

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

Daytime Sleepiness and Fatigue

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

Daytime fatigue is one of the most bothersome yet universal symptoms of Parkinson's disease. Tiredness. Sleepiness. Diminished energy. Loss of stamina. If this sounds familiar, you are not alone. While depression, deconditioning, and medication side effects can all be culprits, another important cause is disrupted sleep. Even Dr. James Parkinson – who first described the condition in 1816 – commented on “disturbed sleep” in his original essay on the “Shaking Palsy.”

With Parkinson's, we are almost guaranteed issues with sleep, and these often go unreported and untreated. Why is sleep so important? It is essential that our body rests to restore energy, repair itself, and strengthen immunity. But did you know that sleep also helps the brain process waste products? The average adult needs 7-8 hours of good quality sleep per night. “Good quality” does not come naturally to everyone, so try this:

- Plan to go to sleep and wake up at the same time each day
- Don't nap for more than 20 minutes during the daytime
- Exercise! Physical activity during the daytime promotes better quality sleep at night

- Relax in the evening by listening to calming music. Avoid anxiety provoking activities like paying bills or watching the news right before sleep.

What are some types of sleep disturbances?

- **Trouble falling and staying asleep.** There are many causes of insomnia and sleep fragmentation, and the treatment varies for each. Changing the timing of stimulating medications (shift those from bedtime to morning), addressing anxiety and depression (via medications, counseling, and relaxation techniques), beginning a physical exercise program, and restricting daytime naps are all helpful strategies. Light therapy has also been studied. Sedative medications should only be used after trying all the above, because they have side effects of cognitive clouding, imbalance, and hallucinations for some people.
- **Restless Legs Syndrome (RLS).** Unpleasant sensations in the body result in an urge to move. Getting up to walk around temporarily relieves the restless feeling, but when one lies down again, the symptoms return. This highly irritating symptom delays sleep onset and can be related to various causes, such as iron deficiency and peripheral

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

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Message from the Executive Director

Hello PANC Advocates,

Thank you for your ongoing support of Parkinson Association of Northern California! Our wonderful community of donors and volunteers made it possible to offer Support Group services for an estimated 7,200 attendances in 2023 alone. Also, last year, your assistance helped PANC fund:

- 48 support groups
- 800+ people informed and inspired at our premier educational conference
- 78 Respite grants to caregivers in need
- 2 x ParkinsonWISE® classes
- Advocacy for the National Plan to End Parkinson's act
- 3 x Parkinson Path newsletters and 12 Update e-newsletters
- 4 x gatherings of our popular Journal Club (medical community meeting)
- Responses to hundreds of calls and emails searching for resources and help
- Training for our valued Support Group facilitators
- And more!

PANC is your local, independent Parkinson's group, not affiliated with any national organization. The funds we raise provide direct care, support, and resources to people right here in NorCal. Our programs are specifically designed to help people with Parkinson's and their care partners to thrive. Looking forward to 2024 we are continuing to grow our impact by:

- Expanding our Support Groups
- Raising awareness of PANC and our services in the medical and Parkinson's communities
- Developing ParkinsonWISE II and III trainings for independent living facility staff and care partners
- Creating resources and information for rural communities
- Providing additional materials to the Spanish speaking population in our region

Expanding our free programming in this way helps ensure that PANC continues to be a valued space where members in Northern California communities can turn for much needed Parkinson's assistance. With more than 1 million people in the United States living with PD, we all have our own experiences supporting loved ones, care partners, neighbors, and friends affected and it is so helpful to have a team learning about this experience together.

The PANC community and supporters are appreciated more than ever, and our Board of Directors and I look forward to continuing to serve you now and into the future!



Jan Whitney, Executive Director for PANC

Daytime Sleepiness and Fatigue

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neuropathy. Treatment involves addressing the underlying cause and using dopamine medications before sleep, similar to those used in Parkinson's.

