



# 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](mailto:Sharon@panctoday.org)

## Parkinson's Disease Related Excessive Daytime Sleepiness and Fatigue

By Ehsan M. Hadi, MD, MPH. Dignity Health

Parkinson's disease (PD) traditionally has been known for its motor symptoms. A significantly neglected aspect of PD are the non-motor symptoms. For the best quality of life with PD, both motor and non-motor symptoms need to be addressed and regularly monitored.

One of the notable non-motor symptoms is sleep disorders. Sleep related abnormalities can develop years before the motor symptoms come on. Sleep disorders can include, dream acting out behaviors (REM behavior), sleep apnea, difficulty falling and/or staying asleep, excessive daytime sleepiness (EDS), fatigue etc.

EDS is defined as, inappropriate or undesirable sleepiness during waking hours, whereas fatigue is a sense of physical tiredness or lack of energy. As with lack of sleep, being overly sleepy during the day can affect physical functionality—leading to accidents, difficulty socializing and altering mood and thinking processes. It is essential to discuss EDS and other sleep issues with your clinicians who can appropriately screen, monitor and help manage these symptoms.

Treatment of sleep disorders should be holistic, involving both non-pharmacological and pharmacological approaches. Non-pharmacologic approaches to treatment include identifying underlying triggers, lifestyle modification (including regular sleep schedule and exercise), light therapy, cognitive behavioral therapy, increasing socialization and mentally stimulating activities, addressing hypotension (drops in blood pressure) and using natural supplements. Pharmacologic interventions include



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

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## Message from the Executive Director

Dear Friends,

As the Executive Director of this organization, I have the privilege of meeting many incredible individuals and families living with Parkinson's disease. And I want to take a moment to say something that comes from the bottom of my heart:

### You inspire me. Every single day.

In the face of a diagnosis that brings uncertainty and challenge, you continue to show remarkable strength, resilience, and grace. I've seen you walk into support groups with courage, share your story with honesty, and lift each other up with compassion. I've watched as you embrace therapies, stay active, ask questions, and advocate, not just for yourselves, but for everyone impacted by this disease.



Jan Whitney, Executive Director for PANC

### You redefine what it means to live with purpose.

I've met artists who continue to paint, dancers who still move with beauty, and caregivers who love fiercely. I've witnessed the power of community in your laughter, your willingness to try, and your refusal to give up. And it reminds me—every time—what true bravery looks like.

### You are not defined by Parkinson's. You are defined by your spirit.

You show us all how to keep going when things are hard, how to ask for help when we need it, and how to keep finding joy, even in the face of struggle. That's not just inspiring, it's life changing.

Please know that PANC is here for you, and because of you. You motivate us to work harder, to listen more closely, and to never lose sight of the humanity at the heart of our mission.

Together, we will continue to raise awareness, fight for better treatments, and watch and support with hope towards a cure. But today, I just want to say thank you, for your courage, your heart, and your incredible example.

With deep respect and admiration,  
Jan Whitney

**"Together, we will continue to raise awareness, fight for better treatments, and watch and support with hope towards a cure. But today, I just want to say thank you, for your courage, your heart, and your incredible example."**

JAN WHITNEY, EXECUTIVE DIRECTOR FOR PANC

## PANC Board of Directors: Comings and Goings

Thank you to our longtime veterans on the Board whose terms have ended after many collective years of service to PANC. We honor **Chris Chediak**, **Christine Grmolyes**, **Danielle Hand-Nicholls**, and **Ralph Sett, M.D.** for their incredible commitment to the mission of PANC. A deep gratitude for your devotion and significant efforts to improve and serve our PD family. We look forward to seeing you at support groups, events, and the Annual Conference in October!



Also, kudos to **Myron Jantzen** who has moved from serving a 3-year term as President to the Immediate Past President position. **Harry Starkey** is now serving as PANC's President and **Jennifer Westoby** joined the executive leadership of PANC as Vice President.

Welcome to **Anders Bostrum**, **Tom Cadman**, **William "Gray" Medlin**, and **Edna Ochoa** who were elected to the Board in April. Each has great enthusiasm and abilities that will serve PANC's constituents and efforts. Tom is already visiting community and non-profit events to get our work known and Edna has started two Veterans support groups. Anders is providing a legal eye and Gray is lending his corporate business experience to the cause.

