

The Parkinson Path

SUMMER 2017



A quarterly journal for people with Parkinson's, their families and care partners.

News from the PANC Board

Big Day of Giving 2017

Thank you! We are so grateful to those who could donate to this year's Big Day of Giving event on May 4. **Your gifts amounted to \$16,170** which will significantly assist PANC in its efforts to provide services and education to our PD community. Thank you, THANK YOU!

Sacramento Embarcadero Lions Club Parkinson's Walk

The Sacramento Embarcadero Lions Club hosted a 5K (or less) Walk to "Cancel Out Parkinson's" on April 1, 2017 at Rusch Park in Citrus Heights to honor their longtime member, Robert G. Smith. The first of many annual Walks was a huge success! **Over 450 people attended the event and \$25,570 was raised and donated to PANC** to help fund our programs and services! We are

beyond thankful to the Lions organization for hosting such an empowering and successful event. We can't wait until next year!



L to R - Stan Steeves, Suzanne Royce, Nancy Kretz and Jim Morris

Revised PANC Website

The PANC website located at **www.parkinsonsacramento.org** has been updated and is ready for viewing. We have included an online events registration feature and updated information regarding PD and various resources. We have also added an online

donation feature which includes the ability to make sustained donations. We hope you enjoy this modification to our growing organization.

ParkinsonWISE Program Dates Scheduled

The PANC Board of Directors is pleased to schedule our ParkinsonWISE® program in July and August in Sacramento. ParkinsonWISE® was developed by PANC and

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Confessions of a Boxing Convert

by Dorothy Ross, Facilitator of the Davis Support Group

I first attempted boxing for Parkinson's while visiting family in Texas last year. I took a bad fall in that class and swore I'd never don boxing gloves again.

But I was intrigued by news stories about the Rock Steady Boxing program and rave reports from friends enrolled in local classes. I decided to give the non-contact sport another try.

The gym was intimidating. A cavernous space in an older industrial building, equipped with nothing but the basics—free weights, jump ropes, and assorted punching bags. I hesitated at the gaping garage door entry, tempted to leave before the class began. But my husband was holding my hand and urging me on. A boxer in his school days, Bill's eyes lit up when he saw support team members wrapping their boxers' hands with yards of woven tape. "I can do that for you," he said. "That's a cornerman's job." Oh, *great!*

About a dozen people in various stages of Parkinson's disease formed a circle for warm-ups. They assumed the boxing stance: knees bent, feet apart, and hands up to protect their faces. Skeptical, I watched the would-be boxers in amazement. They were shadow boxing, bobbing and weaving and punching the air while the coach called, "Sound off— one, two, three, four...one, two...three, four."

The class moved on to floor exercises, and I perked up. Prodded by my cornerman, I found a place in the line and more or less followed the group. We moved from low hurdles to basketballs to ropes. Not only did I survive that introductory class, I've since become a gym rat. I look forward to the workouts with



Debbie Towne, boxer

my new friends, cheered on by our dynamic and encouraging coach. She makes us all feel like champions.

When it came time to invest in my own boxing gloves, I had trouble choosing a color. One gal in our class has a pair in bubble gum pink. She holds her mitts up to shield her face and it looks like she's blowing a double bubble. I finally settled on a conservative dark blue for my first boxing gloves. Pounding those blue beauties into the body bag, I pretend I'm beating on the big bad PD monster. I'm working at developing a knock out punch.

To find a Rock Steady Boxing affiliate near you, go to their website at rocksteadyboxing.org.



Registration Now Open!

PANC's Annual Education Conference

“INTO THE FUTURE”

Saturday, October 21, 2017 — 9:30 a.m. to 3:30 p.m.

Sacramento Convention Center, Sacramento CA \$25.00 (PD community)

- Celebrating the 200th Anniversary of James Parkinson’s manuscript “An Essay on The Shaking Palsy”
- “Roadmap to the Future” featuring PD physicians and therapists who will answer many of your questions
- Tips to navigate current research information
- Inspiration from the creators of “Capturing Grace,” David Leventhal & Dave Iverson
- Camaraderie, lunch, refreshments, exercise breaks, silent auction, and trade show. Don’t miss it!

