



# 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 [Sharon@panctoday.org](mailto:Sharon@panctoday.org)

## What Causes Parkinson's Disease?

by Dr. Ehsan Hadi, MD, Dignity Health

**P**arkinson's Disease (PD) is the second most common neurodegenerative disorder after Alzheimer's disease with a prevalence of 0.5-3% as the age advances. Parkinson's Disease is a slowly progressive brain condition, which manifests with both motor and non-motor symptoms. The cause of Parkinson's Disease still remains uncertain though appears to be complex. Several genetic factors and genes have been identified implying that there must be some genetic predisposition, which under environmental influences, lead to damage to the **dopamine** (brain chemical) producing deep nuclei of the brain. **Dopamine** helps with transmission of brain signals in order to maintain smooth control of movements and when dopamine levels drop, people start experiencing symptoms of Parkinson's Disease. The pathological hallmark of Parkinson's Disease is called **Lewy body**, which are aggregates of proteins called **alpha synuclein**.

There are certain factors that can increase the risk of developing Parkinson's Disease, such as age (risk increases

with age), profession (contact with chemicals), race (white), serious head injury (severe enough to lose consciousness/memory), gender (men), living situation (rural/farmland/well water use) etc.

The majority of patients are classified as idiopathic (unknown cause) PD. In a small number of cases (5-10%), there is a family history of PD. The genes that are potentially implicated in the development of PD are called **PARK** genes, which can be transmitted in an autosomal dominant or recessive manner. Thus far 23 **PARK** genes have been identified but having these genes still does not mean one will develop PD. This suggests that additional research is required to identify additional unrecognized genes.

In 1983, several people developed PD after injecting themselves with drugs that were contaminated with **MPTP** (Methyl phenyl tetrahydropyridine), which when metabolized can act like a neurotoxin. This led to studies

**Parkinson's Disease (PD) is the second most common neurodegenerative disorder after Alzheimer's disease with a prevalence of 0.5-3% as the age advances.**

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

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# Honor & Memorials

June - August 2019

## IN HONOR OF

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PARKINSON ASSOCIATION OF  
NORTHERN CALIFORNIA'S

Annual Educational  
Conference

Saturday, October 26

Details on the back



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# THANK YOU PANC COMMUNITY FOR YOUR SUPPORT OF THIS AMAZING EVENT!

by *Marcie Larkey*

The 3rd Annual Robert G. Smith Walk to Cancel Out Parkinson's, fondly known as the 'COP Walk', was held April 6, 2019. The walk, organized and coordinated by the Embarcadero Lions Club and supported by regional Lions Clubs and the State Lions Organization is held in honor of 'Bob' Smith, with all proceeds donated to support the efforts of the Parkinson Association of Northern California (PANC). This year the PANC Community showed up in force, with teams of family, friends and fellow Parkinson Support Group members. In total, four hundred walkers attended, enjoyed, the park, the beautiful weather, the entertainment and the lunch.



## AND THE BEST WAS YET TO COME!

On June 19th, 2019 several PANC Board members President Sean Tracy, Secretary Myron Jantzen and 'Cop Walk, Liaison, Marcie Larkey, attended the Embarcadero Lions Club's Annual Installation of Officers and received the 'Cop Walk' donation. The 2019 gift of \$32,000 (the largest ever) was met with overwhelming thanks and gratitude. In the past three years the total support from the Lions to PANC is \$81,570. We really couldn't do all we do without them!

**The support of the PANC Community along with our wonderful 2019 Sponsors made this the best year yet!**



*Cop Walk participants, Kay and Hugh Griffin.*

## 2019 'COP Walk' SPONSERS

- PANC Board
- Acadia Pharmaceuticals
- Amneal Pharmaceuticals
- McGinness Communication Solutions
- Weintraub | Tobin
- Embarcadero Lions
- Higgins Diggins Lions
- Auburn 49er Lions
- Camellia Lions
- Foothill Lions

Sadly, Bob Smith, beloved member of the Lions and their Past International Director, succumbed to Parkinson's Disease on March 30, 2019, one week shy of his 3rd Annual Walk. However, the walk will continue in his memory. His courage and loving spirit will remain with us as we plan the 4th Annual Robert G. Smith Walk to Cancel Out Parkinson's, scheduled for **Saturday, April, 4th 2020.**

## MARK YOUR CALENDARS!

# SOS

by Dorothy Ross, Davis Support Group

The neurologist tried to warn me. When prescribing a new medicine for Parkinson's Disease the doctor cautioned about many possible side effects, especially compulsivity toward gambling and drugs. The dire litany didn't include Shopping Online Syndrome, but SOS was the compulsion I developed.

