

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 path@panctoday.org

Care-Partner Support

*Erin Kight, LCSW, Lin Ramatowski, NP, Dr. Nick Thakur, and Dr. Erica Byrd
Sutter Neuroscience*

Self-care is important to maintain health and the ability to provide adequate ongoing care. This is too easily forgotten when providing care and support to a loved one. There are resources and options to help relieve some of this caregiver burden. Additional information can be obtained from your neurologist or primary care provider. They can help you connect with a social worker or others that are knowledgeable in community resources that may be available.

It is important for caregivers to maintain their optimal health. Intermittent respite care is sometimes needed to better support the caregiver. Having a few extra free hours can energize the caregiver. There are various programs that can provide a range of care from adult day programs to individual care (see table below). Another important aspect of caregiving is advanced planning. It is important to plan ahead and prepare for the future if caregiving becomes more difficult. Many individuals would like to keep their loved one at home, but this may not always be possible. Some things to think about are:

- What kinds of support systems are available (family/friends/church)?
- What are the needs of my loved one (minimal care versus total care)?
- Does my loved one have behavioral issues, which will impact my ability to care for them effectively and safely?
- Financially, am I able to afford to keep my loved one at home and does insurance cover care? Cost can limit options and caregiving is often not covered by insurance.

There are also support groups available, which can give people an opportunity to talk with others in a situation like theirs, and it can help promote additional support and connections. There are support groups specific to Parkinson's disease, as well as support for caregivers. For more information on specific groups, please visit www.panctoday.org or your local Caregiver Resource Center.

With more family members providing care, it is vitally important for caregivers to take care of themselves and to seek help when needed. Navigating resources can be overwhelming and using all resources available may help through challenging parts of the journey. Please contact your health care professionals to help determine what the best options are for your individual situation.

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

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Hello PANC Community!

Will Zrnchik, Executive Director

Hello, my name is **Will Zrnchik**. I am the new Executive Director for the Parkinson Association of Northern California (PANC).

Let me start off by saying how excited I am to join the PANC Team. The entire world seems to be looking forward to 2022. After all, who isn't ready to put the pandemic safely behind us? "Life" is slowly opening back up and we have new ways of doing things. Things are "somewhat" normal, but wearing a mask is now considered normal. So is "seeing" a friend on a computer screen, washing our hands 28 times a day, and having 18 rolls of toilet paper hidden in the back of the hall closet.



Will Zrnchik

But thanks to some visionary people, life did go on while the world shut down. Despite being on lockdown for the better part of 18 months, many people developed closer bonds with friends and family. This got me thinking: *"What is the new normal to you - the PANC Community?"* How do **YOU** envision attending support group meetings in 2022? How would you use a respite grant in 2022 compared to 2019? Are you more comfortable making video calls and sending text messages? I hope to leverage my experience in technology, organizational development, and process improvement to help PANC's amazing programs reach more people in new and exciting ways. **My goal is to increase Parkinson's Disease Education, Awareness, and Support throughout Northern California.**

How? **Creating a circle of success.** By educating people, PANC creates awareness and provides support for People with Parkinson's (PwP) ... that educates people who raise Parkinson's awareness creating interest in PANC support programs ... so there are more Parkinson's educated people to increase public awareness so PwP find support ... and by educating people...

I believe WE can do that and help more people in 2022 than ever before! **Support programs are one of my top priorities.** YOUR feedback will lead to better guidance, tools, and teamwork so Support Groups, ParkinsonWISE®, and Grant Programs better meet your needs. I want to educate our community so we can raise awareness and provide support... (see *what I did there?*)

Let's see how that works.

