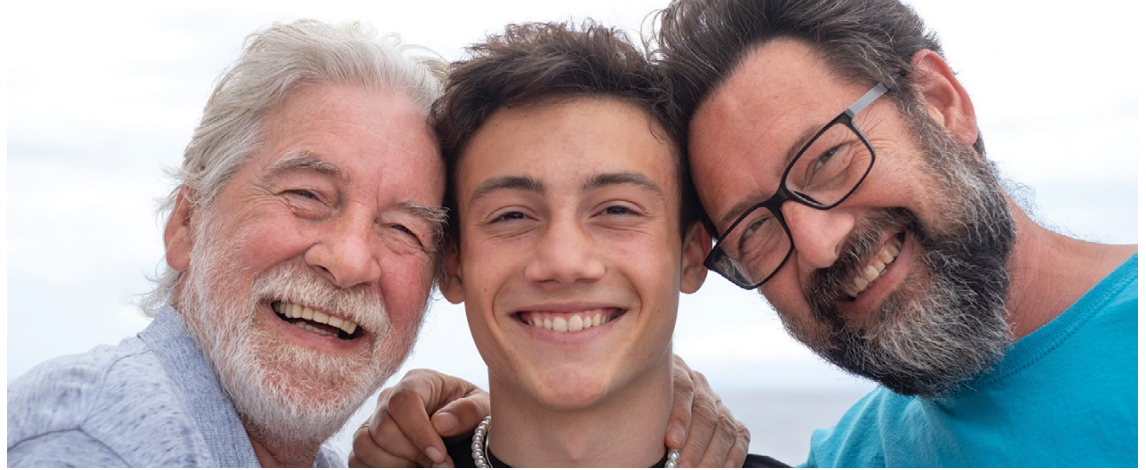




# THE PARKINSON PATH

The Parkinson Association of Northern California is an organization dedicated to enhancing the lives of people with Parkinson's, their families and care partners.



Get *The Parkinson Path* delivered straight to your email inbox by contacting [Sharon@panctoday.org](mailto:Sharon@panctoday.org)

## Head in the Clouds (Orthostatic Hypotension)

By Miguel A. Ruvalcaba, MD, Movement Disorders Specialist, Department of Neurology, The Permanente Medical Group

Let's face it, we've all experienced dizziness when we stand up too fast. It's typically brief, uncomfortable, but thankfully over fast. You may laugh about it or mention it in passing to a friend. Now imagine this happening any time you stand up, leading to feeling woozy and possibly passing out! This is an unfortunate reality for some people with Parkinson's and it's due to blood pressure dropping when you stand up, temporarily depriving your brain of necessary nutrients. This condition is called orthostatic hypotension (OH) – orthostatic meaning “caused by standing up” and hypotension meaning “low blood pressure”. So, let's talk a little more about orthostatic hypotension and how to work with your care team if you suffer from these symptoms.

If you think you may be experiencing orthostatic hypotension, be sure to check in with your primary care doctor *first*. Although orthostatic hypotension can be common in PD, it can also be seen in heart, kidney, and other blood vessel disease. We DON'T want to miss that!

Now, let's discuss the word *dizzy*. Here is an insider secret – it's one of neurology's least favorite words! It can mean so much – lightheadedness, vertigo, unsteady, off balance,

feeling like you're on a boat, feeling drunk, etc. The list goes on and each can have different causes. This makes sense because, well, dizziness is really hard to describe! So when you share that you are feeling dizzy, us neurologists will spend a few minutes trying to clarify the exact sensation you're feeling. Sometimes, what you may describe as dizzy can actually be brain fog, fatigue, exhaustion, blurry vision, or wobbly legs. Here's a tip: try to describe how you're feeling without using the word *dizzy*. This will help your care team best treat the cause of your symptoms.

While waiting to meet with your primary care doctor to discuss your lightheadedness or dizzy symptoms, - check your blood pressure (BP)! This includes your systolic BP (top number), diastolic BP (bottom number), and heart rate. Try to check it randomly throughout the day as well as when you are feeling lightheaded. Keep a log and share the results with your doctor. This will be very helpful for your care team to determine the cause and treatment plan for your symptoms!

Finally, here are a few simple things you can do at home to help alleviate your symptoms. It may seem obvious, but you would be surprised how many people forget!

*continued on page 3*



The Parkinson Path is published four times a year by the Parkinson Association of Northern California.