A neighbor alerted me to Overstock.com's huge linen selection, I was amazed at their inventory of brand name bed linens. Instead of trudging from Macy's to Penney's to Sear's, I sat at my desk in my bathrobe, sipping coffee while perusing a staggering array of blue sheets.

On that first foray into computer-assisted shopping, I was startled to have suggestions pop up on my screen, like the ad for a "greatly reduced" blue denim bedspread. My husband loves everything denim, so I bought the spread for our cabin. While I was filling out the order form, an ad appeared for a matching denim bedskirt – also on sale. I added the bedskirt. That's how it started.

My full-immersion online shopping habit was aided and assured by my new laptop. Its backlit keys are perfect for searching the Net in the wee hours. When I can't sleep and the house is dark and quiet, I sit in my big chair, in the blue halo of the small screen, comparison shopping with my fingers.

My computer has replaced stationery, pens and postage stamps. It has eliminated the need for Webster's dictionary, Roget's thesaurus, and Britannica's encyclopedia. It has also displaced mail-order catalogues. I know my sources and my sources know me. The genie in my computerized Pandora's box links me directly with my favorite retailers.

As our household's designated consumer, I was happy to save time and money by ordering online. Then I stumbled across eBay's auctions. In no time, I mastered the bidding system and began filing maximum bids and incremental bids and automatic bids. I know. That's gambling. But the stakes were low and my mood was high.

I won't confess my compulsive behavior when I visit the neurologist, because I wouldn't want the doctor to change my meds or my moods.

**NOTE: If excessive spending is an issue for you or for a loved one, talk with your neurologist. Your PD meds may need to be adjusted.**



## MONTHLY GIVING

Your monthly gift to the Parkinson Association generates impact every day of the year. Recurring contributions allow us to support the crucial needs of the Northern California Parkinson's Community.

You can easily setup your monthly gift at:  
[www.panctoday.org](http://www.panctoday.org)

## LEAVING YOUR LEGACY

Including the Parkinson Association of Northern California in your estate planning leaves a lasting impact in the lives of the Northern California Parkinson's Community.

For more information visit: [www.panctoday.org](http://www.panctoday.org)

# DONORS

June – August 2019 Donations

Carlton Senior Living  
Embarcadero Lions Club  
Margaret and Bernard Bowes  
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Joette Maxwell  
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John Montgomery  
Gordon and Sharon Moore  
Caryll and Bruce Mountjoy  
Paul Prewitt

Debbie Purvis  
Bonita Roberts  
Mary Schlalos  
William and Darlene Selling  
Trisha St. Clair  
Daria Stoner  
Larry and Carol Von Kaenel

# Thank You



## Being the Best of Friends

by Jim Morris

I have a very good friend whose name is Kerri Kuska. Her heart is as big as all out doors. Through her Facebook account she even topped what I already knew of her. Apparently you can send a request to your Facebook friends suggesting how to honor your upcoming birthday. She did so last year by asking her many friends to donate on her behalf to PANC during the two-week period before her birth date. Well, she happens to have over 1,000 Facebook Friends. Last year's contributions came to \$1,220. and this year even more at \$1,510. So, whether your cause is Parkinson's Disease or something else, an easy way to help and be a good friend is through Facebook. Kerri even had another of her friends join in with her own birthday request for Parkinson's. **Wow, what a friend!**



## What Causes Parkinson's Disease?

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linking environmental factors, such as Pesticides (Paraquat, Rotenone), chemicals (agent orange, manganese, lead, trichloroethylene) to PD.

An important milestone was the recognition of **Braak hypothesis** introduced in 2003. Post mortem studies have revealed a specific pattern of the spread of PD pathology in the brain. Recognition of PD pathology at multiple sites outside the brain has raised a lot of interest in the possibility of the origin of PD pathology from outside the brain, such as the colon.

