

OCT. 18, 2025

The Roebbelen Center @ the Grounds

Placer County Fairgrounds
700 Event Center Dr., Roseville, CA

PANC

Annual Education Conference

ATTITUDE IS EVERYTHING: STRATEGIES FOR SUCCESS

• 2025

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

WELCOME

Dear Friends,

Welcome to the PANC Annual Education Conference! I'm glad you are here for a day of learning, connection, and inspiration with this year's theme: "Attitude is Everything – Strategies for Success." Today's conference will provide an abundance of resources to more easily navigate this journey of Parkinson's. I plan to leave today more educated and inspired to continue living my best life as a person with PD. Will you join me?

PANC exists to be your 'Community for the Journey." We are all in this together so let's enjoy the company of old and new friends and celebrate together our mutual courage, hope, and perseverance, that exists today and every day!

I am honored to welcome keynote speaker, Kat Hill, a dynamic author, speaker, and thriving person with PD whose message of living with joy and gratitude in the face of this disease will set a powerful tone for the day. The expertise and passion of our presenters is awe-inspiring. Thank you to all of them and the many incredible volunteers who will make today great!

I'm grateful to the dedicated PANC Board members that I have the pleasure of serving along with and all prior BOD members who have so generously given of their time, knowledge, and hearts. From making tough financial decisions, to planning/developing the conference/programs and ensuring that Support Groups function, each person who serves makes a mark for the betterment of PANC.

I'm pleased to announce that PANC has added a dynamic new staff member to the team. Welcome Maria Ramirez as our business operations manager. Maria comes to PANC with a background in non-profits and disability programs, with a wide set of administrative capabilities, including bilingual, and a big heart. I am grateful she has joined PANC to help guide the next phase of our growth.

This year, the Rural Parkinson's Alliance is making strides in delivering Parkinson's education, services and support to the underserved agricultural community members in Fresno County. This pilot program that PANC founded in 2024 helps to address the difficulties in learning about the disease, getting diagnoses, and finding care for PD in what is known as "Parkinson's Alley." For more information about this initiative, visit ruralparkinsons.org.

In honor of a French sailor with PD, Bertran Delhom, who heroically completed a sailing circumnavigation of Earth and felt amazing after it, I'm excited to announce that a group called the "Neptune Project" is developing a sailing regatta for the spring, with proceeds from the event benefitting PANC programs and the Michael J Fox Foundation. They are also developing a program for sailing for people with PD citing studies it is beneficial to experience the motion of the water plus many other attributes. The Neptune Project has a table here today so if you are interested in learning more, please pay them a visit.

We have INCREDIBLE support today from our sponsors, industry reps and service organizations hosting exhibit tables. There is a wealth of information and products to learn about that might just assist you on your journey. Please visit the tables for resources that can serve you now and in the future.

Finally, a heartfelt thank you to you, today's attendees, for supporting this event and each other by showing up. The purpose of PANC is bringing people together and providing services and education to those with Parkinson's and their care partners. My attitude for success is this: Together, we can do anything and get anywhere! Enjoy the conference!



Harry Starkey
President, Board of Directors,
Parkinson Association of Northern California

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PANC 2025 EDUCATION CONFERENCE AGENDA

Saturday, October 18, 2025

8:00 AM Check-in Sponsors and Exhibitors Open

9:00 AM Welcome

• Harry Starkey - PANC, Board President

- Norika Malhado-Chang, MD UC Davis Health
- Jan Whitney PANC, Executive Director

Approaches to Care Partnering Lisa Mooney, LCSW – UC Davis Health

Keynote: Being Well - It's All About the Story

Kat Hill – Author, Podcast Host, Advocate Living with YOPD

Speech Therapy: How Can It Make My Life Better?

Susan Whitaker, MA, CCC-SLP – SPEAK OUT!

