When Your Feet Feel Stuck to the Floor
by Christine Shade, PT, DPT, NCS and Sarah Pinasco PT, DPT, Kaiser Permanente

Have you ever felt like your feet were stuck to the floor or your legs felt like cinder blocks making it impossible to move? This is something that happens to people with Parkinson’s Disease and is called freezing. The exact cause of freezing is unknown but tends to happen when dopaminergic drugs are wearing off. Freezing can happen when people are in new or stressful environments, when walking in narrow or wide-open spaces, or trying to make a turn. Freezing increases a person’s fall risk and can increase anxiety for the person with Parkinson’s as well as for their family members and friends.

The best way to manage freezing is to prevent it. Aerobic exercise helps control PD symptoms and freezing is no exception to the rule. Other strategies include taking long strides and hitting the ground with your heel first to prevent freezing from occurring. Anxiety is another precipitating factor for freezing. Managing anxiety through exercise, medication, or counseling can all help decrease the frequency of freezing. Be sure to discuss your freezing episodes with your neurologist and physical therapist.

When freezing cannot be prevented, there are some simple tricks that help you get out of a freeze. The first step is to stop struggling. Think about quicksand, the harder you fight, the more you sink in. At the first sign of freezing, STOP and take a deep breath, relax and put your weight back on your heels. From there try one of these strategies:

- Count out loud while you step to the beat
- Look at and then step onto a specific spot on the ground
- Shift your weight side to side then focus on taking one large step
- If turning LEFT try to turn your LEFT toe out, when turning RIGHT turn your RIGHT toe out.

Freezing increases a person’s fall risk and can increase anxiety for the person with Parkinson’s as well as for their family members and friends.
### Honor & Memorials

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Making Friends with the Floor

by Dorothy Ross, Davis Support Group

When the Feldenkrais instructor learned of my Parkinson’s diagnosis she cautioned me to make friends with the floor. Really. She advised me to get down to ground level at least once each day so I’d be able to get back to standing after the inevitable falls.

It is true that a person with Parkinson’s has a tendency to fall. And a major, bone-breaking crash landing could be a life-changing—or even life-ending—catastrophe. How can you avoid a Humpty Dumptty spill? First eliminate hazards in your home, like throw rugs and clutter. Then ask a physical therapist to design a personalized exercise program for you aimed at balance and fall prevention.

I’ve begun to experience freezing episodes, which makes me even more likely to tumble. My PT recently advised me to use a walker. “All the time?” I asked.

“Most of the time,” she responded. “For extended outings to places like the mall where navigating with the walker would be too tiring, you might want a wheelchair.”

A wheelchair? Me? It didn’t seem possible that I could go from walking on my own two feet, unassisted, to using a walker—and perhaps even a wheelchair—in just a matter of months. With a little help from family and friends I do get out and about and I’m comfortable taking my walker into theaters and restaurants.

The wheelchair will take some getting used to, however. I need to practice negotiating corners and getting back into the chair if I fall out. I continue to make friends with the floor so I’ll never need to say, “I’ve fallen and I can’t get up.”

Notes from the Association

Welcome to the Board

The Parkinson Association is excited to introduce two new members of the Board of Directors, Paul McCarthy and Cody O’Keefe.

Paul McCarthy is a Personal Trainer who also teaches exercise and movement classes for persons with Parkinson’s disease at Mission Oaks Park & Recreation District. Paul brings his passion for serving the Parkinson’s community and his desire to get everyone moving. Cody O’Keefe serves as Financial Advisor with Westlake, Grahl & Glover; he and his family are new to the Sacramento Region. Cody brings a passion for the mission and his experience in working with nonprofits to this board. Cody will serve as the Treasurer of the Parkinson Association Board of Directors.

Save the Date!

Saturday, August 17
ParkinsonWISE Training
Lodi, CA

Friday, August 9
River Cats Game
Parkinson Association Friendraiser

Saturday, October 26
The Parkinson Association’s Annual Educational Conference
2019 Annual Conference Keynote Speaker

BRIAN GRANT: Still Tenacious

Brian Grant was an NBA basketball star known for his tenacious rebounding and a fearless attitude on the court. Today, Brian continues to inspire others as a speaker, philanthropist, and a patient who insists on thriving with Parkinson’s disease. His mission is to help people become their best, even when it seems impossible.

