

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

Autonomic Dysfunction in Parkinson Disease

by Dr. Ehsan Hadi, MD, Dignity Health

Parkinson's disease (PD) is the second most common neurodegenerative disorder, after Alzheimer's disease, with a prevalence of 0.5–3% as the age advances. Parkinson's disease is a slowly progressive brain condition, which manifests with both motor and non-motor symptoms.

Parkinson's disease falls into the category of neurodegenerative conditions that are called **Synucleinopathies**, which means there is abnormal accumulation in the brain of misfolded proteins called **α -synuclein (α Syn)**. PD can also effect the **autonomic nervous system (ANS)**, which is the part of our nervous system that regulates body functions including the heart, gut, sexual functions, urinary bladder, etc. Involvement of the ANS in PD can be asymptomatic or lead to some of the most debilitating symptoms affecting quality of life. Some of the common features of *autonomic dysfunction* reported in PD are below.

ORTHOSTATIC HYPOTENSION (OH):

Defined as a fall in systolic blood pressure of 20 mm Hg or more and diastolic pressure of 10 mm Hg or more, when lying supine and then standing. OH can be asymptomatic, though symptoms can include light headedness, tiredness, thinking difficulty, passing out, neck and shoulder discomfort "coat hanger pain", etc.

Management includes minimizing/stopping blood pressure lowering medications, dietary modification (*lowering intake of alcohol reserving it to evening time, multiple small meals/reducing carbohydrates and sugar intake*), maintaining adequate hydration/salt intake, compression stocking, etc. If response from above conservative measure remains inadequate, medications such as *Fludrocortisone*, *Midodrine* and *Droxidopa* can be tried.

DELAYED GASTRIC EMPTYING AND CONSTIPATION:

Deposition of **Alpha synuclein** in the gastrointestinal system has also been noted and can lead to a variety of symptoms such as excessive drooling (*Sialorrhea*), nausea, delayed gastric emptying (*Gastroparesis*), difficulty swallowing, abdominal distention, constipation, etc. Reducing meal size, low fat diet, eating slowly, adding thickeners are helpful strategies for some of these symptoms though more specifically, for drooling medication like *Glycopyrolate* and *Botulinum toxin* can be tried. Additionally constipation can be addressed by avoiding aggravating medications (*opioids/anticholinergics*), maintaining adequate hydration, regular exercise, increased dietary fiber, stool softeners, laxative and prescription medications such as *Lubiprostone*.

continued on page 7



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

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THE PARKINSON PATH

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January – March 2020

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Notes from the Association

WELCOME TO THE BOARD

The Parkinson Association of Northern California (PANC) is delighted to introduce a new member of the Board of Directors, Dr. Frederick Lowe, MD. Dr. Lowe recently retired as a Hospital-Based Specialist in Internal Medicine from the Kaiser Vallejo Medical Center. We look forward to Dr. Lowe sharing his broad experience professionally and his personal insights regarding Parkinson's disease with the Board and all members of the PANC community.



Like us on Facebook
Follow us on twitter



My Funky Monkey Bar *by Dorothy Ross, Davis Support Group*

From the alcove in our family room I would have a 360-degree view of what's happening in our house and yard—if I had a swiveling chair.

If my chair turned in circles I could begin my day watching the squirrels play in the olive tree out back, take a quarter turn towards the kitchen and chat with Bill while he brews the coffee. Another 90 degrees would have me squarely in the center of my command post, phone on one side and computer on the other. The last turn of the day would find me facing the TV in time for Jeopardy!

When Bill and I went chair shopping I felt like Goldilocks. The chairs were either too big or too small, too hard or too soft. Many reclined, and some even rocked, but few swiveled. I finally found one that was just right; it reclined at the touch of a button, and pivoted full circle. It also rocked, but that was not a big selling point. We bought the chair in spite of its rockability.

