



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

Sleep and Parkinson's Disease

by Erica Byrd, MD and Nicklesh Thakur, DO | Sutter Medical Group Neurology, Movement Disorders

Sleep complaints are common in people with Parkinson's disease. These may include insomnia, fragmented sleep, excessive daytime sleepiness, restless leg syndrome, sleep apnea and dream enactment. Similar sleep disorders are also common in the general population and are routinely evaluated by primary care physicians, neurologists, or sleep specialists. Parkinson's disease medications can affect sleep and contribute to possible side effects of sedation, insomnia or even sleep attacks.

Good sleep is vital for brain health and overall well-being. If sleep is a problem for you it is important to address any modifiable factors affecting your sleep. **First, review all medications with your doctor to see if any may be affecting your sleep.** This includes over the counter medications or supplements since they may have side effects or interactions with prescribed medications.

Second, work on sleep hygiene. Sleep hygiene is a variety of different practices that are necessary to have normal, good quality sleep at night and full daytime alertness. A few tips for improving sleep hygiene include:

- Establish a regular sleep schedule with similar wake and sleep patterns seven days a week and block off enough time to sleep
- Avoiding stimulants and large meals right before bed
- Minimize drinking beverages (especially alcohol and caffeine) before bedtime to help avoid frequent nighttime urination
- Make sure sleep space is relaxing and conducive to sleep
- Exercise early in the day and get out into the sunshine for light exposure
- Avoid vigorous exercise right before bed
- Use satin sheets or pajamas to help with turning in bed

Third, you should review your sleep patterns and particular reasons for sleep difficulty (frequent nighttime urination, insomnia etc.) with your doctor for an individualized plan. A sleep specialist referral or sleep study may be necessary to evaluate your sleep complaints in order to determine specific treatments.



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

PANC BOARD OF DIRECTORS

President: Sean Tracy, California Department of State Hospitals

Vice President: Christine Shade, Kaiser Permanente P.T., D.P.T., N.C.S.

Secretary: Myron Jantzen, Educator (retired)

Treasurer: Cody O'Keefe, Westlake, Grahl & Glover

Chris Chediak, JD, Weintraub Tobin

Eric Egli, Ph.D., Clinical Psychologist

Christine Grmolys, Senior Care Solutions

Suketu Khandhar, M.D., Medical Director, Kaiser Permanente

Marcie Larkey, Fund Development Professional (retired)

Carolyn Loveridge, CA Dept. of Education (retired)

Paul McCarthy, Mission Oaks Park and Recreation District

MEDICAL ADVISORS

KAISER NEUROSCIENCE

Suketu Khandhar, M.D.

Conrad Pappas, M.D., Ph.D.

Meghan Anderson, N.P.

Christine Shade, P.T., D.P.T., N.C.S.

Erin Vestal, P.T., D.P.T., N.C.S.

Jeanine Perry, P.T.

SUTTER MEDICAL GROUP

Nicklesh Thakur, D.O.

Fred Weiland, M.D., FACNM

Linda Ramatowski, N.P.

Erica Byrd, M.D.

UC DAVIS

Norika Malhado-Chang, M.D.

Lin Zhang, M.D.

Laura Sperry, F.N.P.

MERCY MEDICAL GROUP

Ehsan Hadi, M.D.

ADVISOR EMERITUS

David Dozier Jr., M.D.

