



PANC

Parkinson Association of Northern California



"Building Community for the Journey"

August 2023

Find A Support Group
Here

"Live in the sunshine. Swim in the sea. Drink in the wild air."

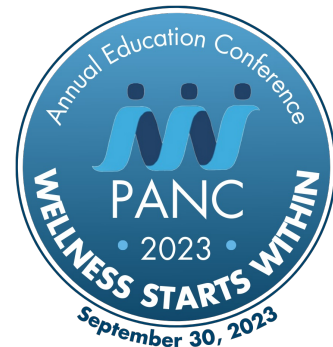
Ralph Waldo Emerson

September 30, 2023

Roebbelen Center in Roseville or Via Zoom

**PANC Education Conference
Registration Now Open!**

English Info & Registration [Here](#)
Información e inscripción en español [aquí](#)



Cost by Sep. 12: In-person = \$30; Virtual = \$20; Reserved Table for 8 = \$400

Don't miss the West Coast's most comprehensive educational conference on Parkinson's disease. Our premier event includes leading regional experts covering the newest considerations in PD, resources galore at the exhibit hall, and opportunities to network with others who are on a similar life's journey as you.

"Wellness Starts Within" is this year's theme and our keynote speaker is Dr. Indu Subramanian, MD, whose professional focus is integrative medicine with a special interest in yoga and mindfulness. Dr. Subramanian will elaborate on the significance of considering a multidisciplinary approach to your PD care. You won't want to miss it! Other topics include apathy, depression, and anxiety, caretaking, updates on DBS, and so much more.

Dave Iverson, author of the recently released carepartner book, "Winter Stars," will be speaking and available to sign books at the conference. You can purchase a reduced-price book (\$10 vs. \$15.99 plus tax on Amazon) at registration checkout if you are interested.

Parking volunteers will be on-site to help ease the transition from autos to the conference center and a great lunch will be served to in-person attendees. Event recordings are provided to all registrants. Ticket prices go up on September 13 (by \$10 each) so take advantage of the early bird rates and register today!

Sponsor or exhibitor opportunities click [here](#)

Transitions

by Tess Lorraine
Immediate Past President of the
Parkinson's Support Group of Sonoma County



I remember the first signs of my father having Parkinson's. He was sitting on the couch in the living room, and I noticed his arm beginning to shake. After his diagnosis, my mother was watching him from the distance as he slept, tears swelling through her eyes. She asked, "How are we going to do this?"

For the next five years, he kept busy. He exercised his mind by writing a book about his experience as a nursing home administrator. He and his brothers accumulated several nursing homes in Colorado starting in the 1950's. He was an elderly advocate and was a pioneer in many progressive programs including having the first activities program in Colorado. He believed in patient centered care, instead of a top down medical and administrative system of protocols for residents. He wanted the residents to feel more control in an environment where they'd lost so much of their agency. This meant having a say over their medications, allowing visitors at will, having animals, being involved in stimulating activities, having inspiring outdoor spaces, and encouraging relationships. Some of this came to pass before he retired in 1980. Much of it was inhibited by bureaucratic regulations.

It was through his life work and experiences that I designed seminars to help people prepare for the last stage of their life.

After he fell and broke his hip, he spent the last five years in a wheelchair. He lost both cognitive and physiological functioning as his disease progressed. My mother showed more love and attention for him than I'd ever witnessed the many decades of their marriage. Still watching my father deteriorate was so very difficult. After his death I felt that it was important for people to look ahead at the journey of Parkinson's so that they could make choices and set up infrastructures of support before they were in a crisis. I gave a presentation at a PSGSC (Parkinson's Support Group of Sonoma County) in-person meeting several years ago with a video interview of my father. I was invited to be on the board of PSGSC and subsequently became President.

As a member of the PSGSC Board, I learned how rich people's lives can be in the face of Parkinson's disease and I've also felt grateful to PSGSC for offering resources and support through the community. This journey would be infinitely more difficult without each other. We don't discuss sickness, old age and death in our society and yet it deserves to be recognized because it is a transformative time, one that brings out unconditional love, courage and fortitude. I've never fully comprehended what we are doing here in these lives, but I do know that this stage brings out the human spirit in unpredictable and tender ways and for that I bow to you all.

PANC's Enhanced Website Available Now

The PANC Board of Directors is excited to announce that the www.panctoday.org website

has had a facelift! Check it out when you have an opportunity to see the new features and functionality. Content and resources will be continually added, so please check back from time to time. We hope you enjoy our new PANC storefront!



Strategies for When You're Freezing

by Christine Shade, PT, DPT, NCS Kaiser Permanente
and Sarah Pinasco, PT, DPT,

When freezing cannot be prevented, there are some simple tricks that can help get you out of a freeze. The first step is to stop struggling. Think about quicksand, the harder you fight, the more you sink in. At the first sign of freezing, STOP and take a deep breath, relax and put your weight back on your heels. From there try one of these strategies:

- Count out loud while you step to the beat.
- Look at and then step onto a specific spot on the ground.
- Shift your weight side to side then focus on taking one large step.
- If turning LEFT try to turn your LEFT toe out, when turning RIGHT turn your RIGHT toe out.

