

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

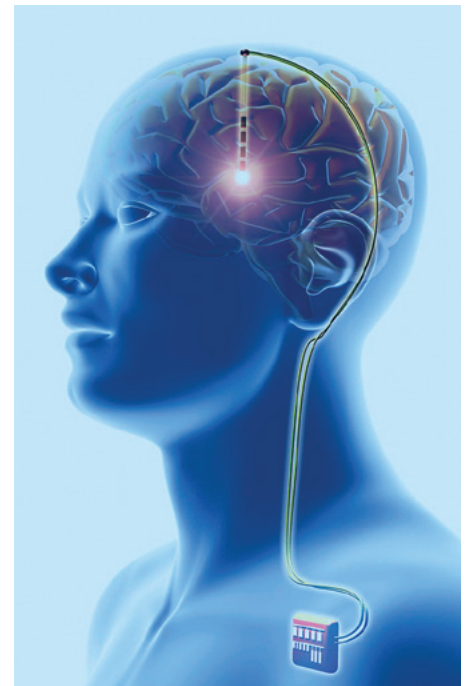
Evolving Deep Brain Stimulation

by Erica Byrd, MD, Linda Ramatowski, NP and Nick Thakur, DO of Sutter Medical Group

Deep Brain Stimulation (DBS) for Parkinson's disease has been a valuable treatment option since its approval by the FDA in 2002. DBS treats the motor symptoms of Parkinson's disease including tremor, stiffness (rigidity) and slowness (bradykinesia). DBS is considered an "advanced therapy" for persons with Parkinson's disease that meet certain criteria including a diagnosis of idiopathic Parkinson's disease for at least 4 years with motor fluctuations (i.e. "on/off" symptoms, troublesome dyskinesia) or refractory tremor. DBS is contraindicated for patients having a diagnosis of atypical parkinsonism, dementia or significant psychiatric disease. Additionally, a comprehensive evaluation is required that involves MRI brain imaging, neurosurgical and neuropsychological evaluations and testing of medication responsiveness.

The main components of a DBS system are the leads placed in the brain and a programmable pacemaker-like device under the skin in the chest. The implantation of the leads is done via brain surgery performed by a specialized neurosurgeon. This is followed by the programming phase, in which the device's settings are adjusted by the movement disorders neurological team, typically in more frequent appointments starting several weeks after the surgery until optimal settings are found. Programming takes several months after surgery to reach the target settings.

In the last decade the DBS field has grown tremendously. Recent advances and innovations have delivered multiple options to patients and clinicians and have made this an exciting time for DBS. There are now three manufacturers of DBS devices: Medtronic, Abbott and Boston Scientific. The newest innovations are lead types that are "directional" meaning some of the energy can be focused in one part of the lead, limiting side effects and battery use. All three manufacturers have this lead



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

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THE PARKINSON PATH

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The Results Are In And PANC Is Very Greatful!

8/6/2022 Lions District Cabinet Meeting...
Dave Johnson, the Event Chairman for our 2022 Robert G. Smith Walk to Cancel Out Parkinson's announced a gift of **\$35,000** to the Parkinson Association of Northern California.



Rich DeCuir, COP Walk Committee (Embarcadero Lions Club), Dave Johnson, Chairman, Cop Walk Committee (Auburn49ers Lions Club), Marcie Larkey PANC Board, Mrs. Robert G. Smith - Vickie, and Myron Jantzen PANC Board President

Thank You Christine Shade

by Myron Jantzen, PANC Board President

The July Journal Club was a perfect time to acknowledge and thank Board member Christine Shade for her many years of service to the PANC organization (2015-2021). Suketu Khandhar, MD joined me in presenting a beautiful clock as a token of our appreciation. During her time on the Board, Christine supported PANC in many ways. She served as Secretary and Vice President, was an active Journal Club participant and co-authored, as well as taught PANC's ParkinsonWISE® program. Christine will continue as a member of the Medical Advisory Panel, as an instructor for the ParkinsonWISE® program and as a member of the Journal Club.



Welcome to the “I AM Project”

The “I AM Project” is an avenue for people to share who they are and what they feel with their family, peers and the rest of the world. It is a wonderful way to learn about each other more fully and be able to see and know each other as people, not just a “Person with Parkinson’s” or a “Care Partner” It is fun, revealing, and interesting.

The idea is to write a “poem” about yourself, using phrases starting with “I AM” to tell your story. It can be short, just 4-5 lines, or longer, 10-12 lines.

