

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

Returning to Normal (opinion piece)

by *Suketu M. Khandhar, MD, Medical Director, Comprehensive Movement Disorders Program, Kaiser Permanente Northern California*

Returning to Normal – what does that even mean in 2022? Let's start by defining "normal". According to the dictionary, normal is defined as "conforming to a standard; usual, typical or expected". Think back to what was normal for you before the pandemic. **Everything we do now will be timestamped relative to the pandemic.**

Before the pandemic, you did not think twice before leaving the house, you did not have to remember to bring an extra mask and you did not have to question the "status" of whom you were hanging out with. Going out now takes a tremendous amount of energy – as it is, those living with Parkinson's disease have a finite amount of energy to work with. So many (out of necessity and out of safety concern) have restricted their social life and routine because of this. And because of that restriction and social retraction, everyone has suffered, none more than those with Parkinson's disease and their care partners.

Here is a fact for you. **Social isolation and loneliness are strongly associated with PD progression and symptom severity.** Laurie Mischley, ND, MPH, PhD, is a Doctor of Naturopathic Medicine who has focused her research on nutritional sciences as it applies to Parkinson's disease as well as understanding the factors that influence neurodegenerative disease severity. She created a self-rating scale to measure disease burden called PRO-PD. She surveyed over 2000 patients with Parkinsonism and was surprised to find how detrimental social isolation and loneliness can be to symptom severity in PD.

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**The Fifth Annual
COP Walk is
coming soon...
April 2, 2022
at Maidu Park
Roseville**

**Plan on joining us for a
wonderful day!**

See page 3 for more details.



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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From the Executive Director Will Zrnchik

WELCOME TO 2022! Let me start off by saying, “Thanks Omicron!” Despite new cases on the rise (now over 200 new cases per every 100,000 individuals) PANC is still chugging along. Why? Because that is what we do.

In the last issue I asked, “What is the new normal to you?” I was not surprised to find out it’s masks, Zoom/Facebook Live, and grocery delivery services. BUT I was surprised to hear “resilience.” We could have let things get the best of us, but I’m glad to hear people are SAFELY doing what they can when they can. Even then, this takes a huge toll on one’s mental health.

I spent seven years stationed in North Dakota. I saw snow in each of the 12 months. In one year, there was a 200 degree temperature swing – 102 degrees above zero to -98 degrees (with the wind chill). Cabin Fever was a real thing. If anything, getting online for a virtual support group can rescue your sanity. It really does help. I’ve popped in on some Zoom support group calls and plan to do that more frequently.

We are planning the Robert G. Smith Walk to Cancel Out Parkinson’s for April 2, 2022 at Maidu Regional Park in Roseville. Over 50 Lions Clubs chapters and countless sponsors are part of this great event. Come out and join us for entertainment, a health information fair, and get movin’! If you want to participate in the walk, 5K Run, or virtual walk, visit go.panctoday.org/COPWalk or RGSmith.org.

Everyone at PANC is working on something to better the lives of our loved ones. From programs and services, to materials and technology, we’re looking at how to best channel our energy into support you want and deserve.

That said, if there is something you would like to discuss, feel free to give me a call or send me an email. My cell phone is: **916-628-8513**. My email is: will@panctoday.org.

In the meantime, be safe and find joy in the little things.

Gifts to Give

Hugs...to someone who is lonely.

Love...To someone who has nothing to give in return.

Patience...To someone who is struggling with life.

Understanding...To someone who is confused.

Kindness...To someone who is in pain.

Tolerance...To someone who doesn’t see things as you do.

Forgiveness...To someone you feel has harmed you.

Anonymous



Like us on Facebook
Follow us on twitter



The Fifth Annual COP Walk is coming soon... April 2, 2022 at Maidu Park Roseville

Plan on joining us for a wonderful day! Check out our Sponsors and the Resource Fair, watch/listen to the entertainment, eat a free lunch and enjoy the company of our Parkinson's Community. All this in a beautiful park setting, with easy parking!

2022 is stacking up to be our biggest year ever! How can you participate?

- **Organize a Walk Team:** Encourage your support group to join together, gather their friends/families to generate a group to walk as a team.
- **Sign up to Run 5k:** (new this year)
- **Attend the Event:** Bring your family, your friends, cheer the teams on.
- **Make a donation:** Always welcome!



