

# 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)

## Anxiety and Parkinson's Disease

By *Sutter Health and Geriatric Psych Direct, Erica Byrd, MD; Bev Chang, MD; Nick Thakur, DO*

**P**arkinson's disease (PD) is a neurodegenerative disorder that primarily affects movement, but it can also have non-motor symptoms, including anxiety. Anxiety is a common symptom in people with PD, affecting up to 30-50% of individuals with the disease.

Anxiety in PD can be caused by a variety of factors, including changes in the brain's chemistry, the stress and uncertainty of living with a chronic illness or even medication side effects. Anxiety symptoms may include excessive worry, restlessness, irritability, muscle tension, and sleep disturbances. Anxiety can worsen the motor symptoms of Parkinson's disease, especially tremors.

Common anxiety types include generalized anxiety disorder, social anxiety disorder, specific phobias or panic disorder. These disorders can cause significant distress and impairment in daily functioning, and may require treatment with medications, psychotherapy, or a combination of both. Effective treatment of anxiety can improve both motor and non-motor symptoms of Parkinson's disease and enhance a person's ability to manage their illness.

Traditional medication treatment options for anxiety in PD include anti-depressants such as selective serotonin

reuptake inhibitors. Short acting medications such as benzodiazepines should be limited given the potential side effects to contribute to cognitive dysfunction and falls especially in the aging population.

Non-medication options include psychotherapy, such as cognitive-behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR). Meditation or a daily gratitude journal may also help reduce anxiety levels.

PD patients can also have more severe anxiety in "off medication" state as well as other PD-related anxiety disorders such as fear of falling. This requires a more detailed assessment from your healthcare providers to optimize PD medications and to implement an appropriate exercise regimen and fall prevention tactics. Self-care, stress management techniques, relaxation techniques and good social support are also key in overall success of managing symptoms.

It is important for people with Parkinson's disease to discuss any symptoms of anxiety with their healthcare provider, as they can impact their quality of life and overall well-being. Below are some helpful resources and tips.

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

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## Message from the Executive Director

**W**ow! The last few months, including Parkinson's Awareness Month in April, were a whirlwind of incredible events and educational opportunities that honored the heroes and progress in the ever-evolving world of PD. It's been a joy to get out of "COVID hiding" and share laughter and tears with many of our wonderful PANC constituents at support group meetings, PD walks, a comedy night, the PANC support group facilitator workshop, and more. The great news is that two formerly successful support groups are restarting in Natomas and Stockton and that the PANC Annual Education Conference agenda is finalized and ready to share.



Jan Whitney, Executive Director for PANC

In the last several months, legislation was introduced in the U.S. Congress aimed at widening the requirements for insurance carriers to provide PD care and medications to subscribers in the National Plan to End Parkinson's Act. This same legislation will also construct one cohesive, communicative entity between government and private industry to find a cure and eliminate targeted environmental toxins. Additionally, the Michael J Fox Foundation recently discovered and reported on a new tool that can detect Parkinson's in the body's spinal fluid. This discovery opens a new chapter for research and hopefully, a future where people living with Parkinson's can expect improved care and treatments and newly diagnosed individuals may never advance to full-blown symptoms.

These past few months have also reiterated to me the incredible importance of PANC's presence and services within the Parkinson's community. Thankfully, many generous and dedicated individuals and companies contribute financially to help us sustain our ongoing work. Between Big Day of Giving, the Cop Walk, the Archival Gallery, and the comedy show, those efforts collectively provided PANC with a fiscal quarter boost to help us continue doing what we do best – building community for the journey.

My hope is that no one feels the need to be alone on this journey and that you know that PANC and our support groups are here (and will continue to be) for you and your loved ones. As I've been out and about, it's been wonderful to be reminded that the PD community is full of incredibly resilient and compassionate souls, most looking for connection and resources to help with their experiences too. Don't be shy – the road ahead truly is much better traveled with friends.

### A FOND FAREWELL

We send our best wishes with three long time board members who are retiring from the PANC board. These include Dr. Eric Egli, PhD, Dr. Suketu Khandhar, MD, and Marcie Larkey, fund raiser extraordinaire. Each of these board members has provided many hours of valuable service to PANC and will be greatly missed. Our intent is to stay connected with them and consult from time to time. This does leave three vacancies on the board. If you or someone you know would be interested in serving on the PANC board, please contact the PANC office to find out more about board service.