Maybe “I AM a fisherman,” or “I AM a strong, resilient person,” or “I AM a lover of rock and roll music.” Perhaps include a description of what you are currently doing, like: “I AM feeling/trying/learning about/creating/enjoying/best known for/most proud of..”

PANC’s spin on the project is to illustrate your “poem” with one or two photos, if possible. These can really bring more meaning to the poems.

So let’s share our stories with each other, and get to know, understand, and appreciate each other better.

Try introducing the “I AM Project” to your support group and see what response you get. *Please email the poems and photos to the PANC office at panc@panctoday.org, or mail to:*

Attention I AM Project, PANC, 1024 Iron Point Road, #1036, Folsom CA 95630.

Some I AM poem examples:

I AM...

I am a wife, a mother, a Gigi, and just one in a large extended group of family and friends
 I am a nurse, the mother of a nurse, the daughter of a nurse and the granddaughter of a nurse
 I am always up for a great meal and a great glass of wine
 I am at peace when I’m at the ocean
 I am happiest when I’m listening to music
 I am a lover of travel, always searching for my next destination
 I am eternally optimistic...most of the time.
 I am eternally grateful for the blessings I DO have in my life...all of the time.

Mary Beth Arjil



I AM...

I am a nature lover, and lover of all animals
 I am a horse person, and own two beautiful dogs
 I am married to my best friend, my rock and my love
 I treasure the moments in time we create together
 I am lucky, I have a loving family and a good life

 I hear birds singing, water running, and a clock ticking
 I see time passing by and want to slow it down
 I have traveled to many places and seen amazing sights
 I am British, and American and proud to be
 I am who I am, and always will be me

Jennifer Westoby



Evolving Deep Brain Stimulation *continued from page 1*

type option. All three also offer MRI-compatible options. There are several other advances and technologies that are unique to each manufacturer (see table below for summary). These innovations aim to make the DBS systems easier to program and to help find the best settings for each individual.

Comparison of DBS (Deep Brain Stimulation) Features Comparación de Características DBS (Deep Brain Stimulation)

Manufacturer	History Historia del Fabricante	Battery Type Tipo de Pila	Patient Remote Aparato del Paciente	Unique Technology Tecnología única	Website Sitio Web
Medtronic	1987 started DBS development, FDA approved for PD 2002	Non-rechargeable most common, rechargeable available to avoid frequent battery replacements	Samsung device	<ul style="list-style-type: none"> Brain sensing capability Study ongoing for “adaptive DBS” OptiStim (multiple independent current control*) 	www.medtronic.com/us-en/patients/treatments-therapies/deep-brain-stimulation-parkinsons-disease.html
Abbott	FDA approved 2016	Non-rechargeable, rechargeable pending 2022	Apple iTouch/ app on smartphone	<ul style="list-style-type: none"> Virtual programming Working on “current fractionalization” (similar to multiple independent current control*) 	www.neuromodulation.abbott/us/en/movement-disorders.html
Boston Scientific	FDA approved 2017	Rechargeable most common, non-rechargeable available. FDA approved to replace Medtronic battery	Boston Scientific Remote	<ul style="list-style-type: none"> Multiple Independent Current Control* Brain lab software to view lead placement and help guide programming options 	www.dbsandme.com/en.html

*Multiple independent current control allows for more options to distribute the energy within brain leads

*Múltiples controles de corriente independiente permite más opciones para distribuir la energía en conductores cerebrales

Here are Some Highlights:

Medtronic has been in the field the longest. Their newest innovation is “brain sensing” technology that allows the neurologist to look at the brain activity around the leads either in the past or in real time in the office to help with programming. They are also working on “Adaptive deep brain stimulation”, which is a feature that would allow for automated adjustment of brain stimulation based on the patient’s clinical state (i.e. “on/off”).

Abbott is the only manufacturer to offer remote programing, meaning the neurologist can program the device in a virtual or “telehealth” visit from the home. This has been especially helpful during the pandemic. They are working on getting approval for a non-rechargeable battery with additional features.

Boston Scientific is the first manufacturer to have “multiple independent current control”, which gives the programmer more options for distributing the energy. They also have Brain Lab technology, which allows brain images with the DBS leads to be modeled on software within the programmer so the neurologist can see the exact placement and anatomy of the leads to help with programming.

