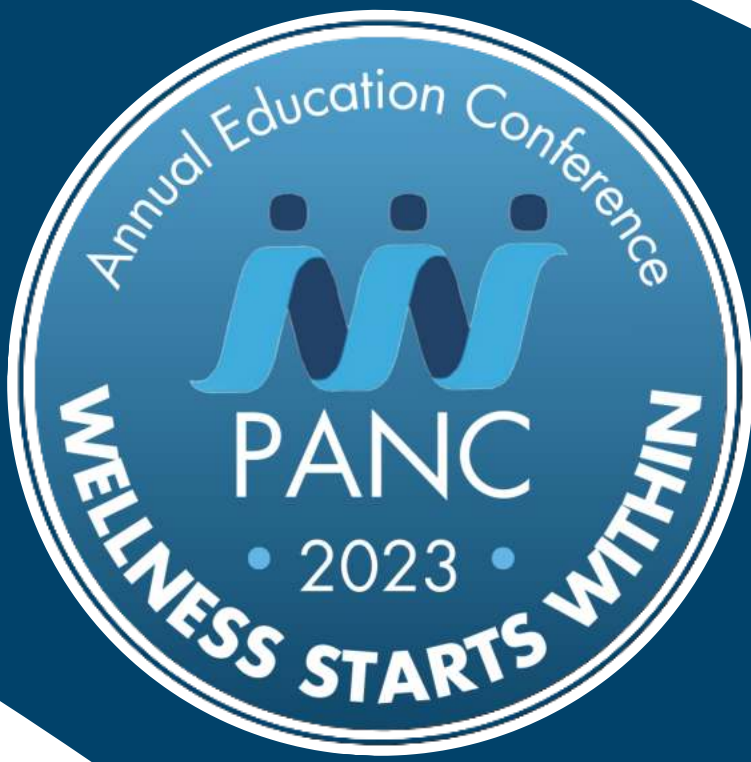




Parkinson Association  
of Northern California



**Sept. 30, 2023**

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@ the Grounds**

Placer County Fairgrounds  
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**Duopa**  
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# WELCOME

Dear Conference Attendees –

I am happy to welcome the Northern California Parkinson's community once again along with hopefully others from around the globe who are attending our conference both in-person and virtually. We still represent all of you as we live our motto, "Building Community for the Journey."

This year we have two featured speakers. We're thrilled to welcome our keynote speaker, Dr. Indu Subramanian, who will be speaking on wellness in Parkinson's disease. Our second featured speaker is Dave Iverson, who will be discussing his experience of being a care partner to his mother who was declining with dementia while also experiencing Parkinson's disease himself. Both should be fascinating presentations.

For our in-person attendees, please visit with the sponsors and exhibitors who are here today. These individuals and businesses are incredible supporters of people with Parkinson's, PANC, and our work in the community. Without them this conference would certainly not exist. Perhaps you may find a solution to a problem you've been seeking by visiting them as well.

Thank you to our Board of Directors and conference committee members who worked tirelessly on this event including Danielle Hand-Nicholls, Dr. Frederick Lowe, Dr. Ralph Sett, and Jennifer Westoby.

Regarding the PANC Board, we have had several changes this year. In the spring, three of our outstanding members, Dr. Eric Egli, Dr. Suketu Khandhar, and Marcie Larkey, resigned due to other life's callings including workplace and family obligations. At the end of October, Dr. Frederick Lowe is also stepping down from his work on the Board. Together, these four individuals have contributed considerably to the work and progress of the organization. My sincere hope is that all of them continue to contribute in other ways to assist the Parkinson's community through PANC.

The PANC committees and staff have been working diligently over the past year to further the goals and objectives set forth by the Board. We put on a very successful Support Group Facilitators' workshop in May, furthered the Bridging the Gap project, revised our website in August, and are beginning to develop a ParkinsonWISE® II program for senior care facility workers and care partners to learn more about caretaking those with Parkinson's. The Support Group committee has been instrumental in starting new Support Groups in NorCal and resurrecting some that went dormant due to Covid. We are now up to 42 PANC affiliated groups.

Again, welcome to the conference! Sit back and enjoy! I'm so happy that you are joining us today. Please know that we are here for you every other day too. PANC exists to serve you.