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

**SEPT. 30, 2023**

**The Roebbelen Center  
@ the Grounds**

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

**FEATURED SPEAKERS**



**INDU SUBRAMANIAN, M.D.**

Clinical Professor of Neurology at UCLA and director of the VA's Southwest Parkinson's Disease Research, Education and Clinical Care Center of Excellence in Los Angeles. She focuses on Integrative Medicine with a special interest in Yoga and Mindfulness.



**DAVE IVERSON**

Author of the caregiving memoir *Winter Stars*, documentary filmmaker, retired broadcast journalist, and person with Parkinson's Disease.

**PARKINSON ASSOCIATION OF  
NORTHERN CALIFORNIA**

**Registration  
Opens August 1**

**\$30 In-person includes lunch  
(Early-bird through Sept. 12)  
\$20 Virtual (Spanish  
interpretation available)**

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

**Sponsor/Exhibitor  
Opportunities Available**

**Topics:**

- Keynote: Wellness in PD
- Apathy, Depression, and Anxiety
- A Care Partner's Story
- Updates on DBS and Neurosurgery
- Panel Discussion and Q & A

**And More:**

- Exhibit Hall of Resources
- Connect with Community
- Movement Breaks
- Lunch, Snacks, and Prizes
- Book Signing with Dave Iverson

**Contact Info:  
[panc@panctoday.org](mailto:panc@panctoday.org)  
916.357.6641**

## Anxiety and Parkinson's Disease

*continued from page 1*

### Resources for mediation and mindfulness:

Guided mediation: UCLA Mindful Awareness Research Center (MARC)

[www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations)

Stanford Medicine Mindfulness/Compassion

[wellmd.stanford.edu/healthy/mindfulness.html](http://wellmd.stanford.edu/healthy/mindfulness.html)

Jon Kabat-Zinn is a well-known leader on Mindfulness and has many YouTube videos/resources online.



### Tips and things to know when looking for a therapist

- Therapists can be hard to find due to high demand and impacted schedules.
- If you are not easily able to find a therapist, reach out to your local social worker if you have one available for resources on how to find a therapist (many doctor's offices have a social worker).
- There are multiple ways one can become a therapist and they may come from a variety of backgrounds (PhD, PsyD, LCSW, MSW, LMFT or other). Try not to focus on the background of the therapist as much as "goodness of fit" for yourself and your needs. A "good fit" would mean that the therapist's style and methods provide the right balance of providing support while also challenging false or distorted beliefs that may be contributing to your anxiety.

### Resources to help find a therapist:

Psychology Today: [www.psychologytoday.com/us](http://www.psychologytoday.com/us)

Therapy Den: [www.therapyden.com](http://www.therapyden.com)

*Acknowledgement: Chat GPT (artificial intelligence chatbot) assisted in writing portions of the article.*

## La Ansiedad y Parkinson

*By Sutter Health and Geriatric Psych Direct, Erica Byrd, MD; Bev Chang, MD; Nick Thakur, DO*

La enfermedad Parkinson (PD) es un trastorno neurodegenerativo que afecta principalmente el movimiento, pero también puede tener otros síntomas, incluyendo la ansiedad. La ansiedad es un síntoma común en personas con PD, afectando al 30-50% de los individuos con la enfermedad.

Varios factores pueden causar la ansiedad en PD, incluyendo cambios en la química del cerebro, el estrés e incertidumbre de vivir con una enfermedad crónica y hasta los efectos secundarios de la medicación. Síntomas de la ansiedad incluyen preocupación excesiva, inquietud, irritabilidad, tensión muscular y trastornos del sueño. La ansiedad puede empeorar los síntomas motrices de Parkinson, en especial los temblores.

Tipos de ansiedad comunes incluyen ansiedad generalizada, trastorno de ansiedad social, fobias específicas o trastorno de pánico. Estos trastornos pueden causar significativa angustia y discapacidad en funcionamiento cotidiano y puede requerir tratamiento con medicaciones, psicoterapia, o combinación de ambos. Tratamiento eficaz de la ansiedad puede mejorar los síntomas de Parkinson y aumentar la habilidad de la persona de controlar su enfermedad.