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## Message from the Executive Director

Greetings PANC Constituents,

As we closed out a successful 2024, THANK YOU for being such an incredible and supportive constituency. Your generous year-end financial gifts will help sustain programs in 2025. We continue to hear uplifting stories about how PANC contributes to the overall well-being of the Parkinson's community throughout Northern California, so we believe we are on the right track with all of our collective efforts.

It has been very nice to receive sweet notes of validation that the efforts of PANC Board members, support group leaders, medical advisory community members, sponsors, and staff are truly making a difference. For that, I am also extremely grateful.



Jan Whitney, Executive Director for PANC

### As a wrap-up for 2024, the Parkinson Association of Northern California hit the following milestones:

- Generous donors supported PANC with financial gifts ranging from \$5 to \$10,000!
- Board members developed a two-year strategic plan.
- Many PANC internal compliance documents were developed and reviewed by task forces, committees, and attorneys so that our 501(c)(3) nonprofit status remains secure.
- Received our largest participation number to date during our April Big Day of Giving Fundraiser.
- PANC Board members drafted and approved updated agreements for Support Group facilitators.
- The Lions Club hosted another successful Cancel Out Parkinson's (COP) walk that netted just over \$32,000.
- Facilitated four (4) Journal Club events for our region's medical community members from various health systems.
- Initiated six (6) new PANC Board members.

**“What is most important is that we provide hands-on services to our rapidly growing Parkinson's community, and we fill a need for information about programs and services that provide help and hope.”**

**JAN WHITNEY, EXECUTIVE DIRECTOR FOR PANC**



**Like us on Facebook**  
**Follow us on twitter**



- Distributed grants for almost \$25,000 for respite for carepartners
- Hosted another successful PANC educational conference with the largest number of attendees and vendors in the history of PANC.
- Joined advocacy groups and contributed to legislative initiatives with groups such as the Independent Parkinson's Network, Movement Disorders Policy Coalition, National Paraquat Coalition, and the United Parkinson's Advocacy Coalition.
- Initiated a rural outreach consortium with various Parkinson's and agricultural entities with an aim to provide Parkinson's education to farm workers and medical community workers throughout the Central Valley (Parkinson's alley).
- Received a grant from the Arthur Rupe Foundation to develop programming to educate care partners and assisted living and in-home care staff about the nuances of caring for individuals affected by Parkinson's.
- Hosted a ParkinsonWISE® training for exercise professionals.
- Visited numerous support and service groups to make presentations about Parkinson's and PANC.
- Netted just over \$15,000 for our Topgolf event and online auction fundraiser.
- Coordinated a full-day workshop for PANC support group facilitators.
- Answered hundreds of phone calls requesting advice, assistance, referrals, etc.
- And so much more!

What is most important is that we provide hands-on services to our rapidly growing Parkinson's community, and we fill a need for information about programs and services that provide help and hope. What a successful year it has been!

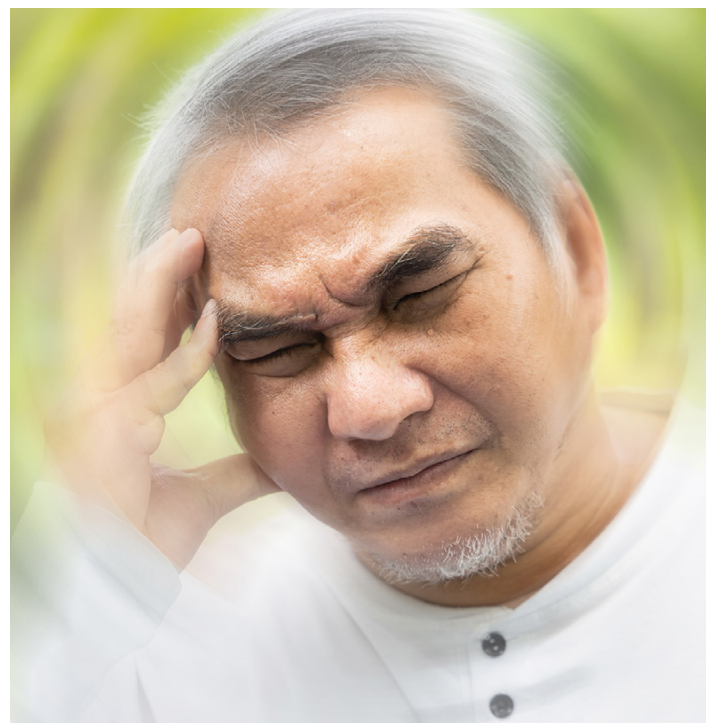
My hope is that you were able to enjoy the magic of the holiday season and found time to relax and celebrate. You deserve it! Here's to another successful and exciting year ahead and I'm looking forward to sharing new adventures for PANC in 2025!