Best regards,



**Myron Jantzen**

President, Board of Directors,  
Parkinson Association of Northern California



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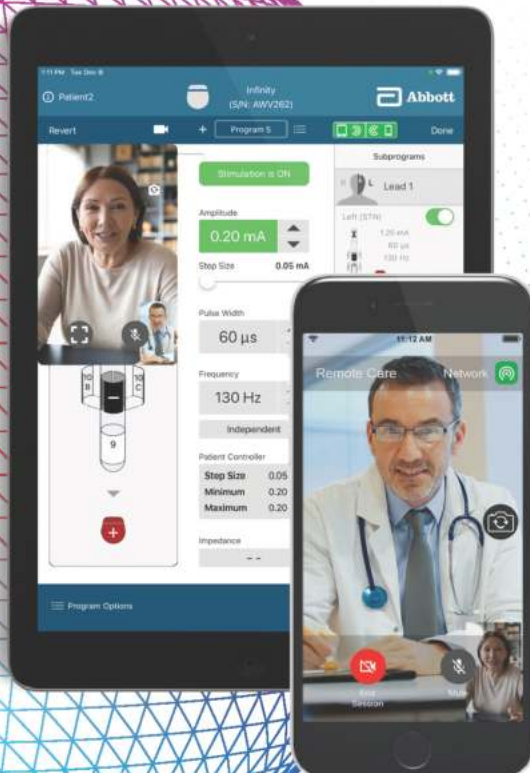


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1. Abbott. Data on File. MAT-2101330 v1.0.

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# PANC 2023 EDUCATION CONFERENCE AGENDA

Saturday, September 30, 2023

- 8:00 AM**    **Check-in and Refreshments** Sponsors and exhibitors open
- 9:00 AM**    **Welcome**
- Myron Jantzen – PANC, board president
  - Jan Whitney – PANC, executive director
- 9:10 AM**    **Apathy, Depression and Anxiety** Michel Medina, MD – Kaiser Permanente
- 9:40 AM**    **Keynote Speaker: Wellness in Parkinson’s Disease**  
Indu Subramanian, MD – clinical professor of neurology, University of California, Los Angeles and director of Southwest Parkinson’s Disease Research, Education and Clinical Care Center of Excellence in Parkinson’s Disease
- 10:25 AM**    **Morning Break**
- 10:50 AM**    **Movement Break!** Donna Rixmann – Ayurvedic yoga therapist, [www.yogapeace.net](http://www.yogapeace.net)
- 11:05 AM**    **Searching for Winter Stars: A Caregiving Story** Dave Iverson – author, documentary film producer and retired broadcast journalist
- 11:45 AM**    **Fund the Need: Respite Program**
- 11:55 AM**    **Lunch** Sponsors and Exhibitors Open
- 12:25 PM**    **North State Therapy Choir**
- 12:45 PM**    **Updates on DBS and Neurosurgery** David Brandman, MD, PhD – UC Davis
- 1:15 PM**    **Panel Discussion with Local Movement Disorder Neurologists**
- Moderators:**
- Norika Malhado-Chang, MD – UC Davis
  - Suketu Khandhar, MD – Kaiser Permanente
- Panelists:**
- Christopher Campos, DO – UC Davis
  - Jon Snider, MD – UC Davis
  - Mai Vuong, MD – VA Northern California Health Care System
  - Miguel Ruvalcaba, MD – Kaiser Permanente
  - Steven Nakano, MD – Sutter Medical Group
- 2:00 PM**    **Movement Break!** Jennifer Park, PT, DPT, MS – Easter Seals/Sacramento State
- 2:15 PM**    **Panel Q&A**
- 2:45 PM**    **Closing**

# THANK YOU SPONSORS AND EXHIBITORS

## PRESENTING

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## EXHIBITORS

Brightstar Care  
Bruce Norton-Barrels to Art  
California Relay  
Care Home by RNs  
CDPH-CA Parkinson's Disease Registry  
Cimino Care  
The Commons at Elk Grove MBK SR LIVING  
Dance for Parkinson's  
Del Oro Caregiver Resource Center  
Driver Safety Community Liaison and Outreach  
Elder Care Management  
Family Matters In-Home Care  
Heritage Oaks Memorial Chapel (FD 1990)  
Hope In Your Corner - Rock Steady Boxing  
Indecare In-Home Care & Placement  
Insightec

Lions Project for Canine Companions  
McIlwain Mobility Solutions  
Northern CA Care Planning Council  
North State Therapy Choir  
Oakmont of Fair Oaks  
PD Connect  
Placer County Veterans Services Office  
Quinn's Gym  
Redwood Caregiver Resource Center  
Robert G. Smith Walk to Cancel Out Parkinson's  
Sacramento Ballet  
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Thera-Wishbone  
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Roseville High School Medical Club • Sacramento Ballet • U-Step Neuro



# SPEAKER BIOGRAPHIES



## **Indu Subramanian, MD**

received her medical degree from the University of Toronto, Canada. She did her neurology residency and movement disorders fellowship training at UCLA. Dr. Subramanian

has stayed on at UCLA and is now a clinical professor of neurology. She is the director of the VA Southwest PADRECC (Parkinson's Disease Research, Education and Clinical Care) Center of Excellence in Parkinson's Disease. She has developed a strong interest in integrative medicine with a special interest in yoga and mindfulness. She underwent a 200 hour yoga teacher training and studied mindfulness at the VA through Insight LA. Dr. Subramanian is board certified in integrative medicine. She is also passionate about palliative care in Parkinson's disease. She completed a contemplative fellowship for health care providers through the New York Zen Center and is an AAN Palatucci Fellow and a part of the Transforming Leaders Program. She is the co-chair of the Wellness Task Force at the Movement Disorders Society and the chair of the Movement Disorders Section at the American Academy of Neurology. Dr. Subramanian's main research interest is on the effects of loneliness on people living with PD.



