



# 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.



## Vision and Parkinson's Disease

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

Parkinson's disease (PD) is commonly recognized by its motor symptoms such as slowness of movements, stiffness, tremor, gait abnormality etc. however there are a variety of non-motor symptoms that remain under-recognized, one of them being vision related changes. Vision symptoms are commonly reported in PD, affecting motor function, increasing fall risk, adversely affecting quality of life and can even lead to social isolation. The etiology can be quite complex, alterations have been found not only in the eye itself but also the areas of the brain that process vision. It is likely that underlying PD related neurodegenerative process contributes though at times certain medications have been implicated as well.

A variety of eye symptoms have been reported in Parkinson's disease such as **dry eyes, cataract, double vision, impairment of color vision, glaucoma, visual hallucinations etc.**

**Dry eyes** can be experienced due to diminished eye blinking, decreased tear production leading to foreign body sensation, burning, excessive tearing, blurry eyes etc. Artificial tears can be helpful in alleviating the symptoms.

Increased PD associated protein accumulation is reported in lens fragments, which can contribute to excessive **cataract formation** related visual obscurations and warrants an ophthalmology evaluation.

Eye movement abnormalities are well established non motor symptoms of PD, leading to **double vision, blurry vision** etc. and can be quite debilitating affecting activities that require visual acuity such as reading, driving etc. Double vision while looking through one eye is not due to PD rather can be related to a primary eye related condition. Optimizing dopaminergic therapy may be beneficial, additionally ophthalmology assessment should be considered.

**Glaucoma** can be of two types, known as angle-closure or open angle glaucoma. Open angle glaucoma is more commonly reported in PD, thought to be related to dopamine delusion and PD pathology related degeneration. There are also reports of PD medications such as anticholinergics leading to glaucoma. It can lead to vision loss that starts in the periphery and then eventually spreading to central vision. Ophthalmology consultation should be obtained for treatment options to lower intraocular pressure and improve drainage.

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

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\*Donations made through Big Day of Giving and the Sacramento Region Community Foundation

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## PANC Board Director | Paul McCarthy



A special **thank you** for your service to PANC Board Director, Paul McCarthy, who has moved to Henderson,

Nevada. Paul's dedication to teaching and inspiring exercise courses and lessons for People with Parkinson's (PwP) has been a wonderful gift to PANC and many of you. You know when

Paul is in the room when you hear a very enthusiastic, "POWER UP!", and we thank Paul as he continues his support virtually and physically to the PwP community.



## PANC Annual Education Conference

*Navigating Parkinson's with a Warrior Attitude*

Saturday, October 23, 2021 – doors open 8:30 am – 3 pm

The Roebbelen Center @theGrounds, Roseville, CA

700 Event Center Dr, Roseville, CA 95678

The PANC education conference is Northern California's premiere conference. **It will be in-person and broadcast virtually this year.** This conference offers high-quality education, networking, and ability to share experiences. You will learn about treatments, see ideas for exercise, and meet our sponsors and exhibitors who will provide resources that may help you and your loved ones on the journey. National, and locally renowned speakers and Parkinson disease experts are coming together to share current information relating to Parkinson's disease. Topics include young onset Parkinson's disease, Prodrome of Parkinson's, Rewriting Your Future, Tackling Tough Situations.

### **Who should attend?**

Anyone affected by Parkinson's disease: persons with Parkinson's disease, family, care partners, friends, medical professionals, and support resource providers will benefit. Join us as we "Navigate Parkinson's Disease with a Warrior Attitude".

### **Why should you attend?**

The in-person conference is a great opportunity to learn more about Parkinson's disease from nationally recognized speakers. Explore the sponsor/exhibit hall, participate in the movement breaks, enter a contest for great prizes and commiserate with your colleagues.

The live streaming conference is a great alternative for those not ready to meet in person or travel to Roseville, CA. You will learn more about Parkinson's disease from nationally recognized speakers, participate in the movement breaks and receive an electronic roster of the sponsors and exhibitors to use as a resource guide.

### **Cost and Registration**

Registration is \$30 per person for in-person conference and \$20 per person for live streaming conference. Reserved table near the stage for up to 10 people \$500.