- **REM Sleep Behavior Disorder (RBD).** Ever been told you act out dreams during sleep? Normally, we are paralyzed during the REM (dream) stage of sleep, but with RBD, we lose the normal REM "atonia" and can speak, move, and act out dreams. Unfortunately, these dreams are often unpleasant and vivid. RBD can be dangerous because injuries can result from the uncontrolled movements. Up to 60% of people with PD experience RBD, often beginning years before the Parkinson's diagnosis. The main treatment is Melatonin or clonazepam at bedtime.
- **Sleep Apnea.** This results from disrupted breathing during sleep, which in turn causes low blood oxygen. People with sleep apnea frequently snore, wake up gasping for air, and have headaches in the morning. Diagnosis is confirmed by a polysomnogram (Sleep Study) and is treated in a variety of ways, including CPAP, a machine that continuously blows air to keep airways open.



The good news is that these sleep conditions are treatable, and improvement in nighttime sleep greatly benefits daytime energy. Remember, 80% of people with PD report poor sleep! Healthy nighttime sleep is essential for good cognitive and physical functioning. Talk to your doctor about your sleep disturbances because optimizing the quality of sleep yields significant benefits to overall quality of life.

Thank You to Our Retiring Board Members

During this past year four outstanding board members have retired from the PANC Board of Directors. They have made great contributions and we wish to express our gratitude for their service. These include Eric Egli, PhD, Suketu Khandhar, MD, Marcie Larkey, Frederick Lowe, MD. Now we need new people to step forward and share their expertise and help our board and PANC thrive. If you are willing to share your skills, please contact the PANC office at **916-357-6641**.

Big Day of Giving

Thursday, May 2, 2024

There are many worthy causes to donate to. We hope you will include a generous donation to PANC.
We survive and thrive because of your support.



7TH ANNUAL ROBERT G SMITH WALK TO CANCEL OUT PARKINSON'S

SATURDAY, APRIL 6
MAIDU REGIONAL PARK, ROSEVILLE

Early bird registration open now! \$40

Registration/Resource Fair @ 9:00 am * Walk @10:00 am * Lunch/Awards @11:00 am



Join for a special day of celebration, determination, and friendship! All funds raised support local services for people with Parkinson's disease and their care partners.

Celebrate the heroes amongst us!

- ✓ Short and ADA friendly course
- ✓ Music by the Vino Banditos
- ✓ Lunch and resource fair
- ✓ Register as a team or individually
- ✓ Can't participate? Donate to PANC, a team, or individual
- ✓ Fundraising prizes
- ✓ Early registration includes official COP walk t-shirt

Sponsored by Lions District 4-C5 & an endorsed project of CA Lions MD4
Proceeds benefit the services of the Parkinson Association of Northern California, a 501(c)(3) nonprofit

Info & register at <https://rgsmith.raceroster.com>

Dysautonomia.

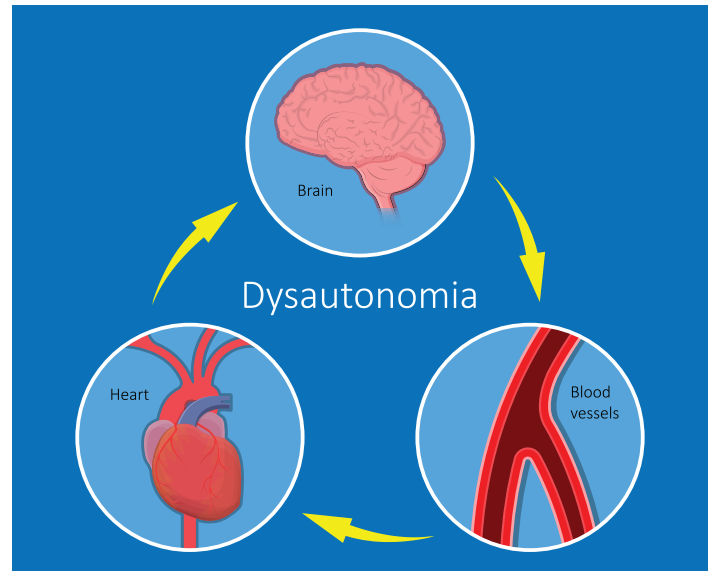
Another Parkinson's Perk?

By Ralph F. Sett, MD, Member, PANC Board of Directors

Problems with our autonomic nervous system can be present well before we experience motor symptoms of Parkinson's. An early issue for many of us is constipation, which is an autonomic symptom. "Dysautonomia" is the general term used for symptoms of the autonomic nervous system that we experience due to Parkinson's disease. A common sign of dysautonomia is instability of blood pressure and pulse. I became acutely aware of this when I passed out at a social event several months ago. With Parkinson's disease, most episodes of "passing out" are caused by dysfunction of the autonomic nervous system. In addition, the combination with dopamine and dopamine agonists used to treat Parkinson's are also known to cause orthostatic hypotension. Emergency rooms can often view these symptoms as cardiac in nature. The real culprits in these situations are most likely to be Parkinson's disease and/or its treatment.

