



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

Nutrition and Parkinson's

Norika Malhado-Chang, MD
Associate Professor of Neurology, UC Davis
and
Erin Lavin, RD, CNSC
Senior Neuroscience Dietitian, UC Davis

We all know the adage, “You Are What You Eat!” but we are now learning that this is more important than ever in neurological conditions such as Parkinson's. While there is no specific “Parkinson's Diet,” nutrition has been found to have an increasingly important role in delaying disease progression. Here is a quick to-do list to make your food work best for you.

- **Make sure you are eating enough**
 - Research has shown that unintentional weight loss and muscle loss is associated with loss of independence and increased PD severity.
- **Add an additional fresh fruit or vegetable to your day**
 - Better yet, add both! Fresh fruits (particularly berries) and vegetables are mainstays of popular diets researched regarding Parkinson's. These include the Mediterranean Diet and the MIND Diet where both have been associated with delayed disease progression.
- **Eat more whole foods and whole grains**
 - Whole grains and foods such as beans and nuts are richer in fiber than their refined counterparts. Fiber can be helpful with managing constipation and some smaller trials have found that additional fiber or psyllium husk may lead to more stable Levodopa concentrations.



A note about supplements: There is not a lot of significant research showing benefit to particular supplements (such as Co-Q10) and some (such as turmeric) may have interactions with your medications. Please check with your provider before use.

We may need to make some adjustments to the timing of our meals if we are taking levodopa (such as Sinemet or



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

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Honor & Memorials

April - June 2020

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New Board Member

Introducing Eric Jones, our newest board member. Eric is a medical student at California Northstate University. His interests center around movement disorders, as his late grandfather suffered with Parkinson's Disease. In experiencing the progression and debilitating nature of the disease, Eric also understood the significant impact of support groups, exercise, and caregivers to name a few things. Now a medical student, Eric joined PANC to serve as a bridge to the newer generation of providers, helping empower patients with the tools to best manage this disease. Eric has fundraised over \$1,500 in his community through local events, and aims to bring a renewed energy of Parkinson's awareness to fellow medical students and future providers of Northern California.

A Message from our Executive Director



Dear PANC Community:

Hello, my name is Barbara Fleck. I am the new Executive Director for the Parkinson Association of Northern California (PANC).

Thank you for allowing me to join you in your endeavor to encourage, edify and strengthen each person living with the challenging disease of Parkinson's. I look forward to working with you to expand and improve access to resources that can enhance the lives of the Parkinson's community while also generating courage in those facing this unpredictable disease.

I invite each of you to explore how PANC can support you. I aim to reach out regularly to connect and get the pulse of where you are in your journey. PANC has the potential to expand its services and with your input that expansion will be valuable and effective.

For the past 20 plus years I have garnered experience in the field of communications and fundraising being responsible for marketing, fundraising and public relations for a variety of organizations. As a consultant I have advised nonprofit organizations on crisis management and direct marketing strategies to raise money and to develop strategic plans that keep them focused and effective. I have worked with the homeless and mentally ill populations and have worked hard to feed the hungry. I found my passion in senior care and worked nearly five years as an administrator in assisted living while also earning my nursing home administrator license.

I look forward to bringing my experience to PANC and working with the Board of Directors as they provide leadership and guidance to take PANC to new levels of service. I'm especially excited about the annual conference on October 24, 2020 and the California Parkinson's Disease Registry conference to be held in September 26, 2020. PANC will continue to work to build a community for persons with Parkinson's and bring programs that help you and your family through this journey with Parkinson's disease.

Please feel free to reach out.

Warm regards,

Barbara Fleck, Executive Director
916-618-8513 (Cell)
Fleckb@panctoday.org

The Parkinson's Thief

by Dr. Beverly Chang, Geriatric Psychiatry Direct

At times it seems that Parkinson's is like a thief, robbing individuals of their identities.