## Head in the Clouds (Orthostatic Hypotension)

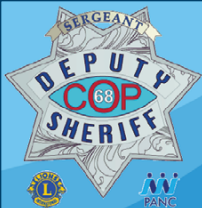
*continued from page 1*

- 1) Drink plenty of water – you gotta fill up the tank!
- 2) With the approval of your doctor – add a little more salt to your diet!
- 3) Talk to your doctor about your current blood pressure medications if you are taking any.
- 4) Get up slowly! And wait a few seconds before taking your first steps. Sometimes there's a delay before the lightheadedness starts.
- 5) Wear compression socks!
- 6) Sleep with your head elevated a bit.
- 7) Exercise! This can improve your blood pressure and your energy levels

Hopefully this adds a little more to your arsenal in your journey with orthostatic hypotension. This is a journey you will be taking with your loved ones and your care team, so engage, ask questions, and take notes! With a little work and time, before you know it, your head will be out of the clouds.





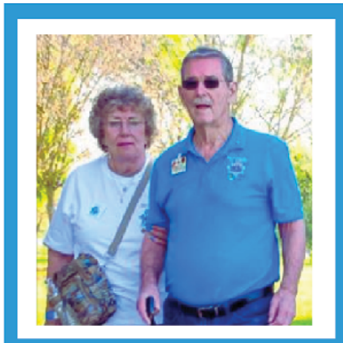


# 8TH ANNUAL ROBERT G. SMITH WALK TO CANCEL OUT PARKINSON'S

## SATURDAY, APRIL 5 MAIDU REGIONAL PARK, ROSEVILLE

Registration from \$40 - \$45

Registration/Resource Fair @ 9:00 am \* Walk @ 10:00 am \* Lunch/Awards @ 11:00 am



Join for a special day of celebration, determination, and friendship! All funds raised support local services for people with Parkinson's disease and their care partners.

### Celebrate the heroes amongst us!

- ✓ Short and ADA friendly course
- ✓ Musical performances
- ✓ Lunch and resource fair
- ✓ Register as a team or individually
- ✓ Can't participate? Donate to PANC, a team, or individual
- ✓ Fundraising prizes
- ✓ Early registration includes official COP walk t-shirt

Sponsored by Lions District 4-C5 & an endorsed project of CA Lions MD4  
Proceeds benefit the services of the Parkinson Association of Northern California, a 501(c)(3) nonprofit

Registration available at [www.panctoday.org](http://www.panctoday.org)

# Please Consider PANC with your Planned Gifts

The Parkinson Association of Northern California Fund, held at the Sacramento Region Community Foundation, supports the mission of Parkinson Association of Northern California into the future. As you plan your estate and legacy giving, please consider a gift to benefit the Parkinson Association of Northern California Fund. The suggested bequest language for a will/trust is very simple:



SACRAMENTO REGION  
**COMMUNITY  
FOUNDATION**  
INSPIRING PHILANTHROPY

*"I [Name], of [City, State, Zip Code], give / The Trustee shall direct [Particular Asset; Fixed Dollar Amount; Percentage of the Estate; or Description of Property] to the Parkinson Association of Northern California Fund at the Sacramento Region Community Foundation."*



If you have assets passing outside of your will or trust that are being directed to the Parkinson Association of Northern California Fund – like an IRA or other retirement account – the Sacramento Region Community Foundation team can provide you with the appropriate beneficiary designation information. For questions about planned giving, including gifts that can pay you an income for life and support the Parkinson Association of Northern California Fund, please contact [legacy@sacergcf.org](mailto:legacy@sacergcf.org).

# Swing for Parkinson's and Silent Auction Success

Thank you to all those who supported PANC at the Swing for Parkinson's event and the online silent auction in late October. A great time was had by all at Topgolf, and we hope our auction participants enjoy the great deals on their unique finds.



Just over \$15,000 was raised from this fun, light event and auction. Many came not to play golf but enjoyed friends and PD supporters. PANC services can continue and will grow thanks to the help of attendees, volunteers, and donors who participate in events like these. Watch upcoming events in the future and please let us know if you are interested in hosting a fundraiser on behalf of PANC. It does take a village!





