



PANC

UPDATE

Parkinson Association of Northern California

Community for the Journey -- September 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 Groups in Mount Shasta and Ansel Park

"What do we live for, if it is not to make life less difficult for each other?"
George Eliot

Conference Register and Information Click Here

PANC Conference -- Register Soon!

Guinness World Records Title Holder and
American Ninja Warrior Jimmy Choi & Others
Newly Added *More to Parkinson's* Panel!

Early-bird Pricing Ends September 30

Saturday, October 18 from 8 to 3 pm
Roebbelen Center, Roseville
In-person (includes lunch) Early-bird -- \$40 (through 9/30)
Zoom Early-bird rate -- \$25 (through 9/30)
Reserved Table for 8 -- \$400



CONFERENCE AGENDA

- Registration & Vendor Tables
- Welcome and Introductions -- Harry Starkey, Norika Malhado-Chang, MD, Jan Whitney
- Approaches to Care Partnering -- Lisa Mooney
- Keynote Speaker -- Kat Hill
- Tailoring Speech & Swallow Techniques -- Susan Whitaker
- Morning Break & Vendor Tables
- Movement Break -- Kathy Van Hoof

- More To Parkinson's -- Jimmy Choi and Others
- Fund-a-Need -- PANC's Respite Care Program
- Lunch & Vendor Tables
- Laughter with "JoeyC"
- GI/GU & Pelvic Health Strategies – Avani Parikh
- Panel Discussion: Innovation Advancements that Help –Moderated by Suketu Khandhar, MD; Panelists – Will Newby, Dot Boyd, & Sagar Vadaya
- Movement Break – Ignite Neuro Fitness
- Panel Discussion: Ask A Doctor: Q&A – Moderated by Norika Malhado-Chang, MD; Panelists Nick Thakur, DO; Ehsan Hadi, MD; Kristina Hart DO, Miguel Ruvalcaba, MD, & Eric Egli, PhD

Thank you to Kaiser Permanente who will be hosting a
free flu shot clinic in the Exhibit Hall

THANK YOU TO OUR 2025 CONFERENCE SPONSORS

PRESENTING SPONSOR



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Kaiser Permanente • Merz Therapeutics • Mitsubishi Tanabe Pharma America
NYNSOBIOMetrix • Sutter Health Valley Area

**If You Do One Thing,
Go to The PANC Conference!**

by KelliAnn Rubalcaba

If there is one event I look forward to every year as a daughter and care person for someone with Parkinson's disease, it's PANC's Annual Educational Conference.

My mother was diagnosed with Parkinson's disease over

10 years ago. While I'd never heard about this event prior to her diagnosis, I have since realized the positive impact this conference has had on my entire family's lives.

Being a young woman in my 20's trying to navigate work, school and being a care partner can be difficult, and I face challenges on many days. The diagnosis of Parkinson's is not just for the individual but also for the loved ones and family members -- it can be isolating for everyone involved. I do my best to find the balance of being a care person and daughter and am always searching for solutions on how best to do this.

Something that has helped support me in navigating this, is the annual conference.



This event provides an amazing opportunity for connection between people with Parkinson's, their care persons and the medical/service community. There is a plethora of information that provides inspiration about better treatments and new promising research. I also love that it does not matter where you come from, or what hospital or Doctor you go to, everyone is there to learn and share about findings, potential solutions, and foster a growing hope for what's ahead. When you live with Parkinson's, you can easily become lost between appointments, medications, and everything else that goes with this disease. However, the conference allows for a day to just enjoy time with others, be inspired, and be in an environment where everyone feels supported.

The information provided is fantastic and I always walk away feeling so inspired by the speakers who are living with Parkinson's who share their story. We look forward to learning from all the vendors, getting fun goodies, and having our passports stamped for the raffles. Those little things, while of course are fun, also serve a bigger purpose as they help foster conversations with vendors whose products and services could be life changing. Every year, I walk away feeling joyful and hopeful for what is to come. I leave with connections and support to lean into. My mom has also made new friendships and enjoys needed camaraderie that extends even after the event.

I truly cannot thank PANC enough for putting on such an incredible event. Whether you are a family member or a person with PD, newly or long ago diagnosed, **if you do one thing, I encourage you to go to the conference**, in person or by Zoom. It will open doors you did not even know you needed. I hope that one day in the future, I can be a part of PANC whether it is as a member of the Board of Directors or something else to contribute to such an amazing organization and the Annual Educational Conference. Don't miss it!

Sailing with Parkinson's

Studies indicate that sailing is a beneficial experience for people with Parkinson's disease because it promotes balance, coordination, and physical activity, while also reducing stress and improving mental well-being through connection with nature, teamwork, and social interaction.



