



"Building Community for the Journey"

March 2023

**Find A Support Group
Here**

The Cancel Out Parkinson's Walk is this Saturday (April 1).
No rain is forecasted for this fun day of celebration and fellowship. Please join us!
Click [here](#) to learn more or register.

Save your spot today! First session is next week!

PANC Celebrates Wellness with a Free Webinar Series

Thursdays in April from 1-2 pm
Free to Register [Click Here](#)

PANC is thrilled to be offering our first-ever webinar series to anyone in the Parkinson's family! Throughout the month of April (Parkinson's Awareness Month), learn from leading regional PD experts from the comfort of your favorite space.

Easily [register here](#) or use the link above. Registrants will receive an email confirmation with the webinar Zoom link and a reminder prior to each session. **Attend one or all!** Seminar recordings will be emailed to registrants at the conclusion of the series.

- April 6 -- "Finding Balance, Breath by Breath: Mindfulness for Navigating PD" with Kimberly Carson (Brian Grant Foundation) and introduction by Dr. Suketu Khandhar
- April 13 -- "Nutrition Tips for Parkinson's" with Erin Nella (UC Davis) and introduction by Dr. Norika Malhado-Chang
- April 20 -- "The Fundamentals of Joyful Exercise" with Sabrina Burri (Kaiser Permanente) and introduction by Dr. Nicklesh Thakur
- April 27 -- "Wellness Within the Context of Illness" with Dr. Eric Egli (retired psychologist) and introduction by Dr. Ehsan Hadi

A short Q&A session will be held at the end of each live webinar so please bring your questions. We look forward to celebrating wellness with you next month! P.S. Please forward this information to anyone you know who may be interested in attending.

*"The worst day of this disease [PD] was the day I was diagnosed.
The best day was when I understood I could do something about it.
It gave me back a sense of control in my life, and some power."*



It's Almost Parkinson's Awareness Month!

April is Parkinson's Awareness Month because it is the birth month of James Parkinson who was the London physician who published "An Essay on the Shaking Palsy" in 1817. Parkinson's Awareness Month is an opportunity to increase awareness about this disease and its symptoms, as well as a way to offer support to those who have it. The red tulip has been the global symbol of Parkinson's disease (PD) since 2005.

A **strong support network** is extremely beneficial for the wellbeing of those diagnosed with PD—and their network of caregivers. Having a community of support can have notable benefits, including revitalized energy, renewed interest in creative endeavors, and the realization that there are others going through the same journey.

How to Exercise: Live and Think Joy!

by Dorothy Ross

When I was diagnosed with Parkinson's, my doctor stressed the importance of exercise for people with PD. She said it didn't matter what I did, as long as I moved for at least half an hour most days.



So, for several years, I kept up the same kinds of exercises I had been doing all along. I assumed yoga poses until I could no longer maintain my balance in those pretzel postures. I took the dog for shorter and slower walks. Instead of getting more exercise, I was gradually settling for less. Frustrated by my slump into inertia, I sought the advice of a physical therapist. "What's the best exercise program for people with PD?" I asked him. "Think JOY," he said. "If you enjoy it, you'll keep it up. I could prescribe a workout routine for you, but if you didn't have fun with it, you'd stop doing it. Try some new activities until you hit on something that you would be joyful doing, even if it wasn't good for you."

So, I experimented with Tai Chi, Nordic pole walking, stationary bicycling, and even horseback riding. I liked some of these activities better than others, but joy eluded me until the Dance for Parkinson's program came to town. I had never in my life taken a dance class and I did not have high expectations for this latest offering that sounded like an oxymoron. Parkinson's and Dance just didn't seem to go together. To my surprise, moving to music made me feel-- joyful!!