# Dental Challenges and Parkinson's Disease

Specialized dental care for people with Parkinson's disease (PD) is an important aspect of managing oral health, as individuals with PD often experience a range of symptoms that can impact their ability to maintain proper oral hygiene and visit the dentist. Parkinson's disease is a neurological disorder that primarily affects movement, but it can also influence various bodily systems, including the oral cavity. Here are some key considerations for dental care in people with Parkinson's disease:

## 1. Motor Symptoms Impacting Oral Hygiene

- **Tremors and Rigidity:** People with Parkinson's often experience tremors, muscle stiffness, and slowness of movement, making it difficult to perform tasks like brushing and flossing effectively. This can lead to an increased risk of tooth decay, gum disease, and oral infections.
- **Bradykinesia (Slowness of Movement):** The slow movements associated with PD can make it difficult for patients to manage the coordination needed to clean their teeth properly. Sometimes, patients may forget to brush or may not be able to complete the task in a timely manner.

### Dental Solution:

- **Electric Toothbrushes:** Electric or sonic toothbrushes with easy-grip handles can help patients brush more effectively. Some toothbrushes also come with timers to ensure they brush long enough.
- **Flossing Aids:** Special tools like floss holders or interdental brushes can assist with cleaning between teeth, making it easier for those with hand tremors or reduced dexterity.

## 2. Dysphagia (Difficulty Swallowing) and Saliva Control

- **Excessive Salivation (Sialorrhea):** Some people with Parkinson's have difficulty controlling saliva, leading to drooling. This can cause embarrassment, irritation, and an increased risk of oral infections or tooth decay.
- **Dry Mouth (Xerostomia):** On the other hand, certain medications used to treat Parkinson's (such as anticholinergics) can cause dry mouth, reducing saliva production, which is important for neutralizing acids and washing away food particles.

### Dental Solution:

- **Saliva Substitutes:** If dry mouth is an issue, saliva substitutes (such as sprays, gels, or rinses) can be used to help maintain moisture in the mouth.

- **Mouthwashes and Chewing Gums:** Alcohol-free mouthwashes can help alleviate discomfort from dry mouth, while sugar-free chewing gum can stimulate saliva production.
- **Regular Hydration:** Drinking water throughout the day can help prevent both dry mouth and excessive salivation.

## 3. Medications and Their Impact on Oral Health

- **Side Effects of Parkinson's Medications:** Medications used to manage Parkinson's symptoms, such as levodopa, dopamine agonists, and anticholinergics, may cause side effects that affect the mouth. These can include dry mouth, changes in taste, or even an increased risk of cavities due to reduced saliva flow.
- **Bruxism (Teeth Grinding):** Some Parkinson's patients may experience bruxism (uncontrolled teeth grinding), which can lead to worn-down teeth and jaw pain.

### Dental Solution:

- **Mouthguards:** A custom-fitted mouthguard may be recommended to protect the teeth from damage due to grinding.
- **Regular Dental Check-ups:** Regular dental visits are essential to monitor any changes in oral health due to medication side effects.

## 4. Oral Care During Advanced Stages of Parkinson's

- As Parkinson's disease progresses, patients may experience cognitive decline and increased difficulty with daily activities, including maintaining oral hygiene. In advanced stages, patients may require assistance from caregivers to brush their teeth, manage salivation, or address oral health concerns.

### Dental Solution:

- **Caregiver Involvement:** Caregivers should be trained in proper oral care techniques, including brushing and flossing, as well as how to manage issues like

dry mouth or excessive salivation. Dentists can provide guidance on how caregivers can best support their loved one's oral health.

- **Routine Professional Care:** At-home dental care might become insufficient in advanced stages, so regular professional cleanings and exams are essential. Dentists may also work with speech therapists or occupational therapists to address specific oral care needs.

## 5. Periodontal Health

- Parkinson's disease can impact the health of gums and the ability to care for them. The combination of difficulty cleaning teeth, dry mouth, and medications can lead to a higher risk of periodontal disease (gum disease).

### Dental Solution:

- **Routine Cleanings:** More frequent dental cleanings may be necessary to prevent the buildup of plaque and tartar, which can contribute to gum disease.
- **Anti-Inflammatory Treatments:** Dentists may recommend anti-inflammatory mouth rinses or treatments to help prevent or manage gum disease.

## 6. The Role of the Dentist

A dentist experienced in working with Parkinson's patients will consider the unique challenges these patients face. They will:

- Adapt the dental office environment to accommodate patients with mobility issues.
- Schedule longer appointments or provide a more relaxed setting if needed, given that PD patients may take longer to complete procedures or may have difficulty remaining still.
- Work closely with other healthcare providers, such as neurologists, occupational therapists, and caregivers, to ensure coordinated care.
- Consider medications and how they might interact with dental treatments.

