

JULY

PANC

UPDATE

Parkinson Association of Northern California

Building Community for the Journey -- July 2024

**PANC SUPPORT GROUPS
HERE**

"What the caterpillar calls the end of the world, the master calls a butterfly." —
Richard Bach



JOIN US!
SATURDAY,
SEPT. 28

**The Roebbelen Center
@ the Grounds**
Placer County Fairgrounds
Roseville, CA

9:00 am - 3:00 pm

Learn from engaging
speakers, connect with
community, discover new
resources, and so much more.



Education Conference Registration Open Now!

It's that time of year! PANC's popular annual education conference is in just 10 weeks! The theme this year is, "Empowered Minds Want to Know." The cost to attend is just \$40 for in-person attendees and \$20 for virtual attendees through September 14. The price increases \$10 on September 15. Tables near the stage can also be reserved for up to 6 and 8 people. [Check out the website here for additional information](#). [Share the event flyer](#)

here.

We all want the power and ability to navigate the direction of our life and be confident to see and fulfil a vision for ourselves and our families. PANC knows that being empowered while living with Parkinson's can be challenging. The goal of our conference is to provide education on the many options available for optimal health for those affected by PD and their care partners. Opportunities to network with community members and learn about products and services can help you see new possibilities and support the courage to move forward successfully and proudly regardless of life's circumstances.

GET TICKETS HERE

- Keynote Speaker with Sharon Krischer, a.k.a. "Twitchy Woman"
- Cognitive Issues
- Michael J Fox Foundation Legislative Update
- Love, Dignity and Parkinson's -- A Caregiver Perspective
- Research Updates
- Panelists on topics including PT, nutrition, pharmacology, psychology, and speech and swallowing
- Exhibitor and Resources Fair
- Movement Breaks: Music/Rhythmic Timing Cues and Tang Soo Do
- Focused Ultrasound
- Orthostatic Hypotension

Meet Terri Pease, PhD: PANC Conference's Featured Care Partner Speaker

PANC is pleased to introduce, Terri Pease, PhD, who will be presenting, "Love, Dignity and Parkinson's -- A Caregiver's Perspective," at the PANC conference in September. Terri, who hails from Yarmouth, Maine, was a caregiver for her dearly loved husband who had Parkinson's and knows the thoughts that can cross the mind of loved ones of those with PD such as, "What happened to my life?"



After her husband passed away, Terri realized that her journey with Parkinson's wasn't over so she penned the book *Love, Dignity, and Parkinson's* (considering how PD affects lives, she thinks she could have called it, "Well, crap.")

At the conference, Terri will be sharing about her book and reflections on experiencing the caregiving life. She assures audiences/readers that she won't bring perky notions that taking care of someone with Parkinson's is a highly fulfilling experience, that it's NOT the "hardest job you'll ever love," and won't claim "you have only been given burdens you can bear."

Caregiving is hard. Terri's goal is to face it with you and help your caregiving journey be a little more interesting, a little easier, and with a little more love.

In-person attendees of the conference are eligible to purchase Terri's book, "[Love, Dignity, and Parkinson's](#)" for only \$15 at registration check-out. Books will be provided at



Experience Martial Arts and Tang So Doo for PD

by Brian Olden

We all know that exercise, any type of exercise, is good for us. This is especially true for people with Parkinson's Disease (PwP).

There is a huge body of research which shows that exercise that involves movement is essential for people with Parkinson's to help maintain strength. Strength is key to be able to maintain flexibility and balance and essential for the prevention of falls. Movement exercise will also help maintain cognitive acuity, and will improve symptoms such as slowness, stiffness and shakiness.

Did you know that martial arts are excellent exercise programs for PwP? Over the last few years, there have been increasing studies which have demonstrated that martial arts, specifically Karate-type martial arts, can be especially beneficial for people with PD. Karate is a form of exercise that has large movements and challenges and improves an individual's balance and coordination. It is a total body exercise; what one does on one side of the body, they do on the other side of the body. The arms and the legs are used in punching, blocking and kicking exercises, and these movements enhance neuromuscular function and postural control

One very exciting study showed that people with Parkinson's who engage in physical and cognitive activities, such as Karate, have been associated with increased neuroplasticity and brain health. Neuroplasticity is the brain's ability to reorganize and form new connections, which is crucial for adapting to neurodegenerative conditions such as PD.