THE PARKINSON PATH

Editor: Carolyn Loveridge

PANC

1024 Iron Point Road #1036

Folsom, CA 95630

panc@panctoday.org

www.panctoday.org

916-357-6641



Like us on Facebook
Follow us on twitter



Honor & Memorials

September – December 2019

IN HONOR OF

All brave Parkinson's Warriors

Darin Mittelstaedt

Betsy Alver

Larry Alver

Carolyn Ashbaugh

Lowell Ashbaugh

Norman Barron

Sue Barron

Edward Duke

Natalie Duke

Marlene Gigliotti

Cindy DeLaGarza

Richard Gigliotti

Stanley Grossman

Raquel Grossman-Perluss

Jack Haig

Robert & Betty Barch

Joan & Myron Jantzen,

Jim Morris, Sybil & Jerry

Miyamoto and Wendy &

John Virga for their

leadership everyday

Carol & Ned Spurgeon

Robert Jenkins

Anonymous

Judi & Jerry Kaminski

Carl & Rose Thys

Karen Kennard, Peter Phaal & Miranda Phaal

Cathy Kennard

Marcie Larkey

Linda Comeau

Mahjabeen

Ehsan Mansoor Hadi

Cecile Monier & Andre Monier

Tanya Monier

Jim & Gerry Morris

Kathleen Rodrigues

Jim Morris

Brad Morris

Doug & Linda Morris

Elaine Schaedler

Steve & Sara Walter

Mary O'Sullivan

Anonymous

The Parkinson Association Board of Directors

Kathleen Rodrigues

Parkinson's Support Groups

Parkinson Support Group of Sonoma County

The Redding Support Group

Richard & Linda Cheatum

Robert & Linda Woodcock

My husband Ted Reed

Leslie Reed

Phil Refnes

Joseph & Sharlene

St. Clair

Dorothy Ross

Susy Alarcon

Don Schmitz

Karen Pullin

Dr. Gerson Stauber

Sherry Shapiro

William Vallon

Betty Vallon

IN MEMORY OF

Burton Acker

Maxine Acker

Frank Armstrong

Carolyn Armstrong

Jerry Bays

Hilde Bly

Stephen & Edith

Brandenburger

Larry & Louise Davatz

Jerry & Mary Farrell

Gleason & Associates

Karen Hagen

Sevim Larsen

Skip & Cookie Lawrence

John T. Liddle

Gerald & Sybil Miyamoto

Ronald Nishimura

Betty & Neil Nostrand

Jan Schubert

Ron & Marcia Thom

Beatrice Tournabene

Neal Jeffrey Berger

Kimberly A. Smith

Caroline Bowne

Larry & Sharon Haskins

Linda Boyer

Norm & Linda Boyer

Frank Penko

William Plachy

Bob Bumen

Tri County Support Group

Randy Calvert

Larry & Betsy Alver

Mary P. Carroll

Anonymous

J. Kirk Davis

Constance Davis

Alex Doig

Pete & Sarah Bowie

William George Demos

Lorraine Doig

Arthur Ford

Carole Ford

Stan Foster

Andria Bersi

Judith Kooyman

Allen Friensehner

Kenneth Raschke

George & Patricia Riddle

Dr. David Haugen

Larry & Betsy Alver

Ruben Hausauer

Hilary Balfour

Dr. Robert Hayashi

Kimiko Klein

Gerald & Sybil Miyamoto

Kinya & Sharon Tsuruta

Ken Horst

Sarah Horst

Joan Jantzen

Myron Jantzen

Lt. Col. Richard S. Kaye

Arlene Kaye

Mark & Rochelle Kaye

Susan Keady

William M. Keady

Marshall Kraus

Skip & Cookie Lawrence

Richard Linde

Marilyn & Gerald Cole

Arnold Loveridge

Randy & Alice Braun

Carolyn Loveridge

Gene & Anily Luttrell

David Feder & Liz Luttrell

Jerry Martin

Earl & Jody Martin

Takako Mizokawa

Tri County Support Group

Daniel G. Pennington

Perry Loy

Mary Lee Pennington

Robert G. Smith

David Johnson

Bobby Sparks

Holly Browning

Betty Sparks

Tina Tafoya

Gerald & Sybil Miyamoto

Herbert Umeda

Gerald & Sybil Miyamoto

The Computer Made Me Do It

by Dorothy Ross, Davis Support Group

My grandkids kept asking that I put my writing pieces in some kind of order for them, so I decided to assemble a collection to give as Christmas gifts. I pictured three-ring binders divided chronologically or by subject matter. Seemed simple enough.