In 2008 at age 36, two years after retiring from professional basketball, Brian was diagnosed with young-onset Parkinson’s disease. It was hard for him to believe that his athletic body couldn’t push through the pain or get better with time. Brian was scared and humbled, yet fiercely determined to be as healthy as possible. This motivation launched the Brian Grant Foundation, for those with Parkinson's who want to lead active and fulfilling lives.

Brian has since become a sought-after keynote speaker. Companies and organizations nationwide are drawn to his authenticity and captivated by his stories that unite us as people, regardless of age or background.

Through his journey, Brian learned that you can’t always control the ball, but you can control your effort. As a father of eight, he wants to show his kids that quality of life takes sweat and determination, but the results are worth it.

Brian Grant will serve as our keynote speaker for the October Conference. You won’t want to miss this inspiring and educational event.

For more information about Brian’s journey and his foundation go visit www.briangrant.org

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How Caregivers Can Help

As a care partner, you can provide a great deal of help with freezing prevention and management. Freezing often occurs in a new or stressful environment, so try the following:

- **Prevention**
  - Create a calm environment
  - Try not to rush
  - Make a plan with your partner about what to do when freezing starts

- **Reaction**
  - Take a calming breath with your partner. Sometimes a simple hug can help.
  - Encourage the tips you’ve learned in therapy or this journal as soon as you see freezing start
  - Hold hands and shift your weight from side to side as if dancing
  - Place your foot out to give your partner a goal to step toward

Freezing happens, but you can manage.

MONTHLY GIVING

Your monthly gift to the Parkinson Association generates impact every day of the year. Recurring contributions allow us to support the crucial needs of the Northern California Parkinson’s Community.

You can easily setup your monthly gift at:

www.panctoday.org

LEAVING YOUR LEGACY

Including the Parkinson Association of Northern California in your estate planning leaves a lasting impact in the lives of the Northern California Parkinson’s Community.

For more information contact Michelle Coleman at michelle@panctoday.org
WPC Inspired by Suketu M. Khandhar, M.D.

The World Parkinson Congress is an event that convenes every 3 years bringing together all stakeholders in the cure for Parkinson’s disease. This year marked the 5th Congress, which took place from June 4–7 in Kyoto, Japan. I was fortunate to go and see old friends as well as make new friends.

You all remember David Leventhal, founder of Dance for PD. He spoke at the annual PANC educational symposium in 2017.

I was inspired by the ongoing conversations on early detection, biomarkers, exercise and therapy approaches, self-advocacy and stem cell research. I was inspired by the evolution of wearable technology to better monitor motor symptoms in PD rather than relying solely on reported history or subjective measures in the clinic. I was inspired by the preliminary studies repurposing known medications such as Exenatide (diabetic medication) and Ambroxol (airway disease medication) for use in Parkinson’s disease. I was inspired by keynote speaker, Dr. Shinya Yamanaka, 2012 Nobel laureate in Medicine for his discovery that mature cells of the body can be reprogrammed to be pluripotent and possibly applicable in degenerative conditions like PD. I was most inspired by those living with Parkinson’s who made their way to beautiful Japan to be part of the conversation because it’s their conversation to have.
Regional Support Groups

For additional information, visit www.panctoday.org

Auburn
Caregivers Luncheon*
2nd Tuesday, 11:30 a.m.
Awful Annie’s Cafe
13460 Lincoln Way, Auburn, CA 95603
Karen Hancock 530-885-0950
karen@hancockonline.net

Benicia
2nd Saturday, 10:30 a.m.–12 p.m.
201 Raymond Dr., Benicia, CA 94510
Brad Miller 707-515-9216
bradfordmiller807@gmail.com

Carmichael
Sacramento Area Young Onset Support Group
1st Wednesday, 6:30 p.m.
Carmichael Presbyterian Church
5645 Marconi Ave., Carmichael, CA 95608
Mary Beth Arjil 530-409-4118
marjil@sbcglobal.net
Tony Wong 916-730-6303
acwong60@gmail.com

Carmichael Eskaton Support Group
1st Wednesday, 10:00 a.m.–11:30 a.m.
3939 Walnut Ave., Carmichael, CA 95608
Ron von Rajs 916-715-3920
rondiv@surewest.net

Chico
1st Wednesday, 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave., Chico, CA 95973
Bill Bragon 530-342-7272
tinmanb@sbcglobal.net

