

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.



For Care Partners

*by Suketu M. Khandhar, M.D., Medical Director, Comprehensive Movement Disorder Program
Kaiser Permanente Northern California*

All too often, when in the clinic, a medical provider focuses on the patient and not the others in the room. This is particularly true for Parkinson's disease. We maximize and monopolize the time to focus on the patient's concerns. But often we neglect the care partner. This may be the spouse, child, other relative or a friend. They can be a valuable resource of information to corroborate the patient's story or to build upon it.

I recently had a spouse of a newly diagnosed patient ask, "What is my role in this?", essentially asking me the definition of a care partner. A care partner should be educated on PD, supportive of their loved one's symptoms and ensure safety. They will become (if not already) the conduit or steward of information to/from the health care professionals. You can imagine how important this can be for improving quality of life.

At the same time, this responsibility can be daunting and difficult to juggle. Care partners have been known to sacrifice their own health for their loved one. If that happens it weakens the delicate balance of patient information sharing with the clinician. The clinician is not divorced from any responsibility either and should remember to acknowledge and recognize "the other person in the room".

The Parkinson Association is dedicated and committed to helping all those impacted by PD. In that vein, we will be featuring tips and insights from the Experts for care partners in every journal to bolster your success in this responsibility.





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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Notes from the Association

Welcome to the Board

Dr. Eric Egli, Ph.D. has joined the Board of Directors of the Parkinson Association of Northern California. Many of you may recognize Dr. Egli as being one of the esteemed Expert Panelists in prior years' Annual Conferences or through his work as a psychologist (formerly Kaiser and now in private practice in Auburn.) We are thrilled to welcome him!

Strategic View

The Board of Directors recently examined our organization's mission and value to the Parkinson community of Northern California.

For the Parkinson Association of Northern California, there is no doubt: our constituency is growing. We see it as the Annual Educational Conference is sold out year after year, despite larger venues. We know it as individuals come forward offering to start new support groups – seven this year! We feel it internally as we work toward lofty goals with amazingly few resources.

Caring Partners

by Dorothy Ross, Davis Support Group

I recently asked my husband if he thought of himself as my caregiver. “No more than usual,” he replied.

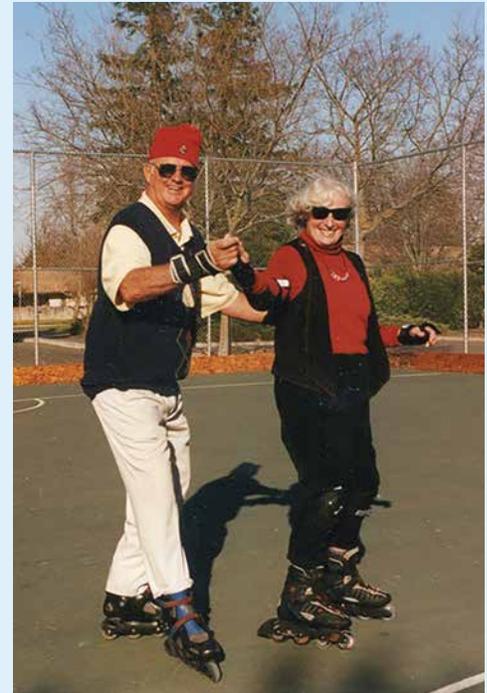
Truth is Bill has always spoiled me, even more so since he retired. When he was supervising huge construction projects, Bill managed 150 people; now he only has to worry about one. He thinks it’s a good deal.

Things have changed a bit lately. Pain in my leg keeps me from standing long enough to hang out the laundry, so I wash the clothes and Bill gets the job of putting them out to dry. Similarly, I dust and he vacuums.

Bill also does the grocery shopping because I don’t drive anymore. I get to plan meals, but he insists on fixing dinner, concerned that I’ll burn myself at the stove or slice my finger into the salad. I notice he doesn’t object to my washing the dishes and cleaning up the kitchen.

In addition to the manly jobs like mowing the lawn and keeping the car purring, Bill has taken on the bill paying and management of our investments. Although I held a stockbrokers license, I never liked dealing with the portfolio. I was glad to hand off that responsibility.

Where does sharing chores end and caregiving begin? In my case, I think it may have to do with personal care, like needing assistance with bathing and dressing. At that stage, I hope we’ll continue to think of each other as caring partners.



We go on with hope and optimism for a cure to be found in the foreseeable future. Until that happens, those in the Parkinson world are the reason the Association is here. Our strategic priorities include financial viability, operational sustainability, governance, public and community outreach and expansion of services.