**Carolyn Loveridge** (Secretary), **Ted Norris** (Treasurer), **Katelyn Epstein**, **Vanessa Greyion**, **Kristina Hart, D.O.**, **Kim Hawkins**, and **Chris McIlwain** are continuing with their terms and PANC contributions as well. To learn more about each Board member, visit [www.panctoday.org](http://www.panctoday.org) "about us."

PANC Board Members, current and past, all have one thing in common: a heart and passion for helping our NorCal community who are affected by Parkinson's disease. They make the programming and financial decisions that drive the organization plus put in the effort to get programs and services available to its constituents. Thank you all for your volunteer service. We truly wouldn't be a "community for the journey" without you.

## Parkinson's Disease Related Excessive Daytime Sleepiness and Fatigue

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discontinuing or minimizing day time sleep inducing medications, adjusting PD medications to minimize side effects, using medications to improve nighttime sleep and considering wakefulness promoting agents such as caffeine, Modafinil etc. Oftentimes a combination of both pharmacological and non-pharmacological approaches may be most beneficial.

Recognizing and treating EDS as a symptom of PD and not just "getting older" can lead to treatment which can promote an overall better quality of life. Individualized treatment plans are essential, as the best approach will vary depending on the specific cause and severity of the sleep disorder. As always consult a healthcare professional before making any changes to medication or starting new treatments.



## Young Table Tennis Champions Coming to the PANC Conference

In a world often focused on records and rankings, Tanvi and Aarav Desai – siblings, U.S. National Team members, and national-level table tennis players – are proving that greatness is defined not just by titles, but by impact. Tanvi and Aarav will be showcasing demonstrations of their sport in the exhibition lobby at the PANC Conference in October!

Tanvi, a 14-year-old freshman about to begin High School, and Aarav, a 7th-grade middle schooler, both from Dublin, California, have trained for over six years in competitive table tennis. They are now using their platform to make a difference through their youth-led initiative, Table Tennis for Life for Parkinson's. What started as a small act of service has blossomed into a trusted and effective community program.

Table tennis has emerged as a scientifically supported therapy for individuals living with PD. According to various studies, regular table tennis practice can lead to improvements in motor symptoms, including better posture, reflexes, and hand-eye coordination. Research also suggests that the sport helps enhance executive brain functions, attention span, and decision-making speed – all areas commonly impacted by the disease.

Through Table Tennis for Life, the Desai siblings run weekly sessions that bring this science to life. Held at Micro Motion Table Tennis Academy in Pleasanton, CA, the sessions are structured to be therapeutic yet fun.

Each one incorporates controlled movement patterns that reinforce bilateral coordination, eye-hand reflexes, rhythmic stepping, and postural control. The environment encourages not just physical rehabilitation but emotional uplift. “We’ve seen participants go from shaky hands to stable strokes,” says a volunteer. “It’s not just physical. It’s deeply emotional.” A participant said, “I didn’t think I could still enjoy something new. But table tennis makes me feel alive again.”

Their Parkinson’s initiative has already reached over 500 people with Parkinson’s, many of whom report improvements in balance, reduced tremors, increased confidence, and renewed social connection. They shared, “We’ve seen people who once struggled to move steadily now rally with strength and laughter.”

At its core, Table Tennis for Life is about far more than improving reflexes or balance – it’s about restoring what PD often threatens to take away: joy, connection, confidence, and hope. Tanvi and Aarav are determined to reach even more individuals living with the disease – one rally, one session, and one smile at a time. They are not only rewriting the narrative of youth leadership but also proving that healing can come from a paddle, a ball, and a heart full of purpose. To learn more, visit [www.tabletennisforlife.org](http://www.tabletennisforlife.org)



# PANC's Popular Conference Registration

## Open Now!

It's that time of year! PANC's popular annual education conference is coming soon! The theme this year is, "Attitude is Everything: Strategies for Success."

The cost to attend is just \$40 for in-person attendees (includes lunch) and \$25 for virtual attendees through September 30. The prices increase by \$10 on October 1. Tables near the stage can also be reserved for up to 8 people. Visit [www.panctoday.org](http://www.panctoday.org) to learn more and register.

