

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.



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Multidisciplinary Care for Parkinson's Disease

by *Norika Malhado-Chang, MD, Associate Professor of Neurology, UC Davis School of Medicine*

One important aspect of Parkinson's Disease (PD) that sets it apart from other conditions is its complexity. Twenty years ago, PD was purely considered a "movement disorder," resulting in symptoms affecting mobility, such as stiffness, slowness, and difficulty walking. Now, we know that only scratches the surface! In addition to motor symptoms, PD involves an array of non-motor symptoms like constipation, sleep disturbance, depression, anxiety, cognitive impairment, and trouble with speech and swallowing to name a few. Therefore, it really makes sense to approach this from a multidisciplinary care perspective.

What does multidisciplinary care entail? It is a model of healthcare that harnesses the expertise of a variety of specialists to provide truly comprehensive care for the whole person. Fifty years ago, a patient would have all their medical issues managed by their primary care physician. As the medical field has evolved, we have subspecialists trained in a variety of diseases to provide expert care in a certain area. Within the realm of Parkinson's, we should capitalize on the talents and skills of others in the healthcare field by employing a "team" approach. If I were to recruit an all-star team for PD, it would include:

1. Parkinson's Neurologist (may include a Movement Disorders Fellow and a Nurse Practitioner)
2. Neuro Physical Therapist (unlike most PT's who are orthopedics-focused, Neuro PT's have special training in neurologic conditions, like PD. They may even have certification in LSVT BIG or PWR-Parkinson's Wellness Recovery)
3. Speech / Swallow Therapist (some specialize in PD, with certification in LSVT LOUD to help with both voice and swallowing)
4. Psychiatrist or Geri-psychiatrist (doctors who are experts in depression, anxiety, and psychosis)
5. Psychologist or counselor (both for the person with PD and the spouse)
6. Social Worker (An MSW provides valuable information about community resources, caregiver assistance, medication financial assistance programs, etc)
7. Occupational therapist (OT's help with hand and finger dexterity, specialized utensils, and assistive devices for getting around)

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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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Save the Date!

Saturday, April 27

Support Group
Facilitator's Workshop

Thursday, May 2

Big Day of Giving

Sunday, May 5

National Parkinson Foundation's
"Moving Day!" Walk

Saturday, October 26

The Parkinson Association's
Annual Educational Conference

What If?

by Dorothy Ross, Davis Support Group

What if I had been diagnosed with Parkinson's disease when I was 60 years old instead of hearing the bad news after I turned 70? How might my life have been different? I certainly wouldn't have done so much adventurous traveling.

During the decade prior to my diagnosis, I visited three different continents. First my husband and I joined my brother and his wife for the Demi Tour du Mont Blanc, a 50-mile trek at high elevation on Europe's highest peak. Our hike averaged fifteen miles a day—through France, Italy, and Switzerland. Would a Parkie do that?

Then, in the autumn of 2001, I was granted my lifelong wish to see the Dark Continent. The trip began with two weeks at a South Africa safari lodge, followed by a week on the watery edge of Botswana's Okavanga Delta. Jouncing across the bush in an open Land Rover without seat belts in pursuit of a herd of elephants was very exciting and very dangerous.

Bill and I toured Ecuador's Galapagos Islands just a year before I received my diagnosis. Tracking the fearless fauna of Darwin's islands meant slip sliding on wet rocks and slick red mud. Getting close enough to get



a picture of a blue-footed booby was fun, but it wasn't easy. We needed our doctor's permission to make the trip because we were over 65. Would she have signed my form if she'd known I had Parkinson's?

We now know, from looking at old home videos, that I had PD for at least ten years before my diagnosis. Stiff arms and pill-rolling fingers made my motion sickness obvious, once we knew what to look for. I'm glad I wasn't aware of my insidious invader. The Africa trip wouldn't have happened if we'd known about my condition. Hiking in the Alps? Not likely. The Galapagos? No way.

Movement Disorders Specialists tout the benefits of early detection. They say the sooner someone with Parkinson's begins an exercise regimen and starts taking anti-PD medications the longer that person can live well with the disease. I suppose that's true for many people. Personally, I'm grateful for my decade of undetected Parkinson's. They were ten of the best years of my life.

Notes from the Association

Welcome to the Board

Carolyn Loveridge has joined the Board of Directors of the Parkinson Association of Northern California. Carolyn's career centered on Early Childhood Education where she worked in the nonprofit arena and for the State of California. Carolyn retired from the California Department of Education, Early Education, and Support Division. Many of you may recognize Carolyn, as a carepartner for her husband Arnold, she has been an active participant in the Parkinson's Community for several years.

In addition to joining the board of directors, Carolyn will be serving as the incoming Editor of the Parkinson Path!