A Brief History of PANC

Dr. Frederick Lowe, PANC Board of Directors

November 26, 2021 marks PANC's 25th anniversary as a 501(c)(3) nonprofit organization. PANC grew out of a single support group, meeting in the garage of **Clarence Youngren** in the Arden-Arcade area, beginning in the late 1980's. Endowed with an anonymous \$500,000 donation, PANC was able to offer other support groups both liability insurance as well as tax benefits for donors. Sacramento area groups first joined, and then others from throughout Northern California, leading to the current name, Parkinson Association of Northern California.

From the very beginning, annual education conferences, offering assistance with respite care, and support for Parkinson's-related research were primary activities of the association. A key person in PANC's history is **Larry Alver**, who served in many capacities from 2000-2013. Another is **Dr. Suketu Khandhar**, who led the movement disorder specialists from the four major healthcare systems in the area to form the Medical Advisory Panel. To our knowledge, no other region in the nation has this cooperative relationship for Parkinson's care between otherwise competing healthcare systems. The planning and participation by these experts, along with specialists from Stanford and UCSF has made our annual education conference one of the best in the nation. To further their collegiality and cooperation, PANC has sponsored a quarterly **Journal Club** for them. Two other key people in PANC's history are **Nancy Kretz** and **Marianne Oliphant**. They assumed leadership of PANC in 2013, and began the **ParkinsonWise®** program together with Kaiser neurologic physical therapists for training people working with people with Parkinson's.

Currently, PANC is partnered with 36 support groups from Redding to Modesto and Foster City, north to south, and from Loyalton and Truckee to Santa Rosa, east to west. PANC is currently developing a program to establish new support groups in rural areas throughout Northern California.



Join PANC in Welcoming Jennifer Westoby!

Newest Board Member and Parkinson's patient eager to help

The Parkinson Association of Northern California (PANC) is delighted to introduce a new member to the Board of Directors, **Jennifer Westoby**.

Prior to retiring from the workforce, Jennifer was an Account Manager, working with several high tech companies in the Bay Area. Her second career was as a riding instructor (trained in England). She loves teaching horse riding to all ages, but especially time spent teaching children with disabilities. Jennifer was officially diagnosed with Parkinsons in 2019. She started a support group where she lives, and exercises regularly with fellow Parkinsonians.

Jennifer proudly serves on PANC's Support Group and Fundraising Committees.



Jennifer Westoby

Honor & Memorial Gifts

July - October 2021
IN HONOR/SUPPORT OF

Arden Arcade Support Group

Carol Cleland
James and Elizabeth Corn
Robert and Lorna Daby
Gene Fulkerth
Hugh and Kay Griffin
Christian and Joan Larsen
Carolyn Loveridge
Woodbridge and Cynthia Metcalf
Macell Millard
Eleanor Mitchell
Kathleen Rodrigues
Ralph Sett
Judith Tracy
Philip Verduyssen

Redding Support Group

Richard and Linda Cheatum
Janet and Paul Edgren
Michael Gilmore
Kim Hawkins
Robert and Linda Woodcook
Alison and Laurie Davis
Evy Schiffman and Cubby Broccoli
Bernstein
Robert Jenkins
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Alex Doig

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Nitalou Droszcz

Gayle Bates

David and Linda Peters

Nathan Fletcher

Deborah Fletcher

Gerald "Jerry" Hayward

Walter Terry Filliman

Gregory S Geeting

Maggie Gehl

Carol Gwerder

Gary Hart

Anna Hecker

David G Ichikawa

Kimberly Kono

Spring Kraeger

Patrick McCallum

Mike and Emily K Mitani

Jerry and Sybil Miyamoto

Patricia Morehead

Kathryn Newell

Jane and Scott Owen

Jo Ann Perryman

KD and Bill Proffit

Barbara Ruona

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Glen and Susan Lambertson

Nicholas Stephen LoPresti

Patricia Morehead

Bill and Anna Rita Neuman

Stanley and Joy Newell

Joan Jantzen

Thomas and Janice Hollister

Myron Jantzen

Rose Kam

Barbara Wilson

Maria La Rocque

Edwern Sam La Rocque

Jim Leach

Rob Kloessner

Arnold Loveridge

Marilyn Johnson

Mike Mahaffey

Linda Pickett

George Matanga

Susan J Fisher

Norma McCormack

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Thank You

Your tax-deductible donation to PANC ensures the programs and services we provide to our Northern California community are there when you need them.

