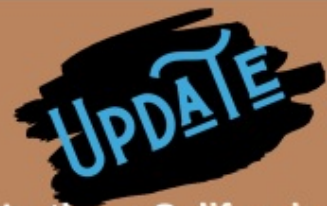




PANC

Parkinson Association of Northern California



"Building Community for the Journey"

June 2023

**Find A Support Group
Here**

We are excited that the Natomas and Stockton Support Groups are restarting! Check the group listing for additional information.

We Can Do So Much More Because of You!

Thank you to the many generous individuals including those below who contributed to PANC over the past couple of months. The kindness of this community just keeps growing and we are beyond grateful!

Big Day of Giving -- \$32,311
Embarcadero Lion's Club COP Walk -- \$26,201
Archival Gallery -- \$4,296
Comedy Night at the Barn -- \$3,799

PANC Education Conference Set for September 30 in Roseville

Registration Opens August 1

The PANC Annual Education Conference is officially scheduled for Saturday, September 30 from 9:00 am - 3:00 pm (registration at 8 am). Registration opens August 1. The event features two prominent headline speakers Dr. Indu Subramian from UCLA and Dave Iverson, author of "Winter Stars". [Click here](#) for the official event flyer!



Both in-person and virtual attendance opportunities will be available. The theme is, "Wellness Starts Within." If you have PD, are a family member/friend of a person with Parkinson's or are a community professional interested in learning more about PD and its impact, you are encouraged to attend. PANC is thrilled to be adding Spanish-translation services this year for our online attendees!

The 2023 program will feature a highly sought-after group of PD experts, movement disorder specialists, neurologists, and others who will lead an information-packed day of education, resources, and support. Don't miss it. Save the date on your calendar today!

A thank you to **Supernus Pharmaceuticals** who is participating as a Presenting sponsor at the conference. Their commitment to quality NorCal PD programming is greatly appreciated. For information about **sponsorship or exhibitor opportunities**, e-mail Jan [here](#).

Research Studies: How You Can Help!

- The Effects of Exercise on Parkinson's and Related Disorders . CA Sacramento State University -- Click [here](#) for flyer
- PPMI Data -- Looking for people with and without PD including those recently diagnosed. Michael J Fox Foundation -- Click [here](#) for website



**PANC'S 1ST ANNUAL
TOPGOLF & SILENT AUCTION EVENT
ROSEVILLE
SUNDAY, OCTOBER 29 FROM 1 - 4 PM
DETAILS COMING SOON!**



Laughter REALLY Is the Best Medicine

By JoeyC

Hi, I'm Joseph Mark Crespillo, Sr. A little about me...I am a first-generation American, my parents immigrated from Spain. I've been in the real estate business for 46 years. I'm 70 now and have been married to Marguerite for 32 years. We have 6 kids and 8 grandkids.

My life changed when I was diagnosed with Parkinson's disease and became a "Parkie" 13 years ago. Like probably everyone, at first, I was devastated. But knowing that Michael J. Fox was 19 years into his disease, and he was getting on with his life without letting PD control it, I decided that's what I needed to do too. So, I soon became "JoeyC," the stand-up comic with Parkinson's!

I tell jokes and funny stories about my journey through life with Parkinson's. Being positive and making people laugh helps me deal with my disease. For some reason, when I'm on stage joking about my life with PD, I'm not thinking about my PD. Because of comedy and the joy that it brings to myself and others, I have many more good days than bad days.

I once performed a show at the Punch Line in Sacramento and there ended up being about 40 "Parkies" in the audience. At the meet and greet afterwards, the same folks were laughing, smiling, and thanking me for sharing the unique but comical aspects of our intertwined experiences. If you get a chance to see me perform or can enjoy laughter and comedy in any setting, good for you! I promise you'll feel better. The hormones of happiness will be flowing, and you just might find the lighter side of life that we all still yearn for and deserve.

Disclaimer that my set can be "R" rated, so come see my show and guffaw at your own risk! (You can follow me on Facebook to see where I'm going to perform.)

I was asked to write a "PG" article so I'm going to leave this written joy boost with one of my cleaner jokes..."It's hell getting old, and with Parkinson's is not for the weak. My hand shakes, my leg shakes and sometimes my whole body shakes. I take so many pills and vitamins that I rattle when I walk. I took up bowling to deal with depression. All of this because I really just love to shake, rattle and bowl!!!