With three manufacturers to choose from and the extensive growth of innovation and research yet to come, this is an exciting time for DBS. If you think you are a candidate and/or are interested in learning more about DBS please check out the manufacturers’ websites, ask around in local support groups, attend a DBS support group meeting and talk to your neurologist.

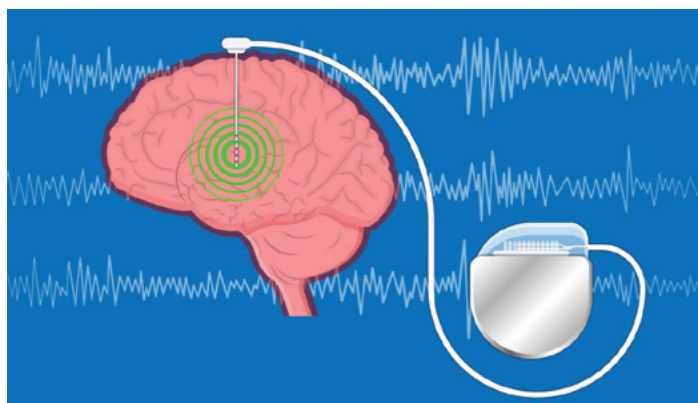
La Evolución de Estimulación Cerebral Profunda

by Erica Byrd, MD, Linda Ramatowski, NP and Nick Thakur, DO of Sutter Medical Group

Estimulación Cerebral Profunda (DBS) para la enfermedad de Parkinson ha sido una opción de tratamiento valiosa desde su aprobación por la agencia FDA en 2002. DBS trata los síntomas motores de Parkinson, incluyendo temblor, rigidez y lentitud (bradicinesia). Consideran DBS una “terapia avanzada” para personas con Parkinson que cumplen cierto criterio incluyendo un diagnóstico de Parkinson idiopático por lo menos por 4 años con fluctuación locomotora (ej. síntomas que van y vienen, discinesia problemática) o temblor refractario. No recomiendan DBS para pacientes con parkinsonismo atípico, demencia o enfermedad psiquiátrica significativa. Además, requieren una evaluación comprensiva con resonancia magnética cerebral (MRI brain imaging), evaluaciones por expertos en neurología y prueba de reacción a medicamentos.

Los componentes principales del sistema DBS son conductores colocados en el cerebro y un aparato programable estilo marcapasos debajo de la piel del pecho. Implantan los conductores vía cirugía cerebral por un neurocirujano especializado. Luego sigue la fase de programación, en la cual las configuraciones del aparato son ajustadas por el equipo neurológico, normalmente en citas más frecuentes empezando varias semanas después de la cirugía hasta encontrar las configuraciones óptimas. La programación toma varios meses tras la cirugía para lograr las configuraciones deseadas.

En la última década DBS ha crecido tremendamente. Recientes avances e innovaciones han ofrecido múltiples opciones para pacientes y médicos y ha sido un tiempo de mucho interés en DBS. Ahora hay tres fabricantes de aparatos DBS: Medtronic, Abbott y Boston Scientific. La innovación más reciente es el tipo de conductor “direccional” significando que alguna de la energía se centra en una parte del conductor, limitando efectos secundarios y uso de la pila. Los tres fabricantes tienen la opción de este tipo de conductor. Los tres también ofrecen opciones compatibles con resonancia magnética (MRI). Hay varios otros avances y tecnologías que son únicas a cada fabricante (ver la tabla en la página 4). Estas innovaciones procuran facilitar la programación del sistema DBS y ayudar a encontrar la óptima configuración para cada individuo.



Algunos de datos de sobresalientes:

Medtronic ha estado en el campo por más tiempo. Su nueva innovación es la tecnología “brain sensing” que permite al neurólogo ver la actividad cerebral alrededor de los conductores ya sea en el pasado o en tiempo actual en la oficina para ayudar con la programación. También están trabajando con “Adaptive deep brain stimulation”, que es una característica que permitirá automatizar ajustes de estimulación cerebral según el estado clínico del paciente (ej. “on/off” - síntomas que van y vienen).

Abbott es el único fabricante que ofrece programación remota, significando que el neurólogo puede programar el aparato en una visita virtual o “telehealth” de su casa. Esto ha sido especialmente útil durante la pandemia. Están en el proceso de conseguir aprobación para una pila no recargable con características adicionales.