For care partners, you can provide a great deal of help with freezing prevention and management. Freezing often occurs in a new or stressful environment, so try the following:

- Prevention: Create a calm environment, try not to rush, and make a plan with your partner about what to do when freezing starts
- Take a calming breath with your partner. Sometimes a simple hug can help.
- Hold hands and shift your weight from side to side as if dancing.
- Place your foot out to give your partner a goal to step toward.

PD Research Studies: How You Can Help

- **New! The effect of two dietary fibers** (psyllium and wheat bran) on weight status and constipation symptoms compared to placebo in individuals with Parkinson's disease. University of Florida -- Click [here](#) for information.
- **Motor Control Experiment.** (\$25/hour) UC Davis Motor Lab -- Click [here](#) for flyer.
- **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.
- **New! Fox Trial Finder** -- Search to find studies based on location and health history

[here](#)



Swing for Parkinson's

1st Annual PANC TopGolf Social
& Silent Auction
Sunday, October 29 from 1-4 pm

Registration Open Now!

[Register by October 7](#)

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

Come join in the fun and let's celebrate PANC! Limited tickets so register early!

Sponsorship opportunities [here](#)

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

Boston Scientific

Advancing science for life™

Sponsor Article by Boston Scientific*

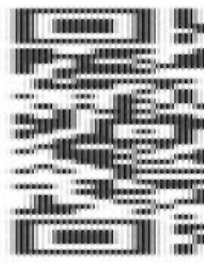
VERCISE GENUS™ Deep Brain Stimulation System

Programming matters! The Boston Scientific DBS System powered by Image Guided Programming, offers the precision to shape and steer stimulation today and the flexibility to manage your needs now and in the future. Patients are having their lives changed by the Boston Scientific Vercise Genus™ Deep Brain Stimulation Systems.

Boston Scientific is a long-time proud partner of PANC and a sponsor/exhibitor at the upcoming conference in September. We invite you to visit our booth. Our FDA-approved therapy for patients with Parkinson's disease and Essential tremor is backed by rigorous clinical data and the experiences of our patients around the world and may also be a fit for you.

To learn more about DBS from Boston Scientific, Guided Programming and to hear from our patients in their own words, click [here](#). For safety indications click [here](#). You can also scan the QR code below for information.

Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.



North State Therapy Choir Starting New Season

Flyer [Here](#)

Starting in August, the North State Therapy Choir is starting their fourth full year of online free music therapy for people with Parkinson's in Northern California. Their "choir" is not traditional (via Zoom) but it is therapeutic -- over half of each session is devoted to physical, breath and vocal warm-ups to strengthen speaking voices, followed by singing led by certified music therapists, and completed with a relaxation/meditation.

This season, they will have two sessions available each week. One session will be for those specifically with Parkinson's disease and another will include members who need the exact same vocal strengthening exercises, like people recovering from strokes, traumatic brain injury, COPD, cardiac rehabilitation and other vocal disorders. Participants can join anytime and are not obligated to attend both days of the week.

August Free PD Webinars

Wednesday August 15 at Noon -- **A Positive Approach to Care** by PMD Alliance: Why filling the day with meaning will change your life, whether you are a person with Parkinson's or a care partner to someone with PD [here](#)

Friday, August 18 at 11 am -- **Navigating Hospitalization with Parkinson's** by the Parkinson's Community of Los Angeles: A movement disorder specialist will discuss how best to navigate a hospitalization with PD [here](#)

Wednesday, August 23 at Noon -- **Urinary Dysfunction & Parkinson's Disease** by American Parkinson's Disease Association: A professor of urology, obstetrics and gynecology will offer tips to improve urinary frequency, urgency, leakage, and incontinence brought on by

changes to the autonomic nervous system with PD [here](#).

Wednesday, August 23 at Noon -- **Nutrition & Parkinson's** by the Parkinson's Association of the Rockies: A registered dietician will discuss general nutrition guidelines as well as information on nutrition-related concerns specific to PD [here](#)

Exciting National Plan to End Parkinson's Act Update

In late July, the [National Plan to End Parkinson's Act](#) advanced out of the House Energy & Commerce Health Subcommittee on a *unanimous* vote! This is a huge step in getting this legislation passed into law. Thank you to the PANC constituents who signed the petition and reached out to your legislators and helped that happen! Now there's even more participation needed to get it passed.

Currently, the legislation which has 81 co-sponsors in the House and 12 co-sponsors in the Senate. The hope is that continued letters of support will convince even more members of Congress to co-sponsor and support the legislation.

If passed, this legislation will provide benefits and protection to you and others with PD to come. If you haven't already, please sign the Michael J Fox Foundation petition [here](#) or easily make that contact to your legislators [here](#). Make your voice heard!

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

www.panctoday.org

Ways to Support

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

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