Dr. Michael Okun, a movement disorder specialist, posted a blog to share valuable insights regarding dysautonomia and blood pressure. The following information has been gleaned from his blog. The process for treating neurogenic orthostatic hypotension includes the following steps. Medication review with modification or removal of medications that can cause or worsen neurogenic orthostatic hypotension. Non-pharmacological measures including increased fluid intake, more salt, compression stockings, abdominal binders, and exercise. Talk with your doctor about a combination of pharmacological measures, including medications that constrict the blood vessels.

If you experience lightheadedness, dizziness, or weakness when you stand up from a sitting or lying position, check for orthostatic hypotension. The Mayo Clinic recommends measuring blood pressure while sitting and then standing. A drop of 20 points in the systolic pressure within 2 to 5 minutes of standing indicates orthostatic hypotension. The body may keep this drop in check by releasing norepinephrine which tightens the blood vessels redirecting the blood from the legs to the brain; however, in Parkinson's disease there is less norepinephrine available. Consequently, the release of the norepinephrine may be impaired. This can result in sudden drops in blood pressure that can cause fainting leading to falling.



Dr. Okun suggests incorporating these proactive activities into our daily lives to position ourselves to reduce our risk of neurogenic orthostatic hypotension. The main goal is preventing falls.

1. Hydration is important. One glass of cold water in the morning wakes up the autonomic nervous system. Six to eight glasses or bottles of water during the day is also recommended.
2. Slow and steady changes when moving from laying to sitting or from sitting to standing. A plan to sit back down if dizzy or lightheaded is a key to success.
3. A discussion of the risks and benefits of reducing or eliminating antihypertensives.
4. Elimination of other medications that may be contributing factors, e.g., tricyclic antidepressants, prostate drugs, etc.
5. Use of compression stockings or an abdominal binder
6. Consideration of using medications to raise blood pressure, for example, fludrocortisone, midodrine, or droxidopa.
7. Eat small frequent meals, reduce alcohol intake, and avoid hot food and drink.
8. Increasing salt intake if indicated by a doctor.
9. Limit exposure to outdoor activities when the heat index is high.

Although there are challenges to dealing with neurogenic orthostatic hypotension due to Parkinson's disease, these are several ways to reduce the risk of fainting and its consequences.



County Veterans Service Offices

County Veteran Service Offices (CVSO) are the key agencies in providing California's veterans with assistance and connection to benefits and services in local communities throughout the state. CalVet's relationship with CVSOs ensures that veterans and their families are served and represented by trained and accredited professionals. CVSOs are a critical component in the state's efforts to work directly with individual veterans and their families to ensure our Veterans receive the benefits they earned through their service to our Nation. CVSOs are on the front lines for this important mission and play the key role in ensuring that veterans and their families are aware of their benefits, and in fact apply for and receive them. The CVSOs, doing claims initiation and development, work together with CalVet, that does claims development and representation with appeals, to provide assistance to veterans and their families in preparing and submitting claims and in representing claimants before the federal, state and local agencies providing veterans benefits. Call **844-SERV-VET** to be connected to your local CVSO!

A County Veterans Service Office can assist anyone who has questions on Veteran benefits, including:

- Veterans
- Widows of veterans
- Children of deceased or disabled veterans
- Parents who lost a son or daughter in military service
- Friends, neighbors, or other concerned citizens

Who have questions about:

- Service-Connected Disability Compensation for injuries/ issues related to military service
- Non-Service-Connected Disability Pension/Aid and attendance benefits for certain wartime era Veterans
- Education benefits for Veterans and children of Veterans with service-connected disabilities
- Life Insurance
- Healthcare benefits and enrollment in the VA health care system
- CalVet Home loans and VA loan guarantee benefits
- California specific veterans' benefits including: college tuition fee waivers
- Burial benefits
- Upgrading discharges that are less than Honorable

OR need a referral for:

- Medical Care, including inpatient or outpatient care, dental care, or PTSD treatment
- Alcohol and drug dependency treatment programs
- Information on VA Home loans or CalVet Farm and Home Loan assistance
- Small Business Administration
- Community based organizations that may be in your area

Services offered include:

- Education on Federal, State and local Veteran benefits
- Assistance with completing applications for VA disability claims or other Veteran benefits
- Assistance/advocacy in evidence gathering or responding to VA correspondence
- Information and referral to other programs that may be beneficial to Veterans and their families.