**Dave Iverson** is an author, documentary film producer/director, retired broadcast journalist, and a person with Parkinson's disease. His new memoir

*Winter Stars: An Elderly Mother, an Aging Son and Life's Final Journey* tells the story of the 10 year caregiving odyssey he shared with his mom until her passing at the age of 105. Dave has produced and reported more than 20 documentary specials for PBS, including the *Frontline* film, *My Father, My Brother and Me*, which explores his family saga with Parkinson's disease and *Capturing Grace*, a story about what happens when a group of people with Parkinson's join forces with a legendary New York City dance company. His awards include a national Emmy, four regional Emmys and numerous film festival citations.



**David Brandman, MD, PhD** is a fellowship-trained functional neurosurgeon and an assistant professor of neurological surgery at UC Davis. He specializes in the use of deep brain stimulation to help people living with movement disorders, including Parkinson's disease. As the co-director of the UC Davis Neuroprosthetics lab, his research focuses on developing next generation neuroprosthetics to restore communication and functional independence to people living with neurological disease. He has published multiple book chapters and peer-reviewed publications and has been granted multiple patents. His research has been featured by several news media outlets, including *New York Times Magazine*.



**Christopher Campos, DO** was born and raised in South Florida, where he spent much of his time in and around the water. While in high school he began teaching children how to swim which turned from a fun summer job into a mission to prevent drownings and promote health in the community. He became interested in medicine during his college years at the University of Central Florida in Orlando. Dr. Campos decided to become a neurologist while attending medical school at Rocky Vista University in Parker, Colorado and working with patients with Parkinson's disease. He completed his residency at UC Davis. His dedication to patients with Parkinson's disease has endured through to his fellowship in movement disorders which he completed in the summer of 2023. Dr. Campos plans to continue to practice in Northern California and hopes to serve Spanish-speaking patients with movement disorders.

## SPEAKER BIOGRAPHIES CONT.



**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 at the University of California-Davis School of Medicine in Sacramento, California. 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 16th year on faculty at UC Davis, where she directs the clinical clerkship and sub-internship in neurology. Her passion is Parkinson's disease, teaching learners at all levels and sharing her enthusiasm for neurology, Parkinson's disease, doctoring and education. Her two greatest joys are: (1) inspiring students to pursue a career in neurology, training them to become stellar physicians and top-notch Parkinson's specialists, and then welcoming them to join her as faculty and (2) getting to know her patients and helping families navigate life with Parkinson's in the richest way possible.



**Donna Rixmann** is a certified yoga therapist, a certified Ayurvedic practitioner, and a mindfulness meditation teacher. Donna has been working with older adults and those with mobility issues since 2002 and teaches chair-based yoga in-person and on Zoom. She is a ParkinsonWISE® certified instructor. Donna is on the faculty of the Mount Madonna Institute, an Ayurvedic college and yoga center in Watsonville, and supervises student internships. Since 2012, she has been assisting and now acts as a volunteer group leader for the El Dorado Hills/Folsom Parkinson's Support Group. During Covid, she hosted weekly Zoom meetings for this group. A life-long learner, at 72, Donna is currently studying with Jack Kornfield and Tara Brach in their Mindfulness Meditation Program 2023-2025. Donna brings both a sense of fun and mindfulness to the chair and floor yoga classes she teaches.



**Michel Medina, MD** is a neuropsychiatrist at Kaiser Permanente, North Valley (Sacramento/Roseville). He completed fellowship training at Stanford University in behavioral neurology & neuropsychiatry, did his residency training at The University of Chicago in adult psychiatry, and attended medical school at Drexel University College of Medicine. At Kaiser, his current roles include neuropsychiatry clinical lead (Sacramento/Roseville area) and co-director of the Memory Clinic (North Valley). Dr. Medina is bilingual and a native Spanish speaker (yo también hablo Español).



**Steven Nakano, MD** is a movement disorder specialist with Sutter Health. He was raised in Grand Junction, Colorado, where he did his best to avoid climbing accidents, grizzly bears, and cold weather. Dr. Nakano earned a culinary arts degree from The Culinary Institute of America in 2005. He received his B.A. in neuroscience from Colorado College in 2008. Following several unfulfilling jobs in both kitchens and research departments, he earned his medical degree from Marshall University in Huntington, West Virginia. After an internship in internal medicine in Baltimore, Maryland, he completed his neurology residency and movement disorder Fellowship at Georgetown University in Washington, D.C. Steven and his family drove cross-country and have happily settled in Davis, California where they are enjoying sunny days, mild winters, and lots of fresh produce.