In the last two decades we have seen extraordinary advancement in the understanding of PD, it is very hopeful to see ongoing extensive research to further garner insight into the cause of PD, which in turn would help develop improved treatment strategies.



# Regional Support Groups

For additional information, visit [www.panctoday.org](http://www.panctoday.org)

## Butte County

**Chico** — 1st Wednesday, 1:30 p.m.  
Sycamore Glen Ret. Community  
1199 Diablo Ave., Chico, CA 95973  
Terry Donnelly 650-743-6871  
tmdonnelly68@gmail.com  
Bob Murray 530-321-6157  
ordferry@yahoo.com

**Oroville** — 1st Thursday, 1:30-3 p.m.  
Trinity Presbyterian Church  
2350 Foothill Blvd., Oroville, CA 95966  
Carol Rawlins 530-282-0499

## El Dorado County

**El Dorado Hills** — 2nd Tuesday, 12 p.m.  
Rolling Hills Church Multipurpose Bldg,  
West End of Complex, Rm 8  
800 White Rock Rd.,  
El Dorado Hills, CA, 95762  
Donna Rixmann 916-712-9642  
donna@yogapeace.net  
Larry Alver 916-933-2465  
ldalver@sbcglobal.net

**El Dorado Hills/Folsom Caregiver Luncheon\*** — 3rd Thursday, 11:30 a.m.-1 p.m.  
Round Table Pizza,  
2793 East Bidwell St., Folsom, CA 95630  
Larry Alver 916-933-2465  
ldalver@sbcglobal.net

**Placerville** — 1st Tuesday, 1:30-3 p.m.  
Senior Center Dining Room  
937 Spring Street, Placerville, CA 95667  
Peggy Kline 408-309-1125  
pegkline103@gmail.com

## Lake County

**Lake County** — 2nd Monday, 2-3:30 p.m.  
United Christian Parish  
745 N. Brush St., Lakeport, CA 95453  
Phil Myers 707-263-4624  
phillip.e.myers@att.net

## Napa County

**Napa Young Onset Group** — 4th Sunday, 3 p.m.  
Covenant Presbyterian Church  
1226 Salvador Ave., Napa, CA 94558  
Joe Burger 707-266-6156  
jeburger99@gmail.com

## Nevada County

**Grass Valley** — 2nd Friday, 1:30 p.m.  
Atria Grass Valley  
150 Sutton Way, Grass Valley, CA 95945  
Nancy Lockwood 530-272-7950  
nmlockwood@aol.com

**Truckee** — 3rd Friday, 1 p.m.  
Tahoe Yoga and Wellness Center  
10710 Donner Pass Rd Truckee  
Ellen Roumasset 650-759-3666  
dr.eroumasset@gmail.com

## Placer County

**Auburn Caregivers Luncheon\*** —  
2nd Tuesday, 11:30 a.m.  
Awful Annie's Cafe  
13460 Lincoln Way, Auburn, CA 95603  
Karen Hancock 530-885-0950 karen@  
hancockonline.net

**Lincoln** — 3rd Tuesday, 10 a.m.  
Granite Springs Church  
1170 E. Joiner Pkwy., Lincoln, CA 95648  
Gary High Gwhigh@wavecable.com

**Roseville** — 1st Tuesday, 1:30-3 p.m.  
Maidu Community Center  
1550 Maidu Dr., Roseville, CA 95661  
Harry Butler 916-837-3366  
hapbutler@comcast.net  
Website: [rosevillepsg.weebly.com](http://rosevillepsg.weebly.com)

**West Roseville** — 4th Tuesdays,  
11:00-12:00 p.m.  
St. John's Episcopal Church  
2351 Pleasant Grove Blvd.  
Roseville, CA 95747  
Ken and Arlene Fujino 916-474-3489  
kfujino1@msn.com

## Sacramento County

**Arden/Arcade** — 3rd Thursday, 10 a.m.  
Arden Christian Church  
4300 Las Cruces Way, Carmichael, CA 95864  
Keith Tronson 916-395-2771  
keithtronson@sbcglobal.net  
Jim Morris 916-359-4859  
jimor1940@gmail.com