Opciones de medicina tradicional para la ansiedad en PD incluye antidepresivos tal como inhibidores de la recaptación de serotonina selectivos. Deben limitar medicinas de corta acción como benzodiazepinas por la posibilidad de efectos secundarios que contribuyen a la disfunción cognitiva y a las caídas especialmente en gente de la tercera edad.

Opciones no medicinales incluyen psicoterapia, como terapia cognitiva de conducta (CBT) y reducción del estrés por concientización (MBSR). La meditación o un diario de agradecimiento también puede ayudar a reducir la ansiedad.

Pacientes de PD también pueden tener ansiedad más severa cuando no toman su medicina al igual que otros trastornos de ansiedad relacionados a PD como el miedo de caerse. Esto requiere una evaluación más detallada de su médico para optimizar la medicación de PD y para implementar un régimen de ejercicio apropiado y tácticas para prevenir caerse. El cuidado personal, métodos para controlar el estrés, técnicas de relajación y apoyo social también son clave al éxito para controlar los síntomas.

Es importante que las personas con Parkinson hablen de sus síntomas de ansiedad con su médico, ya que impactan su calidad de vida y su bienestar en general. Lo siguiente son recursos y consejos útiles.

### Recursos para mediación y concientización:

Guided mediation: UCLA Mindful Awareness Research Center (MARC)

[www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations)

Stanford Medicine Mindfulness/Compassion  
[wellmd.stanford.edu/healthy/mindfulness.html](http://wellmd.stanford.edu/healthy/mindfulness.html)

Jon Kabat-Zinn es un líder bien conocido sobre "Mindfulness" (concientización) y tiene muchos videos/recursos en línea por YouTube.

### Consejos y lo que deben saber al buscar un terapeuta

- Terapeutas pueden ser difíciles de encontrar debido a gran demanda y horarios muy llenos.
- Si batalla en encontrar un terapeuta, contacte a su trabajador social local si tiene uno disponible por recursos sobre cómo hallar un terapeuta (muchas oficinas médicas tienen trabajador social).
- Hay varios modos en que uno puede ser un terapeuta y pueden venir con varias experiencias (PhD, PsyD, LCSW, MSW, LMFT u otro). Procure no centrarse en la experiencia del terapeuta tanto como en la "buena correlación" para Ud. y sus necesidades. Esto puede ser que el estilo y método del terapeuta da el medio apropiado de proporcionar apoyo mientras que a la vez desafía creencias falsas o distorsionadas que pueden contribuir a su ansiedad.

### Recursos para encontrar un terapeuta:

Psychology Today: [www.psychologytoday.com/us](http://www.psychologytoday.com/us)  
Therapy Den: [www.therapyden.com](http://www.therapyden.com)

*Reconocimiento: Chat GPT (chatbot de inteligencia artificial) ayudó a escribir partes de este artículo.*

## PANC's TopGolf Fundraiser

**Mark your calendar for PANC's TopGolf fundraiser on October 29th** from 12-3 and join us for a fun-filled afternoon socializing and swinging clubs with family and friends in support of PANC. Need not be a golfer to have a great time! Not familiar with TopGolf? Think mini-golf + bowling + music + scoreboards = FUN! Keep an eye out for the flyer coming out soon with all the details. We're looking for sponsors, silent auction items and prizes. *Contact Danielle Hand-Nicholls at (916) 837-5640.*



# TOPGOLF

# Parkinson's Awareness Month Events Were a Big Success

What a month! **THANK YOU** to everyone who spent time working in their local areas to promote Parkinson Awareness Month Activities! Informational handouts on Parkinson's Awareness Month, educational handouts about Parkinson's disease, Parkinson Path newsletters, local support group brochures, demonstrations, speakers and more were made available to communities from Redding to Sacramento to Vallejo to Benicia. Our Parkinson community definitely demonstrated that when we work together we make a difference!

