



# 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)

## Festination, Freezing and Falls

by Dr. Ehsan Hadi, Neurologist, Mercy Medical Group, Dignity Health

One of the cardinal motor features of Parkinson's disease (PD) is gait abnormality. Gait features can vary from slowness of gait, small steps, and difficulty with gait initiation to *freezing and festination* which can lead to falls.

*Freezing*, gives a feeling of getting stuck/glued to the ground while walking or turning. It not only affects the legs but can also involve speech causing a person to make repetitive sounds. It may lead to difficulty in opening eyelids or using arms and hands.

In *Festination*, the consecutive steps get shorter and slower while the upper body continues at the same momentum. It can occur with or without freezing, thus increasing fall risk.



Gait features can occur in the setting of medication *off* state and thus it is essential to keep the PD medications optimized to avoid wearing off. Anxiety can also be one of the underlying triggers and thus relaxation techniques may be helpful. Gait symptoms can also occur unpredictably, more so in busy situations where people have to navigate through tight spaces. To overcome *freezing/festination*, it is important to focus on one task at a time. There are some simple tricks that can be used to overcome *freezing/festination*. First is to avoid pushing through a freeze. Stop, focus and then resume walking by taking big/ marching steps. Other things that can be helpful include stepping over objects, rocking movements, shifting body weight or walking to a metronome. Physical therapy has also shown to be beneficial for gait deficits and should be incorporated along with medication optimization.

Freezing and festination are common PD symptoms. They can be socially isolating and quite disabling. They also put people at risk for falls. A comprehensive approach should be employed for best symptom control, including medication optimization, behavior therapy and physical therapy.



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

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# Hello PANC Community!

A note of appreciation and gratitude for the amazing opportunity to serve as the Parkinson Association of Northern California (PANC) Board President for the past four years, as a Board Vice President, and Director for a total of five years.

My longer gratitude note can be found on the website, [www.panctoday.org](http://www.panctoday.org), but here are the highlights.

I am so pleased that Myron Jantzen (President), Dr. Eric Egli (Vice President), Chris Chediak (Treasurer), and Carolyn Loveridge (Secretary) will be leading PANC in the year ahead. The 14 PANC Board Directors are truly a team of dedicated leaders and amazing volunteers who support the PANC community.

Reflecting on the past five years provides me an opportunity to thank all of those who volunteered to serve on the PANC Board—past and present—because they all are important leaders who contributed to the better non-profit service organization that PANC is today.

So, what are the priorities ahead? The PANC Board met offsite in March 2022 to evaluate our strategic plans, goals and objectives. PANC's strategic priorities for 2022-2023 include:

1. Support Groups
2. ParkinsonWise
3. Organizational Sustainability

I have been asked to reflect on the past four years as President of PANC—what are the key take-aways and accomplishments?

#### As a not-for-profit organization, PANC:

- survived the COVID pandemic financially, operationally, and spiritually;
- recruited a very talented Board with 14 of 15 positions filled;
- pivoted to virtual formats for the CDPH outreach, two facilitator's workshops with PMDA, and two annual conferences;
- partnerships grew stronger and more significant – specific examples in the website version;
- core programs continued to serve the PANC community and grow into Northern California.

Though leaving the PANC Board is a difficult decision for me as I have enjoyed the experience and was determined to see it through the rough seas of the COVID pandemic, I need some respite.

My priorities are to take care of Mom Judy (diagnosed in 2011), rebuild our support group (Northeast Sacramento), and support PANC with donations and event participation.

As Mom Judy loves to write in her closing notes to the PANC Northeast Support Group, "Until there is a cure, hope and healing every day!"

**Sean Tracy**, PANC Board President 2019-2022, Vice President 2018-2019, Director 2017-2022

## Hello & Goodbye

### We are excited to introduce a new employee – Kimberly Arredondo-Blanco.

Kimberly was hired to be a bi-lingual coordinator for a PANC grant from the Davis-Phinney Foundation to facilitate Spanish outreach and support for Parkinson Support Groups. If you are aware of Spanish speaking people interested in knowing more about Parkinson Disease, we have a great resource to share.