**Carmichael/Sacramento Area Young Onset Support Group** — 1st Wednesday, 6:30 p.m.  
Carmichael Presbyterian Church  
5645 Marconi Ave., Carmichael, CA 95608  
Mary Beth Arjil 530-409-4118  
marjil@sbcglobal.net  
Tony Wong 916-730-6303  
acwong60@gmail.com

**Carmichael/Eskaton Support Group** —  
2nd Thursday, 10:00 a.m.-11:30 a.m.  
3939 Walnut Ave., Carmichael, CA 95608  
Ron von Rajcs 916-715-3920  
evc.psg@yahoo.com

**El Dorado Hills/Folsom Caregiver Luncheon\*** —  
3rd Thursday, 11:30 a.m.-1 p.m.  
Round Table Pizza,  
2793 East Bidwell St., Folsom, CA 95630  
Larry Alver 916-933-2465  
ldalver@sbcglobal.net

**Elk Grove** — 3rd Wednesday, 10 a.m.  
Senior Center of Elk Grove  
8230 Civic Center Dr., Elk Grove, CA 95757  
Myron Jantzen 916-686-4555  
mpjantzen@aol.com

**Folsom** — 4th Monday, 10 a.m.  
Folsom Senior and Arts Center  
48 Natoma Street, Folsom, CA 95630  
Donna Rixman 916-712-9642  
donna@yogapeace.net  
Cathy Johnson 916-791-2426

**Gold River Lewy Body Dementia Caregiver/Care Partner Meeting (Collaborative Group)** — 2nd Thursday, 10 a.m.  
Eskaton Lodge Gold River  
11390 Coloma Rd., Gold River, CA 95670  
Denise Davis 800-272-3900  
denise.davis@alz.org

**Natomas Area** — 2nd Thursday, 10-11:30 a.m.  
Adventure Christian Church  
1500 N Market Blvd., Sacramento, CA 95834  
Irene Duggan 916-710-6912  
parkinsons1018@gmail.com

**Northeast Area** — 4th Thursday, 1 p.m.  
St. Marks Unified Methodist Church,  
Room E-24  
2391 St. Marks Way, Sacramento, CA 95864  
Sean Tracy 916-482-7014  
sstfam@winfirst.com

## Don't see a support group in your area? Let us help you start one!

Contact us at 916-357-6641 or [panc@panctoday.org](mailto:panc@panctoday.org)

### Post DBS Patients

See class schedule, location and contact information at [www.panctoday.org](http://www.panctoday.org)

### Sacramento Caregivers Lunch Bunch\* (Collaborative Group) — 3rd Tuesday,

11 a.m.-1 p.m.

Ettore's

2376 Fair Oaks Blvd., Sacramento, CA 95825

Anne Spaller 916-728-9333

[aspaller@deloro.org](mailto:aspaller@deloro.org)

### Sacramento Men's Group

Suspended pending further notice.

### South Area — 2nd Thursday, 1 p.m.

Asian Community Center

7334 Park City Dr., Sacramento, CA 95831

David Teraoku 916-685-4162

### San Joaquin County

Lodi — 1st Monday, 10 a.m.

Grace Point Church

801 S. Lower Sacramento Rd.

Lodi, CA 95242

Ron and Maureen Olsen 209-745-1011

[molsen@softcom.net](mailto:molsen@softcom.net)

Robbin and Pat Bray 209-269-1080

[braywaves@gmail.com](mailto:braywaves@gmail.com)

### Lodi Caregivers Group\* —

3rd Monday, 10 a.m.-12 p.m.

Grace Point Church

801 S. Lower Sacramento Rd.

Lodi, CA 95242

Call for directions/information

Jean Whitted 209-368-2809

[bjwhitted@hotmail.com](mailto:bjwhitted@hotmail.com)

### Stockton — 2nd Thursday, 1:30 p.m.

O'Connor Woods

West Hall 3400 Wagner Heights Rd.

Stockton, CA 95209

Mary Ann Behrens 209-477-6496

[mbehrens64@gmail.com](mailto:mbehrens64@gmail.com)

### Tracy/Parkinson Support Group of Tracy —

2nd and 4th Mondays, 10 a.m.-12 p.m.