The NorCal sailing community is developing a program to provide free sailing opportunities to those in the Parkinson's community. To help them plan, please answer the following question. (Answers are anonymous and you will not be contacted about your response.)

Are you interested in free gentle sailing opportunities led by certified sailing professionals?



PANC Staff News

Welcome Maria: PANC's New Business Operations Manager

PANC is growing! We're pleased to announce that PANC has added a dynamic new staff member to the team. Welcome Maria who comes to PANC with a background working in non-profits and disability programs, with a wide set of administrative capabilities, she is bilingual and has a giant heart. Maria was added to the team to help guide the next phase of the organization's evolution.

From Maria, "As a mother, daughter, and granddaughter, I believe strength comes from family and community. With an accounting background, I'm proud to serve as the business operations manager with PANC where I can deliver both care and dedication to support those of you living with PD and your loved ones. I look forward to meeting you and making PANC as great as it can be."

Apple iPhone's Image Stabilization Feature Is Helpful for People with PD

Apple's iPhone and image stabilization feature is touted to improve the quality of videos and photographs shot by people with Parkinson's who are experiencing tremors. [This video on YouTube](#) shows how the feature is so helpful with an uplifting message at the end. Check it out if you have an iPhone.



Update Emails Forwarding

The PANC *Update* has become a useful source of information and services for our Parkinson's Community. Just a heads up that with the email system that we use, if you forward the *Update* to friends/family, and someone from that forward **Unsubscribes** from that forward, **your access to the e-newsletter is permanently removed**. (This is the security system of the email product that we use.)

If you are not receiving the monthly e-newsletter or want to get someone added, please call PANC at 916-357-6641 or [email the team here](#) and provide the name and email address. You can unsubscribe from it at any time should it no longer be relevant.

Community Events

Discover Mindfulness for Parkinson's Zoom Series Starting in October



The Introduction to Mindfulness for Parkinson's series, led by long-time PANC Support Group leader and yoga instructor Donna Rixmann, is taking place via Zoom from October 3rd through November 7th. Join for 6 uplifting sessions every Friday from 11:00 am to 12:15 pm. Space is limited to 18 participants. Plan to attend all sessions if possible as each session builds upon the last.

This series is designed specifically for people living with Parkinson's and their care partners. You'll learn practical mindfulness tools and short meditations to help navigate the daily challenges of Parkinson's with greater calm and clarity. We'll explore mindfulness of breath, body, thoughts, and emotions, cultivating kindness and compassion toward yourself and others; and practical ways to work skillfully with difficult feelings. Classes are offered by donation at the end of the series making this opportunity accessible to all.

To learn more and register, [click here](#) (click the 'Mindfulness' tab) or contact Donna directly at 916-712-9642 or by [email here](#).

Free Dance for Parkinson's Series in Modesto Starting September 24

Join a unique and uplifting dance class series designed specifically for individuals living with Parkinson's. These sessions are led by Rose Lape, a PD trained dance instructor and feature the vibrant energy of live drumming by local musician, Dave Rogers. This is a rhythmic and supportive environment that encourages movement, coordination, and joy. No prior dance experience is needed, with all ability levels welcome. Come move, connect, and have fun! [Click here](#) for additional information and to register.

Boys of Summer: Celebrating Dan Cochrane's Heroic Journey in Pleasant Hill on October 3

Join an evening of stories, song, laughter, and love with Dan Cochrane, the co-star of the award-winning *Boys of Summer* documentary series. This free event will take place at the Diablo Valley College, at 321 Golf Club Road in Pleasant Hill. The doors open at 6:30pm and the show begins at 7. Please RSVP at www.bosmovie.com. Bring your heart, voice, and sense of humor!



Clinical & Research Studies

Arise: A Study Aimed to Treat Advanced Parkinson's Progression

Promising strides are being made in PD research every day. By participating in a clinical trial, people living with Parkinson's disease help researchers gain invaluable insight to better understand the condition and offer renewed hope for people with Parkinson's everywhere.

The ARISE study is evaluating an oral medication called solengetras (CVN424) for people with Parkinson's disease experiencing motor symptoms that aren't well controlled. Sponsored by Cerevance, the study aims to assess whether solengetras can reduce "off" time, the period of when symptoms return despite medication, and improve "on" time without dyskinesia.

Lasting about 12 weeks, the study is enrolling individuals age 30+ who have been diagnosed with Parkinson's disease, experience at least three hours of daily "off" time and

are on stable Parkinson's medication.

[Learn more about the study and see if you qualify to join here.](#) Cerevance will also have a table at the PANC Education conference if you are interested to learn more there.

Do You Currently Experience or Have You Experienced Menstruation While Living with PD?