### We are delighted to welcome two new PANC Board members, Danielle Hand-Nicholls and Ted Norris.

Danielle Hand-Nicholls is a Young Onset PwP. She currently works full time for the State of California. She is very active in the Young Onset Support Group. She is also very active keeping her exercise regimen going with cycling, hiking, skiing, waterskiing, and Rock Steady Boxing. We are delighted to add her enthusiasm and new understanding of PD to the Board.

Ted Norris is an experienced finance man. Most of his career he worked for the Sacramento Bee and the McClatchy Company. He has always been involved in accounting. Ted has retired several times, but always needs something to do. We are delighted to help him find something to do and to have an accountant join the Board. He will be a wonderful addition.

### We also say goodbye to two Board members, Eric Jones and Sean Tracy.

Eric Jones has been with us for only two years, but has added to our community. He has written articles for the newsletter, provided volunteers for events and he added a 5K run to the COP Walk. Eric has graduated from medical school and is now headed to Texas for his residency. We wish him well and hope he returns to us.



Eric Jones, Myron Jantzen and Sean Tracy.

Sean Tracy is going to be hard to replace. He joined the Board in 2017 and was elected Vice President. Soon after he stepped up to become the president of the Board and has served for four years. He has found family, career, and new education issues to be enough so he is stepping down not only as president, but also as a member of the Board. He promises to stay with us as he is reactivating the Northeast Sacramento Support Group with his mom, Judy.

The other change in our Board is in the officers. I am stepping up to take on the Presidency, Eric Egli is stepping up from Treasurer to Vice President, Chris Chediak is stepping in as Treasurer, and Carolyn Loveridge is continuing as Secretary. We are looking forward to working together with a hard working Board to keep PANC on the upward movement that has continued to happen for the past several years. We look forward to seeing you at our Annual Conference on October 22, 2022.

Thank you for your continued support,  
**Myron Jantzen**  
*PANC Board President*

## THANK YOU TO OUR AMAZING COMMUNITY PARTNERS!

**Betty Vosters-Kemp, Avalon Hearing Aid Centers, Inc., 916-483-9064** – for her ongoing support of PANC and the Parkinson Community in Northern California and for providing a lovely meeting space for the PANC Board Retreat.

**Mark Hansen, Guitarist Extraordinaire, Simple Folk Music, 530-295-7220** – for supporting PANC with 3 hours of beautiful music at the April 2, Robert G. Smith COP Walk.

**Alyssa Paoletti and The Sacramento Ballet Board of Directors** – for offering discounted tickets, for the April 14-16 show *Catalyst*, to all PANC members and their guests, in honor of Parkinson's Awareness Month.



Mark Hansen



# Festínación, Refrenar (Freezing) y Caídas

by Dr. Ehsan Hadi, Neurólogo, Grupo Médico de Mercy, Dignity Health

Un aspecto motriz cardinal de Parkinson es anomalía en la forma de andar. Este aspecto puede variar de lentitud al andar, pasos pequeños y dificultad en iniciar andar, *refrenar* y *festinación*, lo cual puede llevar a caerse.

Refrenar da la sensación de estar pegado al piso al caminar o voltear. No solo afecta las piernas sino que también puede afectar el *habla* – ser repetitivo, el *párpado* – dificultad en abrir el párpado y los *brazos*.

Con *Festinación*, los pasos se van haciendo más cortos y lentos mientras que la parte superior del cuerpo sigue al mismo ímpetu. Esto puede ocurrir sin o con refrenar y así aumenta el riesgo de caer.

Estos aspectos del andar pueden ocurrir cuando el efecto de la medicina se desvanece y por lo tanto es esencial mantener la medicina PD a nivel óptimo para evitar esto. La ansiedad también puede ser una causa y técnicas

de relajación pueden ser de beneficio. Los síntomas también pueden pasar impredeciblemente, aún más en situaciones atareadas. Para superar *refrenar/festinación*, es importante centrarse en una tarea a la vez. Hay algunas cosas sencillas que ayudan superar refrenar/festinación. Lo primero es evitar forzar superarlo cuando esto ocurre. Es mejor detenerse, centrarse y luego seguir caminando con pasos grandes. Otras cosas que ayudan son pasar por encima de objetos, mecerse/vaivén, cambio de peso corporal o caminar con un metrónomo. La terapia física también ha sido de beneficio con estas deficiencias y se debe incorporar junto con optimizar la medicina.

