

I HAVE... WHAT?

When Jim was diagnosed with Parkinson's disease, he immediately realized he faced two important issues: *"I knew nothing about Parkinson's, and I certainly could not fight it alone."*

He found the Parkinson Association of Northern California (PANC) and a nearby PANC support group. That started his education, introduced him to many new friends, and helped him decide how he was going to live with Parkinson's.

"This journey we face cannot be faced alone. The more we join with others, the more strength and comfort we feel."

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Attending a Parkinson's support group for the first time can be scary and intimidating. Contact the group facilitator ahead of time to help make your initial experience a positive one.



Parkinson Association
of Northern California



Donations to PANC serve families affected by Parkinson's in Northern California. Please donate online at www.panctoday.org, by phone, or by mail to the address below. Thank you!



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Parkinson Association
of Northern California

COMMUNITY FOR THE JOURNEY

INFORMATION • FELLOWSHIP • SUPPORT



PARKINSON'S DISEASE AND YOU

Parkinson's is a complex neurological disease and can be difficult to understand and manage. Early symptoms may include stiffness and weakness on one side of the body, tremors, slower movement, shorter steps, and balance issues.

Unseen changes may also occur, like anxiety, apathy, depression, loss of smell, and constipation.

Everyone's experience is unique with differing symptoms and rates of change.

Fortunately, new research is yielding more treatments.

People with Parkinson's do better when they are physically active, eat a healthy diet, and stay connected with family, friends, and community.

PANC assists Parkinson's support groups in many locations, where information is shared and discussion encouraged on the challenges, treatment options, medical advances, and, of course, the disease itself!

Talking with others who are dealing with Parkinson's, including care partners and families, can give support, encouragement, and hope.

LOCAL SUPPORT

PANC helps people with Parkinson's, care partners, and families through our Northern California support groups. Groups meet regularly in person or online.

Members interact with peers and share ideas and concerns in a safe, understanding environment. Many groups have guest speakers, watch and discuss videos on a variety of Parkinson's-related topics, and share what helps them on their PD journey.



PANC's Medical Advisory Panel (MAP) is a unique model bringing together a multi-disciplinary group of medical professionals from Sacramento's major healthcare systems: UC Davis, Dignity Health/Mercy, Sutter Health, Kaiser Permanente, and the Veteran's Administration.

Members of the MAP share best practices, speak at PANC events, provide guidance on Parkinson's issues, and write for the PANC newsletter, *The Parkinson Path*.

ABOUT PANC

PANC has been a fixture in the Northern California Parkinson's community since 1996. What began as a small support group meeting in an Arden Arcade garage has become the area's leading network of support, education, and awareness. Board members, staff, volunteers, medical professionals, and partners have created a community of service for people with Parkinson's.

RESOURCES

- www.panctoday.org
- Support group directory
- Care partner resources
- Annual educational conference
- Care partner respite grants (restrictions apply)
- Online educational library
- ParkinsonWISE® trainings
- *The Parkinson Path* newsletter
- Research opportunities/news