## April 1 – 30th Parkinson's Awareness Month at the Library

Thank You to the following libraries who put together April displays of materials on Parkinson's Disease including: Books, reading lists, educational handouts, Parkinson Awareness Month information, Parkinson Path Newsletters and local support group brochures

- Carmichael Library–Thanks to PANC contact, Carolyn Loveridge
- Benicia Library–Thanks to PANC contact, Fred Lowe, M.D.
- JFK Library, Vallejo–Thanks to PANC contact, Fred Lowe, M.D.

## April 6–29th – Archival Gallery Exhibition 'Gone Fishing' a tribute to Ron Wagner, April 8, 2023 Reception with the Artists

Thanks to owner, D. Neath for once again dedicating the month of April to provide information about Parkinson's disease, to feature successful artists who have developed Parkinson's, and even frame and display several of PANC's



Mrs. Ron Wagner and D. Neath

'I Am' poems! The April 8th reception was lovely, with the artists, a good crowd and several PANC Board members in attendance. In addition, a portion of the exhibition's proceeds were donated to PANC. Thanks to Mrs. Ron Wagner, DLThomas, Bruce Norton and to D. Neath for their generosity.

## April 14, 2023 – Redding Parkinson's Support Group, 7th Annual Conference

The Group has been active since the late 1980's. Current facilitator, Kim Hawkins assumed leadership in 2012 and has managed to develop a well-respected presence in the Redding Area. This was the group's 7th Annual Conference and they were able to double attendance to 120 people and recruit 5 sponsors, with 24 vendors. Speakers included physicians, information for Sr. Drivers, exercise, Preparing for the "What If's" and a Clinical Psychologist, who spoke on Mental Health issues. When asked, Kim felt the best part of the day was having the opportunity to get people together. "People loved having physicians speak and the presentation on Mental Health was especially well received and appreciated as these issues are rarely discussed and the information is needed by so many.

## April 15, 2023 – Benicia Parkinson's Awareness Rally

The Benicia Support Group led by Brad and Belinda Miller along with Rick Newman from Vacaville, developed a full day of activity beginning at 9:00 a.m., with the Bill Cawley Memorial Walk, (even t-shirts!) and continuing until 2:00 p.m. with speakers representing a wide variety of therapies Physicians, a Ph.D., representation from VA, the Benicia Community Foundation and, of course, a personal trainer for some exercise. The planning group recruited 11 sponsors, including local community programs and companies and 12 exhibitors and even managed to send a nice donation to PANC. Brad is especially proud of the Benicia Support Group as every single member participated in making the day happen.

# 6th Annual Cancel Out Parkinson's (COP) Walk

The 6th Annual Cancel Out Parkinson's (COP) Walk was hosted by the Embarcadero Lion's Club the first Saturday in April and was another huge success. \$27,011 was raised that will be utilized to help PANC continue our services that are so valued throughout the Northern California community. Almost 250 walkers showed up to support and celebrate one another and a great time was had by all!

The following made the event an extra success by raising significant funds on behalf of PANC:

## Individual Efforts

- **Kay Griffin:** 1st place amount raised and pledges
- **Jennifer Westoby:** 2nd place amount raised and pledges
- **Micky Wartena:** 3rd place amount raised and pledges

## Team Efforts

- **Sacramento Young Onset Support Group and Hope In Your Corner:** 1st place total amount raised
- **Sierra Shakers:** 1st place total pledges
- **Parkinsons Crushers:** 1st place total walkers

A special thank you is extended to all of the regional Lion's Club members who were so instrumental in hosting this event and the California Conservation Corp and the Roseville High School Medical Club for their terrific event assistance.



## Much gratitude to the companies who participate as exhibitors and the following sponsors:

- **Platinum Sponsors:** Supernus Pharmaceuticals and Embarcadero Lions Club
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# Honor, Memorial, Support and Celebration

February 2023 – May 2023

## IN HONOR/SUPPORT/ CELEBRATION OF

### Archival Gallery

Archival Gallery  
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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.