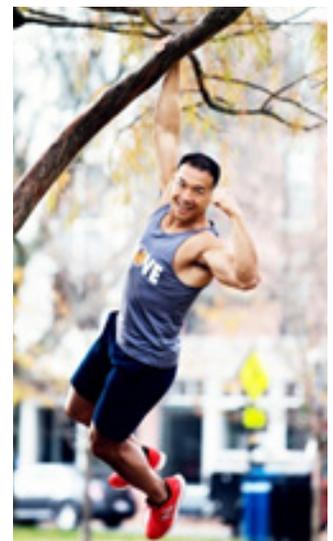
The conference location allows for social distancing and every effort will be made to keep all attendees safe. We will be following state and local health and safety guidelines.

**Information and registration: [www.PANCtoday.org](http://www.PANCtoday.org)  
Join us as we Build Community for the Journey, Together.**

## PANC 2021 Conference Keynote Speaker:

*Jimmy Choi – Parkinson's Advocate and American Ninja Warrior*

At the age of 27, Jimmy Choi was diagnosed with Young Onset Parkinson's Disease. Upon receiving the diagnosis, Jimmy went into denial and "did nothing" for the next 7-8 years to manage his Parkinson's symptoms. Since then, Jimmy has participated in multiple clinical trials to further research on better treatments and hopefully a cure for Parkinson's. Physical therapy led him to running and other activities that help both his physical and mental PD symptoms. His passion to push beyond his limits led him to the national stage as he took on a new challenge and competed as an American Ninja Warrior the last 4 years! He showed the world that Parkinson's will not stop him and inspired many more to not let a diagnosis define you. Today, Jimmy continues to maintain a very active lifestyle and lives with his wife Cheryl and two kids Karina and Mason in the Chicago area. He also continues to advocate exercise as one of his "drugs" to manage Parkinson's symptoms and looks forward to providing his input into the Parkinson's community.





# PARKINSON ASSOCIATION of Northern California

BUILDING COMMUNITY FOR THE JOURNEY

## PANC 2021 Education Conference -- Saturday, October 23, 2021 AGENDA

Registration, Sponsors and Exhibits Open 8:30 am      Conference 9:30 am - 2:30 pm  
@the Grounds. Placer County, 700 Event Center Drive, Junction Blvd, Roseville, CA 95678

- 8:30 am      Check In, Refreshments, Sponsors and Exhibitors Open
- 9:30 am      Welcome - Sean Tracy, Parkinson Association of Northern California, Board President (10 Min)
- 9:40 am      “The Prodrome of PD”, Kathleen Poston, MD, MS The Stanford University Medical Center (30 Min)
- 10:10 am     Keynote Speaker “Changing Course”, Jimmy Choi, PD Advocate, American Ninja Warrior, 2x Guinness World Record Holder (45 Min)
- 10:55 am     Break
- 11: 10 am    Let’s Move! Kevin Quinn, Rock Steady Boxing WarriorFit (15 Min)
- 11:25 am    “Rewriting your Future”, Ehsan Hadi, MD, Mercy/Dignity Health  
Norika Malhado-Chang, MD, UC Davis School of Medicine (30 Min)
- 11:55 am    Lunch - Sponsors and Exhibitors Open (50 Min)
- 12:45 pm    California Parkinson’s Disease Registry Update, Mark Damesyn, MPH, DrPH, Director,  
California Parkinson’s Disease Registry (10 Min)
- 12:55 pm    Expert Panel: Tackling Tough Situations (40 Min)  
Moderators:    Nicklesh Thakur, DO, Sutter Health  
Suketu Khandhar, MD, Kaiser Permanente
- Panelists:
- |                                     |  |
|-------------------------------------|--|
| Movement Disorder Specialist        | Steven Nakano, MD, Sutter Health         |
| Movement Disorder PA/ Acupuncturist | Marc Fierro PA, Sutter Health            |
| Neuropsychologist                   | Linda Trettin, PhD, Mercy/Dignity Health |
| Social Worker                       | Lisa Mooney, MSW, LCSW, UC Davis         |
| Physical Therapist                  | Sarah Pinasco, PT, Kaiser                |
| Care Partner                        | Cherryl Choi                             |
- 1:35 pm    Movement Break! Dance for Parkinson’s, Dr. Diviya Kaul and Krupa Trivedi P.T., Kaiser Permanente, Walnut Creek (10 Minutes)
- 1:45 pm    Expert Panel: Audience Questions (45 minutes)
- 2:30 pm    Program Concludes
- 3:00 pm    Sponsors and Exhibitors Close

1024 Iron Point Road #1046, Folsom, CA 95630

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## What is Prodrome?

by Suketu M Khandhar, MD

*Medical Director, Comprehensive Movement Disorders Program, Kaiser Permanente*

For those of you excited about the upcoming PANC educational conference 2021, you will see on the agenda, a talk on “The Prodrome of PD”. Some of you may ask, what is prodrome? The word has Greek origins and is derived from the word, prodromos – pro meaning “before” and dromos meaning “running”. In antiquity, runner scouts were sent out to the battlefield in advance of the army to better understand what lay ahead.