And it was simple but for the fact that I had written more than 200 pieces over the past twenty years since leaving my job at UC Davis. Determined to cull the files until I had distilled fifty of my favorite stories, I spent hours editing, cutting and pasting—trying to make each anecdote as interesting as possible.

When I was finished with the first draft, the manuscript totaled more than 200 pages. A writing coach friend convinced me to self-publish the memoir in paperback and Kindle for my many relatives and friends to purchase. She said Amazon made it easy and inexpensive. She was right about the cost—nothing out of pocket, but I found the assembly process daunting. The same guru recommended a man who could design the cover and format the text. His prices were quite reasonable.

All I had left to do was acquire an ISBN number – the bar graph that goes on the back of every book. I fussed with that for days until my daughter arranged for a reassuring phone call with her friend who is a published author. Done and done.

Amazon's self-publishing program detected two misspelled words in my 200-page book—both missing



letters. I had two choices: I could spend a lot of time finding and fixing the errors, or else I could instruct the online editor to ignore the mistakes and go to print with my memoir.

The absent letters were the result of Parkinson's progression in my hands. My dominant right hand has become downright overbearing, striking the keys too hard and lingering so long that I end up with strings of kkkkk and jjjjj. And the pinky on the weaker left hand often fails to complete the down stroke, resulting in those pesky misspellings due to missing letters.

When I sat down and skimmed the text, I was appalled at the number of cut-and-paste errors I found. My feeble fingers often dropped text while I was still dragging. All these mistakes are especially embarrassing given the theme of my book.

I gave Amazon permission to go ahead with the listing of my book without delaying to make it perfect. After twelve years of dealing with Parkinson's I know I'll never again be anything close to perfect.

Dorothy's memoir, *NOT Just a Secretary*, is now available online through Amazon books.

National Parkinson's Foundation Annual Moving Day Sacramento

The national Parkinson's Foundation annual **Moving Day Sacramento** will be held on Saturday, April 18, 2020 at American River College – Lot A (5100 Myrtle Ave., Sacramento, CA). Activities begin at 9 a.m. with the *We Move Ceremony and Walk* beginning at 10:30 a.m. The fundraising walk helps support research, grants and an excellent collection of online resources. Register today at www.movingdaysacramento.org and support a celebration of movement.

A pre-walk educational presentation will be held on Saturday, March 28, 2020 from 9 a.m. to 1:30 p.m. at the Mack Powell Event Center located at 2003 Howe Ave., Sacramento, CA 95825. This year's topic is: *Living with Parkinson's, Let's Talk About It: Symptoms Beneath the Surface*. The event is free but registration is required.

Register at www.Parkinson.org/Sacramento

Caregiver Resource Centers

If you are one of the estimated 2 out of 5 adults who are caregivers for a loved one with chronic and disabling conditions, where do you turn when you need resources and support? One place is your regional Caregiver Resource Center (CRC).

Services available through a CRC are free or low cost and include:

- specialized information on caregiving issues and community resources
- consultation with trained staff to assess and plan courses of action
- short-term counseling to offer support with the caregiving role
- financial assistance with respite care
- monthly support group meetings
- workshops on pertinent topics
- legal and financial consultation

The 11 Caregiver Resource Centers located throughout California are funded by the Department of Health Care Services, Area 4 Agency on Aging, grants, and private donations. Each center serves specific geographic locations. For example, **Del Oro CRC (www.deloro.org)** is located in Citrus Heights and serves the counties of Alpine,

Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, and Yuba Counties. **Passages CRC (www.passagescenter.org)** is located in Chico and serves Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity Counties. **Redwood CRC (www.redwoodcrc.org)** is located in Santa Rosa and serves Del Norte, Humboldt, Lake, Mendocino, Napa, Solano, and Sonoma Counties.

Resources are seldom adequate to meet all the needs. In an effort to augment the respite care, PANC has partnered with the above-mentioned resource centers and provides additional respite funding for care-partners of people with Parkinson's. Contact the appropriate CRC and inquire about respite resources. *Assisting a person with Parkinson disease is a 24/7 commitment and can take a toll on the physical and emotional health of a care-partner. Please consider supporting PANC's Caregiver Respite Program. Spread the word to your friends and family and ask them to donate at www.PANCToday.org.*

MONTHLY GIVING

Your monthly gift to the Parkinson Association generates impact every day of the year. Recurring contributions allow us to support the crucial needs of the Northern California Parkinson's Community.