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 Marquita Fabre  
 Mary Ellen Ferguson  
 Jennie M Fouts  
 Jill Frausto  
 Roberta Gobert  
 Cat and Erv Gon  
 Patricia Green  
 Courtney Griffin  
 Christine Grmolys  
 Kevin Guess  
 Thomas Guichard  
 Peter and Ann Hall  
 Danielle Hand  
 Michelle Hansen  
 John R Hart  
 Dirk Holstege  
 Myron Jantzen  
 Sally Jervis  
 Linda Jurgens  
 Eric Kan  
 Suketu Khandhar, M.D.  
 Marcie Larkey  
 Derek Ledda  
 Patrick Leslie  
 Julie Linderman  
 Frederick Lowe, M. D.  
 Thomas McNicholas  
 Michael Mitani  
 Ann Mitchell  
 Jerry and Sybil Miyamoto  
 Maureen Murphy and Albert  
 Brandel  
 Jommy Ness  
 William and Marcia Newyear  
 Marianne Oliphant  
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 David Pevny  
 Myra Pierce M.D.  
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Maryanne P. Prewitt  
 Paul Prewitt  
 Johan and Laura Quene  
 Shellee Ramos-Soto  
 Jeri Retzlaff  
 Sheri Retzlaff  
 Elizabeth Rhodes  
 Carol and Don Ring  
 Donna Rixmann  
 Phyllis Rogers  
 Mark Romney  
 JD Rooney  
 Kathleen Rose  
 Helen Sanderson  
 Sharon Seibel  
 Ralph Sett  
 Kathleen Shannon  
 Mark Sheahan  
 Daniel and Carol Shipley  
 Dancy Shull-Dobrenick  
 Lorianne Smith  
 Thomas Smith  
 Lynn Stewart  
 Mitzi Stockel  
 Margareta Swann  
 Ernest Takahashi  
 John and Eileen Thomas  
 Joyce Townsend  
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 Woodland Reveille Lions Community

**2022 DONATIONS**

*Editors note: These wonderful donors were mistakenly left off the Year end 2022 report of donors. Please forgive us and know you are greatly appreciated!*

Susan and Roy Curry  
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 William Floyd  
 Kevin Gilley  
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 Christie J. Goehring  
 Carroll and Betty Hamon

# Comedy in the Barn

On Friday, May 4, Kevin McDonald from Kevin McDonald Real Estate, hosted a comedy event in his private barn that raised money for the PANC general fund. The celebration of fun brought to light that silly needs to exist, especially if living with Parkinson’s disease. “Comedy in the Barn” featured comics JoeyC, Tami McNeil, Gabriel Alexander, Angel Lopez, and Robert Berry, all who donated their time and talents to a night of laughter and celebration of all things called life.

Joe Crespillo, aka comedian “JoeyC,” was diagnosed with Parkinson’s 13 years ago and decided back then to find the humor in his “shaking, rattling, and rolling.” It was a delight to smile alongside him and a very entertained audience while also raising money for an organization that he greatly appreciates, PANC. JoeyC says if he and other “Parkies” are all laughing together, the world is a much brighter and happier place.

## One

One tree can start a forest;  
 One smile can start a friendship;  
 One hand can lift a soul;  
 One word can frame a goal;  
 One candle can wipe out darkness;  
 One laugh can conquer gloom;  
 One hope can raise your spirits;  
 One touch can show you care;  
 One life can make a difference,  
 be that one today.

# Regional Support Groups

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

## EN ESPAÑOL

### Grupo De Apoyo para los Hispanos y/o

#### Latinos con la Enfermedad de Parkinson

Cuarto Martes 6:00 p.m. (Reunión de Zoom)

Kimberly Arredondo 916-884-7767,  
[kimberly@panctoday.org](mailto:kimberly@panctoday.org)

### 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 916-884-7767,  
[kimberly@panctoday.org](mailto:kimberly@panctoday.org)

## BUTTE COUNTY

### Chico Parkinson's Support Group

1st Wednesday (In person)

Sycamore Glen Senior Community

1199 Diablo Ave, Chico

3rd Wednesday 1:00 p.m. (Zoom)

Terry Donnelly 650-743-6871,

[tmdonnelly68@gmail.com](mailto:tmdonnelly68@gmail.com)

Bob Murray 530-321-6157, [ordferry@yahoo.com](mailto:ordferry@yahoo.com)

## EL DORADO COUNTY

### Placerville Parkinson's Support Group

3rd Tuesday 2:00 p.m.