St. Paul's Lutheran Church

1635 Chester Ave., Tracy, CA 95376

Kathy Clark 209-879-3108

[classieladyat63@yahoo.com](mailto:classieladyat63@yahoo.com)

### Shasta County

Redding — 2nd Friday, 1:00 p.m. Social Time;

1:30-3 p.m. Meeting; 3-3:30 p.m., Shasta

Shout - speech therapy

First United Methodist Church

1825 East Street, Redding, CA 95350

Kim Hawkins 530-945-7628

[Kim.reddingpsg@gmail.com](mailto:Kim.reddingpsg@gmail.com)

### Sierra County

Loyalton — 1st Friday, 1:30 p.m.

Golden West Restaurant

Main Street, Hwy 49, Loyalton, CA 96118

Betty Ferguson 530-993-4002

[fergi45@gmail.com](mailto:fergi45@gmail.com)

### Solano County

Benicia — 2nd Saturday, 10:30 a.m.-12 p.m.

201 Raymond Dr., Benicia, CA 94510

Brad Miller 707-515-9216

[bradfordmiller807@gmail.com](mailto:bradfordmiller807@gmail.com)

### Vacaville Parkinson's Support Group —

4th Wednesday, 1:30-3 p.m.

The McBride Senior Center

91 Town Square Place, Vacaville, CA 95688

Brenda DeMartini 707-330-1551

[brendaldemartini@gmail.com](mailto:brendaldemartini@gmail.com)

### Sonoma County

Sonoma County — 1st Saturday, 1 p.m.,

Feb/Mar/Apr/May/June/Oct/Nov

2nd Saturday, 1 p.m., Aug/Dec

NO meetings in Jan/Jul/Sept.

Christ Church United Methodist

1717 Yulupa Ave., Santa Rosa, CA 95405

Nancy Wilson [nlwilson.41@gmail.com](mailto:nlwilson.41@gmail.com)

Marc Alexander 707-431-8767

[malexander109@comcast.net](mailto:malexander109@comcast.net)

### Stanislaus County

Modesto — 3rd Wednesday, 1:30-3:30 p.m.

Jan.-Nov. (No meeting in July)

Trinity United Presbyterian Church

1600 Carver Rd., Modesto, CA 95350

Paul Vantress 209-526-6184

[modestoparkinsons@gmail.com](mailto:modestoparkinsons@gmail.com)

### Sutter County

Yuba City — 2nd Monday, 1 p.m.

Sutter Medical Foundation

969 Plumas St., Suite 208

Yuba City, CA 95991

Janice Herbert 530-673-3064

[tricontyparkinsons@gmail.com](mailto:tricontyparkinsons@gmail.com)

### Yolo County

Davis — 3rd Thursday, 1:30 p.m.

Davis Senior Center

646 A Street, Davis, CA 95616

Sue Curry 530-304-9927

[smcurry@sbcglobal.net](mailto:smcurry@sbcglobal.net)

### Davis Care Partners Group\* —

2nd Wednesday, 1:30 p.m.

Davis Senior Center

646 A Street, Davis, CA 95616

Karen Eagan 530-564-4323

[kareneagan747@gmail.com](mailto:kareneagan747@gmail.com)

### Woodland — 4th Tuesday, 1 p.m.

(No meeting Jul/Aug)

Woodland Comm. and Senior Center

2001 East Street, Woodland, CA 95776

Bernadette Murray 530-661-1950

[bemurray2008@gmail.com](mailto:bemurray2008@gmail.com)

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.

\* Caregiver / Care Partner meeting.



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# ANNUAL CONFERENCE



PARKINSON ASSOCIATION  
OF NORTHERN CALIFORNIA'S

## Annual Educational Conference

**Saturday,  
October 26, 2019**

Registration & Exhibits  
Open 8:30 a.m.

Conference  
9:30 a.m. – 2:30 p.m.

**McClellan  
Conference  
Center**

5411 Luce Avenue  
Sacramento, CA 95652

**Deadline to register: October 18, 2019. Register at [www.panctoday.org](http://www.panctoday.org)**