Another research project investigated the effect of martial arts training on neurogenesis in older women. The researchers found that regular martial arts training may be "effective in improving the cognitive function of elderly women by increasing their fitness, such as aerobic capacity, and lower extremity muscle strength and flexibility, as well as by inducing an increase in neurotrophic growth factor levels." A Chicago-area martial arts program affiliated with Rush University Medical Center started as a clinical trial to see if the kicks and movements of karate could benefit Parkinson's patients. The results were very positive.

At the 2024 PANC Annual Education Conference, attendees will have the opportunity to participate in a movement break demonstration of Tang Soo Do which is a 2,000-year-old traditional Korean martial art. I am a 6th Degree Master Instructor with over 50-years' experience in martial arts training, currently leading Parkinson's trainings in Sacramento, and will be guiding a demonstration of what's considered, "Korean Karate" on September 28.

Tang Soo Do includes all of the exercise components that are important in improving the symptoms of PD: strength training, balance and flexibility exercises, and a particular set of exercises that will provide gait training. The basic Tang Soo Do techniques (punches, blocks, strikes, kick and stances) include a set of movements, or pre-arranged forms, that are called *Hyungs*. The practice of these forms can improve balance, coordination and gait, thereby reducing the risk of falls. An important aspect of Tang Soo Do training includes how to fall correctly!

Tang Soo Do classes are also fun and provide an opportunity for socialization in a structured, non-competitive environment. Catch a demonstration of Tang Soo Do and learn a potentially beneficial recreational and health-inducing activity at the PANC conference in September. (Register for the conference, virtual or in-person, [here](#).) I look forward to sharing my passion and this potentially life-enhancing practice with you there!

For questions about Tang Soo Do, Brian Olden can be reached by [email here](#).

Click Here for Conference Sponsor and Exhibitor Info



Building on the Biomarker Breakthrough: What MJFF Is Working on Now

Just over a year ago, there was a major breakthrough in Parkinson's disease (PD) research – the discovery of a tool that could detect abnormal alpha-synuclein protein in the spinal fluid of people living with PD even before onset of symptoms.

In their recent "Parkinson's Science POV" podcast episode, Michael J Fox Foundation's [Maggie McGuire Kuhl](#), vice president of research engagement leads a discussion with [Brian Fiske](#), PhD and [Mark Frasier](#), PhD, MJFF co-chief science officers. They discuss the ways the biomarker discovery helps reveal connections with other brain diseases and holds the promise to make clinical trials cheaper, faster and more effective. [Listen to the podcast here](#).

Silent Auction Donations Needed

2nd Annual TopGolf Fundraiser and Silent Auction

Sunday, October 27 from 10am - 2pm in Roseville

Attend the Silent Auction from anywhere!

Save the date! For the 2nd year, PANC will be hosting the "[Swing for Parkinson's](#)" fundraising event that both brings together the community and helps raise funds to sustain the mission and work of PANC. The silent auction will be available from anywhere so all can participate. Watch for registration and participation options coming soon.

We are in need of silent auction items. If you can donate a prize (i.e. timeshare, gift cards, arts/culture/entertainment, memorabilia, sporting tickets, kids and family activities, gourmet food and drink, gift baskets, private in-home dinner, etc.) [please email Jan here](#). Thank you!



Volunteers Welcome

Support Group Leaders -- PANC currently facilitates 48 Parkinson's-related support groups throughout Northern California. Each is unique and led by dedicated volunteers who are making a difference in the lives of many.