Learn from experts on strategies for optimal health and attitude when living with PD. Network with PD community friends and learn about products, services, and medications to support moving forward with courage and hope.

### The agenda for this year's event is:

- Approaches to Care Partnering
- Keynote Speaker Kat Hill
- Tailoring Speech & Swallow Techniques
- Movement Breaks
- GI/GU & Pelvic Health Strategies
- Psychology of Parkinson's: Living Well Today & Tomorrow
- Lunch & Vendor Tables
- Laughing with JoeyC
- Revisiting Dopamine
- Panel Discussion: Innovation Advancements that Help
- Panel Discussion: Movement Disorder Neurologists Q&A

### Sponsor and exhibitor opportunities are available!

Email Jan Whitney at [jan@panctoday.org](mailto:jan@panctoday.org) for information and participate.



## PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA

### REGISTRATION NOW OPEN

Early-bird registration (ends September 30)  
In-Person: \$40 (lunch included); Virtual: \$25

## OCTOBER 18, 2025

The Roebbelen Center @ the Grounds  
Placer County Fairgrounds, Roseville, CA  
8 am Registration; 9 am - 3 pm Program

### Topics Include:

- Approaches for Care Partnering
- Tailoring Speech and Swallow Techniques
- GI/GU and Pelvic Health Strategies
- Psychology of Parkinson's: Living Well Today and Tomorrow
- Revisiting Dopamine
- Panel: Technology Advancements that Help
- Panel: Movement Disorder Neurologists Q&A

### KEYNOTE SPEAKER KAT HILL

Speaker, podcast host, co-author of *Being Well with Chronic Illness*, and person living with Young Onset Parkinson's Disease.



**VISIT [PANCTODAY.ORG](http://PANCTODAY.ORG)**  
**QUESTIONS: 916-357-6641**



## University of the Pacific Capstone Students Serving PANC

From April through July, two University of the Pacific Occupational Doctoral candidate students completed their mandatory graduation Capstone programs on behalf of PANC.



Alyson (Aly) Chew's project was, "Adapt and Thrive: Parkinson's Training for a More Meaningful Life." Aly visited 17 PANC Support groups and shared the program that she developed about fall prevention, occupational therapy, and PANC with 330 people. She also created

three distinct new webpages on our website including her presentation, one about the various medical and alternative providers available to people with Parkinson's and another on adaptive equipment.



Christie Ledezma's project was, "Enhancing Health Literacy Among Spanish-Speaking Individuals Living with Parkinson's Disease." Christie's work included developing an entire website for the PANC inspired Rural Parkinson's Alliance. The site includes a plethora

of information about Parkinson's disease and services available for people with Parkinson's in rural areas, and specifically the Fresno area.

The PANC Staff and Board of Directors cannot express enough gratitude for the great strides that each made for the PANC organization and constituency during their tenure with us. We wish them a world of luck in the future — both are off to do amazing work in their respective communities.

## 7th World Parkinson Congress Phoenix, Arizona • May 25–27, 2026

The 7th World Parkinson Congress, also known as the WPC 2026, is returning to North America after ten years and will take place in Phoenix, Arizona from May 25 to the 27th, 2026. Members of the Parkinson's community are invited to join at one of the most uplifting fully inclusive international Parkinson's conferences. It opens its doors to neuroscientists, clinical researchers, clinicians (MD, RN, NP, PA, SW), rehabilitation specialists (PT, OT, SLP, MT), nutritionists, people with Parkinson's, care partners and others.

If you are touched by Parkinson's personally, treating people with Parkinson's, or working to cure it, the WPC is a meeting to add to your calendar.

Visit [www.wpc2026.org](http://www.wpc2026.org) to learn more.



# You Inspire Us!

Find the inspirational words listed and circle them.



ACHIEVE  
AMBITION  
CONFIDENCE  
COURAGE  
DETERMINED

EMPOWER  
FOCUS  
GROWTH  
INSPIRE  
MOTIVATION

PANC  
PASSION  
PERSEVERE  
POWERFUL  
PURPOSE

RESILIENCE  
SPIRIT  
STRENGTH  
UPLIFTING  
VISION



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January - June 2025

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\*\* Both General and BDOG Donation

# Regional Support Groups

For additional information, visit [www.panc.today.org](http://www.panc.today.org)

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](mailto:panc@panctoday.org)

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.