Dates to Note

- The Parkinson Foundation will hold its **Moving Day! Walk** in Sacramento on May 5, 2019. Funds raised support the Parkinson's Foundation national mission. www.movingdaywalk.org
- This year's **Big Day of Giving** will be on May 2. Twenty-four hours of community-wide philanthropy. www.panctoday.org
- The **2019 Parkinson Association's Educational Conference** will be held on October 26, 2019, at the McClellan Conference Center, Sacramento. More information to follow.

SUPPORT GROUP SHARING

DMV Ombudsman at Roseville Support Group

Jerrold Sieberg, the Northern California Senior Ombudsman from the DMV, was invited to speak at the Roseville Parkinson's Support Group after many of the members expressed concerns about the process for renewing their driver's licenses. Jerrold confirmed that it is your mental and physical condition, and your ability to follow traffic laws, that most impact your ability to maintain your license. He also shared that drivers age 70 or older are required to renew their licenses in person and will have to take a written exam and a vision test to verify they can see and think clearly enough to drive safely.

Jerrold discussed the idea that as we age our reaction time slows, and we may be less reliable drivers. Statistically, he shared, when seniors and teenagers drive a similar number of miles, they are involved in a similar number of accidents. However, seniors, who tend to limit their driving to familiar places and daylight hours appear to be safer drivers. A person's age alone is not a sufficient reason for a reexamination. However, the DMV has the authority to investigate and reexamine every driver's ability to operate a motor vehicle safely if there is a change in their physical or mental condition or a poor driving record.

Jerrold confirmed that doctors are required to report and explain medical findings to DMV. These include symptoms such as the lapse of consciousness, stroke, Parkinson's disease, cognitive impairments such as dementia, sleep disorders, or diabetes.

FYI, to improve your driving skills and perhaps reduce your insurance rate, check out the **Mature Driver Improvement Course** which provides instruction, specifically tailored to older drivers, regarding defensive driving and California motor vehicle laws. A list of approved programs is available on the DMV website.

To view the DMV Senior Guide for Safe Driving go to <https://www.dmv.ca.gov> and put "senior" in the search box. You can also arrange to have a guest speaker by contacting the Ombudsman for Sacramento and Northern California Counties at **916-657-6464**.

Share with us!

When information shared at your support group could benefit the rest of us, *please share!*

Email your information to Sharon at the Parkinson Association offices.

panc@panctoday.org

Multidisciplinary Care for Parkinson's Disease *continued from page 1*

8. Personal Trainer
9. Gastroenterologist and/or urologist (constipation and bladder dysfunction can become challenging and require a specialized approach)
10. Dietician or Nutritionist (Maintaining proper nutrition while optimizing the effect of one's medications can be a tough balancing act, and nutritionists can be quite helpful in this regard)
11. Palliative care specialist
12. Financial planner

This may look like a Fantasy sports team line-up, but this is the future of Parkinson's care. The days when you saw a

neurologist alone will be gone, and the "clinic of the future" will have all these specialists in one place to help you from all different angles. For the time being, getting all these specialists in the same place, at the same time, is a challenge (but we're working on it!). So for now, each person should assume the role of Team Manager and look to recruit these specialists to work in their corner. With a condition as complex as Parkinson's, enlisting the help of professionals across this spectrum ensures a holistic and comprehensive approach that, in all likelihood, might slow the complications of PD or even slow progression of the disease. This, in turn, will help you stay proactive and live your best life with Parkinson's.

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A monthly gift to the Parkinson Association creates an impact every day of the year! Your recurring contribution allows the Parkinson Association to consistently support the needs of the Northern California Parkinson's Community.

You can easily setup your monthly gift at:

www.panctoday.org

Your Legacy

Make a lasting impact on the lives of the Parkinson's Community, by including the Parkinson Association of Northern California in your estate planning.

For more information contact Michelle Coleman at michelle@panctoday.org



Regional Support Groups

For additional information, visit www.panctoday.org

Auburn

Caregivers Luncheon*

2nd Tuesday, 11:30 a.m.
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
Karen Eagan 530-564-4323
kareneagan747@gmail.com

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 Murrar 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
nmllockwood@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

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 530-282-0499

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.
St. John's Episcopal Church
2351 Pleasant Grove 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* (Collaborative Group)

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

Caregiver/Care Partner Meeting Gold River Lewy Body Dementia (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

Sacramento Men's Group

Suspended pending further notice.

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
sstfam@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

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
Nancy Wilson 707-888-5174
wroseland@earthlink.net
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

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.



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Big Day of Giving

24 Little Hours to Make a **BIG IMPACT**

Donate during the Big Day of Giving
Thursday May 2, 2019
Midnight to midnight*

Your contribution will allow the Parkinson Association to provide support, education and resources to the Northern California Parkinson's Community!

Donate through the Big Day of Giving Website:
www.bigdayofgiving.org/panctoday

Through the Parkinson Association Website: www.panctoday.org

Or mail-in your check to: **PANC**
1024 Iron Point Road #1036, Folsom, CA 95630

* Pre-schedule your donations beginning April 15, 2019 and it will be processed on the Big Day!