## SPEAKER BIOGRAPHIES CONT.



**Jennifer Park, PT, DPT, MS** is a physical therapist with Easter Seals. She has worked with adults and children with neurological conditions in homes, clinics and the pool, focusing on functional movement and mobility. Jennifer was certified as a Parkinson Wellness Recovery (PWR!) therapist in 2018 and is a faculty member in the department of kinesiology at Sacramento State where she has taught for over 30 years. Before becoming a physical therapist, Jennifer worked for Sutter Health as both a diabetes educator and clinical exercise physiologist. Jennifer loves working with adults, children and caregivers.



**Miguel A. Ruvalcaba, MD** is a board-certified neurologist with specialty training in movement disorders such as Parkinson's disease and dystonia. Dr. Ruvalcaba grew up in Fresno, CA and did his undergraduate training at UC Merced. He then moved north and completed medical school, a residency, and fellowship training at UC Davis. Dr. Ruvalcaba is happy to have joined the Kaiser team in Roseville, CA in 2023 and to serve the PD community in the Sacramento region.



**Jon Snider, MD** was born and raised in Virginia. He attended medical school and completed a neurology residency and movement disorder fellowship at the University of Michigan. He is a movement disorder specialist at UC Davis where he focuses on the diagnosis and management of a variety of movement disorders (including Parkinson's disease and its mimics). Dr. Snider is passionate about medical education and serves as the movement disorder fellowship program director and is involved in clinical research related to a variety of movement disorders.



**Mai Vuong, MD** is a movement disorder neurologist with the VA Northern California Health Care System. She completed her neurology residency at the University of Arkansas for Medical Sciences in her hometown of Little Rock. Her interest in Parkinson's disease led her to California, where she completed her fellowship in movement disorders and neuromodulation at the University of California, San Francisco (UCSF). Her clinical interest includes Parkinson's disease, deep brain stimulation (DBS), and botulinum toxin injections for movement disorders. Dr. Vuong enjoys working with veterans and helping them navigate the challenges associated with their neurological conditions.



# PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

## BUILDING COMMUNITY FOR THE JOURNEY

The **Parkinson Association of Northern California (PANC)** is an organization dedicated to enhancing the lives of people with Parkinson's, their families, and care partners throughout our region. PANC has been serving Northern California since 1996. With a small but mighty staff, active board, top-notch medical advisory panel, dedicated volunteers and outstanding community partners, we are able to accomplish much.

PANC is not about 'the cure'. It's about enhancing the quality of life for those dealing with Parkinson's. We believe an essential part of PANC's service lies in the strength and stability of our support groups.

We are very happy to report that our PANC community has more groups than ever, and we continue to grow! Working together, we have stabilized groups. Post Covid, we have added new groups and currently have funding that allows ongoing support for every group!



## PROGRAMS & SERVICES

### SUPPORT

- **Support Groups** – 42 support groups serving 18 Northern California counties
- **Respite Services** – Respite grants that provide care partners some "time off"
- **Support Meetings for Facilitators** – Monthly Zoom meetings designed to share resources and ideas

### EDUCATION / INFORMATION

- **PANC Annual Conference** – One of the largest and most dynamic conferences in the country
- **Facilitators' Annual Workshop** – A workshop focusing on support group success
- **Information and Referral** – Assist individuals who request information about Parkinson's disease and other resources. Our staff responds to hundreds of requests annually
- **The Parkinson Path** – A quarterly publication with lead articles written by members of our medical advisory panel and journal club
- **ParkinsonWISE®** – An education program for individuals in the fitness and wellness communities who work with people who have Parkinson's disease



## COMMUNITY COLLABORATION

- **Community Partners** – Many community businesses and groups support PANC through financial or in-kind contributions
- **Lion’s ‘COP Walk’** – Annual R.G. Smith Walk to Cancel out Parkinson’s, aka ‘The COP Walk.’ Proceeds from the event are donated to PANC. The event is hosted by the Sacramento Embarcadero Lions Club, with support from other district 4-C5 clubs from a 5-county area

*Save the Date – April 6, 2024*



BRIDGING THE GAP  
MEETING THE NEED

## BRIDGING THE GAP—MEETING THE NEED

The Bridging the Gap - Meeting the Need program ensures that the PANC Community in Northern California knows about our support groups and can easily access services, resources and information/education.

## JOURNAL CLUB

PANC supports a unique multi-institutional gathering of most of the local movement disorder programs, including Kaiser Permanente Neuroscience, UC Davis, Sutter Neuroscience, Mercy/Dignity Health, and the VA Medical Center. This Journal Club is a quarterly multidisciplinary gathering of medical providers who serve the Parkinson’s community to share best practices and review new treatment options. This synergy among our area’s medical providers is like no other.



## MEDICAL ADVISORY PANEL (MAP)

A collaborative model that brings together multidisciplinary medical professionals from the region’s health delivery systems. MAP members provide guidance to the organization on medically related position statements; speak at PANC events and/or recommend speakers or topics for educational programs; submit articles for the PANC newsletter; attend PANC educational and fundraising events; and communicate the mission and programs of the organization in the community.