The Robert G. Smith Walk to Cancel Out Parkinson's, is organized and coordinated by the Embarcadero Lions Club, and 50 additional regional Lions Clubs and the State Lions Organization. The walk is held in honor of 'Bob' Smith, with all proceeds donated to support the local efforts of the Parkinson Association of Northern California (PANC). In essence...every dime we help the Lions raise means funding comes back to us for: new Support Groups, a fantastic Newsletter, additional ParkinsonWISE® Programs, enhanced Information and Referral services, an amazing, low cost, Annual Conference, additional Respite Care and more. Given their dedication to our local Parkinson's Community, we believe the Embarcadero Lions Club deserves all the support we can muster!

Go online for registration and pledge forms: www.rgsmith.org

Any questions call the PANC Office: (916) 357-6641



A special THANK YOU to retiring board member Christine Shade. Christine served on the PANC board for more than six years. During that time she served as secretary, as vice president and was instrumental in creating the outstanding ParkinsonWISE® training. We appreciate her dedicated service and know she will continue to be a part of our team.

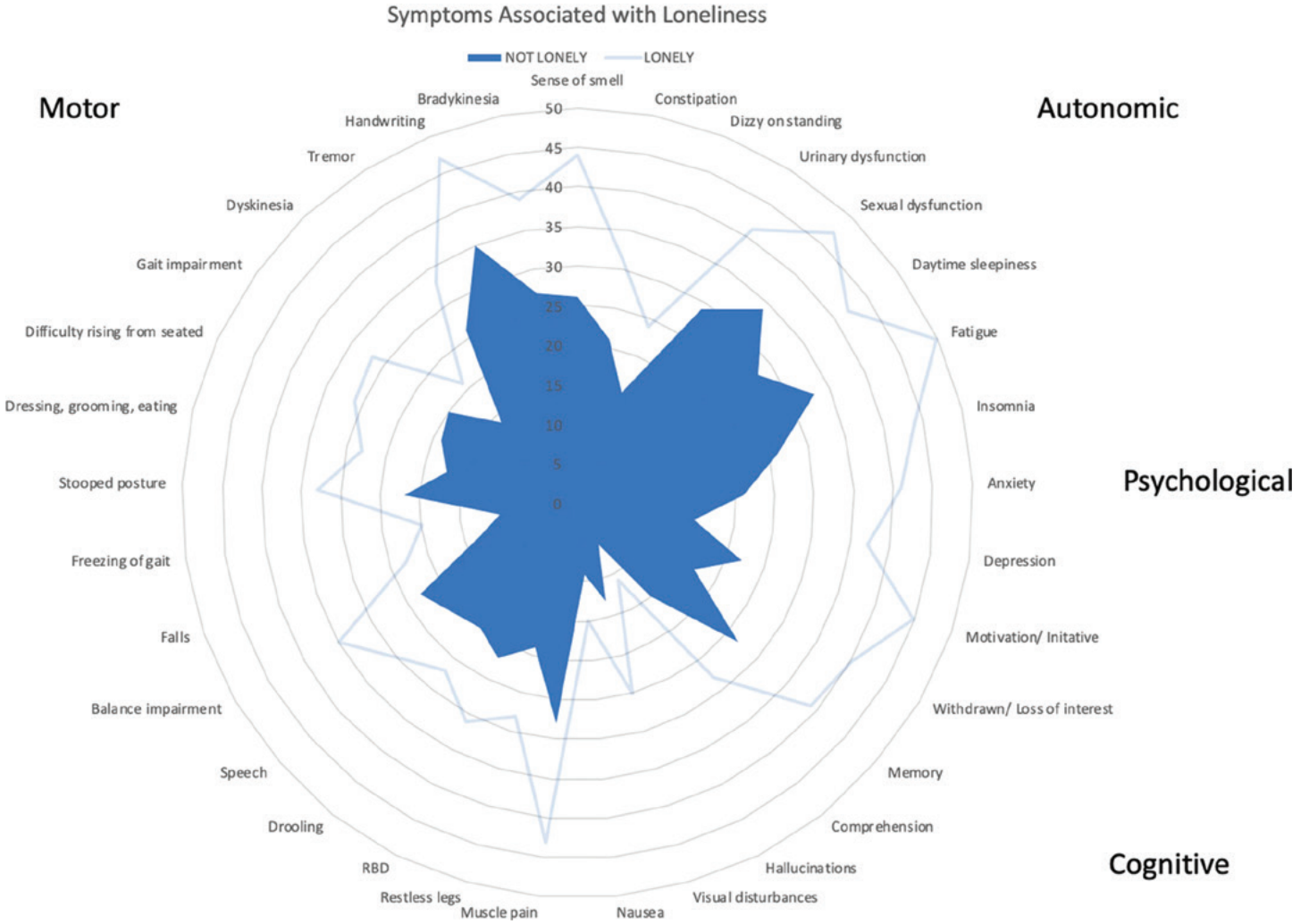
Introducing Ralph Sett

We are delighted to Introduce our newest board member Ralph Sett M.D., the retired Chief of Psychiatry, Kaiser Permanente, Sacramento and former President of Central California Psychiatric Society. Dr. Sett was diagnosed with Parkinson's in 2020. He is a member of the Sacramento Arden-Arcade support group. He belongs to the North State Therapy Choir and exercises with Power Moves virtual class and the Dancing with Parkinson's as well.