Young Onset Group: Serving NorCal's Youthful Constituency



Most people with Parkinson's disease are aged 50 or over, but younger people can get it too. Young onset Parkinson's disease (YOPD) or early onset Parkinson's mean the same thing -- there is a Parkinson's diagnosis and discovery typically before age 50.

Getting a diagnosis of young onset Parkinson's affects everyone differently. People in this position can go through a range of emotions, from feeling overwhelmed to feeling relieved. But you're not alone. Chatting to others in a similar situation can be immensely helpful. PANC's Sacramento Area YOPD group is dedicated to serving the unique needs of those who are experiencing PD at younger ages. Together, the group explores various issues unique to them, offers advice and resources, and shares fellowship, laughter and tears to help navigate the journey.

The group meets in-person in Carmichael and via Zoom on the **first Tuesday of each month at 6:30 pm**. Contact Susan or Danielle [here](#) for additional information. They look forward to welcoming you.



PANC Announcements

Call for Board Members

PANC is seeking candidates to serve on our Board of Directors. We are renewing our efforts to serve our mission and a strong/diverse board is a critical part of achieving growth and continued success. Board service with PANC is a unique opportunity to help develop the organization into an even stronger and more effective non-profit. Monthly meetings are conducted via Zoom. Please email PANC nominating committee member Ralph [here](#) by Friday, June 23 if you are interested and would like additional information.

Call for Volunteers

PANC is seeking individuals who are willing to volunteer at events, attend community fairs, raise money for PANC, help with data entry, or other ways you may want to contribute. Please email PANC Board member Danielle [here](#) and let her know how you'd like to help.

Call for Silent Auction Prizes

In late October, PANC will be hosting our first ever TopGolf fundraiser and Silent Auction to enjoy an afternoon of fun as a community and help raise funds to sustain PANC's services. If you are able to donate to the cause (sporting tickets, destination location, gift cards, fine art/jewelry, etc.), please email Jan [here](#). Thank you!

Prior Authorization Reform

Amendment Act Would Benefit the PD Community

A bill has been introduced in the US Congress that could help those with PD get better and faster access to care by prohibiting insurers from requiring prior authorization for a treatment based solely on cost. The "Prior Authorization Reform Amendment Act of 2023" would regulate the practice of health insurers that require patients and their medical providers to seek prior authorization for certain medications, medical procedures, or other medical care.



If passed, it would set explicit timelines for insurers to respond to prior authorization requests and appeals. It would also clarify how insurers are to make information on prior authorization determinations available to patients and their medical providers, prohibit insurers from requiring prior authorization for a treatment based solely on cost, and require employers to provide timely notice to employees of medications and treatments covered under their insurer's standard health benefit plan.

According to the Movement Disorders Policy Coalition, patients with movement disorders often find relief through innovative therapies and assistive devices, and timely access to all available treatment options creates an opportunity for doctors to meet specific patient needs through personalized care. However, prior authorization is often a barrier to treatment when it limits patient access by requiring health care providers to justify the care being prescribed, sometimes without clear direction of what justification is acceptable.

Click [here](#) for a letter submitted to the chairperson of the Committee on Health regarding passage of the legislation from the Movement Disorders Policy Coalition and [here](#) to see the bill summary. We will provide additional information as it becomes available.



Community Partner: Rock Steady Boxing

Non-contact boxing inspired classes can reverse and even delay the symptoms of PD

The Rock Steady Boxing organization is an internationally recognized program that addresses the quality-of-life needs of all people dealing with Parkinson's disease. They understand that there are ways in which people with PD can enhance their quality of life and even build strength, flexibility, and speed! By exercising with coaches who know the ropes, those with PD can fight out of the "corner" and start to feel and function better.

There are numerous authorized independent Rock Steady affiliated locations throughout the Northern California community. Click [here](#) to find one nearest you. These classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier and happier life.

Thank you to the local Rock Steady affiliates who are so incredibly committed to the success and services of your clients and PANC. You are appreciated immensely!

Editors Note: Last month, it was reported that 1st place in the total amount raised and pledged for the team efforts at the COP Walk was the Sacramento Young Onset Support Group. The correct name is: **Sacramento Area YOPD Group & RSB - Hope in Your Corner**. Apologies for the error. PANC appreciates this team and all of the others' stellar fundraising efforts.

www.panctoday.org

Ways to Support

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