For a current listing of California County Veteran Service office locations go to: <https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx>

Resources for Veterans with Parkinson's Disease

By Dr. Mai Vuong, U.S. Department of Veterans Affairs

Veterans with Parkinson's disease who were exposed to herbicides, including Agent Orange, during their service are entitled to benefits.

VA automatically assumes Agent Orange exposure if you served in/on:

- **Vietnam** between January 9, 1962, to May 7, 1975, including on US military vessels that operated in the **inland waterway of Vietnam** or **within 12 nautical miles seaward** from demarcation line of the waters of Vietnam and Cambodia
- **Korean Demilitarized Zone** from September 1, 1967, to August 31, 1971
- **Thailand Military Bases** (US or Royal Thai base) from January 9, 1962, to June 30, 1976
- **Laos** from December 1, 1965, to September 30, 1969
- **Certain provinces in Cambodia** (Mimot/Krek, Kampong Cham) from April 16, 1969, to April 30, 1969
- **Guam or American Samoa** (or their territorial waters) from January 9, 1969, to July 30, 1980
- **Johnston Atoll** (or ships that called at Johnston Atoll) from January 1, 1972, to September 30, 1977
- **C-123 Airplanes** (flight, ground, medical crew) from 1969 to 1986
- Herbicide transporting, testing, and storage sites outside of Vietnam
- Certain Reserve units at locations during a specified period
- *In addition, vets and family members who were at Camp Lejeune or MCAS New River, NC, for at least 30 days between August 1, 1953, to December 31, 1987, and develop Parkinson's disease may be eligible for disability compensation and health care reimbursements*

Benefits include:

- Disability compensation with tax-free monthly payments
- VA Health care (Apply using VA Form 10-10EZ, by phone at **877-222-8387**, or online at <https://www.va.gov/health-care/apply/application/introduction>)



- Survivors' benefits to surviving spouse, dependent children, and dependent parents
- Benefits for children with certain birth defects
- For more info: <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/>
- You may be eligible for other benefits: https://www.va.gov/opa/publications/benefits_book/2023_Federal_Benefits_for_Veterans_Dependents_and_Survivors.pdf

What you should do:

- Get a **free Agent Orange registry health exam**. You do not need to enroll in VA's health care system. Email the Northern California VA Environmental Health Coordinator at VHANCHCSRegistryCoordinators@va.gov or call **916-890-5914** to schedule an exam.
- **Apply for compensation claim** using VA Form 21-526EZ. Can also apply online at <https://www.va.gov/disability/file-disability-claim-form-21-526ez/introduction>



If you need help with filing, go to a:

- VA-accredited Veterans Service Organization (VSO) representative, attorney, or claims agent. Directory at <https://www.ebenefits.va.gov/ebenefits/vso-search> and <https://www.calvet.ca.gov/VetServices/Pages/CSVSO-Locations.aspx>
- VA regional office and have a VA employee assist you. Find your regional office at <https://www.benefits.va.gov/benefits/offices.asp> or call **800-827-1000**.

If your prior claims were denied or your condition has worsened, submit Supplemental Claim using VA Form 20-0995

Other presumptive conditions related to Agent Orange:

- High blood pressure
 - Diabetes mellitus type 2
 - Hypothyroidism
 - Ischemic heart disease
 - AL amyloidosis
 - Peripheral neuropathy, early onset*
 - Porphyria cutanea tarda*
 - Chloracne*
 - Monoclonal gammopathy of undetermined significance (MGUS)
 - Certain cancers (bladder, prostate, Hodgkin's disease, Non-Hodgkin's lymphoma, multiple myeloma, chronic B-cell leukemia, respiratory/lung cancers, some soft tissue sarcomas)
 - Even if you have a condition not listed above and believe it is due to Agent Orange Exposure, you may still file a claim for VA disability benefits but will need more paperwork.
- * Must be at least 10% disabling within 1 year of herbicide exposure.