10:30 AM Morning Break Sponsors and Exhibitors Open

10:50 AM Movement Break! Kathy Van Hoof – Dance for Parkinson's

More to Parkinson's® Panel Discussion

Jimmy Choi – Guinness World Record Holder; Suketu Khandhar, MD – Kaiser Permanente

Fund the Need: Respite Program Harry Starkey - PANC, Board President

11:45 PM Lunch Sponsors and Exhibitors Open

12:40 PM Laughter with "JoeyC" Joseph Mark Crespillo – Comedian

GI/GU & Pelvic Health Strategies Avani Parikh, PT - Dignity Health

Panel Discussion: Innovation Advancements that Help

Moderator: Suketu Khandhar, MD – Kaiser Permanente **Panelists:**

- Will Newby Rune Labs
- Dot Boyd Senior Safety Specialist
- Sagar A. Vaidya, MD, PhD Cerevance

Movement Break! Ignite Neuro Fitness

Panel Discussion: Ask a Doctor Q&A

Moderator: Norika Malhado-Chang, MD – UC Davis Health **Panelists:**

- Nick Thakur, DO Sutter Health
- Miguel Ruvalcaba, MD Kaiser Permanente
- Kristina Hart, DO UC Davis Health
- Eric Egli, PhD Retired

2:45 PM Closing

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KEYNOTE SPEAKER



Kat Hill After a diagnosis of Young Onset Parkinson's Disease at the age of 48, Kat learned to build a life based on the principles of gratitude and joy, not only for peace of mind but as a fundamental building block for her existence. After her diagnosis, she ended her practice as a nurse-midwife – after delivering over 800 babies – and decided to apply the best of her background and experience to helping others find a deeper level of joy in their lives. She says, "Practicing how to keep my brain focused on what is truly important in addition to incorporating movement, mindfulness, and gratitude helps me navigate the challenges of living with YOPD."

Kat speaks around the world in person and virtually for the World Parkinson Congress and the Davis Phinney Foundation, allowing her to connect with a global community advocating for wellness despite a diagnosis. Additionally, she hosts a podcast called *PD Lemonade*, makes art, and recently co-authored her first book, *Being Well With Chronic Illness*. She lives in Portland, Oregon, with her husband Ken and Baxter, their excitable Yorkie.

FEATURED SPEAKER



Jimmy Choi was diagnosed with Young Onset Parkinson's Disease at age 27. Physical therapy led him to running and other activities that help him physically and mentally. He joined Team Fox in 2012, and ran in his first marathon that year. In July 2017, he took on a new challenge and competed on NBC's American Ninja Warrior to show the world that Parkinson's will not stop him. He has been on American Ninja Warrior for seven total seasons. Today, Jimmy, three-time fitness world record holder and full-time motivational speaker, shares his personal story and educates others about Parkinson's Disease.

SPEAKER BIOGRAPHIES



Dot Boyd is a passionate senior safety advocate. Inspired by her mother's severe fall, Dot helps families protect loved ones with innovative health and safety monitoring solutions to preserve dignity and independence. She is a sought-out speaker on Fall Prevention, a dedicated member of the StopFalls-Sacramento Coalition, and facilitator of the Roseville Parkinson's Support Group. A two-time Best of Fair Oaks honoree for Best Senior Care / Services, Dot works closely with clients to understand their concerns and provide trusted resources, ensuring greater confidence and peace of mind for seniors and their families.



Joseph Mark Crespillo (JoeyC) was born in Loomis, CA in 1952 to Spanish immigrants and has lived in Northern California his whole life. He was diagnosed with Parkinson's in 2009 and in 2015 he decided to take his PD journey from the Drugs, Sex, Rock and Roll 60's and how it led to his PD to the stage. JoeyC, his alter ego, makes fun of himself and his PD. "I feel the only time I'm not thinking about my PD is when I'm telling jokes about it. So fasten your seat belts, sit back and laugh at me or with me. Because laughter is the best medicine."



Eric Egli, PhD received his PhD in clinical psychology from the University of Minnesota. His work in Minnesota included hospital based mental health care and working as faculty of a family medicine residency. Dr. Egli later moved to California to work at Kaiser as a behavioral medicine specialist. In that role he collaborated with neurologists and others to help patients and families cope with the physical and psychological consequences of chronic disorders including Parkinson's disease. He retired from Kaiser in 2016 and maintained a private practice in Auburn through 2022. He served on the PANC board from 2019 to 2023.

SPEAKER BIOGRAPHIES CONT.



Kristina Hart, DO is a Movement Disorder specialist with University of California Davis in Sacramento. She has a special interest in PD, PSP and MSA and has training in using Deep Brain Stimulator(DBS) programming and Botox injections for neurologic disorders. She hopes to further community outreach and research to improve the understanding of and care for individuals living with Parkinson's Disease and related disorders.