Estos son síntomas comunes de PD. Pueden discapacitar y resultar en aislamiento social. También ponen a la gente a riesgo de caerse. Este método comprensivo se debe emplear para el mejor control del síntoma, incluyendo optimizar la medicina, la terapia física y de conducta.

## Robert G. Smith COP Walk 2022

The 5th Annual Robert G. Smith Walk to **Cancel Out Parkinson's** took place April 2, 2022 at Maidu Regional Park in Roseville, CA. The "COP Walk" is organized and hosted by Embarcadero Lions Clubs and supported by over 50 regional Lions Clubs and the State Lions Organization in honor of "Bob" Smith. The walk was cancelled in 2020 and in 2021 postponed until April 2022. Thanks Covid! But not 2022! The PANC community rallied behind the event and 500 people came out to show their support and to raise Parkinson's disease awareness.

Bob's motto was "Commitment to Community" and the Lions Club definitely lived up to that! Vickie Smith, Bob's widow, joined event Chairperson Dave Johnson in kicking off the 5K run and walk. Many teams from the Lions and PANC communities joined in the fun. The Lions donate all proceeds to PANC to keep funds where they do the most good – right here in our community. The numbers are still being finalized and we will let you know soon!

The event would not have been possible without the help of Roseville High School Medical Club, Placer County Conservation Corps, our generous sponsors, and of course everyone who participated. The Lions have already booked Maidu Park for next year's event, first Saturday in April!

Sadly, Bob passed away in 2019, a week shy of the 3rd Annual COP Walk. Bob was a Sacramento native who served in the military and spent 32 years with the Sacramento County Sheriff Department. He held various positions in the Lions, including International Director, and won over a dozen awards. Most of all, he was a loving husband and father who believed "Integrity: a Way of Life."



## THANK YOU TO OUR LIONS COP WALK SPONSORS

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Rock Steady Boxing – Warrior Fit  
Symmetry for Health  
Woodland Reveille Lions Club

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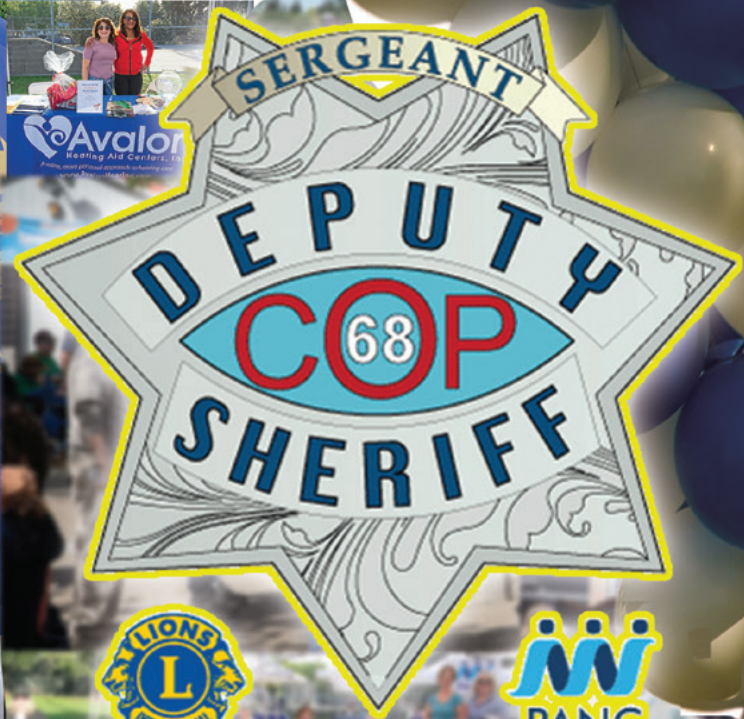


# THANK YOU COP WALK 2022 PARTICIPANTS!





PHOTO CREDITS  
Antonio Santos  
Larry Alver





## Segmented by Disease

by Sheila Raya, author and local PwP

I live my life in segments, Days filled with starts and stops. My actions are predicated by Levodopa, My ability to move, to function, or complete a thought.

