



"Building Community for the Journey"

September 2023

[Find A Support Group Here](#)

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." — Helen Hunt Jackson

[Click Here for Conference Info and Registration](#)

Education Conference in just 2 weeks!

Saturday, September 30

Roebbelen Center in Roseville or Via Zoom (Online)

Early-bird registration extended until FRIDAY at midnight!

Cost by Sep. 15: In-person = \$30; Virtual = \$20; Reserved Table of 8 = \$400
Cost on Sept 16: In-person = \$40; Virtual = \$25; Reserved Table of 8 = \$400

What 2022 attendees had to say....

- "I met wonderful people and got great information. Left feeling very hopeful! It is comforting to see so many caring people who are willing to share."
- "Wow! We learned so much! The availability of community, i.e., support groups, movement groups, a choir, all were wonderful to learn about today. To be able to attend virtually was so helpful. There was so much good information and great tools provided. We will definitely rewatch the video recording and look forward to doing the movement sessions again! Thank you for all the time and effort put into this excellent conference!"
- "Can't believe how you keep raising the bar for those of us hosting educational conferences. Kudos to your Board, planning committee, Dr. Khandhar and all of the medical centers and sponsors in making this event such a success. Great work!"

Parking volunteers will be on-site to help ease the transition from autos to the conference

center and a great lunch provided by a new caterer will be served to in-person attendees. Event recordings are provided to all registrants just in case you have to come later, leave early, or can't attend on September 30. Ticket prices increase on September 15th so please take advantage of the early bird rates and register today!

Conference Registration

A Care Partner's Advocacy: A Time When I Missed the Mark

by Dr. Robert Cochrane

Traveling is not easy for my dad, a 79-year-old man who was diagnosed with Parkinson's disease (PD) in 2001. At the same time, him missing out or feeling that he is being left out, is something I'm so sensitive to that I'm willing to put in the effort to make sure he gets to participate whenever he's up to it.



Most recently, I wanted my dad to join as I gave a keynote speech with my good friend, Larry Gifford at the Barrow Neurological Institute with the Muhammad Ali Parkinson's Research Center. Our travel to the event was relatively uneventful (successful!). The flight was easy, the hotel was comfortable and accessible, and our hosts were awesome.

However, trouble arrived for our flight home. To begin, we were both very tired. All the small details of travel plus an energetic keynote speech with plenty of interesting challenges took it out of us.

My dad has a 55-degree tilt to the right along his spine, known as Pisa syndrome. He's most comfortable in an aisle seat and we try to leave the middle seat open for him to lean over as that's the way he tilts. I sit in the window seat. This was no problem on a mostly full flight on the way to the conference -- people saw his tilt and found another seat. It looked to be the same here on what we were told would not be a full flight. Then it happened -- the very last passenger dives on the plane and practically fell into the middle seat between me and dad.

"Are you saving that seat?" she asked -- right after she sat.

"No," I answered too quickly, then quickly added as she began to sit, "I don't want to dissuade you, but my father has Parkinson's and--"

"Oh, that's okay," she cut me off. "I work in a dentist's office with a lot of elderly people." Her reply was so quick and sharp, and my energy was so low that I didn't know how to address it. I took a breath, then sighed in resignation.

Over the course of the flight, my dad continued to tilt right, due to his spine, leaning into her space. She, understandably, began to tilt into mine. The window and I became quite friendly. It was a very uncomfortable flight for all of us. There were open seats behind us. I spent a good deal of time being angry, but not knowing the best way to address it.

Recognizing the potentially awkward situation of being on a plane, I kept it in. I did have to do a few things to help my dad which were made more difficult by her taking the middle seat - a seat, as per Southwest Airlines rules, she had every right to.

After cooling down and thinking about it, I wasn't really mad at her. **I was mad at myself for not advocating more clearly for my dad. As his care partner, that's my job.** I should have taken the time to explain to her, "Of course, you are welcome to this seat, and I appreciate that you work with elderly people in a dentist's office, however, this is a unique situation that might make all of us uncomfortable based on a condition my dad can't control."

I also recognize if this is truly a problem, in the future, we need to book an extra seat. That's on us. I was hopeful in the moment that this woman might be able to read the situation the way I wanted, but the truth is, that's not a solid plan for advocacy.

As an expert in communication and teaching people to speak up and share their truth, I failed in this instance. My dad did tell me on the way home that he was uncomfortable on the flight. That's my fault.

Lesson learned: I'll do better in the future, dad. I must be the change I wish to see in the world.

For information on Dr. Cochrane's evidence-based storytelling and improvisation programs that can improve quality of life, visit www.yesandexercise.org. Robert will be attending the PANC conference as an exhibitor and emceeding the PANC TopGolf fundraiser event in October.



