



PANC

UPDATE

Parkinson Association of Northern California

Community for the Journey -- October 2025

PANC SUPPORT GROUPS HERE

If you would like to facilitate a group in your area, PANC will help.
Contact [Jen Westoby here](#) if interested.

Welcome to Our New Affiliated Support Group in [Fort Bragg](#)

"This is the power of gathering: it inspires us, delightfully, to be more hopeful,
more joyful, more thoughtful: in a word, more alive." -- *Alice Waters*

Conference Register and Information Here

Conference Registration Concludes
at 5 PM on Friday, October 17

*Limited on-site tickets
may be available until 9:30 am on Saturday*

Saturday, October 18 from 8 to 3 pm
Roebbelen Center, Roseville

In-person (includes lunch) -- \$50
Zoom -- \$30

[CONFERENCE AGENDA & REGISTRATION
INFO](#)

Link to conference recording provided to all registrants



Telehealth Services
May No Longer Be Available Through
Some Health Systems

As of October 2025, telehealth services may no longer be available in certain healthcare systems due to **federal policy changes** and the expiration of pandemic-era provisions. This shift may leave many individuals with chronic illnesses, including Parkinson's disease, needing to significantly change the course of care.



Over the past few years, telehealth made healthcare more accessible for many with mobility challenges, offering virtual access to neurologists, therapists, and support groups. Under the new law, many patients must return to in-person appointments, adjust for travel times, increased physical movement, and added logistical maneuvers.

The Parkinson's community is encouraged to check with your medical providers and determine how this change may affect your care. Caregivers, too, may be facing changes in coordination of transportation and adjust to new routines. Advocates warn that the loss of telehealth could lead to gaps in care and delayed treatment adjustments for a population that greatly benefited from remote services. Patients and advocacy groups, including PANC, are urging policymakers to reconsider, emphasizing the vital role telehealth played in maintaining quality of life and consistent medical oversight.



Thank You Merrill Gardens of Brentwood

Much appreciation to the staff, residents, and Parkinson's support group of Merrill Gardens in Brentwood for your donation of over \$5,000 to PANC! The fruits of your many fundraising efforts will significantly benefit the NorCal Parkinson's community. We can't thank you enough for your kindness and commitment to making a difference for the constituents of PANC.

Watch Youth Table Tennis Champions TEDx Talk About "Table Tennis for Life"

[Click to Watch](#) (10 minutes)

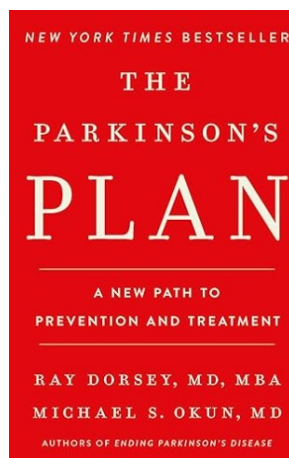
In this dynamic and inspiring TEDx talk, 14-year-old Tanvi Desai and her 11-year-old brother, Aarav, award-winning Table Tennis champions, share their powerful and deeply personal story. Together, they've helped over 500 individuals including people with Parkinson's, autism, and cognitive challenges through free weekly sessions and outreach programs.



As founders of "Table Tennis for Life," these two national-level players have used their sport to create a youth-led initiative that supports neurorehabilitation. Blending scientific insights with heartfelt empathy, they demonstrate how the unique demands of table tennis can help rewire the brain and create a joyful path to recovery for those with

conditions like Parkinson's and other cognitive challenges. This is a talk that proves how passion, science, and the simplest of games can become a powerful force for healing and inclusion.

Witness the dynamic brother and sister team showcase their sport and passion for people with Parkinson's disease at the PANC Conference on Saturday!



The Parkinson's Plan: A New Plan for Prevention and Treatment

In the newly published *The Parkinson's Plan*, two doctors on the cutting edge of Parkinson's research detail steps to prevent, slow, and treat this condition. They show readers how to prevent the disease through the food we eat, the water we drink, the air we breathe, and the lifestyles we live.

Their "Parkinson's 25," checklist helps anyone to lower their risk of Parkinson's. Read the interviews with the world's top scientists, clinicians, and thought leaders in the Parkinson's field who offer a plan for treatment including cutting-edge methods and recent technological and medical advances. [Click here to learn more.](#)



Gastrointestinal and Genitourinary Issues in Parkinson's Disease

Parkinson's disease (PD) can significantly impact non-motor systems, including the gastrointestinal (GI) and genitourinary (GU) systems. GI symptoms often precede motor manifestations by years, suggesting an early role of the gut-brain axis in PD pathology.

Constipation is one of the most common GI complaints in PD patients, often due to slowed gastrointestinal motility caused by autonomic dysfunction and decreased dopaminergic signaling in the enteric nervous system. In addition, delayed gastric emptying, or gastroparesis, can impair medication absorption, contributing to fluctuations in motor symptom control.

