



*"Building Community for the Journey"*

*March 2024*

## PANC SUPPORT GROUPS

*"Imperfection is beauty, madness is genius, and it's better to be absolutely ridiculous than absolutely boring."— Marilyn Monroe*

### Do What Lights You Up!

*by Tom Turkington*

My name is Tom Turkington. I'm about to celebrate my 77<sup>th</sup> birthday! I was a police officer and deputy sheriff throughout my 34-year career, have since retired, and was diagnosed with Parkinson's about 12 years ago.



I've been an avid bicycle rider all my life and really enjoy both mountain and road bike riding. About 4 years prior to my PD diagnosis, I found that I was falling from my bike. At some point, it became obvious that this was no longer going to be a beloved hobby for me which was devastating.

Except for all the minimal discomforts caused by Parkinson's, very few folks knew I had it for the first 10 years. Unfortunately, my home and life were severely changed on November 8, 2018, when my wife and I became what they call, "Paradise burnouts." What an adventure when the Paradise fire struck our hometown! This was incredibly traumatic both for my wife and myself, and ever since then, my Parkinson's has gotten significantly worse. Following that period, my balance and some other issues went to "hell in a hand basket." My main concern right now is falling. Thankfully, I have a great support system and my friends and family continue to pray for me and I haven't had any broken bones since 2022.

I'm super fortunate to have a great "Parkie" doctor. Dr. Singh watches me closely, gives me excellent advice, and watches my meds (closer than I do). He gave me great advice at the beginning of this journey and that was to make a gym my second home, pay attention to my posture, weight, gait, and quit drinking (well, sorry Doc, 4 out of 5 ain't bad. I do have one beer a month that I really enjoy!). My favorite advice from Dr. Singh was, "Don't quit doing what you love."

I'm writing this article to advise anyone who is just starting out on this Parkinson's adventure to try not to take it too seriously and have fun with it when you can. I certainly do and have a favorite t-shirt that says, "I'm not drunk, I have Parkinson's."

Don't ever give up. No matter how much you exercise and do what you love, you can ALWAYS do a little bit more! Life is way too short, and death is way longer. Just keep going and continue to do what lights you up!!!!

*P.S. Tom is a member of the Redding Parkinson's Support Group. If you have a story of perseverance and hope you'd like to share with our Parkinson's family, please email Jan [here](#).*

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[Registration and Information Here](#)

## Walk to Cancel Out Parkinsons in 3 Weeks!

Saturday, April 6 from 9 to 11:45 am  
Maidu Park, Roseville

More than just a walk, the Walk to Cancel Out Parkinson's (COP) brings together passionate supporters who embody PANC's wish to provide services to as many NorCal Parkinson's families as possible. In loving memory of Sacramento County Sheriff Robert G. Smith, this annual joint Lions Club led event unites our community in a celebration of Parkinson's heroes and to raise funds to improve the lives of many.

Bring your family and friends! Register, form and join teams, support walkers and donate [here](#)! Registration is \$45 through April 1. **COP Walk t-shirts are provided to those who register through March 22.** Let's walk together for PANC in April!

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## PANC Donor Hero -- Meet Lisa Lyford

Several years ago, one of my closest longtime friends, Danielle Hand-Nicholls, was diagnosed in her 40's with early onset Parkinson's disease, like her mother and grandmother before that. I am a full time REALTOR in Sacramento and Placer counties. I love my work and am so thankful to have a thriving business. When Danielle learned what was in store for her future, I was doing well and looking for an organization to pay it forward, so I decided to donate to PANC each time that I sell a house. PANC is an organization that is passionate about supporting local people who have Parkinson's and I like knowing that my donation has an impact on people close to home.

Giving makes me feel great and I'm glad that I made this commitment. I love the organization's work and could have never anticipated the love and gratitude that the people from PANC would express back to me. It's not like I need someone to call and email me to thank me...but the fact that they do, just to express gratitude has been so surprising to me. They are all genuinely so kind, thoughtful and thankful!

The more funds that are raised for PANC, the more services and education can be provided to those who need it. I witness what Danielle is doing to slow the progression of her disease along with managing the side effects. It's great to know that PANC exists for her and so many others who can access the resources available through them too.



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## Seeking Members for PANC's Dynamic Board of Directors

PANC is seeking visionary individuals to help shape future growth and services of the organization. We welcome individuals from all career backgrounds, particularly with financial, fundraising, public relations/marketing or local government experience. We are committed to building a board of directors that represents the broad diversity of our NorCal Parkinson's audience.



To learn more about participating with this dynamic and dedicated group, please email Jan Whitney [here](#). We look forward to working and growing with you!

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## Calling for PD Cognition Study Participants

The Cognition and Action Lab at UC Berkeley is recruiting individuals with Parkinson's disease for a research study. The lab is directed by professor of Psychology and Neuroscience Richard Ivry. The research is investigating how neurological conditions impact human performance and is supported by the National Institutes of Health and approved by the institutional review board at UC Berkeley.

