday 1:00 p.m.
Nevada County Library, Gene Albaugh Room
980 Helling Way, Nevada City
Jennifer Westoby 530-268-2563,
jennifer.westoby@gmail.com

Truckee Parkinson's Support Group

1st Friday 1:00 p.m.
Levon Professional Building, Ste 102
10833 Donner Pass Road, Truckee
Ellen & John Roumasset 650-759-3666,
dr.eroumasset@gmail.com

PLACER COUNTY

Auburn Parkinson's CarePartner Support Group*

3rd Tuesday 11:30 a.m.
The Club Car Restaurant, 836 Lincoln Way, Auburn
Karen Hancock 530-885-0950,
karen@hancockonline.net

Auburn Parkinson's Support Group

2nd Tuesday 11:30 a.m. (Lunch meeting with speaker)
Awful Annie's Restaurant, 13460 Lincoln Way, Auburn
Karen Hancock 530-885-0950,
karen@hancockonline.net

Lincoln Parkinson's Support Group

3rd Tuesday 10:00 a.m.
Lincoln Hills Community Church
950 E. Joiner Pkwy., Lincoln Hills
Christine Grmolyes 916-769-0449,
christine@seniorcrs.com

Roseville Parkinson's Support Group-Maidu Area

1st Tuesday 1:30 p.m.
Maidu Community Center, 1550 Maidu Drive, Roseville
Kati Rozak 916-704-0556, katirozak36@comcast.net

SACRAMENTO COUNTY

El Dorado Hills/Folsom Parkinson's CarePartner Support Group*

1st and 3rd Friday 11:30 a.m.
Round Table Pizza, 1151 Riley St., Folsom
Larry Alver 916-933-2465, ldalver@sbcglobal.net

Elk Grove Parkinson's CarePartner Support Group*

3rd Friday 10:15 a.m.
Senior Center of Elk Grove
8230 Civic Center Dr., #100, Elk Grove
Myron Jantzen 916-804-6497, mpjantzen@aol.com
Laura Copsey 916-698-7622,
lauracopsey@gmail.com

Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m.
Senior Center of Elk Grove
8230 Civic Center Dr., #100, Elk Grove
Myron Jantzen 916-804-6497, mpjantzen@aol.com
Sherry Reser 916-320-7189,
SherryLReser@gmail.com

Folsom/El Dorado Hills Parkinson's Support Group

2nd Thursday 2:30 p.m. (Zoom)
4th Monday 10:30 a.m. (Hybrid In person & Zoom)
Folsom Senior Center, 48 Natoma Drive, Folsom
Donna Rixmann 916-712-9642,
donna@yogapeace.net

Gold River Lewy Body Dementia Support Group

2nd Thursday 10:00 a.m. (Google Meet)
Denise Davis 800-272-3900, denise.davis@alz.org

Sacramento-Arden Arcade Parkinson's Support Group

4th Thursday 9:30 a.m. social / 10:00 a.m. meeting
Dante Event Center, 2330 Fair Oaks Blvd., Sacramento
Betty Tronson 916-395-2771,
bettytronson@sbcglobal.net
Barbie Light 916-961-1867

Sacramento Area Young Onset PD Support Group

1st Tuesday 6:30 p.m.
St. Michael's Episcopal Church
2140 Mission Avenue, Carmichael
Susan Lopez-Payan 916-995-2047,
Sacyopd@hotmail.com
Danielle Hand-Nicholls 916-837-5640

Sacramento Natomas Area Parkinson's Support Group

Last Wednesday of the month 2:00 p.m.
The Village at Heritage Park Assisted Living
2001 Rose Arbor Dr., Sacramento
Kristina Krieger 530-677-6767,
Kristina.krieger@brightstarcare.com

PANC Advisory Support Group Facilitators and attendees should be aware that not all medications, treatments or theories about Parkinson's disease are 'right' for every person. If presentations or discussions within your Group raise issues in your mind regarding your personal condition or treatment plan, you are advised to bring those questions to your treating physician for further exploration prior to making any changes in your medications or routines.

Sacramento Parkinson's CarePartner Support Group*

3rd Tuesday 11:00 a.m. (Zoom)

Gain Saetern 916-728-9333, gsaetern@deloro.org

Sacramento Post DBS Support Group

Email HS-DBS@ucdavis.edu for Zoom meeting link
See <https://www.panctoday.org/items/sacramento-post-dbs-meeting> for flyer with dates and topics.

For more information call 916-731-1610

Sacramento South Area Parkinson's CarePartner Support Group*

3rd Friday 12:30 p.m.

Call or email for dates and location

Jerry Miyamoto 916-441-1020,

jmiyamoto72@gmail.com

Sacramento South Area Parkinson's Support Group

2nd Thursday 10:00 a.m.

