



PANC

Parkinson Association of Northern California

UPDATE

Building Community for the Journey -- March 2025

**PANC SUPPORT GROUPS
HERE**

"May the blessings of each day be the blessings you need the most."
Irish Blessing



**Cancel Out Parkinson's Registration and Donations
Here**

8th Annual Walk to Cancel Out Parkinsons

Saturday, April 5 from 9 to 11:45 am
Maidu Park, Roseville

T-shirts included with registrations through March 22

The 8th Annual Robert G. Smith Walk to Cancel Out Parkinson's to benefit PANC on Saturday April 5 is coming up! The courses are ADA friendly and only .65 and 1.48 miles. Visit the vendor fair including innovative and fun mobility devices from McIlwain Mobility.

Register for the walk by March 22 and receive a complimentary t-shirt. Lunch is included for all in-person attendees. Our new virtual walk gives you the opportunity to support in the way that you are best able. A family-friendly event and a great way to help PANC provide services and support to people with Parkinson's and their care partners throughout NorCal.

Thank you sponsors!

Captain Sponsors:



Sergeant Sponsors: Higgins Diggins Lions ● McGinness Solutions, Inc.

Deputy Sponsors: Auburn 49ers Lions Club ● Boston Scientific
McIlwain Mobility ● NuMotion Mobility ● Weintraub Tobin

Much Needed Support Through Respite Care: Pay It Forward

by Maureen Olsen

My husband was diagnosed with Parkinson's (PD) over 20 years ago. Many of those years were good – we kept on living our usual lives and adjusted as necessary.

For most of that time, all seemed fine, until it wasn't! As his PD progressed and the threat of his falling became worrisome, it weighed heavily on me. We could do less outside of our home and our lives became smaller. I handled most everything including our physical, social and emotional needs plus finances, appointments, and housekeeping. It was a challenge, for sure, and both of us could forget the loving patience we had practiced throughout our marriage.

It took a while in this cycle of overwork and my husband needing full-time care to realize that I had to take better care of myself so I could give my husband the best care that he deserved. This is when I found respite care and it literally came to my rescue!

Respite care provides short-term relief for primary caregivers, giving them time to rest, refuel and recharge.

It can be as little as a few hours when a qualified professional stays with my husband while I "get away" such as going to lunch with a friend, taking a walk, seeing a movie, and of course running the errands that can be challenging to do. It can also be as simple as closing a door and taking a nap! I find I am often refreshed enough by just a few hours of respite that I can bring new energy to make our lives as good as possible. It's now a part of my commitment to take care of myself so we both can be at our best.

In-home care can be costly, on top of medical and other expenses. I am so grateful for my first experience with respite care which was from a grant provided by PANC. PANC donations alone fund these grants that are disbursed directly to regional CRC's (state-funded Caregiver Resource Centers) so I know a qualified individual is in our home and I am at peace doing what I need for me.

Due to funding limitations, PANC has limited amounts of these grants available each year and sometimes there is a wait list to receive them. For those that can pay it forward, this is an incredible cause to support financially. I can attest to how many lives are completely changed for the better by donations made for respite care. \$600 covers one whole grant and any amounts contributed are very welcome.

Outside of PANC, there are other agencies that provide respite care grants. Contact your local CRC representative ([search here](#)) to inquire what might be available for you.



Respite care helps caregivers maintain an even keel, keeps them mentally and physically healthy, and provides much needed emotional refreshment so they can be positive and enjoy time with loved ones. The PANC respite program was a life saver for me and my husband and there are so many caregivers like me who need help. Please consider donating to PANC's Respite Care program – you will be making a difference that literally saves lives. Thank you!

[PANC Respite Info and Donations Here](#)



Kick Off Parkinson's Awareness Month with a History Lesson

A Lesson in Parkinson's History (Zoom)

Tuesday, April 1 from 10 - 11 am PST

Speaker: Joseph Imbs, DO, Movement Disorders Specialist from Houston Methodist

[Click here to register](#)

The Parkinson Association of Northern California is a proud member of the Independent Parkinson's Network (IPN) which is hosting this live webinar to learn about James Parkinson and the evolution and treatment of the disorder named in recognition of his early work. The program is sponsored by Abbvie.