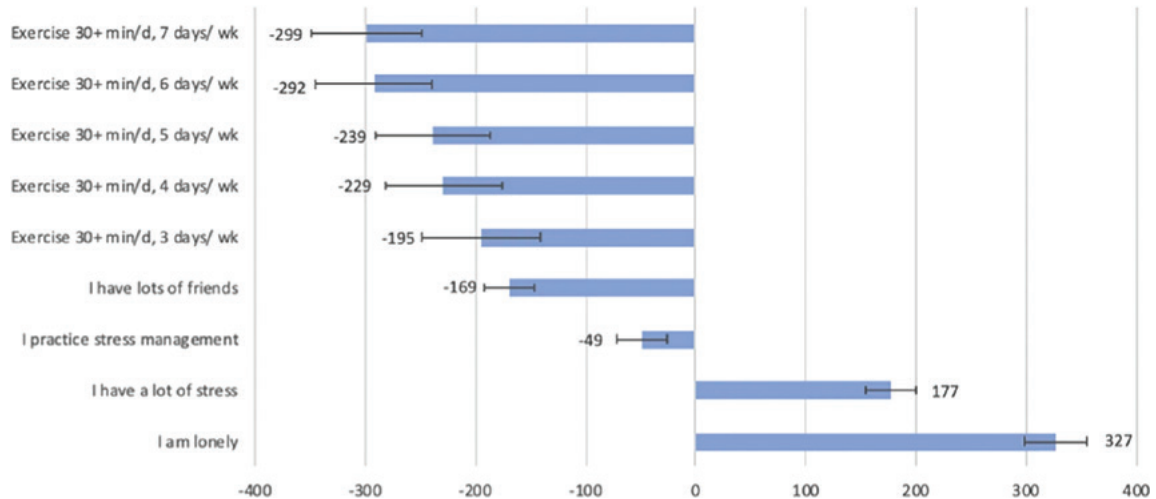


Returning to Normal (opinion piece) *continued from page 1*

This chart illustrates the correlation between reported loneliness and worsening symptoms across the disease spectrum (taken with permission from Dr. Mischley from her published article titled *Synergy of pandemics-social isolation is associated with worsened Parkinson severity and quality of life*).



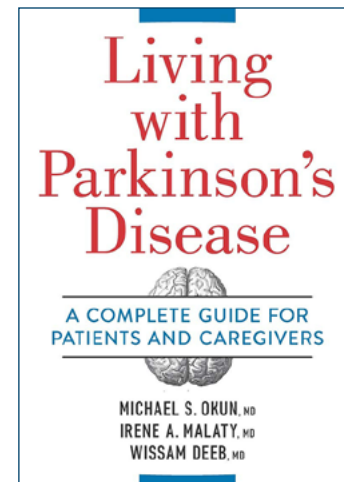
The following table shows how exercise can be a powerful antidote to counter the ill effects of social isolation and loneliness.



Modifiable lifestyle variables and impact on patient-reported outcomes in PD (PRO-PD) score

Knowing this information, here is what I think. We can throw out what the old “normal” was and use this as an opportunity to create a new and better “normal” moving forward. Here is my recipe for what I think will lead to a better quality of life and frankly a better you.

1. If you have not already done so, **get vaccinated** – while patients with Parkinson’s disease are not necessarily at greater risk of contracting COVID, the worry is that if they do, their recovery is more protracted. Once vaccinated, the chances of being hospitalized with COVID reduce greatly.
2. Schedule a follow up appointment with your medical team – neurologist and neuro-physical therapist. So many have delayed their care during this pandemic and its time to be reexamined and have your medications reconciled. A neuroPT can help tailor an active exercise program for you.
3. Exercise 30-40 min, 6 days per week – this should be aggressive exercise to where you can’t carry normal conversation during exercise.
4. Exercise with a group – studies show that group exercise motivates folks more than exercising alone.
5. If you are struggling with your ability to communicate effectively, consider requesting a referral to a speech therapist.
6. If you are struggling with activities of daily living, consider requesting a referral to an occupational therapist.
7. If you are struggling with improving your mental wellbeing (so many are during this pandemic, so you are not alone), consider requesting a referral to a psychologist or a psychiatrist.
8. Rejoin a support group – the Parkinson Association of Northern California hosts a network of nearly 40 support groups, some of which are meeting virtually while some in-person. Please go to <https://www.panctoday.org/support-groups.html> for more information.
9. Build your support community – family, old friends, new friends from your support group
10. Read Dr. Michael Okun’s book (internationally renowned Movement Disorders Neurologist who is the Medical Director for the Parkinson Foundation):