Dates to Note

- The third annual **Cancel Out Parkinson’s Walk** will be Saturday, April 6, 2019. See the Lions Club’s website at www.rgsmith.org. All proceeds go to our Parkinson Association for local/regional services.
- The next **ParkinsonWISE Training** will be held on Saturday, April 13, 2019, in Santa Rosa.
- The National Parkinson Foundation will hold its **“Moving Day!”** walk in Sacramento on Sunday, May 5, 2019. See www.movingdaywalk.org. Funds raised support the Parkinson’s Foundation national mission.
- The Parkinson Association’s **Annual Educational Conference** is set for Saturday, October 26, 2019, at the McClellan Conference Center, Sacramento. More information to follow.

Keep Moving

by Sarah C. Pinasco, PT, Kaiser Permanente Rehabilitation

We know that physical activity is beneficial for everyone because it can improve mood, reduce the risk of cardiovascular disease, and improve physical ability. In people with Parkinson's disease, physical activity slows the progression of the disease and helps manage symptoms.

Research shows that being sedentary increases low back pain and the American Heart Association states this behavior contributes to the development of heart disease and diabetes. In people with Parkinson's disease sedentary behavior can also lead to faster disease progression.

Together this shows that everyone should be participating in regular exercise. And if you can exercise together, it is a fun way to keep motivated and stay healthy.

The beat of the music is an additional boost for PD by giving the body a rhythm to latch on to which can be especially helpful with bradykinesia and freezing as it allows a person to move faster, more fluidly and confidently.

Exercise does not have to be intense to be valuable, but high intensity does help especially with PD symptoms.

Keep Moving!



Embarcadero Lions Club of Sacramento
presents the

Robert G. Smith
Walk to Cancel Out Parkinson's
Saturday, April 6 2019

Maidu Regional Park, Roseville, CA, 95661
www.rgsmith.org



**ParkinsonWISE®
Training**

Saturday, April 13, 2019
10:00-Noon | Cost: \$45

Kaiser Permanente
401 Bicentennial Way, MOB2, 3rd Floor, Room 4 & 5
Santa Rosa, CA 95403

The Parkinson Association of Northern California is providing education to the fitness and wellness communities about Parkinson's disease (PD). Exercise and movement are extremely effective in delaying the progression of PD symptoms, reducing the impact of symptoms, and for increased general well-being. The ParkinsonWISE® program was created to educate attendees about Parkinson's disease and how to work effectively with this community.

Visit www.panctoday.org/events.html for more information

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Regional Support Groups

For additional information, visit www.panctoday.org

Auburn

Caregivers Luncheon*

2nd Tuesday, 12 p.m.
(No meeting June/Dec)
Awful Annie's Cafe
13460 Lincoln Way, Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Benicia

2nd Saturday, 10:30 a.m.–12 p.m.
201 Raymond Dr., Benicia, CA 94510
Brad Miller 707-515-9216
bradfordmiller807@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

1st Wednesday, 10:00 a.m.–11:30 a.m.
3939 Walnut Ave., Carmichael, CA 95608
Ron von Rajcs 916-715-3920
rondivr@surewest.net

Chico

1st Wednesday, 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave., Chico, CA 95973
Bill Bragdon 530-342-7272
tinmanb@sbcglobal.net

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
Sue Curry 530-304-9927
smcurry@sbcglobal.net

El Dorado Hills

2nd Tuesday, 12 p.m.
Rolling Hills Church Multipurpose Bldg,
West End of Complex-Rm 8
800 White Rock Rd.
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 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,
8830 Sharkey Ave., Elk Grove, CA 95624
Myron Jantzen 916-686-4555
mpjantzen@aol.com

Fairfield

4th Tuesday, 11 a.m.
Paradise Valley Estates
Social Services Coordinator AL/IL
(Internal group)
2600 Estates Drive
Fairfield, CA 94533
Robin Murrery 707-207-7831
RobinM@pvestates.com

Folsom

4th Monday, 10 a.m.
Folsom Senior & Arts Center
48 Natoma Street, Folsom, CA 95630
Mary & Gene Cabaluna 916-987-1684
cabalunaem@comcast.net

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

Lake County

2nd Monday, 2–3:30 p.m.
United Christian Parish
745 N. Brush St., Lakeport, CA 95453
Phil Myers 707-263-4624
phillip.e.myers@att.net
Lin Pifer 707-263-5728

Lincoln

3rd Tuesday, 10 a.m.
Granite Springs Church
1170 E. Joiner Pkwy., Lincoln, CA 95648
Brenda Cathey 916-253-7537
bjcathey@gmail.com

Lodi

1st Monday, 10 a.m.
Temple Baptist Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Ron & Maureen Olsen 209-745-1011
molsen@softcom.net
Robbin & Pat Bray 209-269-1080
braywaves@gmail.com