ACC Senior Center, 7334 Park City Dr., Sacramento

Jerry Miyamoto 916-441-1020,

jmiyamoto72@gmail.com

David Teraoku 916-685-4162

SAN JOAQUIN COUNTY**Lodi Parkinson's CarePartner Support Group***

3rd Monday 10:00 a.m.

Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi

Charlene Martin 916-600-5769,

lodiparkinsonsgroup@gmail.com

Lodi Parkinson's Support Group

1st Monday 10:00 a.m.

Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi

Maureen Olsen 209-329-1185

Robin Bray 209-269-1080,

lodiparkinsonsgroup@gmail.com

Stockton Parkinson's Support Group

4th Thursday 1:00 p.m.

O'Connor Woods, 3400 Wagner Heights Rd., Stockton

Lou Basinal 916-832-3754,

loub@AgelnPlaceSacramento.com

Tracy Parkinson's Support Group

3rd Wednesday 10:30 a.m.

Lolly Hansen Senior Center, 375 E 9th Street, Tracy

Kathryn Clark 209-879-3108,

classieladyat63@yahoo.com

Vicki Park vpark@sbcglobal.net

SAN MATEO COUNTY**Foster City Parkinson's Support Group**

Atria Senior Living, 707 Thayer Lane, Foster City

Will Corkern 650-534-7799, wcorkern@aol.com

SHASTA COUNTY**Redding Parkinson's CarePartner Support Group***

Every Tuesday 3:00 p.m.

Anderson Church of Christ

3434 North Street, Anderson

Kim Hawkins 530-945-7628,

kim.reddingpsg@gmail.com

Redding Parkinson's Support Group

1st and 3rd Friday 9:30 a.m.

Coffee in Enterprise Park, 4000 Victor Avenue, Redding

2nd Friday 1:30 p.m. (Regular meeting)

Anderson Church of Christ,

3434 North Street, Anderson

Kim Hawkins 530-945-7628,

kim.reddingpsg@gmail.com

SOLANO COUNTY**Benicia Parkinson's CarePartner Support Group***

3rd Saturday 2:00 p.m.

Benicia Lutheran Church, 201 Raymond Dr., Benicia

Bradford Miller 707-515-9216,

bradfordmiller807@gmail.com

Benicia Parkinson's Support Group

2nd Saturday 10:00 a.m.

Benicia Lutheran Church, 201 Raymond Dr., Benicia

Bradford Miller 707-515-9216,

bradfordmiller807@gmail.com

Vacaville Parkinson's Support Group

4th Wednesday 1:30 p.m.

McBride Center, 91 Town Square Place, Vacaville

Rick Newman 707-999-6845,

newman.rick@yahoo.com

John Alonso 707-689-6613, johnalonso2@gmail.com

SONOMA COUNTY**Parkinson's Support Group of Sonoma County**

2nd Saturday 1:00 p.m.

Christ Church United Methodist

1717 Yulupa Avenue, Santa Rosa

Peter Karp 707-318-9102, PLKarp@gmail.com

CarePartners and Women with Parkinson's Groups*Check www.parkinsonsonomacounty.org**STANISLAUS COUNTY****Modesto Parkinson's Support Group**

3rd Wednesday 1:30 p.m.

Alzheimer's Dementia Support Center Inc., Suite B

700 McHenry Ave., Modesto

Linda Casale (209) 214-5574,

lindacasale24@gmail.com

SUTTER, YUBA, COLUSA COUNTIES**Tri County Parkinson's Support Group**

2nd Monday 1:00 p.m.

Sutter North Clinic, 969 Plumas St. #208, Yuba City

Susan Vantress 530-701-0039,

suze2u@hotmail.com

Victoria Baker Victoriabaker530@gmail.com

YOLO COUNTY**Davis Parkinson's CarePartner Support Group**

2nd and 4th Thursday 11:00 a.m.

Davis Senior Center, Games Room, 646 A St., Davis

Karen Eagan 530-564-4323,

kareneagan747@gmail.com

Davis Parkinson's Support Group

3rd Thursday 1:30 p.m.

Davis Senior Center, 646 A Street, Davis

Ken Hale 530-913-7068, kenn.hale@gmail.com

Lowell Ashbaugh 530-277-6722,

ashbaugh.lowell@gmail.com

Woodland Parkinson's Support Group

1st Wednesday 1:30 p.m.

Woodland Community Center

2001 East Street, Woodland

Steve Briscoe, hellostevebriscoe@gmail.com

*CarePartner groups

NEW VETERANS SUPPORT GROUP IN THE WORKS

A Zoom monthly support group is in the planning stages. Would you be interested in joining?

Call 916-357-6641 and leave your name and contact information for updates.

THANK YOU TO THE FOLLOWING RETIRING SUPPORT GROUP LEADERS.

Terry Donnelly, Chico

Ken Fujino, West Roseville

We extend our condolences to the family and friends of **Joe Burger**, former leader of the Napa YOPD support group, upon his passing.





PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA
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Name: _____

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