My chair was everything I'd dreamt about, but it sometimes seemed to be fighting me. With nothing nearby to grab on to, I struggled to get to my feet if the chair was moving. Just about any forward or upward movement started the rocking motion—and then I was stuck until Bill came to my rescue. I seriously considered exchanging my new chair for one that didn't rock.

Then my daughter had a bright idea. She suggested that we mount a floor to ceiling transfer pole near the chair. I'm happy to report that the funky monkey bar works. My swivel-rocker-recliner is here to stay.



Big Day of Giving – Thursday, May 7, 2020

Sacramento's annual 24-hour fundraising event and year-long capacity building program for local nonprofit organizations.

The Big Day of Giving is a 24-hour giving challenge that brings together the Sacramento region's nonprofit community to help raise much needed unrestricted funds and shine a spotlight on the work nonprofits do to make Sacramento the place we call home.

The Parkinson Association of Northern California (PANC) is one of the 600 non-profits selected to participate in the Community Foundation's 2020 Big Day of Giving. During the 2019 campaign the Sacramento region generated a record \$8.4 million in one day. Since 2013 the giving day has generated nearly \$40 million to help local non-profits.

How Can You Help?

DONATE: On Thursday, May 7, you can donate to the Parkinson Association of Northern California by visiting www.bigdayofgiving.org and make a gift with a credit or debit card. Your donations will make a big difference. Check to see if your local financial institution or employer will partner and also make a contribution (e.g. if you bank with a Golden 1 Credit Union and use their debit card, they will also contribute an amount to PANC). Starting on Monday, April 20, you can schedule your gift in advance of Big Day of Giving, just so you don't forget.

SHARE: Let your networks know that you support our cause by sharing posts on your social media accounts, or by creating and sharing a fundraising campaign. A good word from a donor like you is the most meaningful way to spread the word.



Resources for Persons with Parkinson's Disease as we "Shelter at Home"

With Parkinson's disease we know how important it is to stay active, engaged and exercise. However, many gyms and exercise programs have temporarily closed leaving you to exercise independently at home.

Here are some online resources that may help motivate you to continue to stay positive, engaged and exercise at home using online video instruction. Also remember you can go outside for walks as long as you stay 6 feet away from others to reduce possible spread.



The Parkinson Foundation's key initiatives include:

- **Aware In Care**, a patient safety kit designed to get the best care possible during a hospital stay
- **Newly Diagnosed program**, a toolkit to help get a good start on the journey to living well with Parkinson's disease
- **Library of publications**, covering multiple topics and available in multiple formats
- **Bilingual Helpline, 1-800-4PD-INFO**, professionally staffed and available to answer PD questions, provide emotional support, and locate resources.

These programs and online resources are provided at no charge to the community. Order materials or find more information by visiting Parkinson.org or calling 1-800-4PD-INFO (473-4636).



The **Brian Grant Foundation** provides tools to improve the well-being of people with Parkinson's. Their programs

focus on exercise, nutrition and community-building. More information and resources, including exercise and cooking videos, are available at briangrant.org.



The goal at the **Davis Phinney Foundation** is to help people with Parkinson's live well today. They provide essential

information, practical tools and inspiration to people living with Parkinson's and their care partners. Please visit www.dpf.org.



The **Michael J. Fox Foundation (MJFF)** has a free downloadable book called "Parkinson's 360, a Guide for Navigating Parkinson

Disease" <https://www.michaeljfox.org/parkinsons-360>. It is a set of resources developed by the MJFF for anyone whose life has been touched by Parkinson's.



Dance for PD® is committed to encouraging people living with Parkinson's to continue enjoying the joys and benefits

of dance during a time when live classes may not be available. To this end, they are making a full digital archive of classes available to everyone, free of charge. No dance experience is required. For more information about the program, please visit www.danceforpd.org.