Beyond the gut, genitourinary issues are also prevalent in PD and often underreported. These include urinary urgency, frequency, nocturia, and, in some cases, incontinence. These symptoms are primarily due to dysfunction in the autonomic nervous system, which controls bladder function. In men, PD can also exacerbate prostate-related urinary problems, while in women, it may lead to pelvic floor dysfunction. These GU symptoms can significantly affect quality of life, leading to social withdrawal, sleep disturbances, and increased caregiver duties.

Managing GI and GU symptoms in Parkinson's can require a comprehensive, multidisciplinary approach. Dietary changes, increased fluid intake, and pharmacologic treatments like stool softeners or prokinetic agents can help manage GI issues. For GU symptoms, behavioral interventions such as scheduled voiding, pelvic floor therapy, and anticholinergic medications may be useful, though the latter must be used cautiously due to potential cognitive side effects. Ultimately, recognizing and treating these non-motor symptoms is crucial to improving overall well-being and disease management in individuals

with Parkinson's disease.

Come see Avani Parikh, PT, from Dignity Health who will be discussing these issues and more at the PANC Conference.

Equipment Exchange Products

PANC's Equipment Exchange has the following available:

- **Theracycle (for people with Parkinson's)** - Free
- **Theracycle 300** -- \$1,500
- **Merits Vision Sports Power Wheelchair** -- \$400
- **Over-Bed Trapeze** -- Free
- **Elenker Stand Up Walker** -- \$100
- **Alinker Walking Bike** -- \$900 obo



If you have equipment to share that can help others, the new Durable Medical Equipment Exchange is open and ready to go. [Click here to post an item](#) and [here to see what's available](#). We want to see this benefit grow to help our Parkinson's community members through the various phases of their disease care.

October Free Webinars

Thursday, October 16 at 9am

New Treatment Options for Progressing Parkinson's with the Michael J. Fox Foundation
Medication management strategies with a focus on the two infusion pumps that the US FDA has approved within the last year.

[Info and Register Here](#)

Thursday, October 16 at 11am

Ask the OT Anything with the American Parkinson Disease Association

Explores the ways occupational therapy can support everyday life, from tips on staying safe at home and adapting your favorite hobbies, to making dressing easier with clothing modifications and even managing fatigue, brain fog, cognitive changes, and other aspects of life with PD.

[Info and Register Here](#)

Thursday, October 16 at 11am

Swallowing Difficulties in PD with the Parkinson's Community of Los Angeles

[Info and Register Here](#)

Tuesday, October 21 at 8am

Walking – a Signature of Health? with the World Parkinson Coalition

Speaker will discuss her research on gait and mobility decline, its treatment, and the role of digital technology as tools for disease detection and monitoring.

[Info and Register Here](#)

Tuesday, October 21 at 9am

Evolving Research & the Ethics of Early PD Diagnosis with PMD Alliance

PD research seeks to diagnose the disease as early as possible - before symptoms appear in what is called the prodromal phase. The speaker will discuss the ethical questions that arise, such as whether people want to know their future risk of Parkinson's and, if so, how this information should be given.

[Info and Register Here](#)

Wednesday, October 22 at 8am

A Holistic Approach to Parkinson's with the Davis Phinney Foundation

How to integrate lifestyle interventions, community support, diverse complementary care teams, and more alongside Parkinson's medication and other interventions like deep brain stimulation.

[Info and Register Here](#)

Thursday, October 23 at 10am

Developments in Dealing with Parkinson's Disease and its Psychiatric Manifestations with the International Psychogeriatrics Association

The speakers explore the symptoms of Parkinson's Disease and highlight practical, hopeful strategies for managing them. They will also shed light on neuropsychiatric co-morbidities associated with Parkinson's disease.

[Info and Register Here](#)

Sunday, October 26 from 7:30am-noon

Shaken, Not Deterred: A Young Onset Parkinson's Disease Gathering with Young Onset Parkinson's

Individuals diagnosed with young-onset PD, movement breaks, and resource materials.

[Info and Register Here](#)

Tuesday, October 28 at 10:30am

Can Exercise Slow PD Progression in Those At-Risk? with PMD Alliance

Meet the researchers of Slow-SPEED US, an upcoming clinical trial evaluating whether exercise can slow the progression of PD among genetically at-risk individuals.

[Info and Register Here](#)

Wednesday, October 29 at 10am

Optimizing Care: Empowering Your Voice in Appointments with Parkinson's Foundation

Practical strategies for self-advocacy, how to use storytelling to share your health journey effectively, and ways to clearly communicate your priorities so you leave your appointments feeling heard and empowered.

[Info and Register Here](#)

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

www.panctoday.org

[Ways to Support](#)

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