## BUTTE COUNTY

### Chico Parkinson's Support Group

4th Wednesdays (In person)  
Faith Lutheran Church, 667 E. 1st Ave., Chico  
2nd Wednesday 1:00 p.m. (Zoom)  
Bob Murray, 530-321-6157, [chicopdgroup@yahoo.com](mailto:chicopdgroup@yahoo.com)

## CONTRA COSTA COUNTY

### Brentwood -- Delta Shadow Boxers PD Support Group

1st Wednesday 2:00 p.m.  
Merrill Gardens Brentwood  
2600 Balfour Rd., Brentwood  
Sue Schnittker, 925-550-2756, [saresa@comcast.net](mailto:saresa@comcast.net)

## EL DORADO COUNTY

### Placerville Parkinson's Support Group

3rd Tuesday 12:30 p.m.  
First Lutheran Church, 1200 Pinecrest Ct., Placerville  
Larry Alver, 916-221-2524, [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

## HUMBOLDT COUNTY

### Humboldt Parkinson's CarePartner Support Group

1st and 3rd Wednesday 11:30 a.m. (Zoom)  
Rose Bond, 707-826-7764,  
[rosebond95524@suddenlink.net](mailto:rosebond95524@suddenlink.net)  
Lisa Bethune, 707-822-7923, [lisabe149@gmail.com](mailto:lisabe149@gmail.com)

### Humboldt Parkinson's Support Group

2nd Friday 3:00 p.m.  
Immanuel Lutheran Church  
3230 Harrison Ave., Eureka  
Every Wednesday 9:00 a.m. (Zoom)  
Tom Bethune, 707-822-7923,  
[thomasbethune@gmail.com](mailto:thomasbethune@gmail.com)  
Dave Kreuger, 707-298-9972,  
[dskreuger@suddenlink.net](mailto:dskreuger@suddenlink.net)  
Website <https://humboldt Parkinsons.com/>

## MARIN COUNTY

### Marin Parkinson's CarePartner Support Group

First Thursday 11:00 a.m.  
The Redwoods, 40 Camino Alto, Mill Valley  
Deb Thurlow, 415-302-0362,  
[marinparkinsonscarepartner@gmail.com](mailto:marinparkinsonscarepartner@gmail.com)

### Marin Parkinson's Support Group

First Thursday 11:00 a.m.  
The Redwoods, 40 Camino Alto, Mill Valley  
Rich Bowen and Deb Thurlow, 415-302-0362,  
[marinparkinsonscarepartner@gmail.com](mailto:marinparkinsonscarepartner@gmail.com)

## MENDOCINO COUNTY

### NEW GROUP

### Fort Bragg Parkinson's Support Group

1st Thursday 2:30 pm  
Redwood Coast Senior Center  
490 North Harold Street, Fort Bragg  
Susan Blackmer, (707) 758-4195,  
[sswanson26@gmail.com](mailto:sswanson26@gmail.com)

### Ukiah Parkinson's Support Group

3rd Thursday 10:00 a.m.  
Holy Trinity Episcopal Church  
640 South Orchard Ave., Ukiah  
Mary Hatfield, 707-391-7393, [hatfieldmj@pacific.net](mailto:hatfieldmj@pacific.net)

## MERCED COUNTY

### Merced Parkinson's Support Group

3rd Thursday (January - November) 10:00 a.m.  
Park Merced, 3050 M Street, Merced  
Amie Marchini, 209-384-3300,  
[amie@amiesseniorecare.com](mailto:amie@amiesseniorecare.com)  
Ashlee Runyan, [ashlee@amiesseniorecare.com](mailto:ashlee@amiesseniorecare.com)

## MONTEREY COUNTY

### Salinas Parkinson's Support Group

3rd Wednesday 5:00 p.m.  
Salinas Valley Health Medical Center  
450 E Romie Ln., Salinas  
Eileen Domalaog, 831-998-7554,  
[salinasvalleyspeech@gmail.com](mailto:salinasvalleyspeech@gmail.com)