11. Visit inspiring websites like the Brian Grant Foundation <https://briangrant.org/> or the Davis Phinney Foundation <https://davisphinneyfoundation.org/>
12. Pick one thing that makes you happy and pursue it – it may be picking up that golf club again, learning a new dance routine with your partner or cooking a new set of recipes – make this part of your purpose and passion.

Basically, **the new normal should include going out and having fun** – if you are going to do so, be safe and wear a mask where needed.

Volver a lo Normal (una opinión)

by Suketu M. Khandhar, MD, Director Médico, Programa de Trastornos de Movimiento Comprensivo, Kaiser Permanente California Norte

Volver a lo Normal – ¿qué significa eso en 2022?

Empecemos por definir “normal”. Según el diccionario, define normal como “conformar a la norma; usual, típico o esperado”. Piense en lo que era normal para Ud. antes de la pandemia. **Todo lo que hacemos ahora será marcado en relación a la pandemia.**

Antes de la pandemia, no lo pensaba dos veces antes de salir, ni tenía que pensar en traer una máscara extra ni cuestionar el “estado” de con quien estaba. Ahora salir requiere tremenda cantidad de energía – como es, para los que viven con Parkinson que tienen una cantidad de energía limitada. Tantos (por necesidad y por seguridad) han limitado su vida social y rutina por este motivo. Debido a esa restricción y retracción social, todos han sufrido, nadie más que los con Parkinson y los que los cuidan.

He aquí un dato. **Aislamiento social y soledad se asocia firmemente con progresión de Parkinson (PD) y la severidad de síntomas.** Laurie Mischley, ND, MPH, PhD, es Doctor de Medicina Naturopática que ha centrado sus estudios en ciencias nutritivas al aplicarlas al Parkinson así como la comprensión de factores que influyen en la severidad de enfermedad neurodegenerativa. Ha creado una escala de autoevaluación para medir la carga de enfermedad llamada PRO-PD. Más de 2000 pacientes con Parkinson tomaron su encuesta y le sorprendió ver que tan perjudicial el aislamiento social y la soledad pueden ser a la severidad de síntomas en PD.

Esta tabla 1 (página 4) muestra la correlación entre soledad reportada y como los síntomas van empeorando a través del espectro de la enfermedad (tomado con el permiso de la Dra. Mischley de su artículo publicado titulado “*Synergy of pandemics-social isolation is associated with worsened Parkinson severity and quality of life*”).

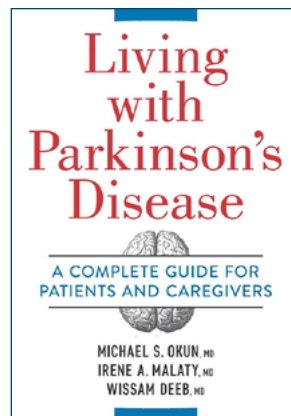
La siguiente tabla 2 (página 4) muestra como el ejercicio puede ser un antídoto poderoso en contrarrestar los efectos dañinos del aislamiento social y la soledad.

Sabiendo esta información, esta es mi conclusión. Podemos desechar el “normal” anterior y usar esto como una

oportunidad para crear un “normal” nuevo y mejor de aquí en adelante. Esta es mi receta para lo que pienso llevará a mejor calidad de vida y francamente mejorarlo a Ud.