First Lutheran Church, 1200 Pinecrest Ct., Placerville

Larry Alver 916-933-2465, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

## HUMBOLDT COUNTY

### Humboldt Parkinson's Carepartner Support Group

1st and 3rd Wednesday 9:00 a.m. (Zoom)

Tom & Lisa Bethune 707-822-7923,

[thomasbethune@gmail.com](mailto:thomasbethune@gmail.com)

### Humboldt Parkinson's Support Group

Every Wednesday 9:00 a.m. (Zoom)

Ken & Rose Bond 707-826-7764,

[ken95524@suddenlink.net](mailto:ken95524@suddenlink.net)

Tom & Lisa Bethune 707-822-7923,

[thomasbethune@gmail.com](mailto:thomasbethune@gmail.com)

## NAPA COUNTY

### Napa Valley Parkinson's Support Group

2nd Sunday 4:00 p.m.

New Life Napa Church, 2525 1st Street, Napa

Colleen Winters 209-602-1536,

[cfwinters@yahoo.com](mailto:cfwinters@yahoo.com)

## NEVADA COUNTY

### Grass Valley/Nevada City Parkinson's Carepartner Support Group

4th Thursday 11:00 a.m.

Communal Cafe, 233 Broad Street, Nevada City

Jennifer Westoby 530-268-2563,

[jennifer.westoby@gmail.com](mailto:jennifer.westoby@gmail.com)

### Grass Valley/Nevada City Parkinson's Support Group

3rd Thursday 1:15 p.m.

Nevada County Library, Gene Albaugh Room

980 Helling Way, Nevada City

Jennifer Westoby 530-268-2563,

[jennifer.westoby@gmail.com](mailto:jennifer.westoby@gmail.com)

### Truckee Parkinson's Support Group

1st Friday 11:45 a.m.

Tahoe Forest Center for Health

11012 Donner Pass Road, Truckee

Ellen & John Roumasset 650-759-3666,

[dr.eroumasset@gmail.com](mailto: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](mailto:karen@hancockonline.net)

### Auburn Parkinson's Support Group

2nd Tuesday 11:30 a.m.

Awful Annie's Restaurant, 13460 Lincoln Way, Auburn

Karen Hancock 530-885-0950,

[karen@hancockonline.net](mailto: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 Gromolyes 916-769-0449,

[christine@seniorcrs.com](mailto: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 916-799-9381,

[kati.rozak@brightstarcare.com](mailto:kati.rozak@brightstarcare.com)

### Roseville-West Parkinson's Support Group

4th Tuesday 11:00 a.m.

St. John's Episcopal Church

2351 Pleasant Grove Blvd., Roseville

Ken Fujino 916-474-4688, [kmfujino@outlook.com](mailto:kmfujino@outlook.com)

Diane Herold 916-788-9110

## SACRAMENTO COUNTY

### Carmichael Eskaton Parkinson's Support Group

Mary Ann Cardy 925-451-0995,

[macardypd39@yahoo.com](mailto:macardypd39@yahoo.com)

### Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m. - 12:00 p.m.

Senior Center of Elk Grove

8230 Civic Center Dr, #100, Elk Grove

Myron Jantzen 916-804-6497,

[mpjantzen@aol.com](mailto:mpjantzen@aol.com)

Sherry Reser 916-320-7189,

[SherryLReser@gmail.com](mailto:SherryLReser@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.

### El Dorado Hills/Folsom Parkinson's Carepartner Support Group

1st and 3rd Friday 11:30 a.m.

Round Table Pizza, 2793 E Bidwell St., #100, Folsom

Larry Alver 916-933-2465, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

### Folsom/El Dorado Hills Parkinson's Support Group

2nd Thur 1:30 p.m. (Zoom)

4th Monday 10:30 a.m. (In person and Zoom)

Folsom Senior Center, 48 Natoma Drive, Folsom

Donna Rixmann 916-712-9642,

[donna@yogapeace.net](mailto: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](mailto: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

Jim Morris 916-359-4859, [jimor1940@gmail.com](mailto:jimor1940@gmail.com)

Betty Tronson [bettytronson@sbcglobal.net](mailto:bettytronson@sbcglobal.net)

### Sacramento Area Young Onset PD Group

1st Tuesday 6:30 p.m.