I have cared for triathletes, car enthusiasts, physicians, lawyers, and culinary experts, who have all grieved the loss of certain defining aspects of themselves. Some patients admit that they expend energy trying to cover their tremor due to perceived stigma. Some feel guilt and shame in having to receive more assistance from others. A few are wary of support groups due to the worry about seeing how Parkinson's may progress. And ALL despise how their lives have been built around a medication schedule.

Parkinson's additionally affects families and spouses who find themselves also feeling robbed – of intimacy, of the sharing of household duties, of the future they anticipated. Sometimes these thoughts are fleeting, but in cases they begin to occupy much of the day.

Depression and anxiety, if left unaddressed, lead to worsened health outcomes. Sometimes a medication will help, since Parkinson's can deplete the brain of chemicals that make us happy. Many times, a supportive ear is just as effective. Emotions cannot be denied, and rather than “stuffing them,” perhaps we can learn to acknowledge and validate. By allowing ourselves to seek support, we may learn healthy ways of letting the unhelpful thoughts go.

Now more so than ever in the current COVID19 pandemic, I try to remind patients that we are all making lifestyle adjustments and we are all in it together.

Parkinson's changes how we live our life, but it does not rob us of a future.

JOIN US... 2020 Conference coming October 24, 2020!

2020 ANNUAL VIRTUAL CONFERENCE

Your wellbeing and safety are our biggest concern, so this year PANC is planning an outstanding, motivating virtual conference on Saturday, October 24, 2020 from 8:30am – 1:00pm.

The online conference will have the same high-quality education, networking and ability to share experiences - similar to our past conferences. You will learn different treatments, see ideas for exercise, and meet our sponsors and exhibitors so they can provide resources that may help you and your loved ones on the journey.

Prior to the online conference we will offer trainings so you can join the virtual conference easily. Registered participants will be notified of these opportunities and staff will be available to answer questions and prepare you to join us on October 24.



Our educational lineup will include:

- Dr. Suketu Khandhar, Movement Disorders Specialist and Director of Kaiser Permanente's Neurological Department
- Keynote speaker, Dr. Soania Mathur, live streaming from Canada, who experienced early onset Parkinson's and has become an author, motivational speaker and educator for the Parkinson's community
- Dr. Norika Malhado-Chang, Movement Disorders Specialist, UC Davis Medical Center, will facilitate case study analysis for Deep Brain Stimulation, motor fluctuation and dyskinesia
- Dr. Erica Byrd, Sutter Medical Group neurology, will discuss Sleep and PD
- Dr Jill Ostrem, UC San Francisco, will discuss the Future of Neuromodulation

You will have the opportunity to:

- Join movement breaks
- Visit the virtual exhibit hall
- Enter our drawing
- Ask speakers questions

We look forward to you joining us.

Registration opens August 24, 2020. The cost is \$10.00 per person. Register at www.panctoday.org
Registration includes educational materials and a conference gift mailed to you in advance.

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Nutrition and Parkinson's

Rytary). Levodopa competes with protein in the intestines for absorption, and protein usually wins. That means that if you are eating a high protein meal and taking Sinemet at the same time, the Sinemet may feel less effective. Taking levodopa 30 minutes before a meal or 60 minutes after a meal will give levodopa the best chance to work. If having levodopa on an empty stomach is uncomfortable due to nausea, take it with some saltine crackers. Speaking of saltines, salt helps to raise blood pressure, so salty foods or drinks can be helpful if you experience the low blood pressure that is common in PD. Staying well hydrated and having a high fiber diet will also help with constipation. Keeping our bowels moving well will not only help our medications work better, but will help us feel better overall!

A PUBLIC SURPRISE THANK YOU TO SHARON D'NELLY-WARADY

From August 1, 2019 until April 20, 2020 when Barbara Fleck, PANC's new Executive Director arrived, Sharon was our only "staff" During that time many of us had the opportunity to work with her, partner with her, ask for help, get answers to questions or direction on specific projects, receive referral information or assistance and oh so much more. Because she has done so much to ensure the success of PANC we thought this PUBLIC SURPRISE THANK YOU was in order.