In Medicine, we use the term to describe signs or symptoms that reflect early disease before traditionally specific signs and symptoms that give way to diagnoses.

Many of you sought out neurological consultation only when you developed a resting hand tremor, limited dexterity or dragging of one side. It was these motor symptoms that traditionally alerted your provider to the diagnosis of Parkinson’s disease as the disease currently has no biomarker. It is known by the time one develops these motor symptoms, the individual may have already lost 70-80% of their dopamine producing nerve cells in the brain.

But what if we could identify the condition earlier? What if we could intervene earlier? Are there preclinical non motor symptoms that may help to identify Parkinson’s disease? And can these give way to understanding the cause and genesis of Parkinson’s disease?

Dr. Kathleen Poston is an Associate Professor of Neurology and Neurological Sciences at Stanford University Medical Center. She completed her Neurological residency at UCSF and her fellowship in clinical Movement Disorders under the mentorship of Dr. Stanley Fahn at Columbia University.

Her research focuses on developing imaging and biological biomarkers to advance our understanding of the pathophysiology underlying the cognitive, behavioral, and motor symptoms characteristic of Parkinson’s disease and related movement disorders.

We are so excited she will be joining us and talking about The Prodrome of Parkinson’s disease. Mark your calendars, the PANC educational conference will be held in person on October 23rd 2021.

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## POWER UP!

by Ralph Sett and Judy Tracy

Every Monday and Wednesday morning at 11:00 am the eager PWR! Program Class students are greeted with a great big smile and a cheerful query, “How is everyone doing this fine day?” Paul McCarthy our PWR! Certified guru is leading another adventurous journey down the spine providing the tools to fortify our bodies and educate us about the muscles designed to maintain our physical well-being. The pandemic driven virtual PWR! class is provided through Paul’s generous volunteerism as well as his dedication to PwP fitness. He was also a member of the PANC Board of Directors.

Paul certainly knows how to get the Endorphins moving. We begin by cruising down the cervical spine, then touring through the thoracic spine and finally lunging down the lumbar spine. Along the way, Paul enlightens his crew by naming the muscles and describing their functions with tremendous enthusiasm. For example, “You gotta love those Obturator muscles. They’re the most important muscles in your body!”

The class is not only educational but is also tremendously entertaining. Paul’s sense of humor is infectious and you can see the enjoyment in all of the smiling faces. Before we know it, the hour has sped by and we are executing our Power moves accompanied by a resounding “POWER UP!” “I NEED TO HEAR YOU” adds Paul if we falter. Each session ends with a grateful “THANK YOU BODY” ... and THANK YOU PAUL!

If you would like information about the PWR! Class, please contact **Judy Tracy ([j-tracy@att.net](mailto:j-tracy@att.net))** or **Ralph Sett ([ralph\\_sett@yahoo.com](mailto:ralph_sett@yahoo.com))**.

## Why Should I Participate in a Clinical Trial?

*National Institutes of Health (NIH)*

Clinical trials are part of clinical research and at the heart of all medical advances. Clinical trials look at new ways to prevent, detect, or treat disease. Treatments might be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments.

The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses.

People participate in clinical trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff.

Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future.



**Here are two locally conducted research projects you might want to consider.**

### CSUS – Physical Activity and Fall Risks for those with Parkinson’s



SACRAMENTO  
STATE

The S.A.C. Neurophysiology Lab at California State University, Sacramento is conducting a study to better understand the associations between physical activity and fall risk in those with Parkinson’s disease. Participation in this study is entirely voluntary. All responses will be confidential.