## NAPA COUNTY

### Napa Valley Parkinson's Support Group

2nd Sunday 4:00 p.m.  
New Life Tabernacle, 2625 1st Street, Napa  
Colleen Winters, 209-602-1536,  
[cwinters@yahoo.com](mailto:cwinters@yahoo.com)

## NEVADA COUNTY

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

1st Thursday 10:30 a.m.  
Unitarian Universalist Community of the Mountains  
246 S Church Street, Grass Valley  
Jennifer Westoby, 530-268-2563,  
[SierrashakersPD@gmail.com](mailto:SierrashakersPD@gmail.com)

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

3rd Thursday 1:00 p.m.  
Nevada County Library (Gene Albaugh room)  
980 Helling Way, Nevada City  
Jennifer Westoby, 530-268-2563,  
[SierrashakersPD@gmail.com](mailto:SierrashakersPD@gmail.com)

### Truckee Parkinson's Support Group

1st Friday 1:00 p.m.  
Levon Professional Building, Ste 102  
10833 Donner Pass Road, Truckee  
Ellen Roumasset, 650-759-3666,  
[dr.eroumasset@gmail.com](mailto:dr.eroumasset@gmail.com)  
Wellness Center, 530-587-3769

## PLACER COUNTY

### Auburn Parkinson's CarePartner Support Group

3rd Tuesday 11:30 a.m. (Lunch and discussion group)  
Awful Annie's Cafe, 12460 Lincoln Way, Auburn  
Karen Hancock, 530-885-0950,  
[karen@hancockonline.net](mailto:karen@hancockonline.net)

### Auburn Parkinson's Support Group

2nd Tuesday 11:30 a.m. (Lunch meeting with speaker)  
Awful Annie's Restaurant, 13460 Lincoln Way, Auburn  
Karen Hancock, 530-885-0950,  
[karen@hancockonline.net](mailto:karen@hancockonline.net)

### Lincoln Parkinson's CarePartners Support Group

2nd Tuesday 10:00 a.m.  
Lincoln Community Church  
950 E Joiner Pkwy., Lincoln  
Charlotte James, [cjames4528@sbcglobal.net](mailto:cjames4528@sbcglobal.net)

### Lincoln Parkinson's Support Group

3rd Tuesday 10:00 a.m.  
Lincoln Community Church  
950 E Joiner Pkwy., Lincoln  
Christine Gmolyes, 916-769-0449,  
[christine@seniorcs.com](mailto:christine@seniorcs.com)

### Roseville Parkinson's Support Group-Maidu area

1st Tuesday 1:30 p.m.  
Maidu Senior Center, 1550 Maidu Drive, Roseville  
Dot Boyd, 916-799-1660, [dot@dotforseniorsafety.com](mailto:dot@dotforseniorsafety.com)

## SACRAMENTO COUNTY

### Elk Grove Parkinson's CarePartner Support Group

3rd Friday 10:15 a.m.  
Senior Center of Elk Grove,  
8230 Civic Center Dr., #100, Elk Grove  
Myron Jantzen, 916-804-6497, [mpjantzen@aol.com](mailto:mpjantzen@aol.com)  
Laura Copsey, 916-698-7622,  
[lauracopsey@gmail.com](mailto:lauracopsey@gmail.com)

### Elk Grove Parkinson's Support Group

3rd Wednesday 10:30 a.m.  
Senior Center of Elk Grove #100  
8230 Civic Center Dr., Elk Grove  
Myron Jantzen, 916-804-6497, [mpjantzen@aol.com](mailto:mpjantzen@aol.com)  
Sherry Reser, 916-320-7189,  
[SherryLReser@gmail.com](mailto:SherryLReser@gmail.com)

### NEW GROUP

### Elk Grove Veterans Parkinson's Support Group

3rd Thursday 3:00 p.m.  
The Park at Laguna Springs  
9670 Laguna Springs Drive, Elk Grove  
Edna Ochoa, 510-364-1219,  
[ednaochoa12@gmail.com](mailto:ednaochoa12@gmail.com)

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

1st and 3rd Fridays 11:30 p.m.  
Round Table Pizza, 1151 Riley St., Folsom  
Larry Alver 916-221-2524 [ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)

