



# 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](mailto:Sharon@panctoday.org)

## When Your Feet Feel Stuck to the Floor

by *Christine Shade, PT, DPT, NCS and Sarah Pinasco PT, DPT, Kaiser Permanente*

**H**ave you ever felt like your feet were stuck to the floor or your legs felt like cinder blocks making it impossible to move? This is something that happens to people with Parkinson's Disease and is called freezing. The exact cause of freezing is unknown but tends to happen when dopaminergic drugs are wearing off. Freezing can happen when people are in new or stressful environments, when walking in narrow or wide-open spaces, or trying to make a turn. Freezing increases a person's fall risk and can increase anxiety for the person with Parkinson's as well as for their family members and friends.

The best way to manage freezing is to prevent it. Aerobic exercise helps control PD symptoms and freezing is no exception to the rule. Other strategies include taking long strides and hitting the ground with your heel first to prevent freezing from occurring. Anxiety is another precipitating factor for freezing. Managing anxiety through exercise, medication, or counseling can all help decrease the frequency of freezing. Be sure to discuss your freezing episodes with your neurologist and physical therapist.

When freezing cannot be prevented, there are some simple tricks that help you get out of a freeze. The first step is to stop struggling. Think about quicksand, the harder you fight, the more you sink in. At the first sign of freezing, STOP and take a deep breath, relax and put your weight back on your heels. From there try one of these strategies:

- Count out loud while you step to the beat
- Look at and then step onto a specific spot on the ground
- Shift your weight side to side then focus on taking one large step
- If turning LEFT try to turn your LEFT toe out, when turning RIGHT turn your RIGHT toe out.

**Freezing increases a person's fall risk and can increase anxiety for the person with Parkinson's as well as for their family members and friends.**

*continued on page 4*



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

(Hon) James Morris, Superior Court Judge (retired)

Kate Rodrigues, UC Davis Medical Center (retired)

#### Executive Director:

Michelle Coleman, CFRE, CPC

#### MEDICAL ADVISORS

##### KAISER NEUROSCIENCE

Suketu Khandhar, M.D.

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

Catherine Nitafan-Young, F.N.P.

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

Erin Vestal, P.T., 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

December – February 2019 Donations

## IN HONOR OF

### The Benicia Support Group

Baker Keener Nahra LLP

Margaret Kudrna

Steven and Theresa Lee

Tuyet Tran

Bill and Debbie Williges

### The Redding Support Group

Glenda McCoy Revocable

Trust

John, Jacquie and Jennifer

Rabjohn

Robert and Linda

Woodcock

### Dr. Noriko Mahaldo-Chang

Leslie Reed

### ALL care-partners and people living with Parkinson's disease

Suketu Khandhar

### All of us with Parkinson's disease

Anonymous

### Stanley Brown

Christine Brown

### Dr. Robert Burgerman

Lin Ramatowski

### Lynda Cadman

Lynda Cadman

### William Cawley Jr.

Leeann Cawley

Benicia Plumbing Inc.