Looking for other ways to donate? Ask us about stock transfers, auto donations, and including PANC in insurance policies.

“Tom’s Beanies” A Conference Hit

Archival Gallery’s Tom and D. give out free beanies as a “thank you” to PANC donors

Marcie Larkey, PANC Board of Directors

In January 2021, we received a call from **Tom and D. Oldham Neath**, owners of **Archival Gallery** in Sacramento. They wanted to give a free “Beanie” (actually a very nice knitted hat), to anyone who donated \$10 or more to PANC. Tom has an advanced brain disease which has steadily progressed over the past several years and making the Beanies is great physical therapy. Tom loves making the hats and D. loves giving back to their community.

As promised, Tom’s Beanies were back and made a very welcome appearance at the 2021 Conference. The Archival booth featured a donation barrel sporting a knitted sweater and one of Tom’s Beanies. Anyone who donated to PANC were offered one of Tom’s beautiful knitted hats. The Beanie’s literally flew off the table and now bring warmth and a smile to many members of the PANC Community, both young and old!

PANC is pleased to announce Tom and D. are extending this offer through the end of the year. Make a \$10.00 donation or more to PANC, show or mail your receipt to Tom or D. at the Gallery and receive one of Tom’s Beanies! Archival Gallery opened in 1983 and is family owned and operated. The gallery is located at 3223 Folsom Blvd, East Sacramento, 95816.

For more information, contact Archival Gallery at (916) 923-6204, or call the PANC office (916) 357-6641.



Food and Supplies Benefit Homeless

Conference leftovers help local homeless after 5.44 inches of rain fall in 24-hour period

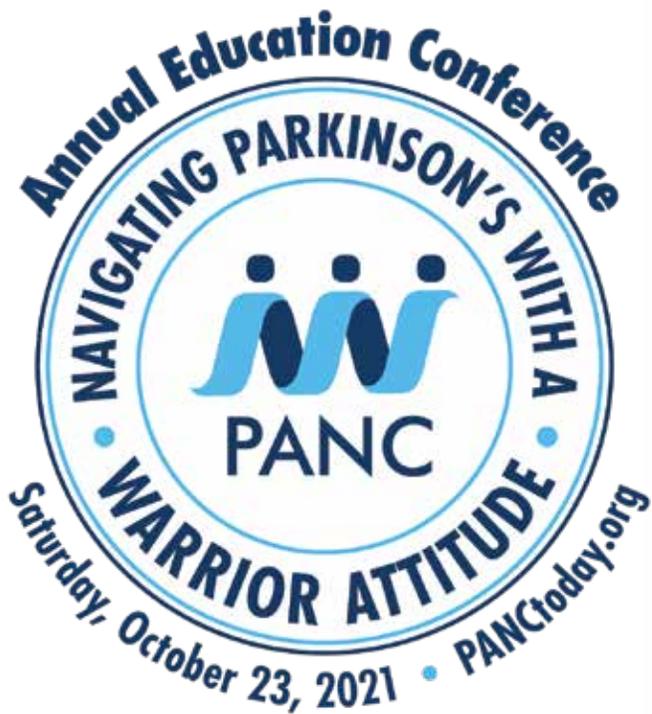
Betty May, Elk Grove Support Group

The PANC conference was fantastic! It was well planned and informative. Steve and I really enjoyed the day and thought the speakers were great.

At the end of the conference I asked if I could take any leftovers to feed the homeless. They not only said “yes,” but donated fruit, sodas and bottles of hand sanitizer. The student volunteers graciously carried the supplies to my car!