We spent some time asking a variety of people for feedback. The following is how we feel about you Sharon.

Invaluable	Consistent	Diplomatic
Always willing	Sense of humor	Reliable
Interested	Goes the Extra mile	Intuitive
Committed/Dedicated	Easy to talk to	Compassionate and Helpful
Responsible	Anticipates your needs	Pulls the pieces together
Steady	Pleasant	Most resourceful person
Good		I have ever met

Sharon we appreciate all you do...Thanks for being the glue that held us together!



Off and On Times

by Dorothy Ross, Davis Support Group

I asked my neurologist to increase my medications because I was experiencing more frequent off times. The doctor asked me to elaborate, to tell him when these off times occurred. He didn't want exact clock time; he wanted to know how soon after taking levodopa the off times occurred.

I had to confess that I didn't keep good tabs on the timing of my meds. I would start my day with a wake-up dose and then try to gauge when to take the next round depending on my plans for the day. If I had a meeting scheduled for 10 o'clock, I'd have my mid-morning pill at 9:30am to be sure I'd be alert for the discussion. Likewise with my 2 o'clock pill. If my exercise class was to start at 1:00, I'd take a pill around 12:30, insurance against fading as the class went on. The off times usually struck in the late afternoon.

"What about food?" the doctor asked. "When do you usually have your meals?" I told him that I ate when I was hungry, without regard for the timing of my meds. The neurologist said that my system (which was really not a system) was fine for the early stages of PD, but

since I'm now in my thirteenth year post-diagnosis, I'd have to learn how to handle the anti-Parkinson drugs for the best outcome. Specifically, in my case, he wants me on a 4-hour cycle during waking hours. My smart watch helps me remember to take meds at 6-10-2-6-10. Actually, it's a bit more complicated than that, but bear with me. The doctor said I should allow a half-hour for my body to digest a dose of meds before eating. To assure the next dose is taken on an empty stomach, I need to stop eating 90 minutes prior to the next scheduled pill. I'm an early riser. I take my first meds at 6 o'clock. No problem. Then I wait until 6:30 for my morning coffee. The next medicine dose should be at 10 o'clock, so I count backwards from 10 for an hour-and-a-half, to 8:30. That gives me two hours, from 6:30 to 8:30 to have breakfast, and so on throughout my day. It takes some getting used to, but it gets easier as you settle into the routine.

I'm not a doctor and I'm not suggesting that you do as I do. I just know that being faithful to the four-hour schedule works for me. I didn't need an increase in drugs at this juncture and I seldom have off times any more.

TeleHealth – Some Assembly Required

Suketu M Khandhar, MD

Telehealth has certainly taken center stage as an opportunity to connect with patients virtually & remotely without having to increase foot traffic into medical offices. For most, this is a new experience. Many health care workers have long understood its value, recognizing it's an opportunity to connect with patients in their home environment, allowing a more complete understanding of their situation. It was only during this pandemic, however, that the government has taken steps to loosen guidelines allowing easier access and reimbursement for telehealth visits.

Let me dispel some myths about telehealth.

1. It is not a replacement for in-person visits, but rather a complement to it.
2. Contrary to what you may think, you can examine someone virtually. In the case of Parkinson's disease, you can observe tremor, witness bradykinetic movements with lack of dexterity and formally evaluate someone's gait and balance.
3. The technology over the years and certainly in the past few months has gotten easier, is more accessible, is user friendly and isn't overwhelming.
4. Most health care systems allow the provider to simultaneously access your medical record while video/tele connecting with you, making for a more optimal experience.
5. Typically, tele-visits are more cost effective for you and for the healthcare industry.
6. In addition, you don't need to waste time finding parking before your visit, so it can be time efficient as well.
7. Telehealth is here to stay now that we have been forced to use it out of necessity and everyone has become more familiar with it.