You can easily setup your monthly gift at: www.panctoday.org

LEAVING YOUR LEGACY

Including the Parkinson Association of Northern California in your estate planning leaves a lasting impact in the lives of the Northern California Parkinson's Community.

For more information visit: www.panctoday.org

Redding Parkinson Support Group's 6th Annual Conference

The Redding Parkinson Support Group invites you to attend their 6th Annual Conference – **What the Specialists Want You to Know** to be held on Friday, April 10th, 2020 at the Gaia Hotel, 4125 Riverside Place, Anderson, CA 96007.

Sign-in is from 8:30 to 9:00 a.m. with the conference beginning at 9:00 a.m. to 4:00 p.m. Lunch is included.

Registration is available at www.panctoday.org starting February 17, 2020. The Early Bird cost is \$10 through March 1st. Regular registration from March 2nd through April 3rd is \$15. Late registration after April 3rd is \$40.

Come and enjoy a day of great presentations, exhibitors, and fellowship.

DONORS

September – December 2019 Donations

Sandra Alvord
 Carolyn Anderson Ph.D.
 Anonymous x 4
 Cheryl Arnold
 David Baker
 Janet Bedrosian
 Carol Bickle
 Teresa Bixler
 Jane Bogner
 John Boyle
 Frank & Debbie Bruno
 Jerry Byer
 Lynda Cadman
 Susan Calfee
 Jeffrey Clair
 Rachel & David Cohen
 Theodore Cohen
 Michael & Danielle Corcoran
 James & Elizabeth Corn
 Susan Mary Curry
 Robert Daby
 Elizabeth Dean
 Steve & Sandy DeRoss
 Chris & Linda Dolder
 John & Virginia Edlund
 Eric Egli
 Shelton Ehrich
 Nathan & Debi Fletcher
 Lewis S. Flint, Sr.
 Diana Foch

William Gardner Jr
 Miguel Garibay
 Priscilla A. Garza
 John J. Geraghty
 Bob Giannoni
 Ken & Linda Giese
 Janet Gilmour
 Lyle Gramling
 James M Hammond
 Muriel Harris
 Diane & Darrell Herold
 Annette Hickman
 Pat & Peter Horvath
 Jane Jackson
 Howard & Christina Janssen
 Judith Johnston
 Josie Jopson
 William & Madeleine Kenefick
 Claire Kinsley
 Lawrence Kirby
 Pam Kirtlan
 Stephanie Klose
 Gail & Ermalene Kobetich
 Nancy Kretz
 Ronald Lam
 Marcie Larkey
 Robert Lobell
 Lodi Parkinson's Support Group
 Ulla McDaniel
 Shauna McIntosh

Gordon & Sharon Moore
 Jim Morris
 Bruce Morse
 Carryll Mountjoy
 Robert & Nancy Muir
 Gretchen Muller
 Pamela Myczek
 William & Elfie Nadell
 Lynn Nance
 Arthur Nigro
 Marianne Oliphant
 Ronald Oliphant
 David & Joleen Petersen
 Deborah Phillips
 Yvonne & E. C. Phillips
 Jim Pinnell
 Casey & Patricia Randall
 Glenn Rickard
 Star & Allen Rudge
 Donna Sadler
 Henrietta Santos-Coy
 Nancee & Donald Schafer
 Carolyn Schilling
 Marilyn Sharrow
 Patricia Simms
 Kurt & Gail Sjoberg
 Ed & Doloris Smith
 Raymond & Mary Anne Smith
 Edward St Amour
 Vicki Stanley