1. Si aún no lo ha hecho, **vacúnese** – mientras que pacientes con Parkinson no son necesariamente a mayor riesgo de contraer COVID, la preocupación es que si les pasa, su recuperación es más larga. Al vacunarse, el riesgo de ser hospitalizado con COVID es muy reducido.
2. Haga una cita de seguimiento con su equipo médico – neurólogo y terapeuta neuro-físico. Tantos han demorado su cuidado durante esta pandemia y es tiempo de reexaminar y tener sus medicaciones conciliadas. Un terapeuta neuroPT puede ayudarle a formular un programa de ejercicio activo para Ud.
3. Haga ejercicio 30-40 min, 6 días por semana – esto debe ser ejercicio agresivo al punto donde no puede mantener una conversación normal durante el ejercicio.
4. Haga ejercicio con un grupo – estudios muestran que el ejercicio en grupo motiva más que hacer ejercicio a solas.
5. Si batalla con poder comunicarse efectivamente, considere solicitar un terapeuta del habla.
6. Si batalla con actividades cotidianas, considere solicitar un terapeuta ocupacional.
7. Si batalla con mejorar su bienestar mental (muchos batallan durante esta pandemia, así que no está solo), considere solicitar un psicólogo o un psiquiatra.
8. Vuelva a ser parte de un grupo de apoyo – la Asociación Parkinson del Norte de California ofrece casi 40 grupos de apoyo, algunos se reúnen virtualmente y otros en persona. Favor de ir a <https://www.panctoday.org/support-groups.html> para más información.
9. Forme su comunidad de apoyo – familia, viejos amigos, nuevos amigos de su grupo de apoyo

10. Lea el libro del Dr. Michael Okun (reconocido internacionalmente, es Neurólogo de Trastornos de Movimiento y el Director Médico de la Fundación Parkinson)



11. Visite sitios web inspiradores como Brian Grant Foundation <https://briangrant.org/> o the Davis Phinney Foundation <https://davisphinneyfoundation.org/>

12. Escoja una cosa que lo hace feliz y dedíquese a ello – puede ser volver a jugar golf, aprender un nuevo baile con su pareja o cocinar nuevas recetas – hágalo parte de su propósito y pasión.

Básicamente, **el nuevo normal debe incluir salir y divertirse** – si lo va a hacer, sea prudente y use una máscara donde sea necesario.

PANC Partnership with the California Parkinson's Disease Registry

by Sean Tracy, PANC Board President

The California Parkinson's Disease Registry (CPDR) is a statewide population-based registry that will be used to measure the incidence and prevalence of Parkinson's disease throughout the state. Healthcare providers who diagnose or provide treatment to Parkinson's disease patients report each case of Parkinson's disease to the California Department of Public Health beginning July 1, 2018.

Over the past three years, PANC has been a key partner with the California Department of Public Health (CDPH) to educate, inform, and connect the Parkinson's community with the important data and analysis being conducted in the California Parkinson's Disease Registry.

In September 2020 - in the midst of the COVID-19 pandemic - PANC partnered with CDPH to host a "Shining Light on the Parkinson's Disease Registry" virtual education forum that reached over 400 people throughout California and across the Nation. Local support groups from throughout California were important partners to promote this education and awareness for People with Parkinson's and their care partners. Here is a link to review the valuable information presented at the conference which is in both English and Spanish. <https://www.panctoday.org/ca-pd-registry-920-conference-video.html>

The Registry scored a major program victory when Governor Gavin Newsom signed the State's 2021-2022 budget that includes \$8.4 million to fund the California Parkinson's Disease Registry (CPDR) and to expand it to other neurodegenerative diseases over the next four years. The registry's goal is to acquire, record and analyze epidemiological data of the incidence and prevalence of disease that can identify Parkinson's "hot spots" throughout the state that will aid scientists in their work toward finding a cure.

California has the highest number of people with the disease in the country. "We need collaborative investments in Parkinson's to move the dial on research and find a cure," said Ted Thompson, JD, Michael J. Fox's Foundation senior vice president of public policy. "Public policy initiatives like this registry can have a direct and lasting impact on how the research community does its work – data collection is absolutely critical so that researchers can view the full picture of a disease." For additional information, check out the website at <https://www.cdph.ca.gov/Programs>

PLAN AHEAD!

April is Parkinson's Awareness Month

Parkinson's Awareness Month has been observed since 1983. April was chosen to honor James Parkinson and his discoveries. Dr. Parkinson was a neurologist who published a paper in 1817, *An Essay on the Shaking Palsy*. Years later the disease was named after Dr. Parkinson by the medical community. Parkinson's Awareness Month was initiated to increase awareness about the disease, and the resources available to Person's with Parkinson's (PwP), their care-partners, families and friends.

The Parkinson Association of Northern California (PANC) is very excited about April 2022 because we have a very special event to look forward to. For the entire month the Archival Gallery is planning a wonderful exhibition featuring **Artists with Parkinson's** or associated diseases. PANC's information and educational materials will be available at the gallery and a portion of gallery proceeds will be donated to PANC. Plan to stop by, view the artists' work and thank D. for her continued support.