The donated sandwiches, fruit, and sodas, along with supplies we already had, allowed us to put together more than 100 lunches! On Monday, we passed out everything to the homeless who were not close to the area’s services and shelters. The storm had just passed and many had spent the night in crisis mode. Now, wet, cold, and hungry, they were picking up in the storm’s aftermath, but took a break to enjoy their lunch. Fortunately, we had some extra clothing, socks and shoes to pass out!

We are grateful to PANC for their generosity.



It was a mixture of education, inspiration and fun.

I learned so much from the people at my table!

I got so much from this; the program, the Sponsor and Vendor booths, the people

The quality of the presenters was exceptional

Thank you to the PANC team for organizing such a great event

The info on research was so hopeful



You Could Feel the JOY

2021 PANC Education Conference was wonderful!

Marcie Larkey, PANC Board of Directors

The **2021 Annual Education Conference** was truly one of a kind; it was personal and offered all those little things that make being together, in-person, so amazing.

It was the kind of a day that left a warm glow long after we were home again. Four hundred ninety-nine (499) of us were together, in person, with one hundred eighty five (185) joining us virtually. Even the weather was on our side! After almost two years of constant change, of loss, our **Parkinson's Community** came together to learn, to laugh, to renew and to celebrate. Even though each of us found many different things we needed, for most of us it came down to the people.

Finally, **Jimmy and Cherryl Choi**... It appears to be consensus, that the Choi's were one of the best parts of the day; their warmth, their kindness, and their willingness to mingle, listen and take a photo with everyone who asked, combined to make them very precious to so many of us. They definitely became part of our Parkinson Family during their brief visit. Comments from attendees included: *"Jimmy's talk brought me to tears," "I love them!"* and *"What good, loving, decent human beings!"*



Jimmy and Cherryl Choi



PANC Director Marcie Larkey with Jimmy Choi and his guilty pleasure - Yellow Peanut M&Ms.





Regional Support Groups

For more information, visit www.panctoday.org/support-groups

Support Groups are following Covid-19 safety guidelines. PANC recommends contacting the group facilitator for specific information on that group.

**No support group in your area?
Let us help you start one!**

**Contact us at (916) 357-6641
or panc@panctoday.org**

ZOOM In Person Telephone Caregivers
 Young Onset Coffee Outdoors Exercise Lunch

Butte County

Chico : 1st and 3rd Wednesdays

Terry Donnelly 650-743-6871 tmdonnelly68@gmail.com

Bob Murray 530-321-6157 ordferry@yahoo.com

Oroville

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

Napa County

Napa : 4th Sunday, 4-5:30 pm

New Life Napa Church, 2625 First St Napa

Colleen Winters 209-602-1536 cwinters@yahoo.com

Nevada County

Grass Valley

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

Grass Valley/Nevada City : 3rd Saturday 9:00 AM

Jennifer Westoby (408) 313-3524 jennifer.westoby@gmail.com

Truckee

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

Placer County

Auburn : 2nd Tues 11:30 am

Awful Annie's Cafe, 13460 Lincoln Way, Auburn 95603

Karen Hancock 530-885-0950 karen@hancockonline.net

Auburn Caregivers Luncheon : 3rd Tuesday 11:30 am

Club Car Restaurant, 836 Lincoln Way, Auburn 95603

Karen Hancock 530-885-0950 karen@hancockonline.net

Lincoln : 3rd Tuesday @ 10:00 a.m.

