



# 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)

## Which Mobility Aid is Right for Me?

By Romy Villaluz, Physical Therapy Assistant, UC Davis

Laura Sifuentes, Physical Therapist, Board Certified Neurologic Specialist, UC Davis

Norika Malhado-Chang, MD, Professor of Neurology, Movement Disorders Specialist, UC Davis

A common question our patients and their families have is, "Which is the best assistive device to help me get around?" The answer is, "It depends," but this article will help break down the options and review the benefits of each device. Before delving into the world of mobility aids, we'd like to acknowledge the reservation and reluctance many feel about using any devices at all. Many share concerns that they will become "dependent" on assistance and never walk independently again. Fear not! As our research has proven, exercising daily and staying active are the keys to success with Parkinson's. So, if you can walk comfortably and safely for 30 minutes with a 4-wheeled walker (for example), but only 10 minutes without one, take the walker and get in those steps!

When it comes to selecting the right mobility aid, your best resource is your physical therapist – specifically one with experience in treating Parkinson's. Your physical therapist will conduct a formal assessment of fall risk, balance, strength, walking speed, and coordination. Let your PT know which activities you engage in regularly and, more importantly, which activities you would like to return to, as

this may play a role in their recommendation. Your therapist should trial different devices with you to find the best fit and ensure understanding of how to correctly use the device.

**Below is a list of commonly recommended mobility aids from least supportive to most supportive:**

1. **Hiking poles**
2. **Various base size canes** (single point cane, self-standing cane, quad cane)
3. **Forearm crutches**
4. **Four-wheeled walker** with or without a platform attachment (Various types: Rollator, UP Walker provides elbow support)
5. **U-Step 7-wheeled walker** with various tools and modifications (most notably the reverse braking system)
6. **Front wheeled (2-wheeled) walker** with or without a platform attachment

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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

Dear Friends,

There are few things as important as the need to feel connected, to bond with others over common interests, beliefs, and experiences. As I'm learning more about Parkinson's disease, I've found many in the community feel separated not only from those that they love but also from a general network of individuals who understand their experience of a life that includes Parkinson's disease.



Jan Whitney, Executive Director for PANC

The great news is that PANC provides that sense of community and so many of you have already found it here. Whether it's through support group participation or our events and fundraising activities, it's heartwarming to see so many incredible associations and lifetime friendships have been fostered and stand as a hallmark of exactly why PANC exists. We live our motto, "Building community for the Journey"

How do we know this to be true? We have data! In 2023, we are now affiliated with and provide services to 42 PD and care partner support groups throughout Northern California. Our conference attendance and participation continue to climb each year and our fundraising/social events are increasing in size, scope, and revenue raising capabilities too. As the PANC family grows, our Board of Directors, Medical Advisory Panel, staff, and volunteers are working hard to ensure that our services and reach grow as well.

Anecdotally, I can vouch for PANC's growth and significance too. As I network through the community, so many have shared the deep value found in the connections built and the difference this has made in their emotional, physical, and even spiritual journeys with PD.

Unfortunately, statistics indicate that there are still many in the Parkinson's community who haven't yet opened the door to the possible benefits of associating in this way. For these folks, I can only hope that the message is loud and clear...we are here for you! Sometimes we most need what we don't know we need, so please give PANC or any other source of bonding with others who are in the same boat a try. Maybe start by attending our conference in-person or online on September 30? This is a great way to meet others and experience the benefits of inclusion and shared experiences within the PD community.

Along with PANC, there are many organizations who offer different ways to connect with others. Exercise groups such as Rock Steady Boxing, group singing with North State Therapy Choir, educating yourself with PMD Alliance, and many others are ways to build your support system. I encourage you to find the best fit for you and your needs and in doing so, I believe you can become connected with a community that will function as a welcome bridge between both medical and emotional needs. You deserve it and please know that we at PANC look forward to serving you for as long as we are needed.

I can't wait to see you at the conference Online and in Roseville!

Warmly,  
Jan



Like us on Facebook  
Follow us on twitter



# Which Mobility Aid is Right for Me?

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**7. Manual wheelchair or transport chair** (Note: a transport chair is lightweight and has small wheels, designed for easy folding and portability. A wheelchair takes up more space due to the large rear wheels designed for self-propelling; it is generally too heavy to lift into the trunk of a car.)

**8. Power wheelchair or scooter**

Your physical therapist may recommend differing types or combinations of assistive devices based on your Parkinson’s symptoms, your goals, or the change in your fall risk over the years. For example, a 4-wheeled walker is a popular choice because it rolls smoothly and is easy to maneuver over various types of terrain. Having hand

brakes, a seat, and storage compartment, comes in handy, too! However, if you experience “festination” – where your feet shuffle faster and faster when walking – a 4WW may “run away” from you too easily. In this example, a 2WW might be a safer choice. So, the device we recommend initially may not remain the device you will use for the long term. Many times, the assistance one needs may vary and fluctuate, year-to-year, day-to-day, or even hour-to-hour! Your neurologist can provide you with a medical supply prescription for Medicare coverage of certain devices. Your local medical supply store is also a great resource where you can try before you buy. Remember, top priority always is YOUR safety and the safety of those around you!