The **Rock Steady Boxing (RSB)** organization (<https://www.rocksteadyboxing.org/>), gives people with Parkinson's

disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. Exercises are largely adapted from boxing drills where boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant. During this time of "sheltering at home" you can continue or try out the RSB exercises by linking to their YouTube videos at: <https://www.youtube.com/user/krfollmar> or access them through Facebook at: <https://www.facebook.com/rocksteadyboxing/>. We look forward to returning to the RSB gyms as soon as this virus is under control.



“The Shelter in Place”

INFORMATION SERIES



Thursdays 5 p.m. • April 16 – May 14, 2020

April is Parkinson’s Disease Awareness month and April 11th is World Parkinson’s Day. In honor of this, PANC is proud to present “The Shelter in Place” Information Series. This 30-minute, weekly radio style talk show will feature telephone discussions between local Parkinson experts and regional/national experts.

Each 30-minute segment will focus on an important Parkinson topic that is relevant to our current situation.

- COVID-19 and PD
- Situational Anxiety
- Dance for PD
- Exercise when Sheltered
- Caregivers are on the Frontline too

Guest experts include:

- Dr. Michael Okun (*MDS and Medical Director of the Parkinson Foundation*)
- Eli Pollard (*Executive Director of the World Parkinson Coalition*)
- David Leventhal (*Program Director for Dance for PD*)
- Connie Carpenter (*Olympian, wife and carepartner of Davis Phinney*)
- Christine Shade (*Neuro-Physical Therapist and Vice President of PANC*)

The first segment will launch April 16, 2020 at 5 p.m.

and will include guest expert Dr. Michael Okun. Dr. Okun is an internationally recognized Movement Disorders Specialist and currently is 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. Our discussion will be on the topic of COVID-19 and PD. He is co-author of the new book “Ending Parkinson’s Disease” which offers a prescription for action. #ParkinsonPACT #EndingPD

We invite you to join us and listen in on the discussions. (Call is limited to 250 people. Participants will be notified if they dial in past the cut off).

The call in number is:

1-415-906-4781

United States, San Francisco (Toll).

You will be asked to input the Conference ID:

794 801 086#

Check the PANC website at www.PANCtoday.org for more information. Each week the new discussion topic and details about the speaker for the week will be posted. If you miss a discussion, you won’t miss out. All discussions will be recorded and posted on the PANC website.

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Posture Exercises: How to Stay Flexible while Staying Home

by Jennifer Park, PT, DPT, MS Faculty, Department of Kinesiology California State University, Sacramento

Exercise is medicine for People with Parkinson's (PwP). The Parkinson's Outcomes Project recommends that PwP participate in at least 30 minutes of exercise each day to help maintain quality of life. Exercises that maintain flexibility are important to breathing, talking, mobility and balance. Activities, like daily walking, improve the effectiveness of the heart and lungs and improve endurance and energy levels. However, stiffness in the trunk will limit arm swing, reduce length of steps and slow walking speed. You may not be new to exercise, but you may find you are not stretching your whole body every day.

Breathing and stretching exercises will help maintain muscle balance in the trunk, mobility in the spine and improve overall posture. Set aside 10–15 minutes a day to stretch your trunk, neck, arms and legs. Specific attention should be given to stretching the muscles across the chest. You might find standing in a doorway helps you get an effective chest stretch. Breathe easy while stretching to assist in relaxing muscles. Stretching exercises also improve functional movements such as reaching above your head, washing your hair and bending over to put on your shoes. Additional stretching tips include:

- Stretches should be held for 15-30 seconds – do not bounce
- Stretches can be challenging (gentle to moderate pull) – not painful
- Breathe slowly in and out while maintaining the stretch position
- Repeat each stretch 2-3 times to get the most benefit

Stretches can be performed while standing and using a wall or counter for balance, lying down (bed or floor), or even in a chair. For more information and ideas about stretching and exercise:

Parkinson Foundation (no date) **A Body Guide to Parkinson's Disease**. pp 21-25

https://www.parkinson.org/sites/default/files/Fitness_Counts.pdf

American Parkinson Disease Association (2016) **Be Active & Beyond**. pp 24-28.

https://www.apdaparkinson.org/uploads/files/Be-Active-Book_For-Web-90o.pdf

Parkinson Society Canada (2003) **Exercises for People with Parkinson's**. pp 1-7.

https://www.parkinsons.va.gov/NorthWest/Documents/Pt_ed_handouts/Exercise_for_PD_1-20-12.pdf

APRIL IS PARKINSON AWARENESS MONTH!