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Honor, Memorial, Support and Celebration

September 2023 – January 2024

IN HONOR/SUPPORT/CELEBRATION OF

Arden Arcade Support Group

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Claire Kinsley
Jon Marshack

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Judi & Tim Hachman

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Regional Support Groups

For additional information, visit www.panctoday.org

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

EN ESPAÑOL

Sacramento Grupo De Apoyo para los Hispanos y/o Latinos con la Enfermedad de Parkinson

Tercer Martes 6:00 p.m.

ACC Senior Center, 7334 Park City Dr., Sacramento
Kimberly Arredondo-Blanco 916-884-7767,
kimberly@panctoday.org

BUTTE COUNTY

Chico Parkinson's Support Group

1st Wednesday 1:00 p.m. (In person)

Sycamore Glen Senior Community
1199 Diablo Ave., Chico

3rd Wednesday 1:00 p.m. (Zoom)

Terry Donnelly 650-743-6871

Bob Murray 530-321-6157,

chicopdgroup@yahoo.com

EL DORADO COUNTY

Placerville Parkinson's Support Group

3rd Tuesday 12:30 p.m.

First Lutheran Church, 1200 Pinecrest Ct., Placerville
Larry Alver 916-933-2465, ldalver@sbcglobal.net

HUMBOLDT COUNTY

Humboldt Parkinson's CarePartner Support Group*

1st and 3rd Wednesday 11:30 a.m. (Zoom)

Rose Bond 707-826-7764,

rosebond95524@suddenlink.net

Humboldt Parkinson's Support Group

Every Wednesday 9:00 a.m. (Zoom)

2nd Friday 3:00 p.m. (In person)

Immanuel Lutheran Church

3230 Harrison Ave., Eureka

Tom Bethune 707-822-7923,

thomasbethune@gmail.com

Rose Bond 707-826-7764,

rosebond95524@suddenlink.net

MARIN COUNTY

Marin Parkinson's CarePartner Support Group*

1st Wednesday 2:00 p.m.

The Redwoods, 40 Camino Alto, Mill Valley

Debby Thurlow 415-302-0362,

marinparkinsonscarepartner@gmail.com

MONTEREY COUNTY

Salinas Parkinson's Support Group

Wednesday 3/13/24 at 5:00 p.m.

Salinas Valley Health, 450 E Romie Ln., Salinas

Eileen Domalaog 831-998-7554,

salinasvalleyspeech@gmail.com

NAPA COUNTY

Napa Valley Parkinson's Support Group

2nd Sunday 4:00 p.m.

Napa New Life Tabernacle Church

2525 1st Street, Napa

Colleen Winters 209-602-1536,

cwinters@yahoo.com

NEVADA COUNTY

Grass Valley/Nevada City Parkinson's CarePartner Support Group*

4th Thursday 11:00 a.m.

Communal Cafe, 233 Broad Street, Nevada City

Jennifer Westoby 530-268-2563,

jennifer.westoby@gmail.com

Grass Valley/Nevada City Parkinson's Support Group

3rd Thursday 1:15 p.m.

Nevada County Library, Gene Albaugh Room

980 Helling Way, Nevada City

Jennifer Westoby 530-268-2563,

jennifer.westoby@gmail.com

Truckee Parkinson's Support Group

1st Friday 1:00 p.m.

Levon Professional Building, Ste 102

10833 Donner Pass Road, Truckee

Ellen & John Roumasset 650-759-3666,

dr.eroumasset@gmail.com

PLACER COUNTY

Auburn Parkinson's CarePartner Support Group*

3rd Tuesday 11:30 a.m.

The Club Car Restaurant, 836 Lincoln Way, Auburn

Karen Hancock 530-885-0950,

karen@hancockonline.net

Auburn Parkinson's Support Group

2nd Tuesday 11:30 a.m. (Lunch meeting with speaker)

Awful Annie's Restaurant, 13460 Lincoln Way, Auburn

Karen Hancock 530-885-0950,

karen@hancockonline.net

Lincoln Parkinson's Support Group

3rd Tuesday 10:00 a.m.