Visit www.parkinsonsacramento.org or call (916)357-6641

Click here first



Mail-In Form



Online Registration

**Continued from Page 1:
News from the PANC Board**

Kaiser Permanente Neuroscience to educate movement specialists (physical therapists and fitness and wellness experts, etc.) on how to work specifically with Parkinson’s patients. If you know someone who could benefit from this program, please visit our website for information or call the PANC office at 916-357-6641.

Support Group Facilitators

There are regions and audiences throughout Northern California that do not have access to a Parkinson’s support group. If you are interested in starting and facilitating a new group, which can be specific to a region or specialty audience (veterans, care partners, early onset, etc.), please contact Jan Whitney at 916-546-8451. PANC will provide you with information to get started and will support you throughout the process.

Unsubscribe

If you no longer want to receive this publication, please contact our office at 916-357-6641 or e-mail: panc@parkinsonsacramento.org.

Thank you.



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Finding
JOY

by Nancy Kretz

It was the early evening 'rush hour' and the usual flood of traffic was everywhere, including in my supermarket's parking lot. I'm not driven by the clock anymore (I'm retired), so when I saw a middle-aged woman zooming toward the parking spot I had identified, I let her have it. By reading her expression as she pulled-in, my gesture had surprised the heck out of her. Minutes later in the produce section, she came up beside me. She said hello and that giving her that spot was the absolute highlight of her day: it was the first hint of human kindness she'd experienced all day.

She thanked me – and I thanked her for sharing. Joy!

INVIGORATE!

By Christine Shade PT, DPT, NCS

*Invigoration of mind and body can be engaged anytime.
Each exercise should begin and end with big, deep breaths.*

INVIGORATE – SHOULDER ROLLS

Sit tall in your chair –away from the back rest



Think about a big clock next to you and roll your shoulders up and around the clock's dial 10 times.

Now, change directions and roll your shoulders around the clock the different way for 10 times.

Great for upright posture and chest expansion

INVIGORATE – THE CHAIR MARCH

Scoot forward on the seat of your chair – away from the back rest

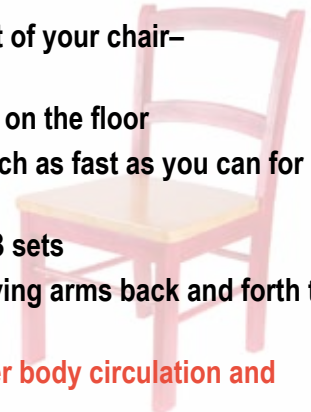
Start 'marching' your feet on the floor

Pick up the pace and march as fast as you can for 30 seconds

Breathe – and repeat for 3 sets

Increase difficulty by moving arms back and forth to your marching

Promotes upper and lower body circulation and coordination



Cognitive Impairment in PD

by Nicklesh Thakur, D.O. - Neurologist, Sutter Medical Group

Cognitive impairment in Parkinson's disease (PD) is a non-motor symptom that can start at any stage of PD and varies widely in severity.

Specific cognitive problems encountered in PD include difficulties in attention, executive function, language, mental processing, memory, and visual spatial perception. Executive function is primarily affected in PD, which will lead to difficulty with multitasking, planning and problem solving. Slowness of thinking or processing speech is also commonly affected which leads to delay in responding and retrieving memories. Visual spatial difficulties will cause problems with depth perception and measuring distance, which may interfere with driving or parking a car. Mild Cognitive Impairment (MCI) is a precursor to dementia, where an individual has deficits in at least one cognitive area, but does not interfere with daily activities.