Archival Gallery

3223 Folsom Blvd., East Sacramento, 95816

Exhibition Dates: March 31 – April 30, 2022

Gallery Hours: Tues. – Sat., 11:00 a.m.–4:00 p.m.

Second Saturday Reception: April 9 from 5:00–8:00 p.m.

Archival Gallery has been PANC's 'Community Partner' since early 2021 when owners, Tom* and D. Oldham Neath, reached out to PANC with a fundraising idea. Make a donation to PANC and you received one of Tom's Beans! This phase lasted through Spring 2021. In the Fall, at PANC's Annual Conference, our PANC Community had a second opportunity to interact with Tom and D. and obtain one of Tom's Beans.

** Sadly, Tom passed away on January 1, 2022, although his determination and his spunky spirit remain in our hearts and minds. Tom truly did participate in life and was able to give back until the very end...and for that we are grateful.*

Hope in Your Corner

by *Melissa Tafoya, Owner and Head Coach*

Hope In Your Corner is a new facility, home to Rock Steady Boxing Sacramento. RSB Sac is six years strong. The Pandemic taught us something very relevant to Parkinson's, perseverance. We rented space from existing gyms with other programs for the general population and MMA athletes. We needed more quality control for our fight family and my private clients who have movement disorders, especially during a Pandemic. It was clear that my fight family deserved better and not someday, now. After much searching and support from our extended network of guardian angels, we found our own building to rent just for us in Midtown Sacramento. Because this space includes all clients beyond Parkinson's, we have named our home, Hope In Your Corner.

Our newest offering is PWR!Moves. Coach Melissa becomes a certified instructor in February 2022 and will begin implementing its modalities into her Rock Steady Boxing classes and private sessions. We have scheduled quarterly potlucks including food outside, masked mingling inside, karaoke, live musicians, and fun. We have also expanded our mindfulness meditation workshops to include sound healing sessions by Ronda Kamka. Rock Steady Boxing Sacramento and the Yo, Yo, Yo! Young Onset Parkinson's Support Group is partnering to offer the very first Young Onset Rock Steady Boxing class at Hope in Your Corner late winter/early spring.

We are currently branding our new home which started with the completion of our sign. Stay tuned for our new website in early Spring and an invitation to our Open House. Same mission, new location, to offer the most multi-dimensional and scientifically proven exercise, empowerment, camaraderie and fun!



Honor, Memorial, Support and Celebration

November – December 2021

IN HONOR/SUPPORT/CELEBRATION OF

Betsy Alver Larry Alver	Susan Lopez-Payan Jan Leu	Trent Schanz Carol and Gary Schanz
Nelda Chaney's 100th Birthday Donna Helms	Dr. Soania Mathur Dr. Arun Mathur	Holly Shaw Jared L. Miller
Charlet Coco Karen Smith	Paul "Power Up" McCarthy Mick and Kathleen Carr	Larry and Francie Stater Shelly Sheperton
Barbara DePaoli Charles De Paoli	Uncle John McCarthy Patti Langdon	Alan Datanagan Matthew Magsaysay
Diane Goeke Kenneth and Diane Goeke	Jim Morris Sheila Hefty Barry and Carolyn Martin Kenneth Peterson	Redding Parkinson Support Group Michael and Sue Gilmore Kim Hawkins Glenda McCoy John and Jacquie Rabjohn Robert and Linda Woodcook
Louie Hoop Diane Louise Hoop	Danielle Nicholls Lisa Lyford	
Peter Horvath Peter and Pat Horvath	Bruce Norton Patricia Carroll	

IN MEMORY OF

Russ Albright Sharlene St. Clair	Jerry Hayward Lynne Wells Barbara Zimmerman William Joliffe	Daniel G. Pennington Mary Lee Pennington
Bill Babb William T. Bragdon	Joan Jantzen Thomas and Janice Hollister Craig and Lynne Jantzen Myron Jantzen Sharlene St. Clair	Jordan Rapetti Evelyn Rapetti
Albert M. Bolter Jr. Jeannine Bolter	George Johnston Jackie and Bill McGrath	Don Redmond Larry and Betsy Alver Bert and Barbara Brown Linda and Chris Dolder Tony and Adrian Felice Cynthia Latham William Mellerup James and Helen Mixon Allan and Charmaine Nishita Angela Oliver and Jack Gill Richard and Sharon Redmond Judith and Roger Reynolds
Caroline Bowne Larry and Sharon Haskins	Cathy Kennard Karen Kennard	Phil Refnes Sharlene St. Clair
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Judy Felker Patrick Felker		