IPN is a consortium of local independent organizations that leverages their collective resources, knowledge, and expertise to achieve greater impact within the local communities served.



Parkinson's Awareness Month

April is recognized as Parkinson's Disease Awareness Month. It is dedicated to raising awareness about Parkinson's disease and supporting those affected by it.

The red tulip with a white fringe is the official symbol of Parkinson's disease. It was introduced as the international symbol on April 11, 2005, during the 9th World Parkinson's Disease Day Conference in Luxembourg. Chosen as a symbol of hope for those with Parkinson's, the tulip was developed by Dutch horticulturist J.W.S. Van der Wereld, who had Parkinson's himself. He named it the 'Dr. James Parkinson' tulip to honor the English surgeon who first described the disease in 1812.

[Parkinson's Month Regional Events](#)

- Cancel Out Parkinson's Walk -- April 5, Maidu Park in Roseville ([here](#))
- Comedy In the Barn for Parkinson's -- April 10, Rocklin ([here](#))
- Redding Support Group Parkinson's Conference -- April 11, Redding ([here](#))
- Benicia Parkinson's Rally -- April 12, Benicia ([here](#))
- Parkinson's Support Group of Sonoma County: A Journey Through Parkinson's; What I Didn't Say (theater) -- April 13, Santa Rosa ([here](#))

2025 PANC CONFERENCE -- SAVE THE DATE!

A promotional poster for the PANC 2025 Annual Education Conference. The top half features a photograph of a panel discussion on a stage with five speakers. A large circular logo on the left contains the PANC logo and the text 'PANC ANNUAL EDUCATION CONFERENCE 2025 October 18, 2025'. The background is a mix of blue and yellow geometric shapes.

PANC
ANNUAL EDUCATION
CONFERENCE
• 2025 •
October 18, 2025

OCT 18, 2025

8:00 am Registration
9:00 am - 3:00 pm Program

**The Roebbelen Center
@ the Grounds**

Placer County Fairgrounds
700 Event Center Dr., Roseville, CA

**Learn from engaging
speakers, connect with
community, discover new
resources, and so much more**



Dance and Parkinson's Go Hand-in Hand!

The Sacramento Ballet has been incredibly supportive of PANC and the Parkinson's community over the years. They have provided numerous complimentary tickets for PANC event prizes.

Did you know that dance is great for Parkinson's (PD)? Dance is beneficial for PD because it improves motor and non-motor symptoms, including balance, gait, mood, and quality of life. It provides social stimulation and support including reducing depression. Dance stimulates cognitive functioning and uses music as an external cue to facilitate movement plus it stretches and strengthen muscles, increases flexibility, and contributes to aerobic stamina.

The infamous Mark Morris Dance School for Parkinson's is located in New York City, and they have Zoom classes [available here](#). Look for other PD dance classes in your area and online.

The Pamela Trokanski Dance Theatre offers free classes for people with PD in Sacramento and Davis. Their Spring session will run from April 1 to June 3 in Davis and April 2 to June 4 in Sacramento. Email [Robin Carlson here](#) if you are interested and want to learn more.

World Parkinson's Conference In Phoenix Next May

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.

The 7th World Parkinson's Conference (WPC) is an international forum for dialogue on the latest scientific discoveries, medical practices, and care partner initiatives related to Parkinson's disease (PD). It is a non-political and non-profit organization concerned with the health and welfare of people living with PD and their families and caregivers.

The event is returning to North America after ten years and taking place in Phoenix, Arizona. Save the date and to plan to join neuroscientists, clinical researchers, clinicians (MD, RN, NP, PA, SW), rehabilitation specialists (PT, OT, SLP, MT), nutritionists, people with PD, care partners and others from across the globe for this inspirational and educational event.

[Click here for additional information](#) and start making your plans now. PANC representatives will be in attendance, and we hope to see you there as well!