### Alan Datanagan

Marlene Magsaysay

### Lee Ford

Bernardine Ford

### Marlene Gigliotti

Cindy De La Garza

### Stanley A. Grossman

Raquel Grossman-Perluss

### Jerry Hayward

Ronald and Linda

Tochterman

### Robert Jenkins

Joette Maxwell

### Lauren Luttig

Chris Lowe

### Carol Means

Bernadette Murray

### Sybil Miyamoto

Craig Miyamoto

### Jim Morris

Ronald and Linda

Tochterman

### Syl Nistler

Lea Nistler

### Ted Reed

Leslie Reed

### Phil Refnes

Joseph and Sharlene

St. Clair

Lois Wright

### Bobby Sparks

Anonymous

### Larry Stater

Larry Stater

### Bobbie Sue

Vincent Sue

### Joanne Whittaker

Kathleen Deveny

### Gary Wright

Patricia Wright

## IN MEMORY OF

### Frank Armstrong

Carolyn Armstrong

Stephenie Alstrom

### Carolyn Bowne

Julie Ayotte

### Bill Clarke

Joseph and Sharlene

St. Clair

### Kirk Davis

Constance Davis

### Jim Dax

Kathleen Dax

### Violet Exline-Ross

Daniel and Mary

Decious

### Gunhild Gregersen

Torsten Madsen

Tara McCain

Kurt and Wilma

Weinmeister

### Jerry Hickman

Annette Hickman

### Joan Jantzen

Thomas and Janice

Hollister

Myron Jantzen

Gerald Powell

Vera Refnes

Joseph and Sharlene

St. Clair

Lois Wright

### Larry K. Kanemoto

Arlene and Kenneth Fujino

### Bill Kenney

Maureen Olsen

### Maria La Rocque

Ed La Rocque

### Arnold Loveridge

Patricia Del Monico

Myron Jantzen

Marilyn Johnson

Steven Loveridge

Jeanette Luttman

William and Macell Millard

Sean Tracy

Judy Tracy

Keith and Betty Tronson

David Waling

### James McDonald

Hurricane and Linda

Hayward

### Stan Nishio

Gerald and Sybil

Miyamoto

### Harold Ohanesian

Dorothy, Joanne and

Elaine Hagopian

Joseph and Cynthia

Moore

### Mary O'Sullivan

Michaelene Miles

Darrell C. O'Sullivan

Maureen Olsen

### PCC Robert Smith

LA New Millennium

Lions Club

Sid and Violeta Sioson

### Robert G. Smith

Richard DeCuir

# Making Friends with the Floor

by Dorothy Ross, Davis Support Group



When the Feldenkrais instructor learned of my Parkinson's diagnosis she cautioned me to make friends with the floor. Really. She advised me to get down to ground level at least once each day so I'd be able to get back to standing after the inevitable falls.

It is true that a person with Parkinson's has a tendency to fall. And a major, bone-breaking crash landing could be a life-changing—or even life-ending—catastrophe. How can you avoid a Humpty Dumpty spill? First eliminate hazards in your home, like throw rugs and clutter. Then

ask a physical therapist to design a personalized exercise program for you aimed at balance and fall prevention.

I've begun to experience freezing episodes, which makes me even more likely to tumble. My PT recently advised me to use a walker. "All the time?" I asked.

"Most of the time," she responded. "For extended outings to places like the mall where navigating with the walker would be too tiring, you might want a wheelchair."

A wheelchair? Me? It didn't seem possible that I could go from walking on my own two feet, unassisted, to using a walker—and perhaps even a wheelchair—in just a matter of months. With a little help from family and friends I do get out and about and I'm comfortable taking my walker into theaters and restaurants.

The wheelchair will take some getting used to, however. I need to practice negotiating corners and getting back into the chair if I fall out. I continue to make friends with the floor so I'll never need to say, "I've fallen and I can't get up."

## Notes from the Association

### Welcome to the Board

The Parkinson Association is excited to introduce two new members of the Board of Directors, Paul McCarthy and Cody O'Keefe.

Paul McCarthy is a Personal Trainer who also teaches exercise and movement classes for persons with Parkinson's disease at Mission Oaks Park & Recreation District. Paul brings his passion for serving the Parkinson's community and his desire to get everyone moving. Cody O'Keefe serves as Financial Advisor with Westlake, Grahl & Glover; he and his family are new to the Sacramento Region. Cody brings a passion for the mission and his experience in working with nonprofits to this board. Cody will serve as the Treasurer of the Parkinson Association Board of Directors.

## Save the Date!

**Saturday, August 17**

ParkinsonWISE Training  
Lodi, CA

**Friday, August 9**

River Cats Game  
Parkinson Association  
Friendraiser

**Saturday, October 26**

The Parkinson Association's  
Annual Educational Conference

2019 Annual Conference Keynote Speaker

## BRIAN GRANT: Still Tenacious

**B**rian Grant was an NBA basketball star known for his tenacious rebounding and a fearless attitude on the court. Today, Brian continues to inspire others as a speaker, philanthropist, and a patient who insists on thriving with Parkinson's disease. His mission is to help people become their best, even when it seems impossible.