## 7. Preventive Measures

- **Fluoride Treatments:** Fluoride treatments or prescription-strength fluoride toothpaste can help strengthen tooth enamel and protect against cavities, particularly in patients with dry mouth.



- **Diet and Nutrition:** A balanced diet rich in calcium and vitamin D is essential for oral health. Soft or pureed foods may be recommended if the patient has difficulty chewing due to motor issues.
- **Mouth Breathing and Its Impact:** Some Parkinson's patients may develop a tendency to breathe through their mouths, especially if they have nasal congestion. This can lead to dry mouth and an increased risk of dental decay.

## 8. Dental Education

It is essential that both the patient and their caregivers are educated about the importance of maintaining good oral hygiene, despite the challenges posed by Parkinson's disease. Dentists should provide personalized advice on managing these difficulties, including tips for adapting oral care routines and utilizing special tools.

## Conclusion

People with Parkinson's disease face specific challenges related to oral health, but with proper care, many of these challenges can be managed. It is important for patients, caregivers, and dental professionals to work together to ensure that oral health is prioritized, and that both preventive and therapeutic strategies are implemented to maintain a healthy mouth. Regular dental visits, proper oral hygiene habits, and a holistic approach to managing Parkinson's symptoms are key to supporting the dental health of people with Parkinson's disease.

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June 2024 – December 2024

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## Thank You PANC Journal Club

By Harry Starkey, PANC Board Member

I recently had the privilege of being invited to attend the PANC Journal Club meeting.

In simple terms, the Journal Club is a collaborative event where local neurologists, neurosurgeons, physical therapists, nurse practitioners, pharmaceutical reps from the various medical groups all gather to collaboratively “talk shop” about Parkinson’s disease.

To be a fly on the wall and witness their passion, commitment, and talent to improving the lives of people with PD was nothing short of inspiring. I am grateful for their commitment to the local Parkinson’s community. Suffice it to say, we are in good hands.

**SAVE THE DATE!**

**Saturday,  
October 18, 2025**

**For the Annual  
Education Conference  
at the Roebelen  
Center in Roseville**



# Honor, Memorial, Support and Celebration

June 2024 – December 2024

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Your tax-deductible donation to PANC ensures the programs and services we provide to our Northern California community are there when you need them. Looking for other ways to donate? Ask us about stock transfers, auto donations, and including PANC in insurance policies.

# Regional Support Groups

For additional information, visit [www.panctoday.org](http://www.panctoday.org)

Don't see a support group in your area? Let us help you start one!

Contact us at 916-357-6641 or [panc@panctoday.org](mailto:panc@panctoday.org)

## BUTTE COUNTY

### Chico Parkinson's Support Group

4th Wednesdays (In person)  
*Faith Lutheran Church, 667 E. 1st Ave., Chico*  
 2nd Wednesday 1:00 p.m. (Zoom)  
 Bob Murray, 530-321-6157, [chicopdgroup@yahoo.com](mailto:chicopdgroup@yahoo.com)

## CONTRA COSTA COUNTY

### Brentwood -- Delta Shadow Boxers PD Support Group

1st Wednesday 2:00 p.m.  
*Merrill Gardens Brentwood*  
 2600 Balfour Rd., Brentwood  
 Sue Schnittker, 925-550-2756, [saresa@comcast.net](mailto:saresa@comcast.net)

## EL DORADO COUNTY

### Placerville Parkinson's Support Group

3rd Tuesday 12:30 p.m.  
*First Lutheran Church, 1200 Pinecrest Ct., Placerville*  
 Larry Alver, 916-933-2465, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

## HUMBOLDT COUNTY

### Humboldt Parkinson's CarePartner Support Group

1st and 3rd Wednesday 11:30 a.m. (Zoom)  
 Rose Bond, 707-826-7764,  
[rosebond95524@suddenlink.net](mailto:rosebond95524@suddenlink.net)

### Humboldt Parkinson's Support Group

2nd Friday 3:00 p.m.  
*Immanuel Lutheran Church*  
 3230 Harrison Ave., Eureka  
 Every Wednesday 9:00 a.m. (Zoom)  
 Tom Bethune, 707-822-7923,  
[thomasbethune@gmail.com](mailto:thomasbethune@gmail.com)