## WHAT'S NEW AT PANC

Over the past year, the Parkinson Association of Northern California has experienced blustering activity and continued growth including:

**NEW SUPPORT GROUPS:** The level of hands-on support we provide continues to flourish as additional support groups are created and old ones are coming back! Specifically, we welcome Stockton, East Roseville, Natomas, Chico, and Placerville. There are new care partner groups in the mix, too!

**E-NEWSLETTER (UPDATE):** Our new monthly e-newsletter, *The Update*, shares time-sensitive info as well as pertinent articles and is distributed monthly via email to the PANC mailing list. Its purpose is to complement our popular quarterly *Parkinson's Path* publication. Join the distribution list on our website or by emailing [panc@panctoday.org](mailto:panc@panctoday.org).

**SUCCESSFUL FUNDRAISING EVENTS:** This year's Annual COP Walk, Archival Gallery event, Comedy at the Barn, and upcoming TopGolf event give those in the community and funders the opportunity to share in the fun while contributing financially to the services of PANC. We are grateful to have their support!

**STRATEGIC PLAN AND ADVOCACY EFFORTS:** The PANC Board gathered in January and held a productive session to determine the organization's priorities for the year, which included adding advocacy for Parkinson's legislation and initiatives in both California and at the federal level.

**WEBSITE REDESIGN:** Just recently, the PANC website, [www.panctoday.org](http://www.panctoday.org), was redesigned to make it easier to locate information and search for support groups. There is still much to be added so continue to visit and watch for updates.

**PHYSICIAN OUTREACH:** The Bridging the Gap initiative is in the process of reaching out to all Northern California physicians who are possibly working in the PD arena and educating them on PANC services, benefits, and local support groups so they can share this information with their patients. Thank you to the funders for this special project including Abbott DBS, AbbVie, and Supernus.



### THANK YOU TO ALL WHO DONATE!

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.



**“Don’t wait for Parkinson’s. It won’t wait for you!”**

## MY JOURNEY

Submitted by  
Jennifer Westoby, PANC Board of Directors

When listening to talks or watching videos on Parkinson’s disease, you often hear doctors say, “When you have seen one patient with Parkinson’s, you have seen one patient with Parkinson’s!” That is because symptoms are so varied, and my initial symptoms were certainly not the usual ones.

My first real symptom was my walking – it no longer felt smooth and natural; it was an effort. It became especially frustrating on vacation with friends when I was unable to keep up with them exploring a new city. Another symptom was excessive sweating – not through my body but my head as I would water the plants and garden! I also had tensed thigh muscles when I sat down. My doctor is wonderful, but she had no answers for me.

After the initial shock wore off, I determined I had to know everything I could about this interloper in my life, the effects it would have, and how to fight it. I started attending webinars, looking at Parkinson’s websites, and scouring the internet. I learned about Rock Steady boxing, and eventually decided to brave a local session in Grass Valley. What I found were ordinary people like me fighting to maintain their quality of life.

When Covid hit and classes stopped, we formed our own exercise group via Zoom (which still happens today thanks to a wonderful individual, Ken).

I also tried to contact the person who used to run the local Support Group, but with no success. I wanted to share what I had learned and help others with Parkinson’s live their best life. In March 2021 I started a new Support Group via Zoom, and the Grass Valley/Nevada City group was born (now known as the Sierra Shakers). As the fear of Covid became less, we started meeting in person, first at the retirement community, Eskaton, and now at the Nevada County library. Our wonderful group of shakers continues to grow and meet monthly, and we have a care partner group too.

2021 was also my introduction to PANC, and as my health had curtailed some of my other volunteer activities, I felt this would be a great opportunity to give back to my fellow PD fighters. I currently co-chair the Support Group committee, and participate on several others, including the one for this fantastic conference you are attending. What a great group of people to work with!

My quest for knowledge continues and this year I was extremely lucky to be able to attend the World Parkinson's Congress in Barcelona, with my husband. It was especially inspiring seeing and meeting many people, from all walks of life, who are determined to fight on. It was also encouraging to hear about new tools and treatments to help with symptoms, as well as huge strides being made with stem cell therapy.

I hope to continue this journey of learning and sharing for many more years to come but couldn't do it without the support and encouragement of my wonderful husband, Trevor. I think my motto is simple: Live the best life that I can, while I can. As others have heard me say, "Don't wait for Parkinson's. It won't wait for you!"