In 2008 at age 36, two years after retiring from professional basketball, Brian was diagnosed with young-onset Parkinson's disease. It was hard for him to believe that his athletic body couldn't push through the pain or get better with time. Brian was scared and humbled, yet fiercely determined to be as healthy as possible. This motivation launched the Brian Grant Foundation, for those with Parkinson's who want to lead active and fulfilling lives.

Brian has since become a sought-after keynote speaker. Companies and organizations nationwide are drawn to his authenticity and captivated by his stories that unite us as people, regardless of age or background.

Through his journey, Brian learned that you can't always control the ball, but you can control your effort. As a father of eight, he wants to show his kids that quality of life takes sweat and determination, but the results are worth it.

Brian Grant will serve as our keynote speaker for the October Conference. You won't want to miss this inspiring and educational event.

For more information about Brian's journey and his foundation go visit [www.briangrant.org](http://www.briangrant.org)



## When Your Feet Feel Stuck to the Floor

*continued from page 1*

### How Caregivers Can Help

As a care partner, you can provide a great deal of help with freezing prevention and management. Freezing often occurs in a new or stressful environment, so try the following:

- **Prevention**
  - Create a calm environment
  - Try not to rush
  - Make a plan with your partner about what to do when freezing starts
- **Reaction**
  - Take a calming breath with your partner. Sometimes a simple hug can help.
  - Encourage the tips you've learned in therapy or this journal as soon as you see freezing start
  - Hold hands and shift your weight from side to side as if dancing
  - Place your foot out to give your partner a goal to step toward

**Freezing happens, but you can manage.**

### 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](http://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 contact Michelle Coleman at [michelle@panctoday.org](mailto:michelle@panctoday.org)

# DONORS

March – May 2019 Donations

Larry and Betsy Alver  
 Anonymous  
 Clara Barnhardt  
 Janet Bedrosian  
 George and Joan Beitzel  
 Mike Bristow  
 Hal and Gayle Buckholz  
 Christy Carruthers  
 Michelle Coleman  
 James Corn  
 Vincent Cukar  
 Charles and Barbara DePaoli  
 John and Virginia Edlund  
 Mary Ellis  
 Sharon Englehardt  
 Marlene and Richard Gigliotti  
 Anthony Gilbert  
 Harwant Gill

Richard Gilmour  
 Joyce and Bob Greenleaf  
 Dennie and Tom Hansen  
 C. Scott Harris Jr.  
 Annette Hickman  
 Alan and Vivian Hida  
 Alice Inouye  
 Lawrence Kirby  
 Nancy Kretz  
 Mary Jane Lee  
 Artmond Louie  
 The Lunch Bunch Support Group Members  
 Timothy Lumsden  
 Joy McCarthy  
 Robert and Anne Meagher  
 Harold and Jacqueline Meyer  
 William and Macell Millard  
 Jacquelyn and Gordon Miller

Jerry and Sybil Miyamoto  
 Gordon and Sharon Moore  
 Mary Morrison  
 Raul and Paola Ocazonez  
 Deborah O'Haire  
 Rock Steady Boxing Sacramento  
 Roger and Sharon Roman  
 Star and Allen Rudge  
 John Sanchez  
 Avery and Susan Seifert  
 Mary Ann Shepperd  
 James Strausser  
 Craig Uchida  
 Jean Whitted  
 Robert and Linda Woodcook  
 Loren and Ruth Ziese



## WPC Inspired *by Suketu M. Khandhar, M.D.*

The World Parkinson Congress is an event that convenes every 3 years bringing together all stakeholders in the cure for Parkinson's disease. This year marked the 5th Congress, which took place from June 4–7 in Kyoto, Japan. I was fortunate to go and see old friends as well as make new friends.

You all remember David Leventhal, founder of Dance for PD. He spoke at the annual PANC educational symposium in 2017.



I was inspired by the ongoing conversations on early detection, biomarkers, exercise and therapy approaches, self-advocacy and stem cell research. I was inspired by the evolution of wearable technology to better monitor motor symptoms in PD rather than relying solely on reported history or subjective measures in the clinic. I was inspired by the preliminary studies repurposing known medications such as Exenatide (diabetic medication) and Ambroxol (airway disease medication) for use in Parkinson's disease. I was inspired by keynote speaker, Dr. Shinya Yamanaka, 2012 Nobel laureate in Medicine for his discovery that mature cells of the body can be reprogrammed to be pluripotent and possibly applicable in degenerative conditions like PD. I was most inspired by those living with Parkinson's who made their way to beautiful Japan to be part of the conversation because it's their conversation to have.