That said, you do need to somewhat prepare for a telehealth visit. Here is a checklist of what to consider PRIOR to a telehealth visit.

1. Check that you have internet access and a secure Wi-Fi connection.
2. Position your mobile device (smartphone/tablet) or computer webcam right in front of you so we can get a good headshot with shoulders – pretend you are taking a passport photo.
3. Having a loved one position the camera for you is helpful especially if we are to see you walking.
4. Be seated near a well-lit hallway so we can see you walk.
5. Make sure there is no backlight that may distract from capturing optimal video.
6. Dress comfortably and exercise good dress etiquette.
7. Make sure your microphone and speakers are ON.
8. Keep an updated medication list handy for discussion.
9. Have pen & paper handy in case you want to take notes.
10. Have a few questions/topics ready to focus the conversation.

If you exercise these few tips, you and your provider will have a successful virtual visit.

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“The Shelter in Place” INFORMATION SERIES



TAKE A 30 MINUTE BREAK and listen to PANC's “Shelter in Place” Information Series which originally aired during April/May 2020 and remains available on the PANC Website. The program was created in response to our Community's need for information as we faced staying at home and a host of unknowns. Thanks to Board member Suketu Khandhar, M.D. for organizing and hosting the show. To listen, just go to our Website at www.PANCToday.org

- 1. COVID-19 and PD** - featured Michael Okun, M.D. an internationally recognized Movement Disorders Specialist who is currently the Chair of Neurology and Executive Director of the Norman Fixel Institute for Neurological Diseases at the University of Florida College Of Medicine. He has served as the National Medical Director for the Parkinson's Foundation since 2006. He is co-author of the new book “Ending Parkinson's Disease” which offers a prescription for action. #ParkinsonPACT #EndingPD
- 2. Dance for PD** - featured David Leventhal, a founding teacher and Program Director for Dance for PD®, a program of the Mark Morris Dance Group that has now been used as a model for classes everywhere and has been instrumental in initiating and designing innovative projects involving live streaming and Moving Through Glass, a dance-based smart glasses app for people with Parkinson's. He is featured in the award-winning 2014 documentary “Capturing Grace” directed by Dave Iverson and received the 2016 World Parkinson Congress Award for Distinguished Contribution.
- 3. Caregivers are on the Frontline Too** - featured Connie Carpenter Phinney a passionate advocate for people living with Parkinson's and their caregivers. Along with her husband, Olympic cyclist Davis Phinney, they cofounded the Davis Phinney Foundation (DPF.org) in 2004. She helped create its vision and scope from a small foundation to a vital resource for those living with Parkinson's Disease. As Chair, she has helped cultivate a strong and versatile 'working' Board of Directors. Through the foundation she has helped create program content for the DPF Victory Summit programs, specifically for caregivers.
- 4. Situational Anxiety** - featured Elizabeth "Eli" Pollard who has been with the [World Parkinson Coalition](#) from its inception in 2004, helping to steer the organization, alongside world renowned Parkinson Specialist and WPC founder, Dr. Stanley Fahn. Together they worked to grow WPC from its sole purpose of hosting a triennial global Congress on Parkinson's disease, to its more meaningful place in the community today, as a hub for many of the global PD organizations to connect and intersect.
- 5. Exercise When Sheltered** - featured Christine Shade, DPT, NCS an accomplished physical therapist at Kaiser Roseville who specializes in Neurological Disorders, particularly Parkinson's disease. She is one of the lead architects behind ParkinsonWise. and currently serves as the Vice President of the PANC Board of Directors and Paul McCarthy an enthusiastic personal trainer (both PWR!Moves and ParkinsonWise certified) who enjoys motivating his clients to improve flexibility, balance and overall mental wellness. He also teaches classes at Mission Oaks Community Center in Carmichael. He joined the PANC Board of Directors one year ago because of his interest in serving those with Parkinson's Disease.

The program was made possible with support from Boston Scientific.