To participate in this study you must be 18 years of age or older, have Parkinson’s disease, and have access to a desktop/laptop computer or other online device. Participation involves completion of six questionnaires. For more information email Dr. Matt Brown, PhD. At [khs-sacneurophyslab@csus.edu](mailto:khs-sacneurophyslab@csus.edu).

### Enlite PD – Evaluating a Novel Light Therapy Intervention to Ease Sleep Disorders



UC Davis Health as part of a broader NIH research project is seeking persons with Parkinson’s disease who are 45 years or older and have problems with sleep. The research is to see if light therapy can help sleep-wake cycles in PD and improve sleep, fatigue, and other symptoms associated with PD. Those participating in the study will have five research visits and three phone calls over a four-month period. There is a small stipend. For more information about this study contact Poonam Prasad at [psprasad@ucdavis.edu](mailto:psprasad@ucdavis.edu) or 916-734-5057.

## Vision and Parkinson's Disease continued from front page

Decreased ability to **discriminate between colors** have also been reported in PD. Dopamine deficiency in the nerve fiber layer of the eye may be a contributing factor and adjustment of dopamine therapy and special glasses may be of benefit.

A variety of **perceptual symptoms** have been reported in PD, such as perception of space/depth, direction of movement, facial recognition etc. This can lead to bumping into objects and difficulties while driving, requiring driving rehabilitation.

PD patients can at times perceive things that are not actually there, this can range from feeling a presence to more complex image such as shadows, humans, animals etc. These **visual hallucinations** can be due to progression of underlying degenerative process, dopaminergic medication or visual impairment and are usually managed by adjusting PD medications or by adding additional medications to suppress them.

The main goal of PD management is to improve quality of life by improving functional status and independence, which is best achieved by addressing both motor and non-motor symptoms. At times it can be quite perplexing for patients to recognize the non-motor symptoms, thus it is prudent for patients to bring up all new symptoms to the attention of the treating neurologist for appropriate evaluation and to discuss management options.



## The Fifth Annual **COP** Walk is coming soon...

### Are you signing up your Walk Teams?

**September 18, 2021 @ Maidu Park, Roseville**

#### You can help?

- ▶ **Make a donation and attend the event:** Bring your family, cheer our supporters on, check out our Sponsors and the Resource Fair, watch/listen to the entertainment, eat a free lunch, love your COP Walk T-Shirt AND enjoy the company of our Parkinson's Community... all this in a beautiful park setting and easy parking!
- ▶ **Gather a walk team:** Encourage your support group to join together, gather their friends/families to generate a group of supporters to walk as a team. And then enjoy the festivities.
- ▶ **NEW this year... Register to run in our 5k Run**

The Robert G. Smith Walk to **Cancel Out Parkinson's** is organized and coordinated by the Embarcadero Lions Club, and 35 additional regional Lions Clubs with support from the State Lions Organization. The walk is held in honor of 'Bob' Smith, with all proceeds donated to support the local efforts of the Parkinson Association of Northern California (PANC). In essence...every dime we help the Lions raise means funding comes back to us for: new Support Groups, a fantastic Newsletter, additional ParkinsonWISE Programs, enhanced Information and Referral services, an amazing, low cost, Annual Conference, additional Respite Care and more. Given their dedication to our local Parkinson's Community, we believe the Embarcadero Lions Club deserves all the support we can muster.



Go online for registration and pledge forms: [www.rgsmith.org](http://www.rgsmith.org)

Any questions call the PANC Office: 916-357-6641

**Did you know  
PANC has a  
Facebook page?**

**Check it for  
all sorts of  
interesting and  
up-to-date  
information.**

**Look for  
“Parkinson  
Association  
of Northern  
California”  
and like us.**

**Twitter users  
can find  
us on**

**Twitter@Parkinson\_  
PANC.**

**You will also  
find us  
on  
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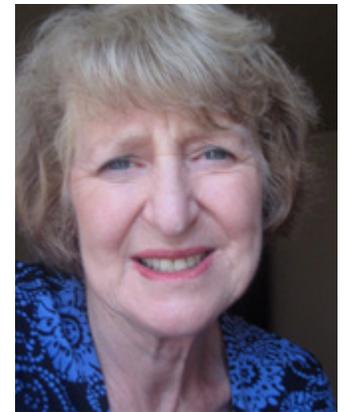


## **My Ongoing Journey with Parkinson's Disease – Early Signs**

*by Susan Curry, Davis Support Group*

My left leg was shaking uncontrollably. It's stress, I thought. I'd flown at short notice to Melbourne, Australia, to settle my mother into a nursing home and empty her house, with a deadline of two weeks. Who wouldn't be stressed with a task like that? The tremor occurred only once more in the visit, and by the time I'd made a trip to New York with my husband, Roy, and prepared for a long stay in Bergen, Norway I'd almost forgotten about it. Perhaps it was stress after all, though like the rest of humanity I'd had stress before and nothing like that weird tremor had happened.