Boston Scientific es el primer fabricante con “múltiples controles de corriente independiente”, lo cual le da al programador más opciones para distribuir la energía. También tienen tecnología Brain Lab, lo cual permite modelar imágenes del cerebro con los conductores DBS en el software dentro del programador para que el neurólogo pueda ver la colocación exacta y la anatomía de los conductores para ayudar con la programación.

Con tres fabricantes de que escoger y el desarrollo extenso de innovación y estudios aún por venir, es un tiempo muy prometedor para DBS. Si piensa que es un candidato y/o está interesado en saber más acerca de DBS por favor vaya a los sitios web de los fabricantes, infórmese en los grupos locales de apoyo, vaya a una reunión de grupo de apoyo DBS y hable con su neurólogo.

Parkinson Awareness Month at the Archival Gallery is Gone But Not Forgotten!

D. Oldham Neath and Archival Gallery truly made April 2022 a 'Month to Remember'. The Gallery offered a month long "Staying Connected" exhibition in loving memory of Tom Neath that featured Artists with Parkinson's. PANC's brochures, the Parkinson Path newsletter and educational materials were available all month and a portion of the gallery (and often the Artists*) proceeds were donated to PANC. This busy month at the gallery included their normal daily traffic, another successful Second Saturday, a Good Day Sacramento spot where people had the opportunity to learn more about Parkinson's disease and our first I AM Poem! Finally, the Gallery co-hosted PANC's 2022 donor appreciation event. Thank You, D. for everything!

* Artists Anthony Montanino, Russ Hood, Wagner and Bruce Norton



D. Odham Neath and Nicklesh Thacker, D.O., Medical Director, Movement Disorders, Sutter Health, at Sacramento filming of Good Morning Sacramento



This exhibition is dedicated to

Tom Neath

July 1, 1954- January 1, 2022

Knitter of Hats...

Catcher of Fish...

Friend of Artists...

And foe of Parkinson's.



Paul Stroub of Stroub, Thompson, Noble CPA's and Eric Egli, PANC Vice President.

North State Therapy Choir Strikes The Right Chord

by *Ralph Sett MD, PANC Board of Directors*



The North State Therapy Choir has received the honor of a Parkinson's Foundation Community Grant for the third consecutive year. Erin Haley, Music Therapist-Board Certified, and Pam Sachs, Music Therapist-Board Certified, have created an online therapy choir for Persons with Parkinson's. Both Erin and Pam have an additional certification in neurologic music therapy. They have designed the choir to enhance the quality of life for Persons with Parkinson's. Through well-structured vocal techniques, the choir strategies help mediate the progression of symptoms. Emmon Tobias, MT-BC and Lexi Obregon, BA, music therapist, also add their expertise to the choir sessions.

The Grant, along with having the choir online, has allowed Erin and Pam to reach out to a greater number of Persons with Parkinson's throughout Northern California. The Grant has also supported the transition from one choir practice per week to two one-hour practices per week with an average of thirty to forty regular attendees. There are no fees for choir members which is another benefit of the Grant.

The choir specifically focuses on elements of speech through singing. The exercises are deliberately selected to support and maintain speech mechanisms. This is enhanced by the diversity of music selections geared to appeal to a broad number of people since there is a forty-year age range within the choir.

"The choir offers its members the framework and structure for increased autonomy, encouraging them to practice articulation exercises at home. This is essential to communicating and being understood in social settings," Erin asserts.

Pam adds, "The choir provides members with a supportive community and continuity as they perform exercises that teach awareness of the movement of facial muscles and breathing techniques."

Erin and Pam emphasize their desire to keep providing services to Persons with Parkinson's at no cost. The Grant has enhanced this opportunity. Both therapists have an affinity for helping people with PD since each of their lives has been touched by family members with Parkinson's.

Each year the North State Therapy Choir directors create a virtual choir performance. Participation is voluntary for any choir members who wish to perform. Previous and upcoming virtual performances may be viewed on the North State Therapy Choir YouTube channel. The success of this concert is due to Erin's and Pam's strong commitment to the choir. They recorded each choir member via Zoom and used software that allowed them to synchronize the performance. The North State Therapy Choir concert was played as part of the Iowa State University Parkinson's Disease Singing Festival in August.

The NSTC also won first place in the Chico Community Lip Sync Challenge on March 5 as part of a fundraiser for the Music Therapy Impact Fund. They Lip Synced to the tune "Blame It on The Parkinson's," sponsored by Sacramento Valley Law. NSTC will have a chance to defend its title next year.