My first dance class was more than 5 years ago, and I've seldom missed a session in all that time. But it might not be dancing that brings you joy. Perhaps swimming or snowshoeing or tandem bicycling would be more appealing. Make the effort to try a variety of activities, and the whisper of joy just might surprise you. Like love, joy can be hard to define, but also like love, you'll recognize joy when you find it. *(Reprinted with permission)*

"My mom means everything to me, and I want to help her every step of the way. This is hard and overwhelming for her. I want her to find peace and happiness. The counselor, PANC's support groups, and talking to you are each a blessing."

Kris, PANC Supporter



Big Day of Giving Coming Soon!

Make a Financial Gift [Here](#)
Between April 20 and May 4

PANC and other nonprofits are gearing up for this year's Big Day of Giving, NorCal's day-long celebration of local philanthropy. Anytime between April 20 and May 4, feel free to join the Big Day movement [here](#) and help PANC build our financial base so we can continue building and offering the local services that are so desperately wanted and needed in our local PD community.

If you'd like to go an extra mile and inspire even more support on behalf of PANC, you can make your **own fundraising page**. The easy process is:

- ✓ Locate PANC's site by [clicking here](#) then select the "Fundraise" button.
- ✓ Build your fundraising page with your story and goal.
- ✓ Ask your network to donate to your page from April 20 through May 4, 2023.

After you've created your fundraising page, you can use the dashboard to access donation reports, change settings and more. Receipts to the Big Day of Giving Fund come from the Sacramento Regional Foundation with 100% of the proceeds forwarded to PANC. As always, thank you for any and all support of our work at the Parkinson's Association.

PD Advocacy Update

National Plan to End Parkinson's Act Reintroduction Coming Soon

Community advocacy was critical in pushing forward The National Plan to End Parkinson's Act (NPEPA)— the first-ever national legislation solely devoted to ending Parkinson's disease. The bipartisan bill didn't pass in the 2022 federal bill cycle, but it garnered an astounding amount of support and is anticipated to be reintroduced to a receptive legislature any day now.



The NPEPA will, for the first time, **unite the federal government and private enterprise in a mission to prevent and cure Parkinson's, alleviate financial and health burdens on American families, and ensure those living with the disease have access to the care they need.**

U.S. Representatives Gus Bilirakis (R-FL) and Paul Tonko (D-NY), along with U.S. Senators Shelley Moore Capito (R-WV) and Chris Murphy (D-CT), are once again committed to leading the legislation spearheaded by the Michael J Fox Foundation. Allied organizations within the Unified Parkinson's Advocacy Council (UPAC), which PANC is a member of, are gearing up to lend their influential organizational voices to raise greater public awareness for the legislation and support its passage.

Additional information will be coming in the months ahead on how you can help get this legislation to a successful adoption in 2023. Stay tuned...

- April 4 -- Mindfulness-Based Stress Reduction Course for people with Parkinson's (Brian Grant Foundation) [Click here](#)
- April 12 -- Supporting the Parkinson's Care Partner with Lisa Mooney (Caregiver Action and Resource Education Series) [Click here](#)
- April 14 -- Redding Parkinson Support Group Annual Conference [Click here](#)
- April 15 -- Bill Cawley Memorial Walk and Benicia Parkinson's Awareness Rally [Click here](#)



Archival Gallery Showcase for Parkinson's Month

For the second year, the Archival Gallery in Sacramento is supporting Parkinson's Awareness Month. From April 6-29, a group show entitled, 'Gone Fishin' will be exhibited in memory of Ron Wagner, a wonderful local artist who had Parkinson's. The display will feature several artists who also have PD and include a selection of PANC's 'I AM' Poems.

A special reception with the artists will be hosted on Saturday, April 8 from 5-8pm. Regular gallery operating hours are Tuesday to Saturday from 11am-4pm. A portion of the proceeds of the April show will directly benefit PANC.

All are encouraged to visit and support these remarkable artists. Please identify yourself as a constituent of PANC and thank owner D. Neath for her ongoing support of our organization. Click [here](#) to learn more about the gallery.

www.panctoday.org

Ways to Support

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