Timothy Steinberger
 Daria Stoner
 Gerald Thomas
 William Thomas
 Judith Tracy
 Sean Tracy
 Linda Verchuck
 Wendy & John Virga
 Larry & Carol Von Kaenel
 Ron Von Rajcs
 Katherine & Donald Walter
 Jack Warner
 Barry Wasserman
 The Williams Charitable
 Foundation
 Margaret Wilson
 Brynn Wren
 James Wrigh
 Onelia Yan

Respite Care Donations

St. Michael's Episcopal
 Church
 Kathleen Dieden
 Hugh Griffin
 Terry Nishizaki
 Cornelis Ploeg

Sing for America Fundraiser

Teri & Dave Ruggiero



Parkinson Association of Northern California's

Annual Educational Conference

Saturday, October 24, 2020

The Annual PANC Educational Conference is scheduled for October 24, 2020 and will be held at the McClellan Conference Center, 5411 Luce Avenue, Sacramento, CA 95652. The keynote address will be given by Dr. Soania Mathur who was recently given the WPC award for Distinguished Contribution at the World Parkinson Congress in Kyoto Japan. The day will include up-to-date educational information, exhibits, lunch and more. Watch for additional information in upcoming issues of the Parkinson Path.



Regional Support Groups

For additional information, visit www.panctoday.org

Butte County

Chico — 1st Wednesday, 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave., Chico, CA 95973
Terry Donnelly 650-743-6871
tmddonnelly68@gmail.com
Bob Murray 530-321-6157
ordferry@yahoo.com

Oroville — 1st Thursday, 1:30-3 p.m.
Trinity Presbyterian Church
2350 Foothill Blvd., Oroville, CA 95966
Carol Rawlins 530-282-0499

El Dorado County

El Dorado Hills — 2nd Tuesday, 12 p.m.
Oakmont Luxury Living
2020 Town Center West Way
El Dorado Hills, CA, 95762
Donna Rixmann 916-712-9642
donna@yogapeace.net
Larry Alver 916-933-2465
ldalver@sbcglobal.net

El Dorado Hills/Folsom Caregiver Luncheon* — 3rd Thursday, 11:30 a.m.-1 p.m.
Round Table Pizza,
2793 East Bidwell St., Folsom, CA 95630
Larry Alver 916-933-2465
ldalver@sbcglobal.net

Placerville — 1st Tuesday, 1:30-3 p.m.
Senior Center Dining Room
937 Spring Street, Placerville, CA 95667
Peggy Kline 408-309-1125
pegkline103@gmail.com

Lake County

Temporarily Suspended

Napa County

Napa Young Onset Group — 4th Sunday, 3 p.m.
Covenant Presbyterian Church
1226 Salvador Ave., Napa, CA 94558
Colleen Winters 209-602-1536
cfwinters@yahoo.com

Nevada County

Grass Valley — 2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way, Grass Valley, CA 95945
Nancy Lockwood 530-272-7950
nmlockwood@aol.com

Truckee — 3rd Friday, 1 p.m.
Tahoe Yoga and Wellness Center
10710 Donner Pass Rd Truckee
Ellen Roumasset 650-759-3666
dr.eroumasset@gmail.com

Placer County

Auburn Caregivers Luncheon* —
3rd Tuesday, 11:30 a.m.
Club Car
836 Lincoln Way, Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Auburn Support Group
2nd Tuesday, 11:30 a.m. (no meeting Dec.)
Awful Annie's Café - Banquet Room
13460 Lincoln Way, Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Lincoln — 3rd Tuesday, 10 a.m.
Granite Springs Church
1170 E. Joiner Pkwy., Lincoln, CA 95648
Gary High Gwhigh@wavecable.com

Roseville — 1st Tuesday, 1:30-3 p.m.
Maidu Community Center
1550 Maidu Dr., Roseville, CA 95661
Harry Butler 916-837-3366
hapbutler@comcast.net
Website: rosevillepsg.weebly.com

West Roseville — 4th Tuesdays,
11:00-12:00 p.m.
St. John's Episcopal Church
2351 Pleasant Grove Blvd.
Roseville, CA 95747
Ken and Arlene Fujino 916-474-3489
kfujino1@msn.com