The North State Therapy Choir resumed sessions on August 8 on Zoom. The classes are on Mondays and Thursdays from 1:00 p.m. – 2:00 p.m.

All Persons with Parkinson's are welcome to join the choir regardless of skill level or lack of any skill. There is an exuberance that builds as the choir hour speeds by. Even if you feel you can't carry a tune in the proverbial paper bag, you are welcome to become a choir member. By the end of the hour, you may even find that you will "Sing Your Way Home...."

For further information, please contact pamsachs1@gmail.com.



Saturday, October 22, 2022 | 8:00 a.m. – 3:00 p.m.

The Roebbelen Center @the Grounds (Placer County Fairgrounds)

700 Event Center Drive, Roseville, CA 95678

KEYNOTE SPEAKER:

Dr. Ray Dorsey, David M. Levy Professor of Neurology
University of Rochester Medical Center
Co-authored "Ending Parkinson's Disease"



Register now at panctoday.org

Conference information: Visit panctoday.org or call 916.357.6641

Sponsorships available: Call PANC office at 916.357.6641

Safety protocol: Masks and proof of vaccination are required.

Si desea obtener más información sobre la enfermedad de Parkinson, comuníquese con kimberly@panctoday.org o llame a la oficina al (916) 357-6641.



Keynote Speaker – Ray Dorsey, MD

Dr. Ray Dorsey is the David M. Levy Professor of Neurology at the University of Rochester Medical Center. He has devoted much of his professional career to enabling anyone anywhere to receive care and to participate in research. His research has been published in leading journals and has been featured in multiple news outlets. In 2020, Ray and his colleagues wrote Ending Parkinson's Disease, a book that provides a prescription for ending the world's fastest growing brain disease.

Ray previously directed the movement disorders division and neurology telemedicine at Johns Hopkins and worked as a consultant for McKinsey & Company. In 2015, the White House recognized him as a "Champion for Change" for Parkinson's disease.

Honor, Memorial, Support and Celebration

May – July 2022

IN HONOR/SUPPORT/CELEBRATION OF

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† Represents Big Day of Giving
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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

Support Groups are following COVID-19 safety guidelines. PANC recommends contacting the group facilitator for specific information on that group.

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

BUTTE COUNTY

Chico Support Group

1st Wednesday (in person)
3rd Wednesday (Zoom)
Sycamore Glen Ret. Community
1199 Diablo Avenue, Chico, CA

Terrence Donnelly 650-743-6871,

tmdonnelly68@gmail.com

Bob Murray 530-321-6157, ordferry@yahoo.com

Oroville Support Group

Carol Rawlins 530-282-0499,

Carol48rawlins@gmail.com

EL DORADO COUNTY

Folsom/El Dorado Hills Support Group

4th Monday 10:30 – 12:00 p.m.
Folsom Senior Center, 48 Natoma Drive, Folsom, CA

Donna Rixmann 916-712-9642,

donna@yogapeace.net

Cathy Johnson 916-791-2425, chicathy61@gmail.com

Folsom/El Dorado Hills Caregivers Support Group

1st and 3rd Fridays 11:30 – 1:00 p.m.

Round Table Pizza,
2793 E Bidwell St., #100, Folsom, CA

Larry Alver 916-933-2465, ldalver@sbcglobal.net

Placerville Support Group

In Person starting September 20th

3rd Tuesday 2:00 – 3:30 p.m.

First Lutheran Church

1200 Pinecrest Court, Placerville, CA

916-884-7767, Kimberly@panctoday.org

HUMBOLDT COUNTY

Humboldt Parkinson's Support Group

Caregivers: 1st & 3rd Wednesdays 9:00 a.m. (Zoom)

Support Group: Every Wednesday 9:00 a.m. (Zoom)

Ken & Rose Bond 707-826-7764,

ken95524@suddenlink.net

Tom & Lisa Bethune 707-822-7923,

thomasbethune@gmail.com

NAPA COUNTY

Napa Valley Parkinson's Support Group

2nd Sunday 4:00 – 5:30 p.m.

Napa New Life Church, 2625 1st Street, Napa, CA

Colleen Winters 209-602-1536, cwinters@yahoo.com

NEVADA COUNTY

Grass Valley/Nevada City Support Group

3rd Thursday 2:00 – 3:30 p.m.