Lincoln Hills Community Church

950 E. Joiner Pkwy., Lincoln Hills

Christine Grmolyes 916-769-0449,

christine@seniorcrs.com

Roseville Parkinson's Support Group-Maidu Area

1st Tuesday 1:30 p.m.

Maidu Community Center, 1550 Maidu Drive, Roseville

Kati Rozak 916-799-9381,

kati.rozak@brightstarcare.com

Roseville West Parkinson's Support Group

4th Tuesday 11:00 a.m.

St. John's Episcopal Church

2351 Pleasant Grove Blvd., Roseville

Ken Fujino 916-474-4688, kmfujino@outlook.com

SACRAMENTO COUNTY

El Dorado Hills/Folsom Parkinson's CarePartner Support Group*

1st and 3rd Friday 11:30 a.m.

Round Table Pizza, 1151 Riley St., Folsom

Larry Alver 916-933-2465, ldalver@sbcglobal.net

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.

Elk Grove Parkinson's CarePartner Support Group*

3rd Friday 10:15 a.m.

Senior Center of Elk Grove

8230 Civic Center Dr., #100, Elk Grove

Myron Jantzen 916-804-6497, mpjantzen@aol.com

Laura Copsey 916-698-7622,

lauracopsey@gmail.com

Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m.

Senior Center of Elk Grove

8230 Civic Center Dr., #100, Elk Grove

Myron Jantzen 916-804-6497, mpjantzen@aol.com

Sherry Reser 916-320-7189,

SherryLReser@gmail.com

Folsom/El Dorado Hills Parkinson's Support Group

2nd Thursday 2:30 p.m. (Zoom)

4th Monday 10:30 a.m. (Hybrid In person & Zoom)

Folsom Senior Center, 48 Natoma Drive, Folsom

Donna Rixmann 916-712-9642,

donna@yogapeace.net

Gold River Lewy Body Dementia Support Group

2nd Thursday 10:00 a.m. (Google Meet)

Denise Davis 800-272-3900, denise.davis@alz.org

Sacramento-Arden Arcade Parkinson's Support Group

4th Thursday 9:30 a.m. social / 10:00 a.m. meeting

Dante Event Center, 2330 Fair Oaks Blvd., Sacramento

Betty Tronson 916-395-2771,

bettytronson@sbcglobal.net

Barbie Light 916-961-1867

Sacramento Area Young Onset PD Support Group

1st Tuesday 6:30 p.m.

St. Michael's Episcopal Church

2140 Mission Avenue, Carmichael

Susan Lopez-Payan 916-995-2047,

Sacyopd@hotmail.com

Danielle Hand-Nicholls 916-837-5640

Sacramento Natomas Area Parkinson's Support Group

Last Wednesday of the month 2:00 p.m.

The Village at Heritage Park Assisted Living

2001 Rose Arbor Dr., Sacramento

Kristina Krieger 530-677-6767,

Kristina.krieger@brightstarcare.com

Sacramento Parkinson's CarePartner Support Group*

3rd Tuesday 11:00 a.m. (Zoom)

Gain Saetern 916-728-9333, gsaetern@deloro.org

Sacramento Post DBS Support Group

Email HS-DBS@ucdavis.edu for Zoom meeting link

See <https://www.panctoday.org/items/sacramento-post-dbs-meeting> for flyer with dates and topics.

For more information call 916-731-1610

Sacramento South Area Parkinson's CarePartner Support Group*

3rd Friday 12:30 p.m.
Call or email for dates and location
Jerry Miyamoto 916-441-1020,
jmiyamoto72@gmail.com

Sacramento South Area Parkinson's Support Group

2nd Thursday 10:00 a.m.
ACC Senior Center, 7334 Park City Dr., Sacramento
Jerry Miyamoto 916-441-1020,
jmiyamoto72@gmail.com
David Teraoku 916-685-4162

SAN JOAQUIN COUNTY**Lodi Parkinson's CarePartner Support Group***

3rd Monday 10:00 a.m.
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi
Charlene Martin 916-600-5769,
lodiparkinsonsgroup@gmail.com

Lodi Parkinson's Support Group

1st Monday 10:00 a.m.
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi
Maureen Olsen 209-329-1185
Robin Bray 209-269-1080,
lodiparkinsonsgroup@gmail.com