## MARIN COUNTY

### Marin Parkinson's CarePartner Support Group

First Thursday 11:00 a.m.  
*The Redwoods, 40 Camino Alto, Mill Valley*  
 Debby Thurlow, 415-302-0362,  
[marinparkinsonscarepartner@gmail.com](mailto:marinparkinsonscarepartner@gmail.com)

### Marin Parkinson's Support Group

First Thursday 11:00 a.m.  
*The Redwoods, 40 Camino Alto, Mill Valley*  
 Rich Bowen, 415-302-0362,  
[marinparkinsonscarepartner@gmail.com](mailto:marinparkinsonscarepartner@gmail.com)

## MENDOCINO COUNTY

### Ukiah Parkinson's Support Group

3rd Thursday 10:00 a.m.  
*Holy Trinity Episcopal Church*  
 640 South Orchard Ave., Ukiah  
 Mary Hatfield, 707-391-7393, [hatfieldmj@pacific.net](mailto:hatfieldmj@pacific.net)

## MONTEREY COUNTY

### Salinas Parkinson's Support Group

Contact leader for meeting times  
*Salinas Valley Health Medical Center*  
 450 E Romie Ln., Salinas  
 Eileen Domalaog, 831-998-7554,  
[salinasvalleyspeech@gmail.com](mailto:salinasvalleyspeech@gmail.com)

## NAPA COUNTY

### Napa Valley Parkinson's Support Group

2nd Sunday 4:00 p.m.  
*New Life Tabernacle, 2625 1st Street, Napa*  
 Colleen Winters, 209-602-1536,  
[cfwinters@yahoo.com](mailto:cfwinters@yahoo.com)

## NEVADA COUNTY

### Grass Valley/Nevada City Parkinson's CarePartner Support Group

1st and 4th Thursday 10:30 a.m.  
*Unitarian Universalist Community of the Mountains (Channing Room)*  
 246 S Church St., Grass Valley  
 Jennifer Westoby, 530-268-2563,  
[SierrashakersPD@gmail.com](mailto:SierrashakersPD@gmail.com)

### Grass Valley/Nevada City Parkinson's Support Group

3rd Thursday 1:00 p.m.  
*Nevada County Library (Gene Albaugh room)*  
 980 Helling Way, Nevada City  
 Jennifer Westoby, 530-268-2563,  
[SierrashakersPD@gmail.com](mailto:SierrashakersPD@gmail.com)

### Truckee Parkinson's Support Group

1st Friday 1:00 p.m.  
*Levon Professional Building, Ste 102*  
 10833 Donner Pass Road, Truckee  
 Ellen Roumasset, 650-759-3666,  
[dr.eroumasset@gmail.com](mailto:dr.eroumasset@gmail.com)

## PLACER COUNTY

### Auburn Parkinson's CarePartner Support Group

3rd Tuesday 11:30 a.m.  
*Awful Annie's Cafe, 12460 Lincoln Way, Auburn*  
 Karen Hancock, 530-885-0950,  
[karen@hancockonline.net](mailto:karen@hancockonline.net)

### Auburn Parkinson's Support Group

2nd Tuesday 11:30 a.m. (Lunch meeting with speaker)  
*Awful Annie's Restaurant, 13460 Lincoln Way, Auburn*  
 Karen Hancock, 530-885-0950,  
[karen@hancockonline.net](mailto:karen@hancockonline.net)

### Lincoln Parkinson's CarePartners Support Group

2nd Tuesday of the month 10:00 a.m.  
*Lincoln Community Church*  
 950 E Joiner Pkwy, Lincoln Hills  
 Charlotte James, [cjames4528@sbcglobal.net](mailto:cjames4528@sbcglobal.net)

### Lincoln Parkinson's Support Group

3rd Tuesday 10:00 a.m.  
*Lincoln Community Church*  
 950 E Joiner Pkwy, Lincoln Hills  
 Christine Gromolyes, 916-769-0449,  
[christine@seniorcs.com](mailto:christine@seniorcs.com)

### Roseville Parkinson's Support Group-Maidu area

1st Tuesday 1:30 p.m.  
*Maidu Senior Center, 1550 Maidu Drive, Roseville*  
 Kati Rozak, 916 704-0556, [katirozak36@comcast.net](mailto:katirozak36@comcast.net)

PANC Advisory Support Group Facilitators and attendees should be aware that not all medications, treatments or theories about Parkinson's disease are 'right' for every person. If presentations or discussions within your Group raise issues in your mind regarding your personal condition or treatment plan, you are advised to bring those questions to your treating physician for further exploration prior to making any changes in your medications or routines.