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Thank You

THANK YOU TO OUR AMAZING PANC COMMUNITY

The 4th Annual "Robert G. Smith Walk to Cancel Out Parkinson's" (COP Walk)* scheduled for April 4, 2020 was cancelled due to the COVID-19 virus. Naturally, we were concerned about the loss of revenue for PANC. Due to the generosity of those who had already registered to walk, made donations or sponsored the event and elected to leave their money in the "COP Walk" pot, the Embarcadero Lions Club was able to give a donation of \$18,500.00 to PANC. Over the past four years the Lions Club has donated \$100,000 to PANC.

Thank You!

Our thanks to everyone for your ongoing support, with special thanks to the following "COP Walk" sponsors. If you need any of their services, please tell them PANC sent you!



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Embarcadero Lions Club
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Parkinson Association
of Northern California
PANC Board of Directors

**This annual walk is organized and coordinated by the Embarcadero Lions Club, supported by regional Lions Clubs and the State Lions Organization and is held in honor of 'Bob' Smith, with all proceeds donated to support the local efforts of the Parkinson Association of Northern California.*



Thank you to our community partner Paul Stroub for his leadership in applying for the Payroll Protection Program loan. His expertise guided PANC staff toward a successful loan.

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1515 River Park Drive Suite 150
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(916)822-5128

Roseville Office:

1380 Lead Hill Blvd Suite 106
Roseville, CA 95661



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
tmdonnelly68@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.
Meeting via Zoom, contact Donna Rixman
for invite/information
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

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 Car836 Lincoln Way,
Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Auburn Support Group
2nd Tuesday, 11:30 a.m.
(no meeting in April or December)
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 916-434-5905
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
jjmor1940@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 a.m.–11:30 a.m.
3939 Walnut Ave., Carmichael, CA 95608
Colette Coleman
Colemanhior@gmail.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 916-804-6497
mpjantzen@aol.com

Folsom — 4th Monday, 10 a.m.
Meeting via Zoom, Contact Donna Rixman
for invite/information
Folsom Senior and Arts Center
48 Natoma Street, Folsom, CA 95630
Donna Rixman 916-712-9642
donna@yogapeace.net
Cathy Johnson 916-791-2425

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

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
sstfam@winfirst.com
Judy Tracy j-tracy@att.net

"To maintain our health during this time of pandemic, most Support Groups are not meeting face-to-face. Many groups are meeting via video or conference calls. Please contact your local support group leader to see if there are events you can join. "

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

Sacramento South Area —

2nd Thursday, 1 p.m.

Asian Community Center

7334 Park City Dr.,
Sacramento, CA 95831

David Teraoku 916-685-4162

Jerry Miyamoto 916-441-1020

jmiyamoto72@gmail.com

San Joaquin County

Lodi — 1st Monday, 10 a.m.

Grace Point Church

801 S. Lower Sacramento Rd.

Lodi, CA 95242

Ron and Maureen Olsen 209-329-1185

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 209-329-7075

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, 10:00 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 p.m.

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

Mary Lou Chumbley 530-671-0767

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 Thursday, 1:30 p.m.

Davis Senior Center

646 A Street, Davis, CA 95616

Karen Eagan 530-564-4323

kareneagan747@gmail.com

Woodland — July 14 and 28 1-2:30 p.m.
via Zoom

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.

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

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



PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA
1024 Iron Point Road #1046
Folsom, CA 95630

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

Register **NOW** at PANctoday.org



Shining Light on the California Parkinson's Disease Registry



Virtual Conference | Saturday, September 26, 2020 | 10:00-Noon



Learn, Discover, Understand...

- **What We've Learned**
- **Our Commitment to You**
- **Our Next Steps**

Registration is Free – Space is Limited

Conference information:

Visit www.panctoday.org or call 916-608-8686

California Parkinson's Disease Registry information:

Email CPDRhelp@cdph.ca.gov or call 916-731-2500, ext. 3