Sacramento County

Arden/Arcade — 3rd Thursday, 10 a.m.
Arden Christian Church
4300 Las Cruces Way, Carmichael, CA 95864
Keith Tronson 916-395-2771
keithtronson@sbcglobal.net
Jim Morris 916-359-4859
jimor1940@gmail.com

Carmichael/Sacramento Area Young Onset Support Group — 1st Wednesday, 6:30 p.m.
Carmichael Presbyterian Church
5645 Marconi Ave., Carmichael, CA 95608
Mary Beth Arjil 530-409-4118
marjil@sbcglobal.net
Tony Wong 916-730-6303
acwong60@gmail.com

Carmichael/Eskaton Support Group —
2nd Thursday, 10:00 a.m.-11:30 a.m.
3939 Walnut Ave., Carmichael, CA 95608
Colette Coleman
EVC-PD-Support@google.com

El Dorado Hills/Folsom Caregiver Luncheon* —
3rd Thursday, 11:30 a.m.-1 p.m.
Round Table Pizza,
2793 East Bidwell St., Folsom, CA 95630
Larry Alver 916-933-2465
ldalver@sbcglobal.net

Elk Grove — 3rd Wednesday, 10 a.m.
Senior Center of Elk Grove
8230 Civic Center Dr., Elk Grove, CA 95757
Myron Jantzen 916-686-4555
mpjantzen@aol.com

Folsom — 4th Monday, 10 a.m.
Folsom Senior and Arts Center
48 Natoma Street, Folsom, CA 95630
Donna Rixman 916-712-9642
donna@yogapeace.net
Cathy Johnson 916-791-2426

Gold River Lewy Body Dementia Caregiver/Care Partner Meeting (Collaborative Group) — 2nd Thursday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd., Gold River, CA 95670
Denise Davis 800-272-3900
denise.davis@alz.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

Natomas Area — 2nd Thursday, 10–11:30 a.m.
Adventure Christian Church
1500 N Market Blvd., Sacramento, CA 95834
Irene Duggan 916-710-6912
parkinsons1018@gmail.com

Northeast Area — 4th Thursday, 1 p.m.
St. Marks Unified Methodist Church,
Room E-24
2391 St. Marks Way, Sacramento, CA 95864
Sean Tracy 916-482-7014
ssfam@winfirst.com

Sacramento Post DBS Patients
See class schedule, location and contact
information at www.panctoday.org

Sacramento Caregivers Lunch Bunch*
(Collaborative Group) — 3rd Tuesday,
11 a.m.–1 p.m.
Ettore's
2376 Fair Oaks Blvd., Sacramento, CA 95825
Anne Spaller 916-728-9333
aspaller@deloro.org

South Area — 2nd Thursday, 1 p.m.
Asian Community Center
7334 Park City Dr., Sacramento, CA 95831
David Teraoku 916-685-4162

San Joaquin County

Lodi — 1st Monday, 10 a.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242

Ron and Maureen Olsen 209-745-1011
molsen@softcom.net
Robbin and Pat Bray 209-269-1080
braywaves@gmail.com

Lodi Caregivers Group* —
3rd Monday, 10 a.m.–12 p.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Call for directions/information
Jean Whitted 209-368-2809
bjwhitted@hotmail.com

Stockton — 2nd Thursday, 1:30 p.m.
O'Connor Woods
West Hall 3400 Wagner Heights Rd.
Stockton, CA 95209
Mary Ann Behrens 209-477-6496
mbehrens64@gmail.com

Tracy/Parkinson Support Group of Tracy —
2nd and 4th Mondays, 10 a.m.–12 p.m.
St. Paul's Lutheran Church
1635 Chester Ave., Tracy, CA 95376
Kathy Clark 209-879-3108
classieladyat63@yahoo.com

Shasta County

Redding — 2nd Friday, 1:00 p.m. Social Time;
1:30–3 p.m. Meeting; 3–3:30 p.m., Shasta
Shout - speech therapy
First United Methodist Church
1825 East Street, Redding, CA 95350
Kim Hawkins 530-945-7628
Kim.reddingpsg@gmail.com

