



"Building Community for the Journey"

February 2023

**Find A Support Group
Here**

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." — Thich Nhat Hanh

April 1st!
Cancel Out Parkinson's Walk
Hosted by the Embarcadero Lion's Club
Register and Donate [Here](#)



Stroll with old and new friends alike, learn from vendors, share lunch, and sport your 2023 "COP" Walk t-shirt (included in early registration fee). The walk is a gentle course and designed for people with Parkinson's to be successful. **100% of the proceeds benefit PANC's support groups, respite grants, educational initiatives, and more.**

Have fun! Register as an individual, as a team, or by proxy with a donation in support of loved ones living with a PD diagnosis.

Register and check out the event details [here](#) today. Please help us promote the walk and forward this [flyer](#) to friends, family, and community leaders. We look forward to seeing you on April 1st!



Sleep and Parkinson's disease

by Erica Byrd, MD and Nicklesh Thakur, DO

Sleep complaints are common in people with Parkinson's disease. These may include insomnia, fragmented sleep, excessive daytime sleepiness, restless leg syndrome, sleep apnea and dream

enactment. Similar sleep disorders are also common in the general population and are routinely evaluated by primary care physicians, neurologists, or sleep specialists. Parkinson's disease medications can affect sleep and contribute to possible side effects of sedation, insomnia or even sleep attacks.

Good sleep is vital for brain health and overall well-being. If sleep is a problem for you, it is important to address any modifiable factors affecting your sleep. First, review all medications with your doctor to see if any may be affecting your sleep. This includes over the counter medications or supplements since they may have side effects or interactions with prescribed medications.

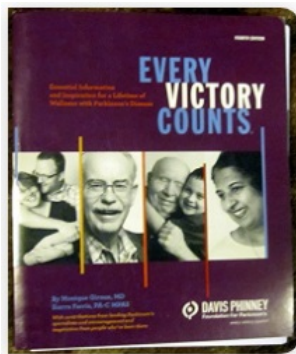
Second, work on sleep hygiene. Sleep hygiene is a variety of different practices that are necessary to have normal, good quality sleep at night and full daytime alertness. A few tips for improving sleep hygiene include:

- Establish a regular sleep schedule with similar wake and sleep patterns seven days a week and block off enough time to sleep.
- Avoiding stimulants and large meals right before bed
- Minimize drinking beverages (especially alcohol and caffeine) before bedtime to help avoid frequent nighttime urination.
- Make sure sleep space is relaxing and conducive to sleep.
- Exercise early in the day and get out into the sunshine for light exposure.
- Avoid vigorous exercise right before bed.
- Use satin sheets or pajamas to help with turning in bed.

Third, you should review your sleep patterns and particular reasons for sleep difficulty (frequent nighttime urination, insomnia etc.) with your doctor for an individualized plan. A sleep specialist referral or sleep study may be necessary to evaluate your sleep complaints in order to determine specific treatments.

"In addition to the support groups, PANC has opened the door to many other opportunities for exercise and camaraderie, with an abundance of humor as well. Participation in these activities boosts my endorphins and provides a sense of well-being."

*Dr. Ralph Sett, Parkinson's disease patient, boxer, artist, singer, husband, dad,
Arden Arcade support group member, and PANC Director*



Every Victory Counts is a Must for Your Parkinson's Library

First published in 2010, *Every Victory Counts* is an incredible resource developed by the Davis Phinney Foundation. This was once the only resource of its kind devoted solely to the principle of proactive self-care and a holistic approach to managing Parkinson's. It has subsequently gained international recognition as a bountiful resource for people with PD and their care partners.

According to an Amazon book review, ..."it's a must read for anybody who either has Parkinson's or is a care giver to someone who does. Plus, it is helpful in learning how to fight back against the disease."

Click [here](#) to order your free copy. A care partner guide is also available. Digital downloads are available now however there is currently a waiting list for hard copies of the manuals.

Do You Know About the

California Caregiver Resource Centers?



Founded in 1984, the California Caregiver Resource Centers are a network of 11 centers throughout California which serve family caregivers who are providing support for someone affected by chronic and debilitating health conditions including dementia, Alzheimer's disease, cerebrovascular diseases, degenerative diseases such as Parkinson's, Huntington's and multiple sclerosis, or traumatic brain injury (TBI), among many others.

Caring for a loved one with a cognitive disorder or another disabling condition changes the lives of families and caregivers. There can be long-term effects to those who are providing care. The California Caregiver Resource Centers offer FREE support throughout the state, serving thousands of families and caregivers across income categories. Every California resident has access to a CRC in their area.

Click [here](#) to learn about eligibility and to find the nearest CRC to you.

Save the date!

**PANC Annual Education Conference
September 30, 2023 in Roseville, CA**

Study Volunteers Needed!

Cal State Parkinson's disease Exercise Research Study*

Individuals living with Parkinson's disease are invited to participate in an exercise research study conducted by Cal State University at Sacramento. Participation involves a screening visit (Zoom), 12-weeks of remote educational exercise intervention, plus pre-and post-testing (in-person) at the Neurophysiology lab at the Sacramento State campus.

Participants will:

- Answer physical activity questionnaires.
- Wear a fitness tracker for a week.
- Undergo blood draws for biomarker analysis.
- Perform a supervised maximal aerobic exercise test.

Click [here](#) for the flyer including more information about the study and who to contact with questions.

*PANC is providing this article as informational only and not a specific endorsement of the study

www.panctoday.org

Ways to Support

Parkinson Association of Northern California | 1024 Iron Point Rd., Ste 1046, Folsom, CA 95630

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