## SACRAMENTO COUNTY

### El Dorado Hills/Folsom Parkinson's CarePartner Support Group

1st and 3rd Fridays 11:30 p.m.  
*Round Table Pizza, 1151 Riley St., Folsom*  
 Larry Alver 916-933-2465 [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

### Elk Grove Parkinson's CarePartner Support Group

3rd Friday 10:15 a.m.  
*Senior Center of Elk Grove,*  
 8230 Civic Center Dr., #100, Elk Grove  
 Myron Jantzen, 916-804-6497, [mpjantzen@aol.com](mailto:mpjantzen@aol.com)  
 Laura Copsey, 916-698-7622,  
[lauracopsey@gmail.com](mailto:lauracopsey@gmail.com)

### Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m.  
*Senior Center of Elk Grove #100*  
 8230 Civic Center Dr., Elk Grove  
 Myron Jantzen, 916-804-6497, [mpjantzen@aol.com](mailto:mpjantzen@aol.com)  
 Sherry Reser, 916-320-7189,  
[SherryLReser@gmail.com](mailto:SherryLReser@gmail.com)

### Folsom/El Dorado Hills Parkinson's Support Group

4th Monday 10:30 am (Hybrid in person and Zoom)  
*Folsom Senior Center, 48 Natoma Drive, Folsom*  
 2nd Thursday 2:30 pm (Zoom)  
 Donna Rixmann, 916-712-9642,  
[donna@yogapeace.net](mailto:donna@yogapeace.net)

### Gold River Lewy Body Dementia Support Group

2nd Thursday 10:00 a.m. (Google Meet)  
 Denise Davis, 800-272-3900, [denise.davis@alz.org](mailto:denise.davis@alz.org)

### Sacramento Arden Arcade Parkinson's Support Group

4th Thursday 10:00 a.m.  
*Dante Event Center*  
 2330 Fair Oaks Blvd., Sacramento  
 Betty Tronson, 916-395-2771,  
[bettytronson@sbcglobal.net](mailto:bettytronson@sbcglobal.net)  
 Barbie Light, 916-961-1867

### Sacramento Area YOPD Support Group

Contact leaders for meet-up opportunities  
 Susan Lopez-Payan, 916-995-2047,  
[Sacyopd@hotmail.com](mailto:Sacyopd@hotmail.com)  
 Danielle Hand-Nicholls, 916-837-5640,  
[Sacyopd@hotmail.com](mailto:Sacyopd@hotmail.com)

### Sacramento Grupo De Apoyo para los Hispanos y/o Latinos con la Enfermedad de Parkinson

Tercer Martes 6:00 p.m.  
*ACC Senior Center, 7334 Park City Dr., Sacramento*  
 Kimberley Arrendondo-Blanco, 916-884-7767,  
[kimberlyarredon@gmail.com](mailto:kimberlyarredon@gmail.com)

### Sacramento Natomas Parkinson's Support Group

Last Wednesday of each month 2:00 p.m.  
*Village at Heritage Park Assisted Living*  
 2001 Rose Arbor Drive, Sacramento  
 Kristina Krieger, 530-677-6767,  
[Kristina.krieger@brightstarcare.com](mailto:Kristina.krieger@brightstarcare.com)

**Sacramento Parkinson's CarePartner Support Group**

3rd Tuesday 11:00 p.m. (Zoom)  
Gain Saetern, 916-728-9333, gsaetern@deloro.org

**Sacramento Post DBS Support Group**

For more information: 916-731-1610, Email  
HS-DBS@ucdavis.edu for link to join Zoom meeting

**Sacramento South Area Parkinson's Support Group**

2nd Thursday 10:00 a.m.  
ACC Senior Center, 7334 Park City Dr., Sacramento  
Jerry Miyamoto, 916-441-1020,  
jmiyamoto72@gmail.com  
David Teraoku D, 916-685-4162

**SAN JOAQUIN COUNTY****Lodi Parkinson's CarePartner Support Group**

3rd Monday 10:00 a.m.  
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi  
Charlene Martin, 916-600-5769,  
lodiparkinsonsgroup@gmail.com

**Lodi Parkinson's Support Group**

1st Monday 10:00 a.m.  
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi  
Maureen Olsen, 209-329-1185,  
lodiparkinsonsgroup@gmail.com  
Robin Bray, 209-269-1080,  
lodiparkinsonsgroup@gmail.com