NEW! 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 : 1st Tuesday 1:30 - 3:00 pm

Shelly Butler 916-837-3307 sbutler7221@comcast.net

Roseville West : 4th Tuesday 11:00 am

Ken and Arlene Fujino 916-474-4788

Sacramento County

Carmichael/Eskaton

Colette Coleman Colemanhior@gmail.com

EDH/Folsom Caregiver Lunch : 1st & 3rd Fridays 11:30 am

Round Table Pizza, 2793 E. Bidwell St. #100, Folsom

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

EDH/Folsom : 2nd Thursday 1:00-2:30 pm

EDH/Folsom : 4th 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 : 3rd 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

Sac Caregivers Lunch : 3rd Tuesday 11:00 am to 1:00 pm

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

Sacramento Post DBS Patients

Class schedule and contact info at www.panctoday.org/support-groups

Kandis Kaltenbach @UC Davis 916-731-1610 HS-DBS@ucdavis.edu

Sacramento/Arden Arcade Area : 3rd Thursday 10:00 am

Arden Christian Church, 4300 Las Cruces St. Sacramento

Keith Tronson 916-395-2771 keithtronson@sbcglobal.net

Jim Morris 916-359-4859 jimor1940@gmail.com

Sacramento/Carmichael Area Young Onset Support Group : 1st 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) : 2nd Thursday 10-11:30am

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

Sacramento Natomas Area

Looking for new Facilitator

Sacramento Northeast Area

Sean Tracy 916-482-7014 ssfam@winfirst.com

Judy Tracy - j-tracy@att.net

Sacramento South Area

Restarting early 2022

Jerry Miyamoto 916-441-1020 jmiyamoto72@gmail.com

David Teraoku 916-685-4162

San Joaquin County

Lodi 🗓️: 1st Monday 10:00 am - Noon
Gracepoint Church, 801 S. Lower Sacramento Rd, Lodi
Maureen Olsen 209-329-1185 molsen@softcom.net
Robin Bray 209-269-1080 braywaves@gmail.com

Lodi Caregivers Group ❤️ 🗓️: 3rd Monday 10:00 am - Noon
Gracepoint Church, 801 S. Lower Sacramento Rd, 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 🗓️
Atria Senior Living, 707 Thayer Ln, Foster City CA
Will Corkern 650-534-7799 wcorkern@aol.com

Shasta County

Redding ☀️ 🗓️: 1st and 3rd Fri 9:30 to 11:00 am
Kim Hawkins 530-945-7628 Kim.reddingpsg@gmail.com

Redding 🗓️: 2nd 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 🗓️: 2nd Saturday 10:00 am - 11:30 am
Brad Miller 707-515-9216 bradfordmiller807@gmail.com

Vacaville 🗓️: 4th Wed 1:30 - 3:30 pm
McBride Ctr 91 Town Sq Pl Vacaville
Rick Newman (707) 999-6845 Newman.rick@yahoo.com
John Alonso (707) 689-6613 Johnalonso2@gmail.com

Sonoma County

Sonoma 🗓️: 2nd Saturday 1:00 pm
see www.parkinsonsonomacounty.org
Marc Alexander 707-431-8767 malexander109@comcast.net
Tess Lorraine at (707) 363-7936 tesslorraine@me.com

Stanislaus County

Modesto 🗓️: 3rd Wed. from 1:30 pm - 3:30 pm
Beth Bollinger 209-668-9434 sdboyandcagirl@hotmail.com

Sutter, Yuba, and Colusa Counties

Yuba City 🗓️: 2nd Monday at 1:00 pm
Sutter North, 969 Plumas St., Yuba City
Susan Vantress 530-701-0039 Suze2u@hotmail.com

Yolo County

Davis 🗓️: beginning Nov 18th 3rd Thursday 1:30 pm -3:00 pm
Davis Sr Center, 646 A St Davis
Sue Curry 530-304-9927 smcurry@sbcglobal.net

Davis-Care Partners ❤️ 🗓️: 2nd/4th Thursdays 11:00 am - 12:30 pm
Davis City Park, B St Davis
Karen Eagan 530-564-4323 kareneagan747@gmail.com

Woodland
Looking for new Facilitator

 ZOOM

 In Person

 Telephone

 Caregivers

 Young Onset

 Coffee

 Outdoors

 Exercise

 Lunch

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.