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**Sat, October 28, 2023**  
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# REGIONAL SUPPORT GROUPS

## BUTTE COUNTY

### Chico Parkinson's Support Group

1st Wednesday (in person) 1:00 – 2:30 p.m.  
3rd Wednesday (Zoom) 1:00 – 2:30 p.m.  
Sycamore Glen Senior Community  
1199 Diablo Avenue, Chico, CA  
Terrence Donnelly 650-743-6871,  
tmdonnelly68@gmail.com  
Bob Murray 530-321-6157, ordferry@yahoo.com

## EL DORADO COUNTY

### Placerville Parkinson's Support Group

3rd Tuesday (in person) 12:30 – 2:00 p.m.  
First Lutheran Church  
1200 Pinecrest Court, Placerville, CA  
Larry Alver 916-933-2465, ldalver@sbcglobal.net

## HUMBOLDT COUNTY

### Humboldt Parkinson's Support Group

Support Group: Every Wednesday 9:00 a.m. (Zoom)  
Caregivers: 1st & 3rd Wednesdays 9:00 a.m. (Zoom)  
Ken & Rose Bond 707-826-7764,  
ken95524@suddenlink.net  
Tom & Lisa Bethune 707-822-7923,  
thomasbethune@gmail.com

## MARIN COUNTY

### Marin Parkinson's Carepartner Support Group

1st Wednesday (in person) 3:00 – 4:00 p.m.  
The Redwoods  
40 Camino Alto, Mill Valley, CA  
Debby Thurlow 415-302-0362,  
marinparkinsonscarepartner@gmail.com

## NAPA COUNTY

### Napa Valley Parkinson's Support Group

2nd Sunday (in person) 4:00 – 5:30 p.m.  
New Life Napa Church  
2525 1st Street, Napa, CA  
Colleen Winters 209-602-1536, cfwinters@yahoo.com

## NEVADA COUNTY

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

3rd Thursday (in person) 1:15 p.m.  
Gene Albaugh room at Nevada County Library  
980 Helling Way, Nevada City, CA  
Jennifer Westoby 530-268-2563,  
jennifer.westoby@gmail.com

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

4th Thursday (in person) 11:00 a.m.  
Communal Cafe, 233 Broad St., Nevada City, CA  
Jennifer Westoby 530-268-2563,  
jennifer.westoby@gmail.com

### Truckee Parkinson's Support Group

1st Friday (in person) 11:45 a.m. – 1:00 p.m.  
Tahoe Forest Center for Health  
11012 Donner Pass Road, Truckee, CA  
Ellen Roumasset 650-759-3666,  
dr.eroumasset@gmail.com



## PLACER COUNTY

### Auburn Parkinson's Support Group

2nd Tuesday (in person) 11:30 a.m.  
Awful Annie's, 13460 Lincoln Way, Auburn, CA  
Karen Hancock 530-885-0950,  
karen@hancockonline.net

### Auburn Carepartner Support Group

3rd Tuesday (in person) 11:30 a.m.  
Club Car Restaurant, 836 Lincoln Way, Auburn, CA  
Karen Hancock 530-885-0950,  
karen@hancockonline.net

### Lincoln Parkinson's Support Group

3rd Tuesday (in person) 10:00 a.m.  
Lincoln Hills Community Church  
950 E Joiner Park Way, Lincoln Hills, CA  
Christine Grmolyes 916-769-0449,  
christine@seniorcs.com

### Roseville-Maidu Parkinson's Support Group

1st Tuesday (in person) 1:30 – 3:00 p.m.  
Maidu Senior Center, 1550 Maidu Dr., Roseville, CA  
Kati Rozak 916-799-9381,  
kati.rozak@brightstarcare.com

### Roseville-West Parkinson's Support Group

4th Tuesday (in person) 11:00 a.m.  
St. John's Episcopal Church  
2351 Pleasant Grove Blvd., Roseville, CA  
Ken Fujino 916-474-4688, kmfujino@outlook.com  
Diane Herold 916-788-9110,  
navion4190k@gmail.com

## SACRAMENTO COUNTY

### Carmichael/Eskaton Parkinson's Support Group

2nd Thursday (in person) 1:30 p.m.  
Eskaton Village, 3939 Walnut Ave, Carmichael, CA  
Mary Ann Cardy 925-451-0995,  
macardyPD93@yahoo.com

### Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m. – 12:00 p.m.  
Senior Center of Elk Grove  
8230 Civic Center Drive, Ste. 100, Elk Grove, CA  
Myron Jantzen 916-804-6497, mpjantzen@aol.com  
Sherry Reser 916-320-7189, SherryLReser@gmail.com

### Elk Grove Carepartner Support Group

3rd Friday (in person) 10:15 a.m.  
Senior Center of Elk Grove  
8230 Civic Center Drive, Ste. 100, Elk Grove, CA  
Myron Jantzen 916-804-6497, mpjantzen@aol.com  
Laura Copsey 916-698-7622, lauracopsey@gmail.com

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

2nd Thursday 1:30 – 2:30 p.m. (Zoom)  
4th Monday 10:30 a.m. – 12:00 p.m. (In person)  
Folsom Senior Center, 48 Natoma St., Folsom, CA  
Donna Rixmann 916-712-9642,  
donna@yogapeace.net