In the golden minutes of my four hour windows, I celebrate joyfully activities I once took for granted. To walk across a room with a long stride and a heel striking gait, To make it to the table without dropping my dinner plate.

As time runs out the medication wears down, My body begins to tremor, the stiffness and pain increase and a haze comes over my brain. Anxiety sets in as the ability to walk diminishes, The fear of falling and the dizziness escalates.

Quickly please, I need my pills. They can't start working until I take them. I swallow them down and I wait. How long? Could be 15 minutes could be an hour, The point is, it's time lost.

Parkinson's, not my friend not really my enemy. Parkinson's, one more challenge the Lord has put before me, One more challenge I work to graciously face, I can only do this with the support system I have in place.

I have been blessed with a husband that loves me unconditionally. He is my rock. With a family that is always there for me and friends I could never replace,

What's my future? That I will admit it is something I have feared, Continued decline of the ability to take care of myself. Not a pretty picture. Not something to look forward to.

But, I have had an opportunity placed before me. It's life-changing, scary as hell and yet, I have made the decision to have deep brain stimulation surgery. Electrodes placed in my brain and a controller in my chest.

A device designed to steady my tremors and reduce my stiff joints and pain. A surgery with a promising outcome and good success rate. I would be lying if I said I wasn't scared, After all, we are talking about my brain.

Still I am charging forward, excited in so many ways, To regain the lost hours in my days and my ability to move laugh and play. I'm putting my faith in God that all will turn out right, And my days will only be segmented by me saying good night.

## Dance for Parkinson's

by Ralph Sett, Arden-Arcade Support Group

Dance for Parkinson's is a tonic for the body and the spirit. Where else can you mention a tune like "Baby Elephant Walk" and have it cleverly choreographed when you return for the next class? Where else can you socialize at the end of a class and share recollections about things that brighten your life? Each week there is a new topic to explore.

Kathy Van Hoof and Elaine Silver bring their talents as well as their joy and enthusiasm for graceful movement to those of us who struggle daily with our mobility. These skilled dancers lead the Sacramento class every Wednesday from 1:00 p.m. to 2:00 p.m. Even if you feel you have two left feet, you will get a kick out of this class. No dancing skills are required. Everyone can sit or stand based on their comfort level and safety. Everything from ballet to salsa may be included in the repertoire. With this dynamic duo in charge of the fun, you might even find the Macarena on the dance card!

Pamela Trokanski puts another troupe of devotees of Terpsichore in Davis through their paces every Tuesday from 2:00 p.m. to 3:00 p.m. The class runs the gamut of dance styles beginning with yoga movements to awaken tight muscles and then progresses to more challenging dance steps. Barbara Ruhmann, who has been involved with the group for four years, states, "I prove to myself daily that something I learned in dance can have a positive effect not only on my body but on my mental and emotional wellbeing, too. And that's not a bad way to feel!"

Dance for Parkinson's is affiliated with the International Dance for PD and was founded by the Mondavi Center for the Performing Arts at UC Davis in partnership with the Pamela Trokanski Dance Theatre. It is currently supported by the Pamela Trokanski Dance Theatre. Ongoing classes started in Davis in 2011, and the program expanded to Sacramento in 2012.

Classes are currently on Zoom but will be moving to a hybrid in-person/Zoom model soon. There is no fee for the classes for Persons with Parkinson's.

For further information, please contact Robin Carlson at: [rcarlson404@gmail.com](mailto:rcarlson404@gmail.com).



"Dancing is the only pure art form"  
-Snoopy



# Honor, Memorial, Support and Celebration

January – April 2022

## IN HONOR/SUPPORT/CELEBRATION OF

### Mary Beth Arjil

AJ Arjil and her children  
and grandchildren  
Anthony Arjil  
Dirk Arjil  
Mary Nutting

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Stockton ESS Training Club

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Lisa Lyford

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Boxing

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Cheryl Walther  
Robert and Linda Woodcock

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**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)

**Support Groups are following COVID-19 safety guidelines. PANC recommends contacting the group facilitator for specific information on that group.**