Ignite Neuro Fitness (Laura Sifuentes, DPT, NCS; Tyrone Jenkins, PTA; Romy Villaluz, PTA) was founded by a group of neurologic physical therapists and assistants to bring evidence-based exercise to the Sacramento area. They focus primarily on group community exercise classes with use of research and training in LSVT Big and PWR Moves. Laura, Tyrone, and Romy have all worked for UC Davis Outpatient physical therapy for many years with special focus on program development for people with Parkinson's and assistance in the UC Davis Parkinson's multi-disciplinary clinic. They are avid participants in the local Parkinson's community and hope to grow the passion for exercise in the Parkinson's community.



Suketu Khandhar, MD is a movement disorder specialist and the medical director of the Comprehensive Movement Disorders Program for Northern California Kaiser Permanente. He completed a fellowship in Parkinson's disease and movement disorders at the University of California, San Francisco. Dr. Khandhar works with a team of specialists focusing on Parkinson's disease, essential tremor and dystonia. He has championed multi-disciplinary care using an integrated practice model, was an organizer for the Barcelona World Parkinson Congress, and has lectured on behalf of the Movement Disorders Society.



Norika Malhado-Chang, MD is a professor of neurology and movement disorders specialist at the University of California-Davis School of Medicine in Sacramento, California. She serves as co-director of the UC Davis Parkinson's Disease Multidisciplinary Clinic, which has been named an international Parkinson's Foundation Center of Excellence. Dr. Malhado-Chang is also the Director of Medical Student Education in Neurology at UC Davis. She studied neuropsychology at New York University and graduated from Mount Sinai School of Medicine. She completed her neurology residency at Mount Sinai and stayed on for a two-year fellowship in movement disorders and deep brain stimulation. Dr. Malhado-Chang is in her 18th year on faculty at UC Davis, where she directs the clinical clerkship and sub-internship in neurology.



Lisa Mooney, LCSW is a licensed clinical social worker with the Department of Neurology @ UC Davis Health. She specializes in Movement Disorders: Parkinson's Disease and Huntington's Disease primarily. She works with patients, family members, and community providers to offer support and education about PD. She enjoys connecting patients and families to support groups, community resources, providing information and education, assisting with long term care planning and coping with grief and loss that comes with living with PD.



William Newby is Vice President of Product at Rune Labs, where he leads StrivePD – an FDA-cleared Apple Watch ecosystem that helps people with Parkinson's and their clinicians turn real-world data into better day-to-day care. Previously at Roche, he helped build the NAVIFY digital platform connecting data, algorithms, and care teams across hospitals. William's career centers on making advanced technology usable for patients and practical for busy clinics – spanning big-data platforms and direct-to-consumer tools – while partnering with health systems and researchers to translate continuous monitoring into timely, actionable decisions for PD care.

SPEAKER BIOGRAPHIES CONT.



Avani Parikh, PT (Women's-Pelvic Health), LSVT BIG-Certified is a dedicated physical therapist with a passion for women's health, specializing in pelvic floor dysfunction. Her expertise includes treating urinary and bowel incontinence and pelvic pain, where she empowers clients to regain control, reduce discomfort, and improve their overall quality of life. Parikh believes in a holistic approach, carefully tailoring treatment plans to each individual's journey toward wellness and renewed confidence. Holding certifications in women's health and LSVT, she is uniquely equipped to address a diverse range of needs. Parikh is committed to ongoing learning and advocacy for pelvic health awareness.



Miguel Ruvalcaba, MD is a movement disorder specialist at Kaiser Roseville. He went to medical school at UC Davis and completed his training there as well. He says, "I am a California kid from the beginning. I was born in LA, grew in in Fresno, and now live in Sacramento with my wife and two amazing kids. I am proud to serve the Sacramento and Roseville area and be involved with the amazing PD community."



Nick Thakur, DO is a board-certified neurologist and fellowship-trained movement disorder specialist at Sutter Health. He completed his neurology residency at UT Houston and movement disorder fellowship at Barrow's Neurologic Institute Muhammad Ali Parkinson Center. He believes in a multi-disciplinary approach to care and works closely with physical therapy, speech therapy, neuropsychology, and neurosurgery to tailor individualized treatment plans for all movement disorder patients.



Susan E. Whitaker, MA, CCC-SLP has been a practicing Speech-Language Pathologist in Redding since 1978. She specializes in the evaluation and treatment of voice and swallowing disorders. She received her clinical training at San Diego State University. During her career, she taught undergraduate neurology at Chico State University and continues to participate as a medical volunteer on missions for the repair of cleft lip and palate with Rotaplast International. Her clinical interests include neurogenic voice and swallowing disorders including rehabilitation with Parkinson's related voice and swallowing impairments. She is a speech-language pathologist certified to provide SPEAK OUT! therapy and enjoys leading a once-weekly SPEAK OUT! therapy group for the Redding Parkinson's Support Group.