Stockton Parkinson's Support Group

4th Thursday 1:00 p.m.
O'Connor Woods, 3400 Wagner Heights Rd., Stockton
Lou Basinal 916-832-3754,
loub@AgeInPlaceSacramento.com

Tracy Parkinson's Support Group

3rd Wednesday 10:30 a.m.
Lolly Hansen Senior Center, 375 E 9th Street, Tracy
Kathryn Clark 209-879-3108,
classieladyat63@yahoo.com
Vicki Park vpark@sbcglobal.net

SAN MATEO COUNTY**Foster City Parkinson's Support Group**

Atria Senior Living, 707 Thayer Lane, Foster City
Will Corkern 650-534-7799, wcorkern@aol.com

SHASTA COUNTY**Redding Parkinson's CarePartner Support Group***

Every Tuesday 3:00 p.m.
Anderson Church of Christ
3434 North Street, Anderson
Kim Hawkins 530-945-7628,
kim.reddingpsg@gmail.com

Redding Parkinson's Support Group

1st and 3rd Friday 9:30 a.m.
Coffee in Enterprise Park, 4000 Victor Avenue, Redding
 2nd Friday 1:30 p.m. (Regular meeting)
Anderson Church of Christ,
3434 North Street, Anderson
Kim Hawkins 530-945-7628,
kim.reddingpsg@gmail.com

SOLANO COUNTY**Benicia Parkinson's CarePartner Support Group***

3rd Saturday 2:00 p.m.
Benicia Lutheran Church, 201 Raymond Dr., Benicia
Bradford Miller 707-515-9216,
bradfordmiller807@gmail.com

Benicia Parkinson's Support Group

2nd Saturday 10:00 a.m.
Benicia Lutheran Church, 201 Raymond Dr., Benicia
Bradford Miller 707-515-9216,
bradfordmiller807@gmail.com

Vacaville Parkinson's Support Group

4th Wednesday 1:30 p.m.
McBride Center, 91 Town Square Place, Vacaville
Rick Newman 707-999-6845,
newman.rick@yahoo.com
John Alonso 707-689-6613, johnalonso2@gmail.com

SONOMA COUNTY**Parkinson's Support Group of Sonoma County**

2nd Saturday 1:00 p.m.
Christ Church United Methodist
1717 Yulupa Avenue, Santa Rosa
Peter Karp 707-318-9102, PLKarp@gmail.com

CarePartners and Women with Parkinson's Groups*

Check www.parkinsonsonomacounty.org

STANISLAUS COUNTY**Modesto Parkinson's Support Group**

3rd Wednesday 1:30 p.m.
Alzheimer's Dementia Support Center Inc., Suite B
700 McHenry Ave., Modesto
Linda Casale (209) 214-5574,
jesusloveslindacasale@gmail.com

SUTTER, YUBA, COLUSA COUNTIES**Tri County Parkinson's Support Group**

2nd Monday 1:00 p.m.
Sutter North Clinic, 969 Plumas St. #208, Yuba City
Susan Vantress 530-701-0039,
suze2u@hotmail.com
Victoria Baker Victoriabaker530@gmail.com

YOLO COUNTY**Davis Parkinson's CarePartner Support Group**

2nd and 4th Thursday 11:00 a.m.
Davis Senior Center, Games Room, 646 A St., Davis
Karen Eagan 530-564-4323,
kareneagan747@gmail.com

Davis Parkinson's Support Group

3rd Thursday 1:30 p.m.
Davis Senior Center, 646 A Street, Davis
Ken Hale 530-913-7068, kenn.hale@gmail.com
Lowell Ashbaugh 530-277-6722,
ashbaugh.lowell@gmail.com

Woodland Parkinson's Support Group

1st Wednesday 1:30 p.m.
Woodland Community Center
2001 East Street, Woodland
Steve Briscoe, hellostevebriscoe@gmail.com

*CarePartner groups

NEW VETERANS SUPPORT GROUP IN THE WORKS

A Zoom monthly support group is in the planning stages. Would you be interested in joining?

Call 916-357-6641 and leave your name and contact information for updates.

THANK YOU TO THE FOLLOWING RETIRING SUPPORT GROUP LEADERS.

Marc Alexander, Sonoma

Beth Bollinger, Modesto

In loving memory of long time West Roseville volunteer and co-leader **Diane Herold**



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Name: _____

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