**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)**

## BUTTE COUNTY

### Chico Support Group

1st and 3rd Wednesdays (Zoom)  
Terrence Donnelly 650-743-6871,  
[tmdonnelly68@gmail.com](mailto:tmdonnelly68@gmail.com)  
Bob Murray 530-321-6157, [ordferry@yahoo.com](mailto:ordferry@yahoo.com)

### Oroville Support Group

Carol Rawlins 530-282-0499,  
[Carol48rawlins@gmail.com](mailto:Carol48rawlins@gmail.com)

## EL DORADO COUNTY

### Folsom/El Dorado Hills Support Group

4th Monday 10:30 - 12:00 p.m.  
Folsom Senior Center, 48 Natoma Drive Folsom, CA  
Donna Rixmann 916-712-9642,  
[donna@yogapeace.net](mailto:donna@yogapeace.net)  
Cathy Johnson 916-791-2425,  
[chicathy61@gmail.com](mailto:chicathy61@gmail.com)

### Folsom/El Dorado Hills Caregivers Support Group

1st and 3rd Fridays 11:30 - 1:00 p.m.  
Round Table Pizza,  
2793 E Bidwell St., #100 Folsom, CA  
Larry Alver 916-933-2465, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

### Placerville Support Group

El Dorado County Senior Center  
937 Spring St. Placerville, CA  
Rose Firestone 510-427-6853,  
[rfirestonezz@gmail.com](mailto:rfirestonezz@gmail.com)  
Judi Prince 720-357-3124, [judithprince8@gmail.com](mailto:judithprince8@gmail.com)

## HUMBOLDT COUNTY

### Humboldt Parkinson's Support Group

Wednesday 9:00 a.m. (Zoom)  
Immanuel Lutheran Church  
3230 Harrison Ave., Eureka, CA 95503  
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 Young Onset Support Group

Colleen Winters 209-602-1536, [cwinters@yahoo.com](mailto:cwinters@yahoo.com)

## NEVADA COUNTY

### Grass Valley/Nevada City Support Group

3rd Thursday 2:00 p.m.  
Eskaton, 625 Eskaton Circle, Grass Valley, CA  
Jennifer Westoby 408-313-3524,  
[jennifer.westoby@gmail.com](mailto:jennifer.westoby@gmail.com)

### Truckee Support Group

via Zoom  
Ellen & John Roumasset 650-759-3666,  
[dr.roumasset@gmail.com](mailto:dr.roumasset@gmail.com)

## PLACER COUNTY

### Lincoln Support Group

3rd Tuesday 10:00 a.m.  
Lincoln Hills Community Church  
950 E Joiner Pkwy., Lincoln Hills, CA  
Susan Feldman 916-919-0063,  
[susan.feldman@brightstarcare.com](mailto:susan.feldman@brightstarcare.com)  
Gary High 916-434-5905, [gwhigh@wavecable.com](mailto:gwhigh@wavecable.com)

### Roseville Support Group

1st Tuesday 1:30 - 3:00 p.m.  
Maidu Senior Center, 1550 Maidu Drive, Roseville, CA  
Shelly Butler 916 837-3307 [spbutler@comcast.net](mailto:spbutler@comcast.net)

### Roseville-West Support Group

4th Tuesday 11:00 a.m.  
St John's Episcopal Church  
2351 Pleasant Grove Blvd., Roseville, CA  
Ken and Arlene Fujino 916-474-4788,  
[kmfujino@outlook.com](mailto:kmfujino@outlook.com)  
Diane Herold 916-788-9110,  
[navion4190k@gmail.com](mailto:navion4190k@gmail.com)

## SACRAMENTO COUNTY

### Carmichael/Eskaton Support Group

Colette Coleman 808-942-8786,  
[colemanhior@gmail.com](mailto:colemanhior@gmail.com)

### Elk Grove Support Group

3rd Wednesday 11:00 - 12:30 p.m.  
Senior Center of Elk Grove  
8230 Civic Center Drive, Ste. 100, Elk Grove, CA  
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 Support Group

2nd Thursday 1:30 - 2:30 p.m. (Zoom)  
4th Monday 10:30 - 12:00 p.m. (In person)  
Folsom Senior Center, 48 Natoma Drive, Folsom, CA  
Donna Rixmann 916-712-9642,  
[donna@yogapeace.net](mailto:donna@yogapeace.net)  
Cathy Johnson 916-791-2425,  
[chicathy61@gmail.com](mailto:chicathy61@gmail.com)