### Folsom/El Dorado Hills Carepartners Support Group

1st and 3rd Fridays (in person) 11:30 a.m. – 1:00 p.m.  
Round Table Pizza  
2793 E Bidwell St #100, Folsom, CA  
Larry Alver 916-933-2465, lalver@sbcglobal.net

### Gold River Lewy Body Dementia Support Group

2nd Thursday 10:00 – 11:30 a.m. (Google Meet)  
Denise Davis 800-272-3900, denise.davis@alz.org

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### **Sacramento-Arden Arcade Parkinson's Support Group**

4th Thursday (in person & Zoom)  
9:30 a.m. – 12:00 p.m.  
Dante Event Center  
2330 Fair Oaks Blvd., Sacramento, CA  
Jim Morris 916-359-4859, jimor1940@gmail.com  
Betty Tronson bettytronson@sbcglobal.net

### **Sacramento Area Young Onset Parkinson's Support Group**

1st Tuesday (in person & Zoom) 6:30 p.m.  
St. Michael's Episcopal Church  
2140 Mission Ave, Carmichael, CA  
Susan Lopez-Payan 916-995-2047,  
Sacyopd@hotmail.com  
Danielle Hand-Nicholls 916-837-5640,  
Sacyopd@hotmail.com

### **Sacramento EN ESPANOL Parkinson's Support Group**

3rd Tuesday (in person) 6:00 p.m.  
ACC Senior Center  
7334 Park City Dr, Sacramento, CA  
Kimberley Arrendondo-Blanco 916-884-7767,  
kimberly@panctoday.org

### **Sacramento Lunch Bunch Carepartner Support Group**

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

### **Sacramento Natomas Area Parkinson's Support Group**

Last Wednesday (in person) 2:00 – 3:30 p.m.  
Village at Heritage Park Assisted Living  
2001 Rose Arbor Drive, Sacramento, CA  
Kristina Krieger 530-677-6767,  
kristina.krieger@brightstarcare.com

### **Sacramento Post DBS Patients**

Class Schedule at  
[www.panctoday.org/items/sacramento-post-dbs-meeting](http://www.panctoday.org/items/sacramento-post-dbs-meeting)  
Candis Kaltenbach & Laura Sperry, 916-731-1055,  
hs-dbs@ucdavis.edu

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

2nd Thursday (in person) 10:00 a.m. – 12:00 p.m.  
ACC Senior Center  
7334 Park City Dr, Sacramento, CA  
Jerry Miyamoto 916-441-1020,  
jmiyamoto72@gmail.com  
David Teraoku 916-685-4162  
Faye Boyd-Wright 916-910-5152

### **Sacramento South Area Carepartner Support Group**

Call group leader for information on time and location  
Jerry Miyamoto 916-441-1020,  
jmiyamoto72@gmail.com

### **SAN JOAQUIN COUNTY**

#### **Lodi Parkinson's Support Group**

1st Monday (in person) 10:00 a.m. – 12:00 p.m.  
Gracepoint Church  
801 S Lower Sacramento Rd, Lodi, CA  
Maureen Olsen 209-329-1185,  
lodiparkinsonsgroup@gmail.com  
Robin Bray 209-269-1080



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### Lodi Carepartner Support Group

3rd Monday (in person) 10:00 a.m. – 12:00 p.m.  
Gracepoint Church  
801 S Lower Sacramento Rd, Lodi, CA  
Charlene Martin 916-600-5769,  
lodiparkinsonsgroup@gmail.com

### Stockton Parkinson's Support Group

4th Thursday (in person) 1:00 – 2:30 p.m.  
O'Connor Woods  
400 Wagner Heights Road, Stockton, CA  
Lou Basinal 916-832-3754,  
loub@AgelnPlaceSacramento.com

### SAN MATEO COUNTY

#### Foster City Parkinson's Support Group

Contact for information  
Atria Senior Living, 707 Thayer Ln, Foster City, CA  
Will Corkern 650-534-7799, wcorkern@aol.com

### SHASTA COUNTY

#### Redding Parkinson's Support Group

2nd Friday (in person) 1:30 – 3:00 p.m.  
Anderson Church of Christ  
3434 North Street, Anderson, CA  
Kim Hawkins 530-945-7628,  
kim.reddingpsg@gmail.com

### SOLANO COUNTY

#### Benicia Parkinson's Support Group

2nd Saturday (in person) 10:00 – 11:30 a.m.  
Benicia Lutheran, 201 Raymond Dr, Benicia, CA  
Bradford Miller 707-515-9216,  
bradfordmiller807@gmail.com

#### Benicia Carepartner Support Group

3rd Saturday (in person) 2:00 – 4:00 p.m.  
Benicia Lutheran, 201 Raymond Dr, Benicia, CA  
Catharine Way 707-750-5952

### Vacaville Parkinson's Support Group

4th Wednesday (in person) 1:30 – 3:30 p.m.  
McBride Center, 91 Town Square Place, Vacaville, CA  
Rick Newman 707-999-6845, newman.rick@yahoo.com  
John Alonso 707-689-6613