# Regional Support Groups

For additional information, visit [www.panctoday.org](http://www.panctoday.org)

## Auburn

### Caregivers Luncheon\*

2nd Tuesday, 11:30 a.m.  
*Awful Annie's Cafe*  
 13460 Lincoln Way, Auburn, CA 95603  
**Karen Hancock 530-885-0950**  
[karen@hancockonline.net](mailto:karen@hancockonline.net)

## Benicia

2nd Saturday, 10:30 a.m.–12 p.m.  
 201 Raymond Dr., Benicia, CA 94510  
**Brad Miller 707-515-9216**  
[bradfordmiller807@gmail.com](mailto:bradfordmiller807@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](mailto:marjil@sbcglobal.net)  
**Tony Wong 916-730-6303**  
[acwong60@gmail.com](mailto:acwong60@gmail.com)

### Carmichael Eskaton Support Group

1st Wednesday, 10:00 a.m.–11:30 a.m.  
 3939 Walnut Ave., Carmichael, CA 95608  
**Ron von Rajcs 916-715-3920**  
[rondivr@surewest.net](mailto:rondivr@surewest.net)

## Chico

1st Wednesday, 1:30 p.m.  
*Sycamore Glen Ret. Community*  
 1199 Diablo Ave., Chico, CA 95973  
**Bill Bragdon 530-342-7272**  
[tinmanb@sbcglobal.net](mailto:tinmanb@sbcglobal.net)

## Davis

3rd Thursday, 1:30 p.m.  
*Davis Senior Center*  
 646 A Street, Davis, CA 95616  
**Sue Curry 530-304-9927**  
[smcurry@sbcglobal.net](mailto: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](mailto:kareneagan747@gmail.com)

## El Dorado Hills

2nd Tuesday, 12 p.m.  
*Rolling Hills Church Multipurpose Bldg,*  
*West End of Complex-Rm 8*  
 800 White Rock Rd.  
 El Dorado Hills, CA, 95762  
**Donna Rixmann 916-712-9642**  
[donna@yogapeace.net](mailto:donna@yogapeace.net)  
**Larry Alver 916-933-2465**  
[ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

## El Dorado Hills/Folsom Caregiver Luncheon\*

3rd Thursday, 11 a.m.–1 p.m.  
*Round Table Pizza,*  
 2793 East Bidwell St., Folsom, CA 95630  
**Larry Alver 916-933-2465**  
[ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

## Elk Grove

3rd Wednesday, 10 a.m.  
*Senior Center of Elk Grove,*  
 8830 Sharkey Ave., Elk Grove, CA 95624  
**Myron Jantzen 916-686-4555**  
[mpjantzen@aol.com](mailto:mpjantzen@aol.com)

## Folsom

4th Monday, 10 a.m.  
*Folsom Senior & Arts Center*  
 48 Natoma Street, Folsom, CA 95630  
**Mary & Gene Cabaluna 916-987-1684**  
[cabalunaem@comcast.net](mailto:cabalunaem@comcast.net)

## 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](mailto:nmlockwood@aol.com)

## Lake County

2nd Monday, 2–3:30 p.m.  
*United Christian Parish*  
 745 N. Brush St., Lakeport, CA 95453  
**Phil Myers 707-263-4624**  
[phillip.e.myers@att.net](mailto:phillip.e.myers@att.net)

## Lincoln

3rd Tuesday, 10 a.m.  
*Granite Springs Church*  
 1170 E. Joiner Pkwy., Lincoln, CA 95648  
**Gary High**  
[Gwhigh@wavecable.com](mailto:Gwhigh@wavecable.com)

## Lodi

1st Monday, 10 a.m.  
*Grace Point Church*  
 801 S. Lower Sacramento Rd.  
 Lodi, CA 95242  
**Ron & Maureen Olsen 209-745-1011**  
[molsen@softcom.net](mailto:molsen@softcom.net)  
**Robbin & Pat Bray 209-269-1080**  
[braywaves@gmail.com](mailto:braywaves@gmail.com)