Eskaton, 625 Eskaton Circle, Grass Valley, CA

Jennifer Westoby 408-313-3524,

jennifer.westoby@gmail.com

Truckee Support Group

1st Friday 11:45 – 1:00 p.m.

Tahoe Forest Center for Health

11012 Donner Pass Road, Truckee, CA

Ellen & John Roumasset 650-759-3666,

dr.roumasset@gmail.com

PLACER COUNTY

Auburn Support Group

2nd Tuesday 11:30 a.m.

Awful Annie's, 13460 Lincoln Way, Auburn, CA

Karen Hancock 530-885-0950,

karen@hancockonline.net

Auburn Carepartner Only Support Group

3rd Tuesday 11:30 a.m.

The Club Car, 836 Lincoln Way, Auburn, CA

Karen Hancock 530-885-0951,

karen@hancockonline.net

Lincoln Support Group

3rd Tuesday 10:00 a.m.

Lincoln Hills Community Church

950 E Joiner Park Way, Lincoln Hills, CA

Christine Grmolys 916-769-0449,

christine@seniorcs.com

Gary High 916-434-5905, gwhigh@wavecable.com

Roseville Support Group

Coming soon

Leadership in transition – Call office

916-357-6641 for updates

Roseville-West Support Group

4th Tuesday 11:00 a.m.

St. John's Episcopal Church

2351 Pleasant Grove Blvd., Roseville, CA

Ken and Arlene Fujino 916-474-4688,

kmfujino@outlook.com

Diane Herold 916-788-9110, navion4190k@gmail.com

SACRAMENTO COUNTY

Carmichael/Eskaton Support Group

2nd Thursday 10:00 – 11:30 a.m.

Eskaton Village, 3939 Walnut Ave, Carmichael, CA

Mary Ann Cardy 925-451-0995,

macardyPD93@yahoo.com

Elk Grove Support Group

3rd Wednesday 11:00 – 12:30 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

Folsom/El Dorado Hills Support Group

2nd Thursday 1:30 – 2:30 p.m. (Zoom)

4th Monday 10:30 – 12:00 p.m. (In person)

Folsom Senior Center, 48 Natoma Drive, Folsom, CA

Donna Rixmann 916-712-9642,

donna@yogapeace.net

Cathy Johnson 916-791-2425, chicathy61@gmail.com

Folsom/ El Dorado Hills Caregivers Support Group

1st and 3rd Fridays 11:30 – 1:00 p.m.

Round Table Pizza,

2793 E Bidwell Street, #100, Folsom, CA

Larry Alver 916-933-2465, ldalver@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

Sacramento/Carmichael Young Onset Support Group

1st Tuesday 6:30 p.m.

St. Michael's Episcopal Church

2140 Mission Ave Carmichael

Mary Beth Arjil 530-409-4118, marjil@sbcglobal.net

Anthony Wong 916-730-6303, acwong60@gmail.com

Sacramento-Arden Arcade Support Group

4th Thursday 10:00 – 12:00 p.m.

Dante Event Center,

2330 Fair Oaks Blvd., Sacramento, CA

Jim Morris 916-359-4859, jimor1940@gmail.com

Betty Tronson 916-395-2771,

bettytronson@sbcglobal.net

Sacramento Caregiver Support Group

3rd Tuesday 11:00 – 1:00 p.m. (Zoom)

Gain Saetern 916-728-9333, gsaetern@deloro.org

Sacramento Northeast Support Group

Sean Tracy 916-482-7014, sssfam@winfirst.com

Sacramento Post DBS Patients

Class Schedule at www.panctoday.org/support-groups

Email HS-DBS@ucdavis.edu, 916-731-1610

Sacramento-South Area Support Group

2nd Thursday 10:00 – 12:00 p.m.

Asian Community Center

7334 Park City Dr., Sacramento, CA

Jerry Miyamoto 916-441-1020,

jmiyamoto72@gmail.com

David Teraoku 916-685-4162

SAN JOAQUIN COUNTY

Lodi Caregiver Support Group

3rd Monday 10:00 – 12:00 p.m.

Gracepoint Church

801 S. Lower Sacramento Rd., Lodi, CA

Charlene Martin 916-600-5769,

lodiparkinsonsgroup@gmail.com

Lodi Support Group

1st Monday 10:00 – 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

SAN MATEO COUNTY**Foster City Support Group**

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

SHASTA COUNTY**Redding Support Group**

1st and 3rd Friday 9:30 – 11:00 a.m.