With April 11th designated as World Parkinson's Disease Day

April 11th was chosen as Parkinson's Disease Awareness Day because it is the birthday of Dr. James Parkinson, the English physician who described the disease in a paper entitled "An Essay on the Shaking Palsy", published in 1817.

The symbol of World Parkinson's Disease Awareness is a red tulip. This dates back to 1980 when J.W.S Van der Wereld, a Dutch horticulturist, developed a red and white tulip. Van der Wereld, who had Parkinson's disease, decided to name his newly-cultivated flower the 'Dr. James Parkinson' tulip.

Our goal is to raise awareness of Parkinson's Disease and promote a greater understanding of how this condition affects people.



Autonomic Dysfunction in Parkinson Disease *continued from page 1*

URINARY ABNORMALITIES:

Bladder dysfunction occurs due to PD related changes that take place in the brain, commonly leading to bladder muscle contraction abnormalities i.e. over/underactivity. Symptoms can include increased urinary frequency, urinary urgency or waking up frequently at night to urinate. Treatment includes behavioral modification i.e. *timed bladder emptying*, medications that relax bladder over activity such as *Mirabegron*, *Solifenacin*, *botulinum toxin injection*, etc. Additionally a urology consult should also be considered.

SEXUAL DYSFUNCTION:

Sexual dysfunction symptoms include erectile dysfunction, ejaculation problems, difficulty achieving orgasm, and hyper sexual drive in males, whereas in women symptoms can include lack of lubrication, reduced sexual drive etc. Factors that may contribute to sexual dysfunction include depression/anxiety, excessive alcohol, smoking, medications such as *Hydrochlorthiazide*, *Beta-blockers*, *Selective Serotonin inhibitors*, etc. and previous prostate surgery. Treatment should emphasize life style modification and discontinuing offending medications. Additional therapeutic options include PDE-5 inhibitors, vacuum pump, surgical placement of spinal prosthesis etc. Treatments of female sexual dysfunction are limited and include vaginal lubrication, hormonal therapy and psychotherapy. Depending on the symptoms – urology referral is typically recommended.

TEMPERATURE DYSREGULATION:

Different areas of the brain are involved in maintenance of core body temperature though loss of temperature regulation is thought to be due to peripheral nerve involvement. ANS dysfunction has been attributed to a variety of temperature related changes such as excessive or inadequate sweating. At times these symptoms can also occur in the setting of involuntary movements (*dyskinesia*) or PD medication wearing off and may benefit from PD medication optimization.

Secondary causes should also be investigated such as medications (*antidepressants*, *anticholinergics*), endocrine abnormalities (*thyroid disorders*, *diabetes*), etc.

COVID-19

There is still limited information about the effects of COVID-19 specifically regarding Parkinson's disease, having said that, given the frailty associated with Parkinson's disease, it would be prudent to be cautious, prepared and follow the precautions recommended by public health departments/ CDC. During these challenging times, it cannot be emphasized enough the need for all, PD community specifically and also the community at large, to reach out to each other, offer support and assistance to those most vulnerable and share our resources.

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United Way California Capital Region

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Cheryl Gasparini
Michael Ramirez

Thank You

Prayer for a Pandemic

By Cameron Bellm

May we who are merely inconvenienced,
remember those whose lives are at stake.

May we who have no risk factors,
remember those most vulnerable.