Sagar A. Vaidya, MD, PhD is a physician-scientist and biotech executive with over 20 years of experience across academia and the pharmaceutical industry Dr. Vaidya currently serves as the Chief Medical Officer at Cerevance, a privately-held biotechnology company focused on novel treatments for Parkinson's disease and other neurodegenerative conditions. Prior to Cerevance, Dr. Vaidya was Vice President of Clinical Development at Travere Therapeutics and has previously served in clinical leadership roles at Sangamo Therapeutics and BioMarin Pharmaceuticals. Dr. Vaidya received his MD/PhD from UCLA and completed post-graduate training at the Mount Sinai Hospital and Massachusetts General Hospital.



Kathy Van Hoof is a dance instructor for the Dance for Parkinson's program. She has a degree in dance from CSU Sacramento and has danced with Sacramento Ballet, Capitol City Ballet, and the Ruth Rosenberg Dance Ensemble, as well as studying dance in Chicago. Kathy has been teaching the Dance for Parkinson's classes for over 13 years along with Elaine Silver Melia and Lisa Ferrin.

SPECIAL RECOGNITIONS

The PANC organization is beyond grateful for the many, many individuals and companies who give their time and financial means to ensure that our constituency is served to the best of our ability. For 2025, there are three individuals who the PANC Board of Directors want to specifically recognize in this publication.



THANK YOU to Sharon D'Nelly Warady, the kind and caring voice behind EVERY phone call made to PANC, who has been with us for the last six+ years and is retiring at the end of the year. Sharon has been the consistent face and voice of PANC and has ensured that operations run smoothly during all recent seasons of PANC's development and service. Her determined, professional, empathic, reasonable, and hard-working nature has helped PANC to grow substantially during her tenure. "Sharon knows all," is a common phrase used around the office and at Board meetings. Sharon will be missed beyond measure by all who know her and have had the pleasure of encountering her. Congratulations, Sharon! You are wished nothing but the best as you enter this next exciting chapter of life! Well deserved!



President. Myron served at the helm of the organization for the past three years, in a director position for many years prior to that, and serves as the Elk Grove Support Group leader. Under Myron's strong, thoughtful, and compassionate leadership, the trajectory of PANC's success propelled forward significantly. He had the insight to hire new management, is responsible for the improvement of PANC's governance and financial operations and oversaw the development of many new services and programs. Myron lost his beloved wife Joan to Parkinson's and has been serving since to honor both her memory and to help the many friends he's made along the way. Thank you, Myron. You are a true champion for the Parkinson's community!



WE ARE SAD TO SHARE that Carolyn Loveridge, a long-time participant in the PANC organization as a care partner and Support Group attendee with her beloved husband, Arnold, and then a six-year Board member as its secretary, recently passed away. Carolyn was also the editor for the *Parkinson Path* publication, on PANC's Executive Committee, and served with a quiet yet sturdy resilience that helped make PANC great. Carolyn's contributions have been so significant, Board members voted to name a feature newsletter spot in *Parkinson Path* in her honor. "Carolyn's Corner" will highlight articles specifically to help care partners better navigate their journey as Parkinson's advocates. This honor is a small way to keep Carolyn's memory and many contributions to PANC alive.



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 * Humanitarian device: The effectiveness of these devices for the treatment of dystonia and obsessive-compulsive disorder has not been demonstrated

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Brentwood - Delta Shadow Boxers PD Support Group

Sue Schnittker 925-550-2756, saresa@comcast.net

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Placerville PD Support Group

Larry Alver 916-221-2524, Idalver@sbcglobal.net

HUMBOLDT COUNTY

Humboldt PD Support Group

Tom Bethune 707-822-7923, thomasbethune@gmail.com

Humboldt PD CarePartner Support Group

Rose Bond 707-826-7764, rosebond95524@suddenlink.net

MARIN COUNTY

Marin PD & CarePartner Support Groups

Rich Bowen & Debby Thurlow 415-302-0362, marinparkinsonscarepartner@gmail.com

MENDOCINO COUNTY

Fort Bragg PD & CarePartner Support Groups

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Ukiah PD Support Group

Mary Hatfield 707-391-7393, hatfieldmj@pacific.net

MERCED

Merced PD Support Group

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NAPA COUNTY

Napa Valley PD Support Group

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NEVADA COUNTY

Grass Valley/Nevada City PD & CarePartner Support Groups

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Truckee PD Support Group

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PLACER COUNTY

Auburn PD & CarePartner Support Groups

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Lincoln PD Support Group

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Lincoln PD CarePartners Support Group