St. Michael's Episcopal Church

2140 Mission Avenue, Carmichael

Susan Lopez-Payan, Danielle Hand-Nicholls,

[Sacyopd@hotmail.com](mailto:Sacyopd@hotmail.com)

### 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, [K.krieger@live.com](mailto:K.krieger@live.com)

### Sacramento Parkinson's Carepartner Support Group

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

Gain Saetern 916-728-9333, [gsaetern@deloro.org](mailto:gsaetern@deloro.org)

### Sacramento Post DBS Support Group

Once a month see [panctoday.org/support-groups.html](http://panctoday.org/support-groups.html) for flyer with dates-topics

Email [HS-DBS@ucdavis.edu](mailto:HS-DBS@ucdavis.edu) for Zoom meeting link

For more information call 916-731-1610

### 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](mailto:jmiyamoto72@gmail.com)

Faye Boyd-Wright 916-910-5152,

[fayeja21@gmail.com](mailto:fayeja21@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

**Starting July 2023****Stockton Parkinson's Support Group**

4th Thursday of the month

O'Connor Woods, 3400 Wagner Heights Rd., Stockton  
 Lou Basinal 916-302-3038 ext. 3,  
 loub@AgelnPlaceSacramento.com

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

Atria Senior Living, 707 Thayer Ln., Foster City

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

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

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

Coffee in Enterprise Park, 4000 Victor Avenue, Redding

2nd Friday 1:30-3:00 p.m.

Church of Christ, 3434 North Street, Anderson

Kim Hawkins 530-945-7628,

kim.reddingps@gmail.com

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

2nd Saturday 10:00 a.m.

Benicia Lutheran Church, 201 Raymond Drive, 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

Marc Alexander 707-431-8767,

malexander109@comcast.net

**Carepartners and Womens Groups**

Check [www.parkinsonsonomacounty.org](http://www.parkinsonsonomacounty.org)

**STANISLAUS COUNTY****Modesto Parkinson's Support Group**

3rd Wednesday 1:30 p.m.

Trinity Presbyterian Church, Room 505

1600 Carver Road, Modesto

Beth Bollinger 209-668-9434,

sdboyandcagirl@hotmail.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

Susan Curry 530-304-992, smcurry@sbcglobal.net

**Woodland Parkinson's Support Group**

1st Wed 1:30-3:00 p.m

Woodland Community Center

2001 East Street, Woodland

Steve Briscoe, hellostevebriscoe@gmail.com

## PANC's 2023 Facilitator Workshop

PANC's fulfillment of its motto – Building Community for the Journey – centers around its work with the facilitators of 40+ affiliated groups throughout Northern California. On May 6, PANC hosted a workshop for facilitators and people working with support groups throughout Northern California, with around 50 people in attendance. These included new facilitators of revived support groups in Natomas and Stockton, as well as potential new affiliate groups in Novato, Sonoma, and Fairfield.

As the mental health challenges for people with Parkinson's significantly worsened with the last 2+ years of Covid restrictions, these issues were addressed by board members Drs. Eric Egli, psychologist, and Ralph Sett, psychiatrist. This was followed by the working sessions: breakout group discussions on how to be more effective facilitators in various ways. As the increased need for support groups for care partners has become obvious in the last year, this was one area that was explored. The excellence of our facilitators

and board members was highlighted, as they led these discussions, sharing their experience and expertise.

Attendees were given a handbook with resources useful for their continued work. Included were samples of newly available educational articles for the Parkinson's community. This was augmented by resources from the pharmaceutical sponsors for the Workshop. Special thank you to Abbott DBS, Abbvie, Acordia Therapeutics, Kyowa Kirin, and Supernus Pharmaceuticals.

Most of all, this was a wonderful opportunity for the facilitators to become personally acquainted with each other, and find needed camaraderie to help them in their important work. Also to personally meet the board members who work diligently to assist these facilitators to enhance the lives of their group members that they serve. Very high marks on the attendee evaluation forms indicate that this was well received and appreciated by those in attendance.



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