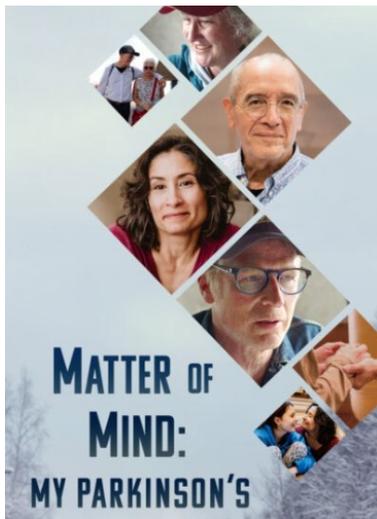
The experiment involves simple and non-invasive procedures and looking at different aspects of coordination such as reaching movements and cognitive abilities such as memory and decision making. The tasks are not physically demanding and can be performed while seated.

Testing locations are at UC Davis and UC Berkeley. It takes about 2-3 hours and participants are reimbursed approximately \$100. If you are interested in participating or

# SAVE THE DATE

## April is Parkinson's Awareness Month

- Cancel Out Parkinson's Walk -- April 6
  - Redding Parkinson's Conference -- April 12
  - Benicia Parkinson's Expo -- April 13
  - Big Day of Giving -- May 2
  - Support Group Facilitators Workshop -- May 4
  - PANC Annual Conference -- September 28
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## April's PBS Documentary on Parkinson's disease Wins San Fran Film Festival Award

"Matter of Mind, My Parkinson's," is about three individuals - a political cartoonist, a mother turned boxing coach, and an optician - who are navigating their lives with determination in the face of Parkinson's disease.

The film won the Audience Choice Award for documentaries at the recent San Francisco Film Festival. On **April 8th**, the film will be broadcast nation-wide on the PBS Independent Lens series. Click [here for a trailer](#) on this impactful visual story.

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## March Free PD Webinars

*Tuesday, March 12 at 4pm*

**Tech-Enabled Triumphs over Parkinson's Disease** by the Young Onset Parkinson's Network  
Assistive technologies like speech-to-text, adaptive hardware such as foot pedestals, and eye trackers along with clever ways to use mainstream technology to overcome challenges imposed by PD.

[Registration and Info Here](#)

*Wednesday, March 13 at noon*

**Nutrition 101 for PD** with the Brian Grant Foundation

Learn about the role of nutrition in maintaining health, common challenges to healthy eating, and tips to improve diet for people with Parkinson's.

[Registration and Info Here](#)

*Sunday, March 17 at 10am*

**Twitchy Woman 4th Anniversary Celebration**

An author will talk about the book "In Her Shoes." The book was created by and for young women with PD and is available in five languages. Download the free book [here](#).  
[Registration and Info Here](#)

*Tuesday, March 19 at noon*

**A New Approach To Exercise** by PMD Alliance

How every bit of movement your body has while awake counts as well as some creative ways to exercise.

[Registration and Info Here](#)

*Wednesday, March 20 at 10am*

**Managing "Off" Periods: Return of Parkinson's Symptoms** with the Parkinson's Foundation

"Off" periods are times in the day when your medication may wear off, suddenly or gradually, and motor or non-motor symptoms return. The speaker will discuss "off" periods, their impact and what to do about them.

[Registration and Info Here](#)

*Thursday, March 21 at 9am*

**Environmental Risks for Parkinson's** with the Parkinson's Community Los Angeles

A conversation about the environmental factors that have been linked to developing PD.

[Registration and Info Here](#)

*Thursday, March 21 at 9am*

**Everyday Exposures to Parkinson's: Environmental Connections to PD** with the Michael J. Fox Foundation

An expert panel will explore the relationship between your everyday environment (air quality, food, pesticides, pollution, etc.) and PD. They will also discuss how economic differences affect access to the right doctors, grocery stores, and gyms, as well as psychosocial factors like racial bias that contribute to health outcomes. Learn what steps you can take to shape the future of research and public health policy for environmental impacts of Parkinson's.

[Registration and Info Here](#)

*Thursday, March 21 at 5:30pm*

**Understanding the Role of a Neuropsychologist** by the Northwest Parkinson's Foundation

The speaker will explain how neuropsychologists help with patient candidacy for surgical therapy options, cognitive function, and overall brain health.

[Registration and Info Here](#)

*Tuesday, March 26 at noon*

**The Ins and Outs of Service Dogs for PD** with PMD Alliance

Service dogs can provide people with PD social and emotional support as well as assistance with balance and daily tasks by mitigating freezing (nudging a leg or gently pulling on a leash), support while getting in and out of chairs or getting up after a fall (bracing), opening doors and turning lights on or off, retrieving adaptive equipment, retrieving and carrying objects, like meds or dropped phone, assisting in dressing and undressing by fetching clothes or gently tugging off socks, seeking help, and exercise (walking the dog). The speakers will share how to get a service dog and answer questions.

[Registration and Info Here](#)

*Thursday, March 28 at 11am*

**Swallowing: Tips to make Mealtimes Easier in Parkinson's** with the Parkinson's Association of the Rockies

Actionable strategies to make the process of eating easier, including at home as well as in public and swallowing medications.

[Registration and Info Here](#)

\* Contact Jan Whitney [here](#) if you are interested in placing a sponsor article in the *Update*.

[www.panctoday.org](http://www.panctoday.org)

Ways to Support

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