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Roseville-Maidu Area PD Support Group

Dot Boyd 916-799-1660, dot@dotforseniorsafety.com

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Elk Grove Veterans PD Support Group

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Folsom/El Dorado Hills PD Support Group

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Sacramento Natomas PD Support Group

Kristina Krieger 530-677-6767, Kristina.krieger@brightstarcare.com

Sacramento Post DBS Support Group

Info 916-731-1610, Email HS-DBS@ucdavis.edu for link to join Zoom mtg

Sacramento South Area PD & CarePartner Support Groups

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Sacramento Veterans PD Support Group

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Sacramento YOPD Support Group

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Parkinson's Support Group of Sonoma County

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Modesto PD Support Group

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SUTTER COUNTY

Yuba City - Tri-County PD Support Group

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Ken Hale 530-913-7068, kenn.hale@gmail.com

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ONLINE ONLY

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Denise Davis 800-272-3900, denise.davis@alz.org

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The financial gifts from generous and big-hearted people like those in the PANC community help us keep doing what we are doing, which is directly serving those with Parkinson's disease in the Northern California region.

You are the fuel for our fire. The PANC Board of Directors and staff could not be more grateful for all of you.

Truly, thank you.





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For more information



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UPCOMING EVENTS

The Neptune Project's Sailing 4 Parkinson's Regatta, Tiburon

Saturday and Sunday, April 11 & 12, 2026

In honor of Bertrand Delhom, a sailor with Parkinson's who raced the Ocean Globe Race, this event was born. Proceeds will benefit PANC and the Michael J Fox Foundation for Parkinson's Research.

The Robert G. Smith Cancel Out Parkinson's Walk, Roseville

Saturday, April 25, 2026

Join for a special day of celebration, determination, and friendship. In its 10th year, the joint Lions Clubs proudly host this event with all proceeds benefiting PANC services and programs.

Take A Shot at Parkinson's, Sacramento

Monday through Wednesday, September 21-23, 2026

The Take A Shot at Parkinson's golf event is a fun and easy way to support PANC. Three shots are made per donation with an opportunity to participate as a qualifier for the \$50K shoot out event! Watch for details.



Researching Parkinson's? Interested in Parkinson's? Living with Parkinson's? Treating people with Parkinson's?

The 7th World Parkinson Congress (WPC 2026) will be in Phoenix, AZ from May 24 - 27, 2026.

This triennial event travels the world and after 10 long years it's coming back to the USA, Phoenix to be exact. More than 4,000 delegates and 160 speakers from 27 countries will converge at the Phoenix Convention Center for four days of talks covering the hottest topics in the Parkinson's field.

WHO SHOULD ATTEND?

The program will offer something for everyone in the Parkinson's community including researchers studying the cause and cure of PD, the clinicians or health professionals who are caring for people with PD, people who are living with the disease themselves or caring for someone living with it. Citizens of all countries are welcome to attend the WPC 2026.



REGISTER ΤΟΝΔΥ

BEFORE THE PROGRAM **SELLS OUT!**

AUGUST 4

- Registration opens
- Hotel reservations open

OCTOBER 16

- Abstract submission deadline
- Travel Grants application deadline

FEBRUARY 12-25

Late Breaking Abstracts

MAY 24-27, 2026

7th World Parkinson Congress













THANK YOU TO THE PARKINSON'S COMMUNITY



We're glad you joined us today and encourage you to connect with one of our support groups, attend our other educational events, visit us at PANCtoday.org, call us, sign up for our newsletter and we especially want to invite you to be a part of "Community for the Journey."



1024 Iron Point Rd. Ste. 1046 Folsom, CA 95630 916-357-6641 www.panctoday.org







Together, we strive to make every day icONic

Stay connected at **BeicONicwithPD.com**



Every day, we're inspired by the determination and spirit of people with Parkinson's disease (PD) as they strive to live their lives to the fullest.

That's why at Supernus, we're committed to:

- Sharing the icONic voices of people with PD
- Partnering with the PD community
- Bringing innovative PD treatments to the market





