



Parkinson Association
of Northern California

"Building Community for the Journey"

January 2023

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*"But I know, somehow, that only when it is dark enough can you see the stars."
— Martin Luther King, Jr.*



Prepping for Adventures and Traveling with Parkinson's disease

by Jennifer Westoby

With the new year comes an opportunity to set new goals and objectives. We all need fun and excitement to look forward to, and for many, that might be a special local trip or even an

exhilarating experience abroad.

However, for people with Parkinson's (including myself), while traveling is an exciting prospect, planning and execution can feel daunting. The following is insight into what you should consider when preparing for your next journey. With a little extra knowledge and foresight, opportunities to refresh and renew through travel are limitless for people with Parkinson's too!

When planning a trip, be sure to involve your travel companion or partner in your plans Work out what you will need to do to get from A to B as far ahead as possible. Even short car trips need some forethought – how long will it take, where can I take a break, what would be the best time to leave, what snacks or drinks will I need etc.

If driving, a co-driver can help reduce the stress of a long journey and share the driving, as well as the loading and unloading of the vehicle. Fill your car with gas and check the tires and oil a couple of days before leaving or ask a friend to help you.

Remember to have medications, water, and your charged phone close at hand Web MD recommends that you always have at least a day's dosage of medication in your pocket or purse and try to carry all of your medications with you, in the event that your luggage gets misplaced and pack enough to last the entire trip. Do not rely on out-of-town, or especially out-of-the-country, pharmacies for refills. Carry a list and schedule of medications with you and if possible, use a watch with an alarm or an alarm pillbox.

If flying, when you book your flight, **select if you need mobility assistance**. This will get you wheeled to and from the plane and reduce worries about the walking time/distance in the terminals. Try to also book your seat in advance – especially if you prefer an aisle seat for easy access to the bathroom, or near the front of the plane for easier on/off boarding.

Allow extra time to get to the airport and arrange for a reliable friend, relative or car service to drive you there. You really don't need the hassle of trying to find parking and waiting for that shuttle bus in the cold!

Most cruise lines have free wheelchairs available for use by their passengers, and many cabins are now equipped with grab handles etc. Be sure to specify what you need when you book. Hotels too, can often provide wheelchairs and should always have disabled or at least ground floor rooms.

Whether you are planning a 2-hour trip to visit friends or family, driving 8 hours to Disneyland, or flying to Hawaii for a winter break, **planning ahead is the key to enjoying a healthy and stress-free trip**. Savor every small moment and most of all, have fun. Aloha!

6th Annual Cancel Out Parkinson's Walk Registration Now Open [Click Here](#)

On April 1st at Maidu Park in Roseville, the Embarcadero Lion's Club is hosting another uplifting event of movement and friendship in support of PANC and our local PD community.



In honor of Robert G. Smith, a long-time Lion's Club member and Sacramento deputy sheriff who courageously fought his battle with Parkinson's disease, the "COP" Walk is a festive opportunity to pull out your sneakers, 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 itself is a gentle course and designed for people with Parkinson's to be successful.

100% of the event's proceeds benefit PANC's NorCal support groups, respite grants, educational initiatives, and more. **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 it and forward this **flyer** to friends, family, and community leaders. For **sponsor and exhibitor** opportunities, email Jan [here](#). We look forward to walking beside you in support of PD champions across Northern California!

"Thank you very much. I really appreciate the help. At-84 years old and as my husband's caregiver, I am finding it more difficult to get out. This allows me to have someone to come in and stay with him while I get out of the house once in a while." -- Lorraine, PANC Respite Care Grant Recipient



Staying Healthy with Deep Brain Stimulation

If you have an implanted Deep Brain Stimulator (DBS) or are planning on getting one, this series is for you.

Hosted by the Northern California Neuroscience Program. Co-moderated by Dignity Health, Kaiser Permanente, Sutter Health, and UC Davis DBS providers, all classes are free and conducted virtually. Attendees are able to ask questions and share experiences at the conclusion of each presentation.

Some seminar topics include:

- Speech and Cognition
- Fall Prevention
- Caregiving Resources
- Occupational Therapy and Everyday Living
- Dental Care
- Nutrition
- Click [here for seminar flyer](#)

To register or for more information, call Kandis at 916-731-1055 or email her [here](#).



Creative Option to Help Sustain PANC's Community

The work of PANC is passionate and ongoing. There are many ways to provide financial gifts to assist our non-profit in remaining operational and doing the hands-on work for the benefit of the NorCal PD community.

If you haven't considered it, **making charitable donations from your individual retirement account (IRA) is an easy and beneficial way to donate.** Doing so comes with a few tax perks. A QCD (qualified charitable distribution) is a direct transfer of funds from your IRA custodian, payable to a qualified charity. QCDs can be counted toward satisfying your required minimum distributions (RMDs) for the year, as long as certain rules are met.

IRA owners must be age 70 1/2 or older to make a tax-free charitable contribution. Those who meet the age requirement can transfer up to \$100,000 per year directly from an IRA to an eligible charity without paying income tax on the transaction.

While some rules and guidelines apply, charitable IRA donations can be a great way to give back while also lowering your adjusted gross income. Check with your financial advisor for additional information and explore if this is a solution for you and your financial desires.

Community Wellness Partner: PD-Connect

PD-Connect® is non-profit organization that offers support and encouragement for the physical and emotional needs of the Parkinson's community. This local program provides donation-based exercise and wellness classes (in-person and via Zoom) created with the vision and passion of Dr. Lisa Oei, a local physical therapist and Parkinson's wellness coach.



Classes focus on the principles of cardiovascular health, cognitive well-being, and core-strengthening, all tailored to address the predominant symptoms of PD. The goal of each class is to improve functional mobility, neuroplasticity, balance, strength, voice, cognition, posture, confidence, reduction of freezing, and most importantly, to have fun. Click [here](#) to learn more.

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