(Coffee in Enterprise Park)

2nd Friday 1:30 – 3:00 p.m. (Regular meeting)

Anderson Church of Christ

3434 North Street, Anderson, CA

Kim Hawkins 530-945-7628,

kim.reddingpsg@gmail.com

SIERRA COUNTY**Loyalton Support Group**

Betty Ferguson 530-993-4002, fergi45@gmail.com

SOLANO COUNTY**Benicia Support Group**

2nd Saturday 10:00 – 11:30 a.m.

Benicia Lutheran Church,

201 Raymond Drive, Benicia, CA

Bradford Miller 707 515-9216,

bradfordmiller807@gmail.com

Vacaville Support Group

4th Wednesday 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, johnalonso2@gmail.com

SONOMA COUNTY**Sonoma County Support Group**

2nd Saturday: Speaker 1:00 – 2:00 p.m.

Breakout groups 2:00 – 3:00 p.m.

Christ Church United Methodist

1717 Yulupa Avenue, Santa Rosa, CA

Tess Lorraine 707-363-7936, tesslorraine@me.com

Marc Alexander 707 431-8767,

malexander109@comcast.net

Sonoma County Caregiver Support Group

1st and 3rd Fridays 10:45 – 12:15 p.m. (Zoom)

Marie Kay Hansen, briza1@comcast.com

Sonoma County Women with Parkinson's Group

3rd Wednesday 12:30 – 2: p.m. (Zoom)

STANISLAUS COUNTY**Modesto Support Group**

3rd Wednesday 1:30 – 3:30 p.m. (Zoom)

Beth Bollinger 209-668-9434,

sdboyandcagirl@hotmail.com

SUTTER, YUBA AND COLUSA COUNTIES**Tri County Support Group**

2nd Monday 1:00 – 2:00 p.m.

Sutter North, 969 Plumas Street #208, Yuba City, CA

Susan Vantress 530-701-0039,

Suze2u@hotmail.com

Victoria Baker 925-864-1978,

Victoriabaker530@gmail.com

YOLO COUNTY**Davis Care Partners Support Group**

2nd and 4th Thursdays 11:00 – 12:30 p.m.

Davis City Park, B Street, Davis, CA

Karen Eagan 530-564-4323,

kareneagan747@gmail.com

Davis Support Group

3rd Thursday 1:30 – 3:00 p.m.

Davis Senior Center, 646 A Street, Davis, CA

Susan Curry 530-304-9927, smcurry@sbcglobal.net

Woodland Support Group

1st Wednesday 1:30 – 3:00 p.m.

Woodland Community Center

2001 East Street Woodland, CA

Steve Briscoe hellostevebriscoe@gmail.com

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.

Grass Valley and Nevada City Parkinson's Group

The Sierra Shakers

Prior to 2020, Grass Valley had a well-established Parkinson's group that met under the guidance of Nancy Lockwood at Atria, and there were local classes in Rock Steady Boxing, and BIG and LOUD exercises. Then in 2020, Covid hit! All classes and group gatherings went away.

A group of us, who had attended the Rock Steady Boxing, met together to exercise via Zoom. Gradually we worked out an exercise program, and thanks to Ken Hale, Dee Samuels and Steve Upton, we ended up with 5 recorded 1-hour classes covering stretching, BIG and LOUD movements, strength building, and boxing. We still work out together 5 days a week. As word got out, other people with Parkinson's from outside our area have also joined our group.

In early 2021, after much conversation, I decided to start a support group – the Sierra Shakers was born! We met via zoom and invited different speakers to join us, including a physical therapist, doctors, a palliative care specialist and a fitness instructor. We also watched and discussed

recommended videos. We also meet quarterly at a local restaurant for lunch outside in their garden. As Covid started to settle into a rhythm, Eskaton kindly agreed to let us meet there in person (with masks). Our first in-person meeting in June attracted 18 people, including a couple from Eskaton and some members of the old group, plus several via Zoom. My husband is our technician, ironing out the kinks of live streaming on zoom in conjunction with the in-house meeting.

Our group continues to grow, and we have just formed a care partners group. Both groups meet once a month. It is rewarding to watch new friendships forming, and knowledge of Parkinson's increasing. We are planning to meet for lunch soon, and hopefully hold a BBQ in the fall. Come join us!

Jennifer Westoby
530-268-2563



PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA
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