### Folsom/El Dorado Hills Caregivers Support Group

1st and 3rd Fridays 11:30 - 1:00 p.m.  
Round Table Pizza,  
2793 E Bidwell St., #100, Folsom, CA  
Larry Alver 916-933-2465, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

### Gold River Lewy Body Dementia Support Group

2nd Thursday 10:00 - 11:30 a.m. (Google Meet)  
Denise Davis 800-272-3900, [denise.davis@alz.org](mailto:denise.davis@alz.org)

### Sacramento/Carmichael Young Onset Support Group

1st Tuesday 6:30 p.m. (Zoom)  
Mary Beth Arjil 530-409-4118, [marjil@sbcglobal.net](mailto:marjil@sbcglobal.net)  
Anthony Wong 916-730-6303, [acwong60@gmail.com](mailto:acwong60@gmail.com)

### Sacramento-Arden Arcade Support Group

4th Thursday 10:00 - 12:00 p.m.  
Dante Event Center,  
2330 Fair Oaks Blvd., Sacramento, CA  
Jim Morris 916-359-4859, [jimor1940@gmail.com](mailto:jimor1940@gmail.com)  
Betty Tronson 916-395-2771,  
[bettytronson@sbcglobal.net](mailto:bettytronson@sbcglobal.net)

### Sacramento Caregiver Support Group

3rd Tuesday 11:00 - 1:00 p.m. (Zoom)  
Gain Saetern 916-728-9333, [gsaetern@deloro.org](mailto:gsaetern@deloro.org)

### Sacramento Northeast Support Group

3rd Thursday 1:00 - 2:00 p.m.  
St Marks United Methodist Church  
2391 St. Marks Way, Sacramento, CA  
Sean Tracy 916-482-7014, [sstfam@winfirst.com](mailto:sstfam@winfirst.com)

### Sacramento Post DBS Patients

Class Schedule at [www.panctoday.org/support-groups](http://www.panctoday.org/support-groups)  
email HS-DBS@ucdavis.edu, 916-731-1610

### Sacramento-South Area Support Group

2nd Thursday 10:00 - 1:00 p.m.  
Asian Community Center,  
7334 Park City Dr., Sacramento, CA  
Jerry Miyamoto 916-441-1020,  
[jmiyamamoto72@gmail.com](mailto:jmiyamamoto72@gmail.com)  
David Teraoku 916-685-4162

## SAN JOAQUIN COUNTY

### Lodi Caregiver Support Group

3rd Monday 10:00 - 12:00 p.m.  
Gracepoint Church  
801 S. Lower Sacramento Rd., Lodi, CA  
Charlene Martin 916-600-5769,  
[lodiparkinsonsgroup@gmail.com](mailto:lodiparkinsonsgroup@gmail.com)

### Lodi Support Group

1st Monday 10:00 - 12:00 p.m.  
Gracepoint Church  
801 S. Lower Sacramento Rd., Lodi, CA  
Maureen Olsen 209-329-1185,  
[lodiparkinsonsgroup@gmail.com](mailto:lodiparkinsonsgroup@gmail.com)  
Robin Bray 209-269-1080

## SAN MATEO COUNTY

### Foster City Support Group

Atria Senior Living,  
707 Thayer Ln., Foster City, CA 94404  
Will Corkern 650-354-7799, [wcorkern@aol.com](mailto:wcorkern@aol.com)

## SHASTA COUNTY

### Redding Support Group

1st and 3rd Friday 9:30 - 11:00 a.m.  
(Coffee in Enterprise Park)  
2nd Friday 1:30 - 3:00 p.m. (Regular meeting)  
Anderson Church of Christ  
3434 North Street, Anderson, CA  
Kim Hawkins 530-945-7628,  
[kim.reddingspg@gmail.com](mailto:kim.reddingspg@gmail.com)



**SIERRA COUNTY****Loyalton Support Group**

Betty Ferguson 530-993-4002, fergj45@gmail.com

**SOLANO COUNTY****Benicia Support Group**

2nd Saturday 10:00 – 11:30 a.m.