(Left to right) Hiking poles, canes, forearm crutches.



Four-wheeled walker. Various types: Rollator, (right) UP Walker provides elbow support.



Front wheeled (2-wheeled) walker



(Left to right) Manual wheelchair, transport chair.



U-Step 7-wheeled walker

# Sharing our Diagnosis of Parkinson's Disease

By Ralph F Sett, MD, Member, PANC Board of Directors

How do we Persons with Parkinson's begin to discuss our diagnosis with others? The diagnosis itself is startling and maybe devastating. Michael J Fox didn't divulge his diagnosis for months. Jimmy Choi didn't deal with his diagnosis until he fell down the stairs holding his child. What are the factors that prevent us from revealing our diagnosis. Perhaps it's a question of privacy that drives some people. They may think the following. "It's nobody's business but mine." or "I don't want to make a big deal out of this."

We didn't ask for Parkinson's disease. It's important for us to remember that a medical illness is nothing to be ashamed of. The symptoms can be hard to overlook especially when you are shaking or having a noticeable gait disturbance or if you are getting up out of a chair with marked difficulty. When others don't know what has happened, it leads to personal discomfort not only for you but for them as well.

Some individuals don't want other people to treat them differently. They may have concerns that people will feel sorry for them. If they are in the work force, they might be concerned that coworkers or clients consider them incompetent to perform their jobs.

The danger of not dealing with the diagnosis can lead to isolation, a withdrawal from family, and friends. Avoidance of social interactions, such as joining friends for dinner or going to church, may occur. This can have a snowball effect that leads to apathy or depression. Apathy is characterized by a lack of concern about a situation. It is a state of indifference that has the suppression of emotions. For example, a person may spend the day playing a video game

**"Things turn out best for the people who make the best out of the way things turn out."**

**MICHAEL J FOX**

or watching television but has no affective component. On the other hand, depression is characterized by a lack of motivation but with an emotional component. e.g., sadness or feelings of guilt over one's lack of involvement.

It is my belief that one key to opening the door for sharing our diagnosis of Parkinson's disease with family and friends lies in our ability to accept the diagnosis. Even though I received a great deal of valuable information regarding resources from my movement disorder neurologist, I did not jump right into exploring them. It took several months for me to digest my new diagnosis. Joining a support group is a safe place where people can freely share their experiences. When I joined the Arden-Arcade support group, it opened many doors and has proven to be beneficial for me. I have discovered many new opportunities including exercise groups online as well as wonderful social opportunities with many new friends.

There are benefits to sharing a Parkinson's disease diagnosis. It explains a lot. People may have already noticed physical changes. Sharing the diagnosis can provide some medical history for family members. It gives an opportunity to respond to the question, "Is it genetic?" It also allows people the opportunity to give you the love and care that you have given to others over the years.

**Hope to see you at our  
Annual Education Conference  
SEPTEMBER 30, 2023**

**The Roebbelen Center @ the Grounds  
700 Event Center Drive, Roseville, CA 95678**

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





# September is Fall Prevention Month

I just heard from a friend that a neighbor fell and broke his hip. A Kaiser Trauma Nurse reports that 25% of the patients that show up in the emergency department do so after sustaining a fall. Falls occur almost equally in males and females, and the greatest numbers of falls occur in the bathroom as a result of slips and trips.

Falls happen to many of us but we can improve our chances of prevention if we follow the advice of the National Council on Aging. Below are six handy tips to follow.

## 1



### Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

## 2



### Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

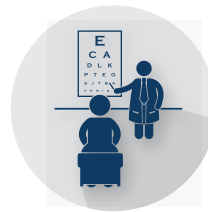
## 3



### Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

## 4



### Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

## 5



### Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

## 6



### Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



# The 6th World Parkinson's Congress – Barcelona, Spain July 3–7, 2023

*By Susan Lopez-Payan, Danielle Hand and Jennifer Westoby*

**We went...** met so many amazing people, learned so much, initiated incredible ongoing relationships, and had an experience that will last a lifetime. **We returned... encouraged, inspired, and filled with hope!**

The World Parkinson Congress is particularly impressive because its mission is to advance knowledge of scientific discoveries, clinical care, comprehensive treatment, and advocacy work related to Parkinson's disease by bringing physicians, scientists, nurses, rehabilitation specialists, care advocates, care partners and people with Parkinson's together for a worldwide dialogue to expedite the discovery of a cure and improve treatment practices. Of the 2295 in attendance, there were approximately 900 medical professionals, 450 nurses and therapists, 685 people with Parkinson's and 260 care partners. Having the full spectrum of the Parkinson's community together sharing their knowledge, experience, resources, and the latest research was such a great opportunity for everyone involved; clearly demonstrating, that none of us is in this alone.