Conference Volunteers Needed

It takes a village! Our large and popular annual conference is a juxtaposition of many moving pieces, as we have many to assist with unique needs. **If you know family members, friends, or students who like/want volunteer hours** and are available on Saturday, September 30 to lend a hand, we'd love the help! Please forward this email. Various options are available.

[Click the Sign-up genius here](#) for opportunities to contribute to the team. Thank you!



It's BACK!

ParkinsonWISE® Training for Exercise Professionals

October 28 from 10am - Noon
Kaiser Roseville Medical Center
Cost: \$40 -- [Register Here](#)

Calling all personal trainers, instructors for yoga, tai chi, dance, cycling, boxing, providers of massage, music, etc.! Learn how to work more effectively with people with Parkinson's.

PANC partnered with Kaiser Permanente Neuroscience to develop this program for fitness and wellness professionals regarding how to optimally work with those who have Parkinson's disease (PD). Exercise and movement are extremely effective in delaying the progression of PD symptoms, reducing the impact of symptoms, and for increased general well-being. The goal of the ParkinsonWISE® program is to educate attendees about PD and the unique challenges, needs, and successes when working with this community.

Please forward to your coaches, teachers, and mobility instructors. What helps one, helps all! [Flyer here](#)

Limited availability of this training so don't miss it.



Have fun doing good!

Swing for Parkinson's & Silent Auction Event Coming Next Month

Benefitting the community and services of PANC

1st Annual PANC Silent Auction
October 22 - October 29

Find a cherished opportunity or grab an early holiday gift while helping out PANC. Opportunity for items such as: 2 x hour golf fitness evaluation including 3D swing evaluation; home crafted lap quilt; 2 x nights in Paso Robles wine region Airbnb and limousine service; U-Step Neuro; and more.
Watch for details coming next month. Bid from your computer or at TopGolf event.

1st Annual PANC TopGolf Roseville Social

Sunday, October 29 from 1-4 pm -- [Register Here](#)

Golf Ticket: \$80 | Social Ticket: \$50

A great afternoon is planned for socializing and swinging clubs in support of PANC.

Need not be a golfer to have a great time! Not familiar with TopGolf? **Think mini-golf + bowling + music +scoreboards = FUN!** Professional golfers will be on hand to lend swing advice if wanted! For the golf-shy, enjoy the buffet and camaraderie of community. Let's celebrate PANC! *Limited tickets so register early.*

**Info and Registration for Swing for Parkinson's
Here**

September Free PD Webinars

Wednesday, September 13, 7pm -- [Navigating Employment with Young Onset Parkinson's: Legal Rights, Disclosure, and Accommodations](#) by the Parkinson Society of British Columbia.

Legal rights and cover practical tips and advice on communication techniques, self-advocacy for accommodations, and navigating disclosure conversations. While the legal information will be specific to Canadian laws, the communication techniques will be universal. [Register here](#)

Thursday, September 14 at 11:30am -- [Occupational Therapy 101: Tips for Daily Success](#) by the American Parkinson Disease Association (APDA)

What occupational therapy (OT) is and how it can help in your PD journey. Learn the difference between OT and PT (physical therapy), how to find an OT with PD experience, if OT is covered by insurance, and more. [Register here](#)

Monday, September 18 at Noon -- [Parkinson's Disease and Blood Pressure Management Considerations](#) by PMD Alliance.

Parkinson-related cardiovascular and cardiac pathology, orthostatic hypotension/dysautonomia as a non-motor Parkinson's complication, and blood pressure management strategies and challenges in PD. [Register here](#)

Wednesday, September 20 at 12pm -- [The Care Partner Roadmap](#) by PMD Alliance. Discussed the symptoms and planning needs care partners can expect at each stage of PD, ways to proactively manage the challenges of caregiving, and how to utilize the roadmap to Care. [Register here](#)

Sunday, September 24 at 9am -- [Motorvation](#) hosted by Twitchy Woman.

Learn the "Think and Move Well Method" and "Brain Blast Dual Task Training." Both were developed by the speaker for people with Parkinson's to improve movement and memory. [Register here](#)

Thursday, September 28 at 12pm -- [Driving and Parkinson's Disease](#) by PMD Alliance.

The cognitive processes involved in driving and any potential impairments from PD to be aware of. Resources, where to access a driving assessment and driving modifications and alternatives to help you get where you need to go safely. [Register here](#)

Thank you for this information collected and provided by the Stanford Parkinson's Community Outreach team.

* Contact Jan Whitney [here](#) if you are interested in placing a sponsor article in the *Update*.

www.panctoday.org

[Ways to Support](#)

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