Benicia Lutheran Church

201 Raymond Drive, Benicia, CA

Bradford Miller 707 515-9216,

bradfordmiller807@gmail.com

**Vacaville Support Group**

4th Wednesday 1:30 – 3:30 p.m.

McBride Center, 91 Town Square Place, Vacaville, CA

Rick Newman 707 999-6845,

newman.rick@yahoo.com

John Alonso 707-689-6613, johnalonso2@gmail.com

**SONOMA COUNTY****Sonoma County Support Group**

2nd Saturday 1:00 p.m.

Christchurch United Methodist

1717 Yulupa Avenue, Santa Rosa, CA

Tess Lorraine 707-363-7936, tesslorraine@me.com

Marc Alexander 707 431-8767,

malexander109@comcast.net

**Sonoma County Caregiver Support Group**

1st Friday 10:00 – 11:30 a.m.

3rd Friday 11:30 – 1:00 p.m.

visit <https://parkinsonsonomacounty.org/newsletter> to sign up

**STANISLAUS COUNTY****Modesto Support Group**

3rd Wednesday 1:30 – 3:30 p.m. (Zoom)

Beth Bollinger 209-668-9434,

sdboyandcagirl@hotmail.com

**SUTTER, YUBA AND COLUSA COUNTIES****Tri County Support Group**

2nd Monday 1:00 P.m.

Sutter North

969 Plumas Street #208 Yuba City, CA

Susan Vantress 530-701-0039, Suze2u@hotmail.com

Victoria Baker 925-864-1978,

Victoriabaker530@gmail.com

**YOLO COUNTY****Davis Care Partners Support Group**

2nd and 4th Thursdays 11:00 – 12:30 p.m.

Davis City Park, B Street, Davis, CA

Karen Eagan 530-564-4323,

kareneagan747@gmail.com

**Davis Support Group**

3rd Thursday 1:30 – 3:00 p.m.

Davis Senior Center, 646 A Street, Davis, CA

Susan Curry 530-304-9927, smcurry@sbcglobal.net

**Woodland Support Group**

1st Wednesday 1:30 – 3:00 p.m.

Woodland Community Center

2001 East Street Woodland, CA

Steve Briscoe Hellostevebriscoe@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.

# Greetings From Behind the Redwood Curtain

## History and Activities of the Humboldt PD Support Group

The Eureka Parkinson's Support Group started about February 1995. At that time, Debbie Kingshill was the leader (we believe she worked at College of the Redwoods). As things changed and she no longer was able to continue to lead the group a Physical Therapist (name lost in history) took over the group until she moved out of the area. Members of the group took it upon themselves to keep the group going. LaVerne Albonico and Mary Kay assumed leadership and when LaVern's husband John died, Bob and Mary Kay assumed sole leadership in February 2009. Bob Kay died in May 2013. Mary Kay felt it was important to keep Parkinson's Patients in a support group. The group met at the senior resource center (small group) and as attendance grew, we changed location to the Adorni Center as parking was better. In 2017 we assumed the primary leadership role at Mary Kay's request. Mary Kay continued to attend the monthly meetings for several months prior to her passing in 2018.

We currently meet at the Immanuel Lutheran Church (bigger meeting place and even better parking). Monthly notices are usually sent out to about 38 to 40 couples/individuals. We believe we have more Parkinson's patients

inquiring about our group as the doctors are telling patients about our group and we post notices in some of the offices. We usually just talk of issues, medications and problems. These discussions help them talk and get more information on what may work for them.

The past 2 years during the pandemic... NO face-to-face activities have been available but many activities have been started and continue to thrive via Zoom. Current activities include Rock Steady Boxing and PowerUP. Additionally, there is a tailored exercise class taught by a local Pilates instructor with special training in neuro issues, especially MS and Parkinson's. Most important are the Wednesday morning support group (zoom) and the Wednesday morning caregivers' meetings (zoom).

If you are in Humboldt County, we hope you will join our support groups. Check us out at <https://humboldtparkinsons.com/>.

Our Best,  
**Ken & Rose Bond**  
*Humboldt Parkinson Group*



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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.

**Donations or memorial gifts of any size are most welcome.**

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Please make checks payable to Parkinson Association of Northern California and send to:  
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