May we who have the luxury of working from home,
remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for our
children when their schools close,
remember those who have no options.

May we who have to cancel our trips,
remember those that have no safe place to go.

May we who are losing our margin money in the
tumult of the economic market,
remember those who have no margin at all.

May we who settle in for a quarantine at home,
remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap
our arms around each other,

Let us yet find ways to be the loving embrace
of God to our neighbors. Amen.



Obtained from:

www.ccvichapel.org/post/prayer-for-a-pandemic-cameron-bellm

Mark your calendar: Annual PANC Conference

Saturday, October 24, 2020

McClellan Conference Center
5411 Luce Ave., Sacramento, CA

Meet our keynote speaker:

**DR. SOANIA MATHUR,
TORONTO CANADA**



Dr. Soania Mathur is a family physician living outside of Toronto, Ontario, Canada who resigned her clinical practice twelve years following her diagnosis of Young Onset Parkinson's Disease at age 27. Now she is a dedicated speaker, writer, educator and Parkinson's advocate. She speaks passionately about the challenges of adjusting physically and emotionally and the coping strategies available to patients.

Dr. Mathur is an active speaker in Canada and the US at patient-directed conferences and also serves as a resource for education projects. She works with The Michael J. Fox Foundation for Parkinson's Research and serves as Co-Chair of their Patient Council. She is a member of The Brian Grant Foundation Advisory Board, the Medical Advisory Board for Parkinson Canada and also works with Parkinson's Movement UK on North American initiatives.

Dr. Mathur has authored a number of published papers and online pieces and is a regular contributor to Huffington Post Blog. She is the founder of Designing A Cure Inc., which serves as a platform to educate and inspire those living with this disease to take charge of their lives and to live well with Parkinson's.

Dr. Mathur has a special interest in helping educate the youngest affected by the stress of Parkinson's. To help facilitate dialogue between children and their loved ones, she has authored two books: "My Grandpa's Shaky Hands" and "Shaky Hands - A Kid's Guide To Parkinson's Disease". All proceeds from the sales of these books (available on Amazon) will be donated back to support Parkinson's research and other efforts that serve the Parkinson's community.

Gratitude in the Time of COVID-19

edited by Carolyn Loveridge

In this time of COVID-19 an article about gratitude seems laughable. Instead, as we are each sheltering at home and limiting our social contact it is easy to feel frustrated and depressed about the entire world and about our own world in particular. This brings to mind a speaker who spoke to the Renaissance Society at California State University Sacramento in March 2019. Dr. Robert A. Emmons, a professor at University of California Davis, has spent the last 20 years scientifically studying the effects of gratitude on the wellbeing of individuals. Perhaps some of the things he shared will help put a different perspective on our current challenges.



Gratitude is an affirmation of the goodness around us and the recognition that this goodness is sourced outside of ourselves. Think of and be grateful for the grocery store staff and the medical personnel who are currently putting themselves at risk to help others.

Gratitude works emotionally, psychologically, and physically. It increases our emotional wellbeing. Studies show that grateful people get along better with others, they are less depressed and they are more resilient to trauma. Although gratitude won't make COVID-19 pass us by, it does have the power to help us heal, to energize, and to change our lives.

Medically speaking a person can practice gratitude without negative side effects. Research has shown that people who keep a gratitude journal have reduced blood pressure, experience better sleep, and are more likely to exercise and less likely to smoke. Gratitude leads to lower levels of inflammation in heart disease patients.

Why does gratitude work? Intentional gratitude amplifies the good in our lives, it reduces the bad in our lives and rescues us from negativity, and it builds trust in our relationships with others.