Sacramento was well represented with eight of us in attendance: The two of us plus Brenda Buechel Bess with Young Onset Parkinson's Disease (YOPD), and Cindy Lopez (family care partner), Jennifer Westoby, (PANC Board), Suketu Khandar, M.D. and Jennifer Liu, (Kaiser), and Nick Thakur, M.D. (Sutter). How wonderful for us to be part of something so important. To be surrounded by so many individuals who are thriving with Parkinson's and the armies of researchers and health care providers that focus on people with Parkinson's was inspirational.

The conference offered an extraordinary program of eminent clinicians and researchers from across the world! Each day we were able to choose from many presentations, panels, talks and activities that ranged from



Dr. Simon Stott presented on patient engagement

highly-scientific presentations to more lay-friendly content including:

- Molecular details of the relationship between GCase activity deficiencies, lipid accumulation and alpha-synuclein aggregation
- Role of alpha-synuclein and Lewy bodies
- Science behind differences in symptoms in men and women
- Advances in research and clinical practice
- Updates on the status of cures
- New models of health care for Parkinson's patients
- Emotional and motivational disorders
- Depression, apathy, and anxiety
- Pregnancy and Parkinson's
- Gut vs. Brain - where does PD start?
- From fuel to stool – improving digestion

In addition, the creative arts were a part of each day and included dance, art, videos, photos, poetry and music. There were opportunities to try different forms of exercise like boxing, dancing, and ping pong. A care partners lounge offered informational meetings and time to share experiences and ask questions. The carefully designed 'Buddy Program' matched people with common interests and hosted a reception for them to meet. The exhibitor hall was packed with Parkinson's organizations and



PHOTO COURTESY OF CUREPARKINSONS.ORG

Paul Mayhew-Archer, Rory Cellan-Jones and Gillian Lacey-Solymar recording a special episode for the *Movers & Shakers* podcast

products, including techy gadgets not yet FDA approved that are already available in Europe with positive results. There are many new technologies and new information already available that may ease symptoms without adding more medication. And of course, we learned a lot about traveling with Parkinson's. It takes more time and effort than before, so plan, pack, leave early and try to adhere to your normal medication schedule. **There was truly something for everyone!**

## PANC's TopGolf Fundraiser

**Mark your calendar for PANC's TopGolf fundraiser on October 29th** from 1:00–4:00 p.m. 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!

**For more information or to register, visit [www.panctoday.org](http://www.panctoday.org).**



# TOPGOLF

# Ping Pong & Self Defense

By Carolyn Loveridge

Quinn's Gym, in Carmichael, holds a regular social gathering for all Rock Steady Boxing members. In July they held their first ever Ping Pong Party for Parkinson's! I was not able to attend but had several reports that Quinn's, well known, supportive community was in full swing. The event drew 60+ people, featured a BBQ lunch catered by 'Juan in a Million', lots of laughter, friendship and even a bit of Ping Pong!

However, I was able to attend their self-defense class for women, only. There is no charge for this hands-on, two-hour, class which is offered on the 4th Saturday of the month as a community service. I attended with six friends and all of us came away with a different awareness regarding our personal safety and some defense techniques that we could actually use. Thanks to Quinn's Gym staff and Head Coach / Owner Kevin Quinn for this service. Ladies, call and sign-up for the class. It is well worth your time 916-628-9478.



## ParkinsonWISE Training for Exercise Professionals

Calling all personal trainers. Instructors for yoga, tai chi, dance, cycling, boxing, providers of massage, music, and etc.! Learn how to more effectively work with persons with Parkinson's Disease.

**WHEN:** Saturday, October 28, 2023 from 10:00 a.m. – 12:00 p.m.

**WHERE:** Kaiser Roseville Medical Center

1600 Eureka Road, Roseville, CA 95661

Building C – Conference Room 10B

*For more information and to register go to [PANCToday.org](http://PANCToday.org)*