Caregivers Group*

3rd Monday, 10 a.m.–12 p.m.
Temple Baptist Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Call for directions/information
Jean Whitted 209-368-2809
bjwhitted@hotmail.com

Loyalton

1st Friday, 1:30 p.m.
Golden West Restaurant
Main Street, Hwy 49, Loyalton, CA 96118
Betty Ferguson 530-993-4002
fergi45@gmail.com

Modesto

3rd Wednesday, 1:30–3:30 p.m. Jan.–Nov.
No meeting in July
Trinity United Presbyterian Church
1600 Carver Rd., Modesto, CA 95350
Paul Vantress 209-526-6184
modestoparkinsons@gmail.com

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

Napa

Young Onset Group

4th Sunday, 3 p.m.
Covenant Presbyterian Church
1226 Salvador Ave., Napa, CA 94558
Joe Burger 707-266-6156
jeburger99@gmail.com

Oroville

1st Thursday, 1:30-3 p.m.
Trinity Presbyterian Church
2350 Foothill Blvd., Oroville, CA 95966
Carol Rawlins 530-282-8769

Placerville

1st Tuesday, 1:30-3 p.m.
Senior Center Dining Room
937 Spring Street, Placerville, CA 95667
Peggy Kline 408-309-1125
pegkline103@gmail.com

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@yahoo.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, 2:30-3:30 p.m.
Sierra Pointe Senior Living
5161 Foothills Blvd., Roseville, CA 95747
Ken and Arlene Fujino 916-474-3489
kfujino1@msn.com

Sacramento

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

Sacramento Caregivers Lunch Bunch*

3rd Tuesday, 11 a.m.
Ettore's
2376 Fair Oaks Blvd., Sacramento, CA 95825
Anne Spaller 916-728-9333
aspaller@deloro.org

Gold River Lewy Body Dementia (Collaboration 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

Sacramento Men's Group

1st Thursday, 10 a.m.
Crown Plaza, Theater Room
1071 Fulton Ave., Sacramento, CA 95825
Arnold Loveridge 916-485-0150
arnoldvl@surewest.net
Jim Morris 916-359-4859
jimor1940@gmail.com

Natomas Area

2nd Thursday, 10 a.m.-Noon
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
ssstfam@winfirst.com

Post DBS Patients

See class schedule, location and contact
information at www.panctoday.org

South Area

2nd Thursday, 1 p.m.
Asian Community Center
7334 Park City Dr., Sacramento, CA 95831
David Teraoku 916-685-4162

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.

Sonoma County

1st Saturday, 1 p.m., Feb/Mar/Apr/May/
June/Oct/Nov
2nd Saturday, 1 p.m., Aug/Dec
NO meetings in Jan/Jul/Sept.
Christ Church United Methodist
1717 Yulupa Ave., Santa Rosa, CA 95405
Kathy Osburn 707-480-7230
osburn@aol.com
Marc Alexander 707-431-8767
malexander109@comcast.net

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 & 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

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

Woodland

4th Tuesday, 1 p.m.
No meeting Jul/Aug
Woodland Comm. & Senior Center
2001 East Street, Woodland, CA 95776
Bernadette Murray 530-661-1950
bemurray2008@gmail.com

Yuba City

2nd Monday, 1 p.m.
Sutter Medical Foundation
969 Plumas St., Suite 208
Yuba City, CA 95991
Janice Herbert 530-673-3064
tricityparkinsons@gmail.com

* Caregiver / Care Partner meeting.



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Ask The Experts

*by Linda Ramatowski FNP and Erin Kight LCSW
Sutter Health Sacramento*

Q: My 86 year old mother-in-law has Parkinson's and my husband and I feel fortunate to be able to help her with transportation, shopping and home maintenance – well, almost everything. But I worry about my husband as he is always so tired and he's getting thin. How do I address this with him?

A: Many caregivers do not focus on their own needs, as they feel that the needs of their loved ones are of higher importance. They can neglect their own nutrition, exercise, sleep and overall health. This can impact their ability to care for their loved one, both mentally and physically. It can be a downward spiral. Encourage your hubby to have a frank discussion about these demands with his own physician. Self-care is an important way of maintaining health and the ability to continue giving the precious care to someone who requires assistance.

*Editor's Note: Please feel free to submit your care partner questions for our Experts. Email: panc@panctoday.org or
Mail: 1024 Iron Point Road Suite 1036, Folsom, CA 95630*

Save the Date!

Saturday, April 6
Third Annual
Cancel Out Parkinson's
Walk

Saturday, April 13
ParkinsonWISE®
Training, Santa Rosa

Sunday, May 5
National Parkinson
Foundation's
"Moving Day!" Walk

Saturday, October 26
The Parkinson
Association's Annual
Educational Conference