But after we'd been in Bergen for a few weeks, my left hand and arm began to shake when I was sitting, lying, and relaxing, that is, experiencing less stress than ever before. There always had to be someone sitting next to me to catch my wine glass. It was time for an explanation. Roy took us into research mode, and before long we were edging towards possible early-stage Parkinson's. We read that the tremor begins by affecting only one side of the body, then gradually moves to the whole body. (This did indeed happen to me). Later we came across testimonials from PwPs (People with Parkinson's), who'd had PD symptoms even decades before, but because they were seemingly unconnected and not numerous enough, months or years might pass by before an accurate diagnosis.



I'd had several falls, one quite dangerous. I'd also lost my sense of smell many years ago. My movement gradually slowed, making hiking a scramble to keep up. About ten years earlier I was diagnosed with restless leg syndrome, which I now wonder could have been another early sign, but too early for the neurologist to look into PD.

After my diagnosis I talked to other PwPs and was surprised that my early symptoms were often different from theirs. One friend noticed that photos from her grandson's wedding showed her with a flat, uninterested face, called "Masking." She made a beeline to a neurologist soon after. A friend shuffled slowly for years and had begun falling out of bed. He died of cancer before he ever saw a neurologist. I often heard about apathy, anxiety and depression, stiffness in the body, and something called "freezing," unable to move forward.

So, what causes this mysterious, elusive, often devastating condition? We learned that it's due to the loss of dopamine in the part of the brain which controls movement.

Stay tuned for more discussions of things PD related!

**Is there an extra vehicle blocking your driveway? You can donate the car for PANC. Just go to <https://careasy.org/nonprofit/Parkinson-Association-of-Northern-California> or call 855-500-7433 and they will help you with all the details.**

## Donations: April - June 2021 continued from page 2

### *In Memory of*

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Ruth Ziese

“Our *Lives* are not determined by what happens to us,  
but by how we *React* to what happens; not by what life *Brings* to us,  
but by the *Attitude* we bring to life.

A *Positive* attitude causes a chain reaction of  
positive thoughts, events, and *Outcomes*.

It is a *Catalyst*... a spark that creates *Extraordinary* results.”



# Regional Support Groups

To maintain our health during this pandemic, most Support Groups are not meeting Face to Face. Many groups are meeting via video or conference calls. Please contact your local (or any) support group leader to see if there are meetings you can join in virtually. For the latest information visit [www.panctoday.org/support-groups](http://www.panctoday.org/support-groups)

## Butte County

### Chico

Zoom 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays  
Terry Donnelly 650-743-6871  
tmdonnelly68@gmail.com  
Bob Murray 530-321-6157  
ordferry@yahoo.com

### Oroville

Check with PANC office  
Carol Rawlins 530-282-0499  
Carol48rawlins@gmail.com

## El Dorado County

### El Dorado Hills/Folsom

Support and Caregiver Groups  
see listings under Sacramento County

### Placerville

Peggy Kline 408-309-1125  
pegkline103@gmail.com  
In process, call for info

## Napa County

### Napa

Zoom 3<sup>rd</sup> Sunday, 3 - 4 pm  
Colleen Winters 209-602-1536  
cfwinters@yahoo.com

## Nevada County

### Grass Valley

Nancy Lockwood 530-272-7950  
nmlockwood@aol.com

### Truckee

Ellen Roumasset 650-759-3666  
dr.eroumasset@gmail.com

## Placer County

### Auburn

In Person beginning 8/10/21  
Awful Annie's Cafe  
13460 Lincoln Way, Auburn 95603  
Karen Hancock 530-885-0950  
Karen@hancockonline.net

### Auburn Caregivers Luncheon\*

In Person Starting 7/20/21  
3<sup>rd</sup> Tuesday @ 11:30  
Club Car  
836 Lincoln Way, Auburn 95603  
Karen Hancock 530-885-0950  
karen@hancockonline.net