Save the Date: Big Day of Giving is May 1

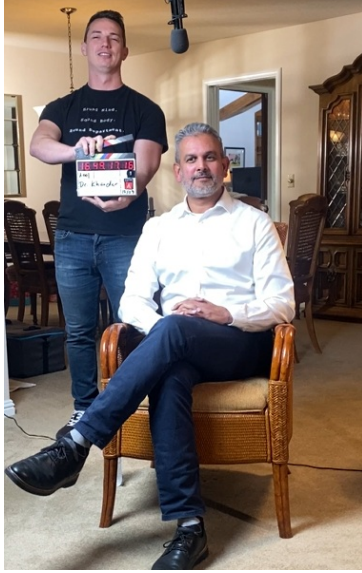
Big Day of Giving is an annual 24-hour giving event that unites caring people to raise funds for nonprofits in El Dorado, Placer, Sacramento, and Yolo counties. Participants can donate to local organizations working on causes that matter to them, including PANC. The date this year is Thursday, May 1, from midnight to 11:59 pm with an early donation portal opening on April 17.



In 2024, during the Big Day of Giving, the PANC constituency raised \$72,951 to help deepen our impact and services for the local PD community. Our goal for 2025 is \$75,000!

If you are interested and able to significantly ensure success for the PANC giving campaign as a matching donor in 2025, please contact [Jan here](#).

Care Partners Coming Soon



In 2016, along with Kaiser Permanente neuroscience, PANC developed the ParkinsonWISE® program to improve the quality of life for people with Parkinson's by educating fitness professionals about PD. This training allows medical and non-medical communities to build bridges toward improved patient experiences and outcomes.

With the financial assistance of a grant from the Arthur Rupe Foundation, PANC is in completion of another ParkinsonWISE® training, this time specifically for PD care partners.

This free new program specifically for care partners includes both lecture and video components with information about the pathology of PD, motor symptoms, non-motor symptoms (including psychology), DBS, medications, safety and fall prevention, exercise, transfers and a question-and-answer period. Numerous individuals from PANC's Medical Advisory Panel participated in the development of the course.

The two-hour program will begin instruction in late April in areas throughout NorCal and on Zoom. Watch for additional information about locations and dates!



March Free Webinars

Tuesday, March 18 at noon

Take Control of Your Parkinson's Journey: How StrivePD Can Support Your Care with PD Alliance

StrivePD is a tool on iPhone and Apple Watch that can track symptoms, medication adherence, and activity levels while staying connected to your care team and accessing clinical trial opportunities. Hear from representatives of the developer about both free and paid subscription options.

[Register and Info here](#)

Wednesday, March 19 at 10am

Hospital Journeys: Lived Experiences and Practical Support with the Parkinson's Foundation

The unique challenges faced by people with Parkinson's in the hospital. Discover resources to support you during hospital visits and hear from community members who share their personal experiences of navigating hospital stays with Parkinson's with practical advice.

[Register and Info Here](#)

Thursday, March 20 at 9am

Sniff Test: Surprising New Learnings About Smell Loss and Parkinson's with the Michael J Fox Foundation

The science of smell, how the nose is linked to brain health and how people with smell loss can play a critical role in understanding Parkinson's disease whether or not they live with the disease.

[Register and Info Here](#)

Saturday, March 22 from 8am-Noon

Parkinson's Symposium with the Parkinson's Foundation of New Jersey and Pennsylvania

Current and upcoming treatments, ongoing research, and resources.

[Register and Info Here](#)

Sunday, March 23 at 10am

Starting the Conversation: Sexuality and Parkinson's Disease with Twitchy Woman
For women with PD. Learn about the urologic, neurologic, and psychosocial elements of intimacy and sexuality for women with PD plus ways to communicate and strategies to overcome these challenges.

[Register and Info Here](#)

Tuesday, March 25 at 4pm

The Space Between: Navigating Uncertainty Between At-Risk and Diagnosed with PMD Alliance

Find actionable steps on how you might be able to manage the uncertainty and protect your brain health.

[Register and Info Here](#)

Thursday, March 27 at 11:30am

Empowering the Mind: Mental Health and Mindfulness with PD with the Parkinson Society of British Columbia

Explores how mindfulness can help manage the stress associated with the challenges of living with Parkinson's.

[Register and Info Here](#)

Thank you to Stanford Parkinson's Community Outreach for providing information in this section.

How did you like this email?



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

www.panctoday.org

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