Sierra County

Loyalton — 1st Friday, 1:30 p.m.
100 Hill St #32 Loyalton, CA 96118
Betty Ferguson 530-993-4002
fergi45@gmail.com

Solano County

Benicia — 2nd Saturday, 10:30 a.m.–12 p.m.
201 Raymond Dr., Benicia, CA 94510
Brad Miller 707-515-9216
bradfordmiller807@gmail.com

Vacaville Parkinson's Support Group —
4th Wednesday, 1:30–3 p.m.
The McBride Senior Center
91 Town Square Place, Vacaville, CA 95688
Brenda DeMartini 707-330-1551
brendaldemartini@gmail.com

Sonoma County

Sonoma County — 2nd Saturday @ 1:00 pm
Christ Church United Methodist
1717 Yulupa Avenue, Santa Rosa, CA 95405
Caregiver, Dance, Singing & Speech Class
see www.parkinsonsonomacounty.org
Nancy Wilson nlwilson.41@gmail.com
Marc Alexander 707-431-8767
malexander109@comcast.net

Stanislaus County

Modesto — 3rd Wednesday, 1:30–3:30 p.m.
Jan.–Nov. (No meeting in July)
Sutter Health Facility
1700 McHenry Ave, Modesto, CA 95350
Paul Vantress 209-526-6184
modestoparkinsons@gmail.com

Sutter County

Yuba City — 2nd Monday, 1 p.m.
Sutter Medical Foundation
969 Plumas St., Suite 208
Yuba City, CA 95991
Janice Herbert 530-673-3064
tricontyparkinsons@gmail.com

Yolo County

Davis — 3rd Thursday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Sue Curry 530-304-9927
smcurry@sbcglobal.net

Davis Care Partners Group* —
2nd Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Karen Eagan 530-564-4323
kareneagan747@gmail.com

Woodland — 4th Tuesday, 1 p.m.
(No meeting Jul/Aug)
Woodland Comm. and Senior Center
2001 East Street, Woodland, CA 95776
Bernadette Murray 530-661-1950
bemurray2008@gmail.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.

* Caregiver / Care Partner meeting.



PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

1024 Iron Point Road #1036
Folsom, CA 95630

Non-Profit
U S Postage
PAID
Permit 604
Sacramento CA

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



Save the date and start rounding up your team for the walk that supports PANC!

Robert G Smith Walk to Cancel Out Parkinson's

Saturday, April 4 2020

The 4rd Annual 'COP Walk' (Robert G. Smith Walk to Cancel Out Parkinson's) is scheduled for April 4, 2020. It will be held at the Maidu Regional Park, 1550 Maidu Drive, Roseville, CA. Registration and the resource fair begin at 9 a.m. with the walk beginning at 10:30 a.m. Lunch follows at 11:30 a.m. This year we hope to have the biggest year ever and we need your help. The walk, organized and coordinated by the Embarcadero Lions Club and supported by regional Lions Clubs and the State Lions Organization is held in honor of 'Bob' Smith, with all proceeds donated to support the efforts of the Parkinson Association of Northern California (PANC). This event has raised **\$81,570 for PANC** in the past three years. In essence...every dime we help the Lions raise means funding comes back to PANC for: new support groups, additional ParkinsonWISE Programs, enhanced Information and Referral services, an amazing, low cost Annual Conference, additional Respite Care and more. Given their dedication to the Parkinson Community, we believe the Embarcadero Lions Club deserves all the support we can muster.

How can you help?

- **Make a donation and attend the event:** Cheer our supporters on, participate in the health fair, visit our wonderful sponsors, enjoy the entertainment, eat a free lunch, all in a beautiful park setting with easy parking!
- **Gather a walk team:** encourage your support group to join together, gather their friends/families to generate a group of supporters to walk as a team. And then enjoy the festivities.

Go online for registration and pledge forms: www.rgsmith.org
Any questions call the PANC Office: **916-357-6641**