We are looking for individuals who are interested in forming new groups in Northern California, including West Roseville. Volunteers are provided with support and materials to be successful. Current facilitators say that it's incredibly rewarding and even fun. If you would like to help in this way, need a group in your area, and would like more information, [please contact Jennifer \(Jen\) Westoby here](#) or call her at 408-313-3524

Spanish-Speaking Volunteer -- PANC needs assistance communicating with our Spanish-speaking community, sharing Spanish language materials, and translations from time-to-time. If you are interested, [please contact Jan here](#) or call 707-582-3624.

UC Davis CME Event

Registration is open for the UC Davis Medical Center's Parkinson's Disease Update 2024 CME program on Saturday, September 14, 2024.



The target audience is primary care providers, general neurologists, APPs, allied health professionals who would like an update on managing people with Parkinson's disease.

The program is led by their movement disorder faculty as well as a specialty pharmacist, neuropsychologist, speech pathologist, physical therapist, dietician, functional neurosurgeon and social worker. [Click here for additional information and registration](#).

A graphic for the WPC 4YOPD event. It features a large central circle with a hand icon, surrounded by smaller icons of a brain, a person, and a group of people. The text includes: "WPC 4YOPD", "Wednesday thru Friday December 4, 5, 6 2024 12 - 6 PM ET", "Join this series of talks designed by people with Young Onset Parkinson's, covering nine essential topics about managing this complex disease.", "World Parkinson Coalition", "Learn more at www.worldpdcoalition.org/YOPDvirtual", and "Made possible with support from Mitsubishi Tanabe Pharma America".

WPC 4YOPD

Wednesday thru Friday
December 4, 5, 6 2024
12 - 6 PM ET

Join this series of talks designed by people with Young Onset Parkinson's, covering nine essential topics about managing this complex disease.

World Parkinson Coalition

Learn more at www.worldpdcoalition.org/YOPDvirtual
Made possible with support from Mitsubishi Tanabe Pharma America

[Learn More Here](#)

July Free PD Webinars

Wednesday, July 17 at noon

Treating Parkinson's with Gene Therapy with PMD Alliance

The latest research in the role of AAV-GDNF therapy.

[Info and registration here](#)

Thursday, July 18, 9am

Considering Deep Brain Stimulation (DBS): What to Know and Expect with the Michael J Fox Foundation

Personal stories and questions answered on everything from how to think about having the procedure to surgery and life with the device.

[Info and Registration Here](#)

Friday, July 19, 10am

PSP and CBD Research Update with PMD Alliance

A movement disorder specialist will discuss past and current PSP and CBD research trials as well as update listeners about progress on tau biomarkers and imaging studies.

[At time of event, click here to Join](#)

Tuesday, July 23 at noon

Exercise is Medicine: Find Your Fitness with PMD Alliance

Find the right kind of exercise to manage your Parkinson's symptoms and slow progression. How to choose the proper exercise format for you, search for programs locally and virtually, stay disciplined to continue exercising, see results, and use movement to create motivation and spark joy.

[Info and Register Here](#)

Wednesday, July 24 at noon

Medication Maximization in Parkinson Disease with PMD Alliance

Various medication options and how best to optimize a regimen for treating PD, the rationale of medical therapy in PD, and how to discuss modifications to your treatment with your doctor.

[Info and Register Here](#)

Thursday, July 25 at noon

PWR!Moves: Get Active for Brain Change with PMD Alliance

Exercises focused specifically on strengthening areas of concern for people with movement disorders, including posture, range of motion, and big movements. All skill levels are welcome, and no equipment is needed!

[Info and register here](#)

Friday, July 26 @ 10:30am

Caregivers Experience and Community Resources with the UC San Diego Parkinson and other Movement Disorders Center

Why self-care is important for caregivers. Information about resources available through the Caregiver Resource Center will also be presented.

[Info and register here](#)

Sunday, July 28 at 10 am

Tai Chi [for PD] with Twitchy Woman (Sharon Krischer)

Audience: Women with PD

Description: The speaker will lead Tai Chi exercises in a slow meditative way, guiding you to a deeper state of relaxation and wellbeing. The class can be done sitting or standing.

[Info and register here](#)

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

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