



Parkinson Association  
of Northern California

*"Building Community for the Journey"*

December 2022

[Find A Support Group  
Here](#)

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**Blessed is the season which engages the whole world  
in a conspiracy of love." – Hamilton Wright Mabie**

***PANC's Holiday Hours***

*Monday, December 26 -- Closed*

*Monday, January 2 -- Closed*

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**PD SELF<sup>®</sup>**  
Parkinson's Self-Efficacy  
Learning Forum



**PD SELF<sup>®</sup> -- Free Program  
for Newly Diagnosed  
Begins January 8**

PD SELF<sup>®</sup> is a free clinical trial-validated program for patients who have been diagnosed with Parkinson's within the past 3 years. This 8-session bi-weekly virtual program provides the motivation, confidence, skills and knowledge for an improved quality of life. Care partners are highly encouraged to join.

**PANC's Year-End Giving  
Campaign:  
Can You Help?**

A few reasons to donate to PANC:

- 100% of funds stay local to better the lives of people with PD, their care partners, and families. PANC focuses on support programs, letting the experts find a cure.
- Our professional staff answers hundreds of calls each year and provides information,

Facilitated by trained health professionals and PD SELF program graduates, these interactive group sessions give attendees an opportunity to learn, gain support, and network with other PD patients and care partners. Click below for:

[PD Self® Program Flyer](#)  
[PD Self® Website](#)  
[PD Self® Registration](#)

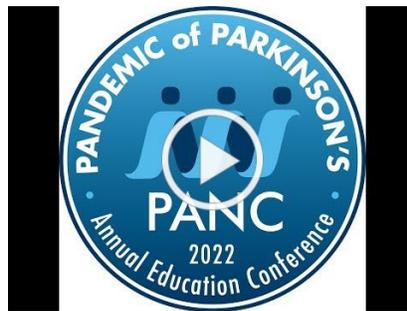
- recommendations, and referrals.
- PANC presents the annual educational conference, one of the largest in the country, offering an affordable day filled with learning opportunities, invaluable networking, and resources.
- PANC supports care partners by offering respite grants to ensure their own well-being.
- PANC helps the support group facilitators to learn how to engage with and aid their members.

[Donate Here](#)  
[2022 Gift Appeal Letter Here](#)

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*"Attending a Support Group is the most important thing a person with Parkinson's can do." -- Jerry Miyamoto, South Sac SG Facilitator*

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## PANC's 2022 Annual Education Conference Video Available Now!

The 2022 PANC Annual Education Conference in October was a huge success! The conference video is now available for public viewing. Click the arrow in the graphic above to watch. The conference program is available [here](#). The agenda and start time of each presentation within the video is as follows:

1. Pesticides and Parkinson's -- **.43:28**
2. The Pandemic of Parkinson's -- **1:12**
3. Movement Break! -- **2:15**
4. To Levodopa or to Leave Levodopa: That is the Question -- **2:31**
5. California Parkinson's Disease Registry Update -- **4:02**
6. Panel: Focus on Health Disparities -- **4:14**
7. Movement Break! Cecelia Beam -- **4:57**
8. Expert Panel and Audience Questions -- **5:12**

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**Ease the Stress:  
Celebrate the Holidays in a  
New and Wonderful Way!**

*by Dr. Eric Egli*



Holidays are a special and challenging time for almost everyone. They can be loaded with history (good and bad), expectations, hopes, and usually a lot of work! When unmanaged, the pressures can lead to stress, irritability and conflict -- the opposite of what we want. The burden we place on ourselves is often the greatest of all.

Holidays present special challenges for people with Parkinson's. PD can force unwelcome changes and limitations in what were a person's usual expectations and roles. A clear example is hosting family for a major event like Christmas (or other depending on your traditions). With PD, things that used to require rewarding but challenging effort can now become impossible, or only possible with a level of effort detracting to the joy and fulfillment that we seek.

With PD, a person may move slower, fatigue sooner, and have issues with strength, balance, tremors, and other symptoms that make the usual productions difficult if not impossible. For many people, giving up these responsibilities or significantly reducing them will feel like losing a part of themselves and of one's value to others and sense of self-worth. There can be fear of disappointing and burdening others, and a powerful desire to deny reality.

The good news is that these are new opportunities for all to re-examine what is truly valuable in our love and relationship with others. In fact, all the "performance" effort even in normal situations can obscure and even overwhelm the true value that our relationships bring to each other.

To enjoy this season in a whole new light, consider looking at what is to be gained rather than lost in dialing back some of the efforts and expectations. In this context we can be explicit in what we really mean to each other, even just by our presence in their lives, and reinforce our connection, caring and support for each other.

Recommendations include:

- Be willing to set realistic expectations on yourself and accept help from others.
- Don't be tied to how things were always done, see your value in terms of who you are to others rather than what you do for them.
- Pace yourself, take breaks if/when needed, know it is okay and communicate these needs to others. They will want to know and be supportive.
- Above all, have some wonderful holidays!



The North State Therapy Choir hosted their 2022 Virtual Choir performance last month. Click the arrow above to watch the show! To learn more about this virtual group, coordinated and taught by Haley Music Therapy, click [here](#).

Neurologic music therapy (NMT) uses standardized techniques to improve functioning following neurological trauma or disease. This can include individuals who have had a stroke or other traumatic brain injury, Parkinsons disease, and

Autism. Individuals experiencing disruptions in their ability to communicate (receptive and expressive), initiate and control motor movements, and memory benefit from these researched and proven methods.

The World Federation of Neurorehabilitation (WFNR), the European Federation of Neurorehabilitation Societies (EFNS), and the Society for Clinical Neuromusicology (CNM) have all officially endorsed NMT training for neurological rehabilitation.

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