### Lincoln

In person Notice new location  
3<sup>rd</sup> Tuesday @ 10:00 a.m.  
Lincoln Hills Community Church  
950 E. Joiner Parkway, Lincoln  
Gary High 916-434-5905  
gwhigh@wavecable.com  
Susan Feldman 916-919-0063  
susan.feldman@brightstarcare.com

### Roseville

Check web for updates-in person soon  
panc.today.org/support-groups  
1<sup>st</sup> Tuesday 1:30-3:00 pm  
Shelly Butler 916-837-3307  
sbutler7221@comcast.net

### Roseville West

Zoom 4<sup>th</sup> Tuesday 11:00 am  
Ken and Arlene Fujino 916-474-4788

## Sacramento County

### Carmichael/Eskaton

Colette Coleman  
Colemanhior@gmail.com

### El Dorado Hills/Folsom Caregiver Luncheon\*

In person 1<sup>st</sup> & 3<sup>rd</sup> Fridays 11:30-1pm  
Round Table Pizza, 2793 E. Bidwell St. #100,  
Larry Alver 916-933-2465  
ldalver@sbcglobal.net

### El Dorado Hills/Folsom

2 meetings a month  
1) Zoom 2<sup>nd</sup> Thursday 1:00-2:30 pm  
2) In Person 4<sup>th</sup> Monday 10:30-12:00pm  
Folsom Sr. Center  
48 Natoma Dr Folsom  
Donna Rixman 916-712-9642  
donna@yogapeace.net  
Cathy Johnson 916-791-2425

### Elk Grove

In Person  
3<sup>rd</sup> Wednesday 11:00 am - 12:30 pm  
Senior Center of Elk Grove  
8230 Civic Center Dr., Suite 100 Elk Grove  
Myron Jantzen 916-804-6497  
mpjantzen@aol.com

### Sacramento Caregivers Lunch Bunch\*

Zoom 3<sup>rd</sup> Tuesday 11:00 am to 1:00 pm  
Gain Saetern 916-728-9333  
gsaetern@deloro.org

### Sacramento Post DBS Patients

Zoom See class schedule, zoom and contact  
info at [www.panctoday.org/support-groups.html](http://www.panctoday.org/support-groups.html)  
email: HS-DBS@ucdavis.edu

### Sacramento/Arden Arcade Area

3<sup>rd</sup> Thursday 10:00 am  
Possible in person 8/19 (check web-  
panctoday.org/support-groups)  
Keith Tronson 916-395-2771  
keithtronson@sbcglobal.net  
Jim Morris 916-359-4859  
jimor1940@gmail.com

### Sacramento/Carmichael Area Young Onset Support Group

Zoom 1<sup>st</sup> Wednesday 6:30 pm  
Mary Beth Arjil 530-409-4118  
marjil@sbcglobal.net  
Tony Wong 916-730-6303  
acwong60@gmail.com

### Sacramento/Gold River

### Lewy Body Dementia Care Partner Group\*

Google Meet (like Zoom)  
2<sup>nd</sup> Thursday 10-11:30am  
Denise Davis 800-272-3900  
denise.davis@alz.org

### Sacramento Natomas Area

Zoom 2<sup>nd</sup> Thursday 10 a.m.  
Irene Duggan 916-710-6912  
parkinsons1018@gmail.com

### Sacramento Northeast Area

Check web for current updates-in person soon  
panc.today.org/support-groups  
Sean Tracy 916-482-7014  
sstfam@winfirst.com  
Judy Tracy j-tracy@att.net

### Sacramento South Area

Out till October 2021  
Jerry Miyamoto 916-441-1020  
jmiyamoto72@gmail.com  
David Teraoku 916-685-4162

## San Joaquin County

### Lodi

In Person First Monday 10am-12pm  
Gracepoint Church  
801 S. Lower Sacramento Road, Lodi  
Maureen Olsen 209-329-1185  
molsen@softcom.net  
Robin Bray 209-269-1080  
braywaves@gmail.com

*continued on page 11*

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



Thank you to everyone who donated to PANC during this year's Big Day of Giving. We appreciate you and your generosity. You help us continue our mission to enhance the lives of people with Parkinson's, their families and carepartners. We live our motto, "Building Community for the Journey." We had the best year ever.