### SONOMA COUNTY


#### Sonoma County Support Groups

Main Group: 2nd Saturday (in person) 1:00 p.m.  
Carepartners: 1st / 3rd Fridays (Zoom) 10:45 a.m.  
Women with PD: 3rd Wednesday (Zoom) 1:00 p.m.  
Christchurch United Methodist  
1717 Yulupa Ave, Santa Rosa, CA  
Marc Alexander 707-431-8767,  
malexander109@comcast.net


### STANISLAUS COUNTY

#### Modesto Parkinson's Support Group

3rd Wednesday (in person) 1:30 – 3:30 p.m.  
Trinity Presbyterian Church  
1600 Carver Road Room 505, Modesto, CA  
Beth Bollinger 209-668-9434,  
sdboyandcagirl@hotmail.com




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## SUTTER COUNTY

### Yuba City - Tri-County Parkinson's Support Group

2nd Monday (in person) 1:00 – 2:00 p.m.  
Sutter North Clinic, 969 Plumas St., Yuba City, CA  
Susan Vantress 530-701-0039, suze2u@hotmail.com  
Victoria Baker Victoriabaker530@gmail.com

## YOLO COUNTY

### Davis Parkinson's Support Group

3rd Thursday (in person) 1:30 – 3:00 p.m.  
Davis Senior Center, 646 A St, Davis, CA  
Susan Curry 530-304-9927, smcurry@sbcglobal.net

### Davis Carepartner Support Group

2nd and 4th Thursdays (in person)  
11:00 a.m. – 12:30 p.m.  
Davis Senior Center, 646 A St, Davis, CA  
Karen Eagan 530-564-4323,  
kareneagan747@gmail.com

### Woodland Parkinson's Support Group

1st Wednesday (in person) 1:30 – 3:00 p.m.  
Woodland Community Center  
2001 East Street, Woodland, CA  
Steve Briscoe hellostevebriscoe@gmail.com



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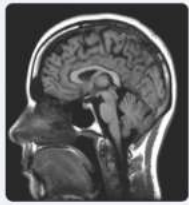




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-Bilateral stimulation of the subthalamic nucleus (STN) as an adjunctive therapy in reducing some of the symptoms of moderate to advanced levodopa responsive Parkinson's disease (PD) that are not adequately controlled with medication.

-Bilateral stimulation of the internal globus pallidus (GP) as an adjunctive therapy in reducing some of the symptoms of advanced levodopa responsive Parkinson's disease (PD) that are not adequately controlled with medication.

-Unilateral thalamic stimulation of the ventral intermediate nucleus (VIM) is indicated for the suppression of tremor in the upper extremity. The system is intended for use in patients who are diagnosed with essential tremor or parkinsonian tremor not adequately controlled by medications and where the tremor constitutes a significant functional disability.

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Contraindications: The Boston Scientific Deep Brain Stimulation Systems are not recommended for patients who will be exposed to the following procedures: Diathermy as either a treatment for a medical condition or as part of a surgical procedure, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS). The safety of these therapies in patients implanted with the Vercise DBS System has not been established. Patients implanted with Boston Scientific Deep Brain Stimulation Systems without ImageReady™ MRI Technology should not be exposed to Magnetic Resonance Imaging (MRI). Patients implanted with the Vercise Gevia or Vercise Genus or Vercise OBS Lead-only system (before Stimulator is implanted) with ImageReady MRI Technology are Full Body MRI Conditional only when exposed to the MRI environment under the specific conditions defined in ImageReady MRI Guidelines for Boston Scientific Deep Brain Stimulation Systems. Boston Scientific Deep Brain Stimulation Systems are not recommended for patients who are unable to operate the system or are poor surgical candidates or who experience unsuccessful test stimulation.

Warnings: Unauthorized modification to the medical devices is prohibited. You should not be exposed to high stimulation levels. High level of stimulation may damage brain tissue. Patients implanted with the Vercise DBS System may be at risk for intracranial hemorrhages (bleeding in the brain) during DBS lead placement. Strong electromagnetic fields, such as power generators, security screens or theft detection systems, can potentially turn the stimulator off, or cause unpredictable changes in stimulation. The system should not be charged while sleeping. If you notice new onset or worsening depression, changes in mood or behavior or impulse control, or have thoughts of suicide contact your physician or emergency services immediately. Chemical burns may result if the Vercise Stimulator housing is ruptured or pierced. The Deep Brain Stimulation System may interfere with the operation of implanted stimulation devices, such as cardiac pacemakers, implanted cardioverter defibrillators, or medication delivery pumps. Patients should operate motorized vehicles or potentially dangerous machinery with caution. It is unknown if the device may harm an unborn baby. Your doctor may be able to provide additional information on the Boston Scientific Vercise DBS System. For complete indications for use, contraindications, warnings, precautions, and side effects see DBSandMe.com or call 833-DBS-INFO or 833-327-4636.

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

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