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

4th Monday 10:45 am (Hybrid in person and Zoom)  
Folsom Senior Center, 48 Natoma Drive, Folsom  
2nd Thursday 2:30 pm (Zoom)  
Donna Rixmann, 916-712-9642,  
[donna@yogapeace.net](mailto:donna@yogapeace.net)

### Sacramento Arden Arcade Parkinson's Support Group

4th Thursday 10:00 a.m.  
Come early for social time at 9:30am  
Dante Event Center  
2330 Fair Oaks Blvd., Sacramento  
Jon Marshack, 916-202-8331,  
[jon.marshack@att.net](mailto:jon.marshack@att.net)  
Barbie Light, 916-961-1867

### Sacramento Natomas Parkinson's Support Group

Last Wednesday of each month 2:00 p.m.  
Village at Heritage Park Assisted Living  
2001 Rose Arbor Drive, Sacramento  
Kristina Krieger, 530-677-6767,  
[kristina.krieger@brightstarcare.com](mailto:kristina.krieger@brightstarcare.com)

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

3rd Friday 12:30 p.m.  
Contact Jerry prior to meeting for meeting location  
Jerry Miyamoto, 916-441-1020,  
[jmiyamoto72@gmail.com](mailto:jmiyamoto72@gmail.com)

### Sacramento South Area Parkinson's Support Group

2nd Thursday 10:00 a.m.  
ACC Senior Center, 7334 Park City Dr., Sacramento  
Jerry Miyamoto, 916-441-1020,  
[jmiyamoto72@gmail.com](mailto:jmiyamoto72@gmail.com)  
David Teraoku, 916-685-4162

### NEW GROUP

### Sacramento Veterans Parkinson's Support Group

3rd Wednesday 3:00 p.m.  
Carlton Senior Living, 1075 Fulton Ave., Sacramento  
Edna Ochoa, 510-364-1219,  
[ednaochoa12@gmail.com](mailto:ednaochoa12@gmail.com)

### Sacramento Young Onset Parkinson's Support Group (For those diagnosed before age 50)

1st Tuesday 6:30 pm (typically)  
Call or email leaders to confirm location of meetings and social events  
Susan Lopez-Payan, 916-995-2047,  
[Sacyopd@hotmail.com](mailto:Sacyopd@hotmail.com)  
Danielle Hand-Nicholls, 916-837-5640,  
[Sacyopd@hotmail.com](mailto:Sacyopd@hotmail.com)

### SAN JOAQUIN COUNTY

#### Lodi Parkinson's CarePartner Support Group

3rd Monday 10:00 a.m.  
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi  
Charlene Martin, 916-600-5769,  
[lodiparkinsonsgroup@gmail.com](mailto:lodiparkinsonsgroup@gmail.com)  
[facebook.com/LodiParkinsons](https://facebook.com/LodiParkinsons)  
Website: [Lodiparkinsonsupport.org](http://Lodiparkinsonsupport.org)

#### Lodi Parkinson's Support Group

1st Monday 10:00 a.m.  
Gracepoint Church, 801 S. Lower Sacramento Rd., Lodi  
Robin Bray, 209-269-1080,  
[lodiparkinsonsgroup@gmail.com](mailto:lodiparkinsonsgroup@gmail.com)  
[facebook.com/LodiParkinsons](https://facebook.com/LodiParkinsons)  
Website: [Lodiparkinsonsupport.org](http://Lodiparkinsonsupport.org)

#### Stockton Parkinson's Support Group

4th Thursday 1:00 p.m.  
O'Connor Woods  
3400 Wagner Heights Rd., Stockton  
Lou Basinal, 916-832-3754,  
[loub@AgeInPlaceSacramento.com](mailto:loub@AgeInPlaceSacramento.com)

#### Tracy Parkinson's Support Group

3rd Wednesday 10:30 a.m.  
Lolly Hansen Senior Center, 375 E 9th Street, Tracy  
Kathryn Clark, 209 879-3108,  
[classieladyat63@yahoo.com](mailto:classieladyat63@yahoo.com)  
Vicki Park, [vpark@sbcglobal.net](mailto:vpark@sbcglobal.net)