Gratitude doesn't come easily or naturally. We have to be intentional as we develop an attitude of gratitude. A concrete way to begin is by keeping a Gratitude Journal. Gratitude is POTENT in relationships; it also provides a good acronym for beginning our journals. Each day consider:

- P** – people who made a difference for us today
- O** – opportunities we had today
- T** – things, material goods such as home, transportation, food
- E** – experiences we had today
- N** – nature we can enjoy (some include A Higher Power as part of nature)
- T** – thoughts and our ability for reasoning, reflection, recall, awareness, recognition

If we choose to look at the world through grateful eyes, it will never be the same again. A grateful lens alters our gaze. Where we used to see burdens we can see some blessings, we used to see problems but now we see potential, adversities can now become opportunities. With Parkinson Disease, this is a real challenge, but there are blessings and opportunities – find them and cling to them with gratitude.



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.
Cancelled for April
Senior Center Dining Room
937 Spring Street, Placerville, CA 95667
Peggy Kline 408-309-1125
pegkline103@gmail.com

Lake County

Temporarily Suspended

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 Car
836 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 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
jimor1940@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
EVC-PD-Support@google.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 916-686-4555
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 916-791-2426

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

Support Groups are following the guidelines to avoid large groups and to shelter at home in an effort to mitigate the spread of COVID-19. You can check with your group facilitator to see if alternate means of meeting are being implemented.

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**

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
ssfam@winfirst.com

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

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 209-369-7075
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, 10:30 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.
All programs cancelled through June
Christ Church United Methodist
1717 Yulupa Avenue, Santa Rosa, CA 95405
Caregiver, Dance, Singing & Speech Class
see www.parkinsonsonomacounty.org
Nancy Wilson nlbwilson.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
Janice Herbert 530-673-3064
tricontyparkinsons@gmail.com

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 Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Karen Eagan 530-564-4323
kareneagan747@gmail.com

Woodland — 4th Tuesday, 1 p.m.
(No meeting Jul/Aug)
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.



PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

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ROBERT G SMITH WALK TO CANCEL OUT PARKINSON'S
It's Not Too Late! Support the Embarcadero Lion's Club COP Walk TODAY!

I'm sure you have heard by now that this year's "Robert G. Smith Walk to Cancel Out Parkinson's" was cancelled. It's a fact; **the walk part was cancelled; however the fundraising part is still happening through May, 2020.** This event is PANC's single largest source of income (\$32,000 in 2019) and every dime the Lions make is given to PANC to meet our local needs: Respite Grants, Information and Referral Services, Facilitators Workshop, Parkinson Path Newsletter, Journal Club, ParkinsonWise Training, Rebuilding Together Grants and of course, the Annual Conference. PANC really does count on this support!

WAYS YOU CAN HELP:

- If you already registered to walk or made a donation, please consider it a donation.
- If you recruited pledges, send them in as a donation.
- If you have not yet registered, go ahead and send a donation.
- All Sponsors are being asked to accept a new set of benefits and leave their Sponsorship dollars in the COP Walk account. We have had a wonderful response so far!
- FYI -Walk t-shirts were not ordered so they will not be available this year.



As communities of caring, both the Embarcadero Lions Club and the Parkinson Association of Northern California (PANC) recognize that the best way we can protect people we love, is by reducing the risk of transmission of COVID-19, and by slowing the spread of this disease. It is our belief that by not gathering in person we can do our part in delaying the spread, so that each of us has access to medical resources if we should need them. That said ... we still need your help!

We are asking everyone who is part of our Parkinson Community to consider making a donation to this event, as it is such an important source of funding for the Parkinson Association of Northern California. Your generosity is needed now more than ever. If you would like to make a contribution:

- **Make Your Check Payable To:** Embarcadero Lions Club and use the enclosed PANC envelope to mail it in. We will forward all COP Walk donations to them.
- **On Line Donations:** The COP Walk website, www.Rgsmith.org is open for donations through May, 2020.



All contributions to Embarcadero Lions Club are tax deductible as a charitable contribution to a non-profit organization which has received its tax exempt status under IRC 501(c) (3) and CA Revenue and Tax code 23701d. Our Tax Id # is 94-2703851.