Managing Mild Cognitive Impairment (MCI)

Subtle cognitive impairment is common in early PD and studies reports that over 15-25% of patients have MCI at the time of their diagnosis. Patients with MCI will feel distracted or forgetful; lose their train of thought in conversation or have word finding difficulties. Patients that are still working may have problems with concentration or managing multiple projects.

Different forms of psychotherapy called cognitive remediation therapy will teach patient techniques to compensate for their memory or thinking difficulties. Neuropsychological testing can also be used to identify cognitive strengths that can help overcome areas of weakness. Lastly, clinical studies show that various types of exercise, including aerobic, resistance and dance can also improve cognitive function. The progression of MCI will typically vary greatly and eventually lead to dementia in most patients.



Diagnosing and Treating Dementia

Dementia is a decline in cognition involving multiple areas, including memory, thinking and language, which interfere with daily routines, job performance or social situations. Parkinson's disease Dementia (PDD) will impact executive function, visual spatial perception, and short-term memory. It may also cause apathy (lack of motivation), depression, and can be associated with psychosis (visual hallucinations). Dementia will typically develop in the later stages of Parkinson's and 80% of patients have PDD after 15-20 years of the disease. Alzheimer's dementia is different than PDD since it lacks the motor symptoms of Parkinson's and causes more pronounced memory loss and confusion. Lewy body dementia (LBD) has similar symptoms as PDD, except the dementia starts at the onset or within 1 year of the motor symptoms. LBD is also associated with fluctuating levels of alertness and visual hallucinations. It is also important to exclude other conditions, like thyroid problems, vitamin B12 deficiency, and sleep apnea.

Several medications are available to improve the symptoms of dementia. Rivastigmine is FDA-approved for the treatment of PDD and works by blocking an enzyme that breaks down acetylcholine, which is a neurotransmitter involved in cognition. Rivastigmine may improve the dementia along with possibly reducing agitation or aggression, which may delay the need for nursing home placement. Donepezil or galantamine are typically used for Alzheimer's and may also be considered since their mechanism of action is similar to rivastigmine.





Regional Support Groups

Support Group Contact: Caroline Cormier,
panc@parkinsonsacramento.org; 916-357-6641.

*For details and contact information see full list at
www.parkinsonsacramento.org/support.*

Sacramento

Arden/Arcade

3rd Thursday, 10 a.m.
 Arden Christian Church
 4300 Las Cruces Way
 Keith Tronson 916-395-2771
keithtronson@sbcglobal.net
 Jim Morris 916-359-4859
jimor1940@gmail.com

Northeast Sacramento Area

4th Thursday, 1 p.m.
 St. Marks Unified Methodist
 Church, Room E-24
 2391 St. Marks Way
 Sean Tracy 916-482-7014
sstfam@winfirst.com

Caregivers Lunch Bunch

3rd Tuesday, 11 a.m.
 Ettore's, 2376 Fair Oaks Blvd.
 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.
 Denise Davis 916-930-9080
Denise.Davis@alz.org

Men's Group

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

Post DBS Patients

See class schedule, location and
 contact information at
<https://www.parkinsonsacramento.org/dbs-class-support/>

South Area

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

Auburn

3rd Tuesday, 1:30 p.m.
 Pioneer United Methodist Church
 1338 Lincoln Way
 Cindy Christensen 530-355-0742
cindypoe2000@yahoo.com

Caregivers Luncheon

2nd Tuesday, 12 p.m.
 (No meeting June/Dec)
 Awful Annie's Cafe
 13460 Lincoln Way, Auburn
 Sally Horst 530-878-2226
sallyhorst1254@gmail.com

Chico

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

Davis

3rd Thursday, 1:30 p.m.
 Davis Senior Center
 646 A Street
 Dorothy Ross 530-756-6024
parkofdavis@gmail.com

Care Partners Group

2nd Wednesday, 1:30 p.m.
 Davis Senior Center
 646 A Street
 Karen Eagan
Kareneagan747@gmail.com