Join TeamPANC in MOVEMBER4PD

Eric Jones, PANC Board of Directors

Join TeamPANC for **MOVEMBER4PD!** We are happy to support **Jimmy Choi**, our recent keynote speaker, in a month-long virtual event to mobilize everyone to MOVE and spread awareness on how movement helps those living with Parkinson's Disease. This year's theme is the **"Mile a Day" challenge**. The theme was inspired by Jimmy's son Mason, who runs/walks a mile each day to challenge himself. Please join PANC by moving however you wish - walking, running, biking, gardening, or anything else you enjoy - and supporting the Michael J. Fox Foundation for Parkinson's Research.

To donate or submit and track movement, visit <https://fundraise.michaeljfox.org/movember4pd/PANC>. You can follow Jimmy's journey on Instagram [@jfoxninja](#), TikTok [@jfoxninja](#), and Facebook at **Jimmy Choi - The Fox Ninja**.

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TYPE OF CARE	PROS	CONS
Adult Day Care \$	Offers respite options to families who need a break from caregiving for a short period of time Sometimes covered by insurance if low income	Only daytime coverage (4-8 hours per day)
Hired caregiving options/independent caregivers \$-\$\$\$\$	Can provide a few hours a week to 24-hours in-home care Long term care insurance may help cover	Can be costly depending on hours needed and specific care needs
Family providing in-home care \$	Lower costs In Home Support Services (IHSS), if eligible (must meet low-income eligibility criteria)	Caregiver burnout Needs respite support and back up caregiving options IHSS does not provide 24-hour care
Assisted Living \$\$-\$\$\$\$	Individuals have their own apartment Long term care insurance may help with coverage May offer short term respite care Additional services required such as medication administration, meal delivery, assistance with activities of daily living can be provided for an additional cost Placement specialists can assist in finding appropriate facilities and discuss cost	Financial cost based on need May have some limitations to certain care needs (i.e. advanced wound care)
Memory care \$\$\$-\$\$\$\$	May offer short term respite care Staff skilled in managing memory issues Placement specialists can assist in finding appropriate facilities and discuss cost	Higher costs May have some limitations to certain care needs (i.e. advanced wound care)
Board and care \$\$-\$\$\$	More home-like environment and fewer residents 24-hour care All services provided for flat rate Placement specialists can assist in finding appropriate facilities and discuss cost	Variable costs May have some limitations to certain care needs (i.e. advanced wound care)
Skilled Nursing Facility \$\$\$\$	Takes Medicare and Medi-cal Offers long-term and short-term placement options	Must have skilled need identified and meet eligibility criteria Can be very expensive if not covered by insurance

\$-\$\$\$\$ provide a generalized cost comparison and vary by location. Talk with a specialist about your individual situation.

Additional Resources

Parkinson Association of Northern California www.panctoday.org

Caregiver Resource Centers www.caregiver.org

Del Oro Resource Center (Sacramento and surrounding counties) www.deloro.org

Passages Resource Center (nine northern counties) www.passagescenter.org/caregivers/

Redwood Caregiver Resource Center (seven counties) <http://www.redwoodcrc.org/>

VA - Aid and Attendant Care (Please contact your Veterans Service Office for eligibility)

AARP also publishes resource information regarding caregiving, financial, and other resources.



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

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Abbott DBS provides Deep Brain Stimulation devices to Parkinson's patients to alleviate their movement symptoms and increase their quality of life.

Abbvie, a global, researched-based biopharmaceutical company, is committed to educating patients and caregivers about Parkinson's disease to raise awareness about the condition, and further research to improve the lives of those living with and impacted by this disease.

Supernus is a biopharmaceutical company focused on developing and commercializing products for the treatment of central nervous system (CNS) diseases, specifically Apokyn® (apomorphine hydrochloride injection) for the acute treatment of hypomobility in advanced Parkinson's disease (PD).

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