Donations

November – December 2021

Abbott Laboratories Camellia City 500 Club Consolidated Communications Foundation California Medtronic Anonymous Dina P Aquino Eden Aquino Lowell and Carolyn Ashbaugh Joanne Bailey David Baker Sharon Beauoin Quinten Beckman Noa Bell William Bennett Sharon Billings Florence and Hugh Brady Marcia Bredek Tom Cadman Susan Calfee Rosalia and Roger Camann Darlene Carlson Joe Carmona Ron and Vera Cecchi John Christiansen Theodore Cohen James Corn Susan and Roy Curry Lois and Michael Davis Richard and Bernadette DeCuir Sarjit and Bhupinder Dhaliwal Ted and Barbara Dickard Deborah Dillon Linda and Chris Dolder Terrence Donnelly David Dozier Amy Durnell James Eckerman Judy M Edman Eric Egli Lisa Eitzel Brenda Ewing The Boyce Family Lisa Favorini David Feder and Liz Luttrell Deborah Fletcher William Floyd Carole Ford Nico Forte Ken and Arlene Fujino Dick and Karen Fyten Bob and Becky Giannoni Ken and Linda Giese Ehsan Hadi Muriel Harris William and Phyllis Harris Yvonne Haskell Judy Hendricks Annette Hickman Mike and Melinda Holley Shirley Hoyer Marjorie M Imfeld Christine Jackson Karina Pendleton Jests Mark Kaye Claire Kinsley Pamela Kirtlan Mark Klinesteker	Gail and Eralene Kobetich Nancy Kretz Ronald Lam Griffin Laymon Stevens and Theresa Lee Susan Lopez-Payan Carolyn Loveridge Karen Low Frederick and Bic Lowe Paul Marking David and Linda Martin Steven May Gerald and Ulla McDaniel Francesca Mendenhall Dennis Merrill Judith Michalowski and Barry Wasserman Henry Miller Gordon and Sharon Moore Jean More Alexis and Brad Morris Doug Morris Jim and Gerry Morris Maxwell James Morris Mary K Morrison & Claudia Jo Weber Gretchen Muller Pamela Myczek Ellen Nakata-Harper Gloria and Michael Nemson Gordon and Betty North Raul and Paola Ocazonez Marianne Oliphant Gustav A Pass Rohit Patel Paul Prewitt Jacqueline Pryor Kevin F Quinn Bruce Resner Glenn and Jane Rickard Kathleen Rose Kay Schlegel and Martha Ann Blackman William Selling Ralph Sett and Family Francis Sheehan Kurt and Gail Sjoberg Doloris Smith Raymond and Mary Anne Smith Donna and Wayne Staub Liz Stehula Isabel Stevens Deborah Stokes Daria and Mark Stoner The estate of Elaine Sturges Sean and Susan Tracy Phillip and Carole Verccruyssen Carol and Larry von Kaenel Jennifer Westoby Louise Westoby Frances White Barry and Shirley Williams John and Margaret Wilson Denise Worth Brynn Wren Terry Yee Ruth Ziese
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Thank You! Your tax-deductible donation to PANC ensures the programs and services we provide to our Northern California community are there when you need them.

Looking for other ways to donate? Ask us about stock transfers, auto donations, and including PANC in insurance policies

Support Group Spotlight

The Redding Parkinson Support Group, an affiliate of PANC, was started in the early 1990's and is currently facilitated by Kim Hawkins since her retirement as a registered nurse in 2012. The group meets once each month in Anderson where it is an open discussion format with occasional speakers. They also meet twice each month for "Coffee in the Park." The group is currently in the process of creating a Parkinson's Care-Partner Support Group, Group Exercise Classes, and Group Speech Classes.

The philosophy and purpose of the group:

- Resourcing
- Emotional Support
- Encouragement
- Share new information
- Understanding – "walk the walk"
- Moving forward with up and coming meds, ideas, equipment and dealing with PD
- Problem Solving
- "Safe" place to talk about issues
- Share treatment strategies
- Provide support for Parkinson's patients and caregivers
- A place of encouragement and hope.

The group is open to individuals diagnosed with Parkinson's disease, their family members and other support people. The average number of attendees is 35-45 people. There is also an annual conference in the spring with over 100 attendees every year. You are invited to attend.

The Redding Parkinson Support Group 6TH ANNUAL CONFERENCE

DID YOU KNOW...? EXPERT TIPS FROM PARKINSON'S EXPERTS

WHEN: April 8th 2022

TIME: 8:30 a.m. – 4:00 p.m.