Dr. Desai and Dr. Reaume from the University of the Pacific's Occupational Therapy Department invite you to participate in a research study that seeks to understand the lived experience of menstruating people with Parkinson's. Your participation will help rehabilitation professionals better understand your needs and be able to provide appropriate care. [Click here for the informational flyer.](#)

Equipment Exchange Options

PANC's Equipment Exchange has the following available:

- **Theracyle 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.



Do You Know About the 211 Phone Number & It's Services?

211 is a confidential and free phone service in the United States and Canada that connects people with essential community services and resources. It's available 24/7 in most areas and is run by United Way, local non-profits, or local governments.

What 211 Helps With

211 can assist finding help for:

- Housing & Shelter
 - Emergency shelter
 - Affordable housing
 - Rent assistance
- Food
 - Food pantries
 - Meal programs
 - SNAP (food stamps)
- Utilities
 - Help paying electric, gas, or water bills
- Health Care
 - Mental health support
 - Substance abuse treatment

- Free/low-cost clinics
- Employment & Education
 - Job training
 - Resume help
 - GED programs
- Crisis Support
 - Domestic violence
 - Suicide prevention (they may refer you to 988)
 - Disaster relief (e.g., after storms, fires, floods)
- Support for Seniors, Veterans, and People with Disabilities

How to Use It

- Just dial 2-1-1 from your phone
- Or visit 211.org for more resources and online chat (U.S. only)

Caregivers: How to Prepare Your Loved One(s) for an Emergency Situation



Emergency preparedness often gets overlooked when you're absorbed in the day-to-day work of caregiving. This is especially true in California. Compared to a lot of the country, California is known for relatively low risk for extreme weather, so emergency preparedness doesn't always take top priority. But emergency situations happen. In fact, there are a lot of situations (both external events and inside the home) that you as a caregiver will want to prepare for to ensure the safety and well-being of your loved one during emergencies.

[Click here to learn how to prepare for an emergency situation](#) for caregivers caring for aging or ailing adults.



The Passing of Dr. David Dozier

We bid farewell to Dr. David Dozier whose journey of life gracefully concluded on August 20 at the age of 88. Dr. Dozier was a neurologist in the Sacramento area and a founding member of PANC. He faithfully served the organization for many, many, years and it wouldn't be what it is without his significant dedication of time and effort to the

cause.

Past and current PANC Board and Medical Advisory members are invited to attend David's memorial service on Sunday, September 21 from 2 to 4 pm at The Firehouse in Sacramento.

September Free Webinars

Wednesday, September 17 at 10am

Parkinson's Medications 101 with the Parkinson's Foundation

Gain a deeper understanding of how medications work, their intended benefits, and common side effects. Plus, the natural progression of Parkinson's and the changes in

medication regimens that may be necessary over time.

[Info and Register Here](#)

Wednesday, September 17 at 11am

The Brain-Body Connection: Why Exercise Matters in Parkinson's with Parkinson Canada
How physical activity supports motor function, mood, and can even slow symptom progression, and offer practical tips to help make movement an integral part of your Parkinson's care plan.

[Info and Register Here](#)

Thursday, September 18 at 9am

Talking About Disease-Modifying Therapies for Parkinson's with the Michael J Fox Foundation

An expert panel will discuss disease-modifying therapies and share the latest ways scientists are trying to either support healthy brain function or intervene in how PD affects the brain.

[Info and Register Here](#)

Thursday, September 18 at 11am

The Gut-Parkinson's Connection with the American Parkinson Disease Association
How inflammation in the gut can affect the brain, gut symptoms that may be related to PD, what the microbiome is and how it might influence the development of PD, and potential tips for a healthier gut.

[Info and Register Here](#)

Saturday, September 20 from 7-11:30am

Progress & Possibilities Conference with the Parkinson's Foundation

Expand your Parkinson's knowledge and learn practical strategies and insights.

[Info and Register Here](#)

Monday, September 22 at 11am

Understanding Smell Loss in Parkinson's with the Parkinson Society of British Columbia
This session will discuss research on the link between olfactory dysfunction and Parkinson's, including how smell loss develops, its potential as an early warning sign, and what this could mean for earlier diagnosis and treatment. Also, emerging therapies and technologies aimed at restoring the sense of smell, offering hope for improved quality of life and potentially slowing disease progression.

[Info and Register Here](#)

Wednesday, September 24 at noon

It Might Not Be Depression: Demoralization in Parkinson's with PMD Alliance
Co-authors of a recent study on demoralization in PD will share their findings, as well as their recommendations for discussing demoralization with your doctor.

[Info and Register Here](#)

Thursday, September 25 at 11am

Voice & Speech Strategies in PD with the Parkinson's Community of Los Angeles
Strategies for managing voice and speech issues with PD.

[Info and Register Here](#)

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

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