## Regional Support Groups *continued from page 10*

### Lodi Caregivers Group\*

In Person 3<sup>rd</sup> Monday 10-12  
Gracepoint Church  
801 S. Lower Sacramento Road, Lodi  
Jean Whitted 209-329-7075  
bjwhitted@hotmail.com

### Stockton

Christy Carruthers 209-478-2731  
carruthers209@gmail.com

### Tracy

Kathy Clark 209-879-3108  
classieladyat63@yahoo.com

### San Mateo County

#### Foster City Atria

In person Atria Senior Living  
Will Corkern 650-534-7799  
wcorkern@aol.com

### Shasta County

#### Redding

Coffee in the Park 1<sup>st</sup> and 3<sup>rd</sup> Friday,  
9:30 to 11:00 am  
Zoom 2<sup>nd</sup> Friday, noon - 1:30 pm.  
Kim Hawkins 530-945-7628  
Kim.reddingpsg@gmail.com

### Sierra County

#### Loyalton

Betty Ferguson 530-993-4002  
fergi45@gmail.com

### Solano County

#### Benicia

Zoom 2<sup>nd</sup> Saturday 10-11:30 am  
Possible in person 8/14/21  
Brad Miller 707-515-9216  
bradfordmiller807@gmail.com

#### Vacaville

Willa Sheppard (210) 710-7414  
willa.sheppard@gmail.com  
Rick Newman (707) 999-6845  
Newman.rick@yahoo.com  
John Alonso (707) 689-6613  
Johnalonso2@gmail.com

### Sonoma County

#### Sonoma

Zoom 2<sup>nd</sup> Saturday 1 p.m.  
see [www.parkinsonsonomacounty.org](http://www.parkinsonsonomacounty.org)  
Marc Alexander 707-431-8767  
malexander109@comcast.net  
Tess Lorraine at (707) 363-7936  
tesslorraine@me.com

### Stanislaus County

#### Modesto

Zoom 3<sup>rd</sup> Wed. from 1:30-3:30 p.m.  
Beth Bollinger 209-668-9434  
sdboyandcagirl@hotmail.com

### Sutter Yuba Colusa Counties

#### Yuba City

Mary Lou Chumbley 530-671-0767  
Susan Vantress 530-701-0039  
Suze2u@hotmail.com  
Beginning Aug 9 - 2<sup>nd</sup> Monday at 1 p.m.  
Sutter North, 969 Plumas St., Yuba City

### Yolo County

#### Davis

Off for July and August  
hoping in person September 16  
3<sup>rd</sup> Thursday 1:30-3 pm  
Davis Senior Center  
646 A Street, Davis  
Sue Curry 530-304-9927  
smcurry@sbcglobal.net

#### Davis-Care Partners Group\*

Karen Eagan 530-564-4323  
kareneagan747@gmail.com

#### Woodland

Zoom 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays,  
1:00 to 2:20pm  
Bernadette Murray 530-661-1950  
bemurray2008@gmail.com



## Notes from Sean Tracy, PANC Board President

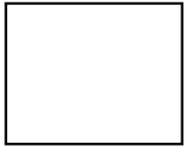
As COVID vaccinations continue to increase and public health restrictions are eased, PANC will be encouraging Support Groups to actively reach out and invite the community to connect, re-engage, and revitalize. Many Support Groups have stayed connected, and others will need to get re-introduced to share the support needed during this recovery.

PANC continues a partnership with a generous grant from the Parkinson's Foundation (PF) to expand support group services throughout Northern California, including the Spanish-speaking community. If you are aware of groups or individuals in the rural parts of Northern California impacted by Parkinson's disease, please ask them to reach out to the PANC office so we can engage them in this project.

We look forward to hearing from you. **PANC office: 916-357-6641** or **[www.PANCtoday.org](http://www.PANCtoday.org)**



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



**To have the Parkinson Path delivered straight to your postal mailbox, contact Sharon@panctoday.org**



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.**

Please accept my tax-deductible donation of \$ \_\_\_\_\_

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Address: \_\_\_\_\_

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**▶ Please make checks payable to Parkinson Association of Northern California and send to 1024 Iron Point Rd, Ste. 1046, Folsom, CA 95630**

We also accept donations with a credit card online or by phone. Visit [www.panctoday.org](http://www.panctoday.org) to complete your secure transaction. For information or assistance please call 916-357-6641.