PLACE: The Gaia Hotel, Anderson, CA

REGISTER: go.panctoday.org/Redding2022 until April 1st

WHO SHOULD ATTEND: People with Parkinson's, family, friends, professionals are all welcome

Speakers include:

- Dr. E. Farbman, Movement Disorder Specialist, Roseman Medical Group, Las Vegas, NV
- Dr. R. Schrot, Neurosurgeon, Sutter Health, Sacramento, CA
- Dr. S. Nakano, Movement Disorder Specialist, Sutter Health, Sacramento



Sundial Bridge, Redding, CA

King of Hearts, CC BY-SA 4.0, via Wikimedia Commons

We hope you enjoyed hearing about the Redding Support Group and would love to see you at the conference and at the meetings. If you have any questions please feel free to call Kim Hawkins at (530) 945-7628, or email Kim.reddingpsg@gmail.com

Regional Support Groups

For additional information, visit www.panctoday.org

Support Groups are following Covid-19 safety guidelines. PANC recommends contacting the group facilitator for specific information on that group.

Butte County

Chico

Terry Donnelly 650-743-6871,
tmdonnelly68@gmail.com

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

Oroville

Carol Rawlins 530-282-0499,
carol48rawlins@gmail.com

El Dorado County

El Dorado Hills/Folsom

Support and Caregiver Groups see listings under Sacramento County

Placerville

Peggy Kline 408-309-1125, pegkline103@gmail.com

Napa County

Napa

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

Nevada County

Grass Valley/Nevada City

Jennifer Westoby 408-313-3524,
jennifer.westoby@gmail.com

Truckee

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

Placer County

Auburn

Call the PANC office for information 916-357-6641

Auburn Caregivers Luncheon

Call the PANC office for information 916-357-6641

Lincoln

Gary High 916-434-5905, gwhigh@wavecable.com
Susan Feldman 916-919-0063,
susan.feldman@brightstarcare.com

Roseville

Shelly Butler 916-837-3307,
sbutler7221@comcast.net

Roseville West

Ken Fujino 916 47884788, cell 360-461-3489,
kmfujino@outlook.com

Sacramento County

Carmichael/Eskaton

Colette Coleman colemanhior@gmail.com

EDH/Folsom Caregiver Lunch

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

EDH/Folsom

Donna Rixman 916-712-9642,
donna@yogapeace.net
Cathy Johnson 916-791-2425

Elk Grove

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

Sacramento Caregivers Lunch Bunch

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

Sacramento Post DBS Patients

Class schedule and contact info at
www.panctoday.org/support-groups
or 916-731-1611, HS-DBS@ucdavis.edu

Sacramento/Arden Arcade Area

Keith Tronson 916-395-2771,
keithtronson@sbcglobal.net
Jim Morris 916-359-4859, jimor1940@gmail.com
4th Thursday at Daunte Club, 4330 Fair Oaks Blvd.

Sacramento/Carmichael Area Young Onset Support Group

Mary Beth Arjil 530-409-4118, marjil@sbcglobal.net
Tony Wong 916-730-6303, acwong60@gmail.com

Sacramento/Gold River Lewy Body Dementia Care Partner Group

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

Sacramento Natomas Area

Looking for new facilitator

Sacramento Northeast Area

Sean Tracy 916-482-7014, sstfam@winfirst.com
Judy Tracy j-tracy@att.net

Sacramento South Area

Jerry Miyamoto 916-441-1020,
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David Teraoku 916-685-4162

San Joaquin County

Lodi

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Robin Bray 209-269-1080, braywaves@gmail.com

Lodi Care Partners Support

Charlene Martin 916-600-5769,
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Stockton

Looking for new facilitator
Christy Carruthers 209-478-2731,
carruthers209@gmail.com

Tracy

Looking for new facilitator
Kathy Clark 209-879-3108,
classieladyat63@yahoo.com

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

San Mateo County

Foster City Atria Senior Living

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

Shasta County

Redding

Kim Hawkins 530-945-7628,
Kim.reddingpsg@gmail.com

Sierra County

Loyalton

Betty Ferguson 530-993-4002, fergi45@gmail.com

Solano County

Benicia

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bradfordmiller807@gmail.com

Vacaville

Rick Newman 707-999-6845,
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Sonoma County

Sonoma

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Stanislaus County

Modesto

Beth Bollinger 209-668-9434,
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Sutter, Yuba, and Colusa Counties

Yuba City

Susan Vantress 530-701-0039,
Suze2u@hotmail.com

Yolo County

Davis

Sue Curry 530-304-9927, smcurry@sbcglobal.net

Davis-Care Partners

Karen Eagan 530-564-4323,
kareneagan747@gmail.com

Woodland

Looking for new facilitator

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.



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