### SHASTA COUNTY

#### Redding Parkinson's CarePartner Support Group

Every Tuesday 3:00 p.m.  
Dignity Health Connected Living  
100 Mercy Oaks Drive, Redding  
Kim Hawkins, 530-945-7628,  
[kim.reddingpsg@gmail.com](mailto:kim.reddingpsg@gmail.com)

#### Redding Parkinson's Support Group

1st and 3rd Fridays 9:30 a.m. (social meeting)  
2nd Friday 1:30 p.m. (general meeting)  
Dignity Health Connected Living  
100 Mercy Oaks Drive, Redding  
Kim Hawkins, 530-945-7628,  
[kim.reddingpsg@gmail.com](mailto:kim.reddingpsg@gmail.com)

### SOLANO COUNTY

#### Vacaville Parkinson's Support Group

4th Wednesday 1:30 p.m.  
McBride Center, 91 Town Square Place, Vacaville  
Rick Newman, 707-999-6845,  
[newman.rick@yahoo.com](mailto:newman.rick@yahoo.com)  
Mike Dick, 707-422-7414, [mikedick1@sbcglobal.net](mailto:mikedick1@sbcglobal.net)  
Sandy DeGeorge, 707-628-0156,  
[sandydegeorge@gmail.com](mailto:sandydegeorge@gmail.com)

### STANISLAUS COUNTY

#### Modesto Parkinson's Support Group

3rd Wednesday 1:30 p.m.  
Alzheimer's Dementia Support Center Inc., Suite B  
700 McHenry Ave., Modesto  
Linda Casale, (209) 214-5574,  
[lindacasale24@gmail.com](mailto:lindacasale24@gmail.com)

## THANK YOU TO THE RETIRING SUPPORT GROUP LEADERS.

**Karen Eagan** from the Davis CarePartners Support Group

**Maureen Olsen** from the Lodi PD Support Group

**Kati Rozak** from Roseville PD Support Group

**Betty Tronson** from the Arden Arcade Support Group

### SUTTER COUNTY

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

2nd and 4th Mondays 1:00 p.m.  
Adventist Community Conference Center  
989 Plumas Street, Yuba City  
Susan Vantress, 530-701-0039,  
[suze2u@outlook.com](mailto:suze2u@outlook.com)  
Brent Lether, 530-755-6421,  
[Brentman51@yahoo.com](mailto:Brentman51@yahoo.com)

### YOLO COUNTY

#### Davis Parkinson's Support Group

3rd Thursday 1:30 p.m.  
Davis Senior Center, 646 A Street, Davis  
Lowell Ashbaugh, 530-277-6722,  
[ashbaugh.lowell@gmail.com](mailto:ashbaugh.lowell@gmail.com)  
Ken Hale, 530-913-7068, [kenn.hale@gmail.com](mailto:kenn.hale@gmail.com)

#### Woodland Parkinson's Support Group

1st Wednesday 1:30 p.m.  
Woodland Community Center  
2001 East Street, Woodland  
Steve Briscoe, [hellostevebriscoe@gmail.com](mailto:hellostevebriscoe@gmail.com)

### ONLINE ONLY SUPPORT GROUPS

#### CarePartner Lunch Bunch Support Group

3rd Tuesday 11:00 a.m. (Zoom)  
Contact Group Leader for Zoom link  
Gain Saetern, 916-728-9333, [gsaetern@deloro.org](mailto:gsaetern@deloro.org),

#### Lewy Body Dementia Caregiver Support Group

2nd Thursday 10:00 a.m. (Zoom)  
Contact Group Leader for Zoom link  
Denise Davis, 800-272-3900, [denise.davis@alz.org](mailto:denise.davis@alz.org)

#### Post DBS Meeting (Only for those with an implanted Deep Brain Stimulator)

Monthly various times (Zoom)  
Information: 916-731-1610, [hs-dbs@ucdavis.edu](mailto:hs-dbs@ucdavis.edu)

#### Reunión de Apoyo en Zoom para Personas con Parkinson

Primer Martes de cada mes 12 :00 pm (Zoom)  
Póngase en contacto con Milly para obtener el enlace de zoom  
Milly Nuñez, [millyrn@yahoo.com](mailto:millyrn@yahoo.com)



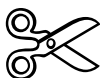


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