



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."

Today, Jim is the Co-Facilitator of the Arden Arcade Support Group.



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

The Parkinson Association of Northern California is dedicated to helping people and families who are affected by Parkinson's disease and related conditions.

For more information or to speak with someone, please contact:

PANC Office
916-357-6641

To find a support group
Online: Panctoday.org
or call 916-357-6641

To donate
Call the PANC office, mail a check to the address below or go online to Panctoday.org



BRIDGING THE GAP
MEETING THE NEED

The Bridging The Gap Meeting the Need Project is made possible with generous support from Abbott DBS, AbbVie and Supernus Pharmaceuticals



Contact PANC Today

CALL: (916) 357-6641

EMAIL: panc@panctoday.org

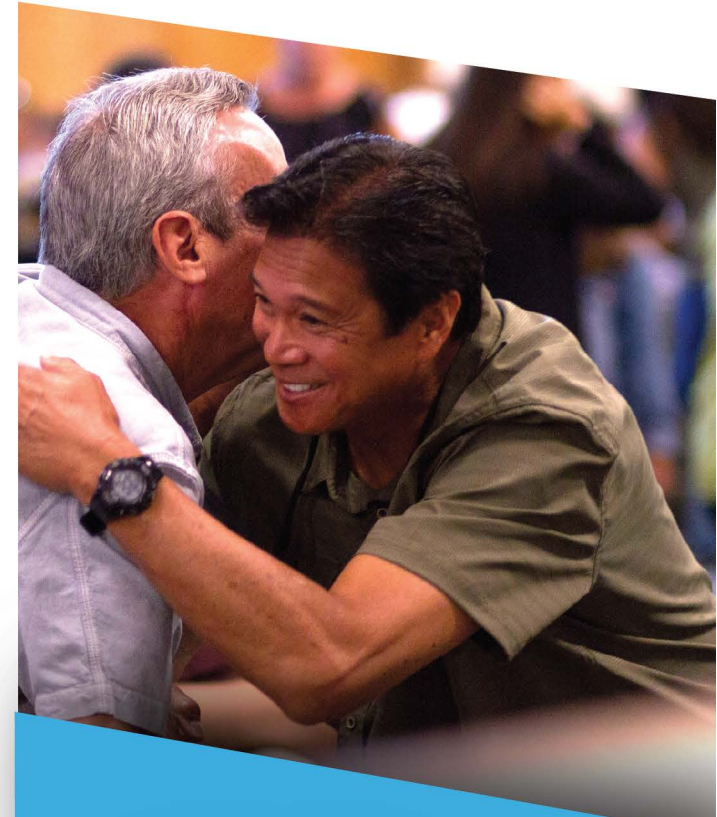
WEB: www.panctoday.org

ADDRESS: 1026 Iron Point Rd #1046
Folsom CA 95630

Parkinson Association of Northern California is a registered 501(c)(3) not for profit organization. Our EIN is 68-0372037.



BRIDGING THE GAP
MEETING THE NEED



Helping YOU Live with Parkinson's

INFORMATION - FELLOWSHIP - SUPPORT



Parkinson's disease support groups
in Northern California

An affiliate of the Parkinson
Association of Northern California



Parkinson Association
of Northern California



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 and shorter steps, as well as balance issues. Many unseen changes may also occur, including anxiety, apathy, depression, loss of smell, and constipation. Each person affected has a unique experience with differing symptoms and rate of change. Fortunately, increasing research is yielding more medications to help alleviate these challenges.

People with Parkinson's do better when they are physically active, eat a healthy diet, and stay connected with family, friends, and their 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 people who are also dealing with Parkinson's, including their Care Partners and families, can give support, encouragement and hope..



Local Support

PANC helps people with Parkinson's, Care Partners, and caregivers through our 36+ Northern California Support Groups. These 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 wide variety of Parkinson's related topics, and share what helps them on their Parkinson's journey.

The Parkinson Association of Northern California's Medical Advisory Panel (MAP), is a unique model bringing together a multi-disciplinary group of medical professionals from Sacramento's four major healthcare systems: UC Davis, Dignity Health/Mercy, Sutter Health and Kaiser Permanente.

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

About PANC

PANC has been a fixture in the Northern California Parkinson's Community since incorporation in 1996. What began as a small support group meeting in an Arden Arcade garage has now become the area's leading network of support, education and awareness. The board, staff, volunteers, medical professionals, and area 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*
- Online Educational Library
- ParkinsonWISE® Training
- *The Parkinson Path* Newsletter
- Research Opportunities/News

*Restrictions apply