## 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](mailto:bjwhitted@hotmail.com)

## Loyalton

1st Friday, 1:30 p.m.  
*Golden West Restaurant*  
 Main Street, Hwy 49, Loyalton, CA 96118  
**Betty Ferguson 530-993-4002**  
[fergi45@gmail.com](mailto:fergi45@gmail.com)

## Modesto

3rd Wednesday, 1:30–3:30 p.m. Jan.–Nov.  
 No meeting in July  
*Trinity United Presbyterian Church*  
 1600 Carver Rd., Modesto, CA 95350  
**Paul Vantress 209-526-6184**  
[modestoparkinsons@gmail.com](mailto:modestoparkinsons@gmail.com)

## Napa

### Young Onset Group

4th Sunday, 3 p.m.  
*Covenant Presbyterian Church*  
 1226 Salvador Ave., Napa, CA 94558  
**Joe Burger 707-266-6156**  
[jeburger99@gmail.com](mailto:jeburger99@gmail.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](mailto:panc@panctoday.org)

### Oroville

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

### 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](mailto:pegkline103@gmail.com)

### 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.reddingspg@gmail.com](mailto:Kim.reddingspg@gmail.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](mailto:hapbutler@comcast.net)  
Website: [rosevillepsg.weebly.com](http://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](mailto:kfujino1@msn.com)

### Sacramento

#### 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](mailto:keithtronson@sbcglobal.net)  
Jim Morris 916-359-4859  
[jimor1940@gmail.com](mailto:jimor1940@gmail.com)

#### Sacramento Caregivers Lunch Bunch\* (Collaborative Group)

3rd Tuesday, 11 a.m.  
Ettore's  
2376 Fair Oaks Blvd., Sacramento, CA 95825  
Anne Spaller 916-728-9333  
[aspaller@deloro.org](mailto:aspaller@deloro.org)

#### Caregiver/Care Partner Meeting Gold River Lewy Body Dementia (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](mailto:denise.davis@alz.org)

#### Sacramento Men's Group

Suspended pending further notice.

#### 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](mailto: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  
[ssstfam@winfirst.com](mailto:ssstfam@winfirst.com)

#### Post DBS Patients

See class schedule, location and contact information at [www.panctoday.org](http://www.panctoday.org)

#### South Area

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

### Sonoma County

1st Saturday, 1 p.m., Feb/Mar/Apr/May/  
June/Oct/Nov  
2nd Saturday, 1 p.m., Aug/Dec  
NO meetings in Jan/Jul/Sept.  
Christ Church United Methodist  
1717 Yulupa Ave., Santa Rosa, CA 95405  
Nancy Wilson 707-888-5174  
[wroseland@earthlink.net](mailto:wroseland@earthlink.net)  
Marc Alexander 707-431-8767  
[malexander109@comcast.net](mailto:malexander109@comcast.net)

### 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](mailto:mbehrens64@gmail.com)

### Tracy

**Parkinson Support Group of Tracy**  
2nd & 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](mailto:classieladyat63@yahoo.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](mailto:brendaldemartini@gmail.com)

### Woodland

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

### Yuba City

2nd Monday, 1 p.m.  
Sutter Medical Foundation  
969 Plumas St., Suite 208  
Yuba City, CA 95991  
Janice Herbert 530-673-3064  
[tricityparkinsons@gmail.com](mailto:tricityparkinsons@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](mailto:Sharon@panctoday.org)

# ANNUAL CONFERENCE

## PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA'S Annual Educational Conference

# October 26, 2019

## 9:30 a.m. – 2:30 p.m.

### **McClellan Conference Center**

5411 Luce Avenue, Sacramento, CA 95652

KEYNOTE SPEAKER: *Brian Grant, former NBA Player  
diagnosed with Parkinson's Disease at 36*

**Register at [www.panctoday.org](http://www.panctoday.org)**

For more information email [panc@panctoday.org](mailto:panc@panctoday.org) or call 916-357-6641  
Registration fee is \$25.