El Dorado Hills

2nd Tuesday, 12 p.m.
 Four Seasons Community Building
 3186 Four Seasons Dr.
 Betsy Alver 916-933-2465
ldalver@sbcglobal.net
 Donna Rixmann 916-712-9642
Donna@yogapeace.net
 Contact for gate code

Elk Grove

3rd Wednesday, 10 a.m.
 Senior Center of Elk Grove
 8830 Sharkey Ave.
 Myron Jantzen 916-686-4555
mpjantzen@aol.com

Folsom

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

Fort Bragg

1st Friday, 2 p.m.
 Mendocino Coast District Hospital,
 Redwood Room
 700 River Dr.
 Joseph Mayfield 707-937-2707
Mayfield@mcn.org

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.

Grass Valley

2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way
Nancy Lockwood 530-272-7950
nmlockwood@aol.com

Lakeport

2nd Monday 2-3:30 p.m.
United Christian Parish
745 N. Brush St. (Free Parking)
Phil Myers 707-263-4624
Lin Pifer 707-263-5728
Phillip.e.myers@att.net

Lincoln

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

Lodi

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

Caregivers Group

3rd Tuesday, every other month,
10 a.m. to noon.
Call for location & directions.
Jean Whitted 209-368-2809
bjwhitted@hotmail.com

Loyalton

1st Friday, 1:30 p.m.
Golden West Restaurant
Main Street, Hwy 49
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. (Free Parking)
Debra Watson 209-552-9043
modestoparkinsons@gmail.com

Napa-Young Onset

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

Oroville

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

Placerville

1st Tuesday, 1:30-3 p.m.
Senior Center Dining Room
937 Spring Street
Tom Schulz 530-644-3473
macschulz@aol.com

Redding

2nd Friday, 12:30 p.m. Social
Time; 1-3 p.m. meeting. Speakers
start at 1:30 p.m.; 3-3:30 p.m.,
Shasta Shout - speech therapy
First United Methodist Church
1825 East Street
Kim Hawkins 530-945-7628
Kim.reddingpsg@yahoo.com

Roseville

1st Tuesday, 1:30-3 p.m.
Maidu Community Center
1550 Maidu Dr.
Harry Butler 916-837-3366
hapbutler@comcast.net
rosevillepsg.weebly.com

Sonoma County

1st Saturday, 1 p.m., Feb/Mar/
Apr/May/June/Oct/Nov
2nd Saturday, 1 p.m. Aug/Dec
NO meeting in Jan/Jul/Sept.
Christ Church United Methodist
1717 Yulupa Ave., Santa Rosa
Kathy Osbun 707-538-5178
osbun@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.
Mary Ann Behrens 209-477-6496
mbehrens64@gmail.com

Tracy

4th Monday, 10:30 a.m.
Astoria Gardens
1960 W Lowell Ave.
Kathryn Clark 209-879-3108
classieladyat63@yahoo.com

**Sharing and Caring
Support Group**

2nd Monday, 10:30 a.m.
Lolly Hansen Senior Center
375 E 9th Street
Kathryn Clark 209-879-3108
classieladyat63@yahoo.com

Vacaville

1st Saturday, 1:30 p.m.
Community Presbyterian Church,
425 Hemlock Street
Theresa Pate 707-642-2173
theresa3842@sbcglobal.net

Vallejo

1st Saturday, 10 a.m.
Comm. Presbyterian Church, Rm 2
2800 Georgia Street
Theresa Pate 707-642-2173
theresa3842@sbcglobal.net
Margarita Romo (Spanish
interpreter) 707-803-9220
meguiromo@yahoo.com
6/1/2017

Woodland

4th Tuesday, 1 p.m.
NO meeting Jul/Aug
Woodland Community and Senior
Center
2001 East Street
Bernadette Murray
530-661-1950
Bemurray2008@gmail.com

Yuba City

2nd Monday, 1 p.m.
Sutter Medical Foundation
969 Plumas St., Suite 208
Janice Herbert 530-673-3064

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March 16, 2017 – June 15, 2017

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