# *Honor, Memorial, Support and Celebration*

May - August 2023

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Robert Bee

### **Nigel Belton**

Mike Keefe

### **Florence Brady**

Chris and Linda Dolder

### **Bill Brown**

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### **Lynda Cadman**

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### **Antonio Escobar**

Evan Schut

### **J Warren Gardner**

Tom and Cindy Storelli

### **Susan Lopez-Payan**

Jan Leu

### **Danielle Nicholls**

Lisa Lyford

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Bob and Lorna Daby

Gisla Dewey

Irene Duggan

John Edlund

Gary Frey

Hugh and Kay Griffin

Margaret King

Claire Kinsley

Joan Larsen

Patrick Leslie

Barbie Light

Jon Marshack

Ellen and W. Scott McCaslin

Beverly McLeod

Raymond and Janean Parks

Ron and Patty Proffer

Dr. Ralph and Vassie Sett

### **Benicia Support Group**

Denise and Robert Wood

### **Redding Support Group**

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William Cochran

Michael and Sue Gilmore

Joseph Hocker Charitable Fund

Robert and Linda Woodcook

Take A Shot at Parkinson's Foundation

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Carolyn Armstrong

### **Klaus Barber**

Frances Stater

### **James N. Bean**

Andrea Bean

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### **Susan Stocker Bolender**

Danzig Charitable Trust Fund

### **John Virga**

Corinne Creager

Judie Waters and Family

Hermann Lorenz

Jerry and Sybil Miyamoto

Joyce Nugent

Patricia Stallings

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Terry Grant

Judy Hendricks

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Raul and Paola Ocazonez

Louis Schmitt

Vincent Lynn Weis

Jan Whitney

Paradise Signs and Graphics

### **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.

# 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

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 1:00 p.m. (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 12:30 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)

## MARIN COUNTY

### Marin Parkinson's Carepartner Support Group\*

1st Wednesday 3:00 p.m.

The Redwoods, 40 Camino Alto, Mill Valley

Debby Thurlow 415-302-0362,

[marinparkinsonscarepartner@gmail.com](mailto:marinparkinsonscarepartner@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 Grmolys 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

2nd Thursday 1:30 p.m.

Eskaton Village, 3939 Walnut Ave., Carmichael

Mary Ann Cardy 925-451-0995,

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

### 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)

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.

### Elk Grove Parkinson's Carepartner Support Group\*

3rd Friday 10:15 a.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)

Laura Copsey 916-698-7622,

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

### Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.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)

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

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

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

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

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 916-995-2047,

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

Danielle Hand-Nicholls 916-837-5640

### 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

See <https://www.panctoday.org/items/sacramento-post-dbs-meeting-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 Carepartner Support Group\*

Call or email for dates and location

Jerry Miyamoto 916-441-1020,

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

**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  
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

**Stockton Parkinson's Support Group**

4th Thursday of the month 1:00 p.m.  
O'Connor Woods, 3400 Wagner Heights Rd., Stockton  
Lou Basinal 916-832-3754,  
loub@AgelnPlaceSacramento.com

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

Atria Senior Living, 707 Thayer Lane, 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 p.m. (Regular meeting)  
Church of Christ, 3434 North Street, Anderson  
Kim Hawkins 530-945-7628,  
kim.reddingpsg@gmail.com

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

2nd Saturday 10:00 a.m.  
Benicia Lutheran Church, 201 Raymond Dr., Benicia  
Bradford Miller 707-515-9216,  
bradfordmiller807@gmail.com

**Benicia Parkinson's Support Group**

2nd Saturday 10:00 a.m.  
Benicia Lutheran Church, 201 Raymond Dr., 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  
Peter Karp 707-318-9102, PLKarp@gmail.com  
info at parkinsonsonoma.org

**Carepartners and Women with Parkinson's 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 p.m.  
Woodland Community Center  
2001 East Street, Woodland  
Steve Briscoe, hellostevebriscoe@gmail.com

**\*Carepartner groups**

## Revival, Renewal, and Expansion

On May 6, PANC hosted a workshop for support group facilitators to learn and share, to become even more effective. Those interested in taking on or assisting this important work were also invited. Lou Basinal from Stockton and Kristi Krieger from the Sacramento area had expressed interest in becoming facilitators, and participated in the workshop.

PANC is happy to report that Kristi has revived the Natomas support group, and they held their second monthly meeting in July. She says that the people are eager to learn and share. The Stockton area was lacking an active support group since Christy Carruthers could no longer continue as the facilitator. Lou Basinal renewed the Stockton group, which held its first meeting in the last week of July. 30 people attended this inaugural meeting, showing the great need in Stockton.

Thanks to Deb Thurlow from Novato, PANC has expanded its assistance for support groups into the Marin County area. Deb saw the need for a support group for care partners, attended the Facilitator Workshop, and started the group, which meets in The Redwoods in Mill Valley. Additionally, care partner support groups have branched off those in Benicia, Elk Grove, and Grass Valley this year.

All in all, dedicated volunteers have partnered with PANC in 2023 to enable more access to Parkinson's support groups throughout Northern California.



**PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA**  
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 Folsom, CA 95630

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The Parkinson Association of Northern California (PANC) exists because of your contributions. We rely on donations to provide programs and services for people with Parkinson’s disease, their families and care-partners throughout the Northern California region. Your donation is a great investment and helps us remain a vibrant partner in the Parkinson’s support community.

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