**Stockton Parkinson's Support Group**

4th Thursday 1:00 p.m.  
O'Connor Woods, 3400 Wagner Heights, Stockton  
Lou Basinal, 916-832-3754,  
loub@AgelnPlaceSacramento.com

**Tracy Parkinson's Support Group**

3rd Wednesday 10:30 a.m.  
Lolly Hansen Senior Center, 375 E 9th Street, Tracy  
Kathryn Clark, 209 879-3108,  
classieladyat63@yahoo.com  
Vicki Park, vpark@sbcglobal.net

**SAN MATEO COUNTY****Foster City Parkinson's Support Group**

Contact for time and date  
Atria Senior Living, 707 Thayer Lane, Foster City  
Will Corkern, 650-534-7799, wcorkern@aol.com

**SHASTA COUNTY****Redding Parkinson's CarePartner Support Group**

Every Tuesday 3:00 p.m.  
Anderson Church of Christ, 3434 North St., Anderson  
Kim Hawkins, 530-945-7628,  
kim.reddingpsg@gmail.com

**Redding Parkinson's Support Group**

1st and 3rd Friday 9:30 a.m. (Coffee)  
Enterprise Park, 4000 Victor Ave., Redding  
2nd Friday 1:30 p.m. (Regular Meeting)  
Church of Christ, 3434 North Street, Anderson  
Kim Hawkins, 530-945-7628,  
kim.reddingpsg@gmail.com

**SOLANO COUNTY****Benicia Parkinson's CarePartner Support Group**

3rd Saturday 2:00 p.m.  
Benicia Lutheran Church, 200 Raymond Dr., Benicia  
Carol Reed, 925-395-1200,  
beniciaparkinsons@gmail.com

**Benicia Parkinson's Support Group**

2nd Saturday 10:00 a.m.  
Benicia Lutheran Church, 201 Raymond Dr., Benicia  
Carol Reed, 925-395-1201,  
beniciaparkinsons@gmail.com

**Vacaville Parkinson's Support Group**

4th Wednesday 1:30 p.m.  
McBride Center, 91 Town Square Place, Vacaville  
Rick Newman, 707-999-6845,  
newman.rick@yahoo.com

**SONOMA COUNTY****Sonoma County Parkinson's Support Group of Sonoma County**

2nd Saturday 1:00 p.m.  
Christ Church United Methodist  
1717 Yulupa Avenue, Santa Rosa  
Peter Karp, 707-318-9102, PLKarp@gmail.com

**Sonoma County CarePartner Support Group and Women with Parkinson's**

For more information see  
<https://parkinsonsonomacounty.org/>

**STANISLAUS COUNTY****Modesto Parkinson's Support Group**

3rd Wednesday 1:30 p.m.  
Alzheimer's Dementia Support Center Inc., Suite B  
700 McHenry Ave., Modesto  
Linda Casale, (209) 214-5574,  
lindacasale24@gmail.com

**SUTTER COUNTY****Tri County Parkinson's Support Group**

2nd and 4th Mondays 1:00 p.m.  
Sutter North Clinic #208, 969 Plumas St., Yuba City  
Susan Vantress, 530-701-0039, suze2u@hotmail.com  
Brent Lether, 530-755-6421

**YOLO COUNTY****Davis Parkinson's CarePartners Support Group**

2nd and 4th Thursdays 11:00 a.m.  
Davis Senior Center, Games Room  
646 A Street, Davis  
Karen Eagan, 530-564-4323,  
kareneagan747@gmail.com

**Davis Parkinson's Support Group**

3rd Thursday 1:30 p.m.  
Davis Senior Center, 646 A Street, Davis  
Lowell Ashbaugh, 530-277-6722,  
ashbaugh.lowell@gmail.com  
Ken Hale, 530-913-7068, kenn.hale@gmail.com  
Carolyn Ashbaugh and Stephanie Mandel helpers

**Woodland Parkinson's Support Group**

1st Wed 1:30 p.m.  
Woodland Community Center  
2001 East Street, Woodland  
Steve Briscoe, hellostevebriscoe@gmail.com

**ZOOM****Reunión de Apoyo en Zoom para Personas con Parkinson (Zoom)**

Primer Martes de cada mes 13:15 pm  
ZOOM - Póngase en contacto con Milly para obtener el enlace de zoom  
Milly Nunez, 530-400-0932, millyrn@yahoo.com

■ CarePartner groups

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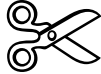




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