Davis
3rd Thursday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Sue Curry 530-304-9927
smcurry@sbcglobal.net

Davis Care Partners Group*
2nd Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street, Davis, CA 95616
Karen Eagan 530-564-4323
kareneagan747@gmail.com

El Dorado Hills
2nd Tuesday, 12 p.m.
Rolling Hills Church Multipurpose Bldg,
West End of Complex-Rm 8
800 White Rock Rd.
El Dorado Hills, CA, 95762
Donna Rixman 916-712-9642
donna@yogapeace.net
Larry Alver 916-933-2465
ldalver@sbcglobal.net

El Dorado Hills/Folsom Caregiver Luncheon*
3rd Thursday, 11 a.m.–1 p.m.
Round Table Pizza,
2793 East Bidwell St., Folsom, CA 95630
Larry Alver 916-933-2465
ldalver@sbcglobal.net

Elk Grove
3rd Wednesday, 10 a.m.
Senior Center of Elk Grove,
8830 Sharkey Ave., Elk Grove, CA 95624
Myron Jantzen 916-686-4555
mpjantzen@aol.com

Folsom
4th Monday, 10 a.m.
Folsom Senior & Arts Center
48 Natoma Street, Folsom, CA 95630
Mary & Gene Cabaluna 916-987-1684
cabalunaem@comcast.net

Grass Valley
2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way, Grass Valley, CA 95945
Nancy Lockwood 530-272-7950
nmlockwood@aol.com

Lake County
2nd Monday, 2-3:30 p.m.
United Christian Parish
745 N. Brush St., Lakeport, CA 95453
Phil Myers 707-263-4624
phillip.e.myers@att.net

Lincoln
3rd Tuesday, 10 a.m.
Granny Springs Church
1170 E. Joiner Pkwy., Lincoln, CA 95648
Gary High
Gwhigh@wavecable.com

Lodi
1st Monday, 10 a.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Ron & Maureen Olsen 209-745-1011
molsen@softcom.net
Robbin & Pat Bray 209-269-1080
braywaves@gmail.com

Caregivers Group*
3rd Monday, 10 a.m.–12 p.m.
Grace Point Church
801 S. Lower Sacramento Rd.
Lodi, CA 95242
Call for directions/information
Jean Whitted 209-368-2809
bjwhitted@hotmail.com

Loyalton
1st Friday, 1:30 p.m.
Golden West Restaurant
Main Street, Hwy 49, Loyalton, CA 96118
Betty Ferguson 530-993-4002
fergi45@gmail.com

Modesto
3rd Wednesday, 1:30–3:30 p.m. Jan.–Nov.
No meeting in July
Trinity United Presbyterian Church
1600 Carver Rd., Modesto, CA 95350
Paul Vantress 209-526-6184
modestoparkinsons@gmail.com

Napa
Young Onset Group
4th Sunday, 3 p.m.
Covenant Presbyterian Church
1226 Salvador Ave., Napa, CA 94558
Joe Burger 707-266-6156
joburger99@gmail.com
Oroville
1st Thursday, 1:30–3 p.m.
Trinity Presbyterian Church
2350 Foothill Blvd., Oroville, CA 95966
Carol Rawlins 530-282-0499

Placerville
1st Tuesday, 1:30–3 p.m.
Senior Center Dining Room
937 Spring Street, Placerville, CA 95667
Peggy Kline 408-309-1125
pegkline103@gmail.com

Redding
2nd Friday, 1:00 p.m. Social Time;
1:30–3 p.m. Meeting;
3–3:30 p.m., Shasta Shout – speech therapy
First United Methodist Church
1825 East Street, Redding, CA 95350
Kim Hawkins 530-945-7628
Kim.reddingpsg@gmail.com

Roseville
1st Tuesday, 1:30–3 p.m.
Maidu Community Center
1550 Maidu Dr., Roseville, CA 95661
Harry Butler 916-837-3366
hapbutler@comcast.net
Website: rosevillepsg.weebly.com

Sacramento
Arden/Arcade
3rd Thursday, 10 a.m.
Arden Christian Church
4300 Las Cruces Way, Carmichael, CA 95608
Keith Tronson 916-395-2771
keithtronson@sbcglobal.net
Jim Morris 916-359-4859
jimor1940@gmail.com

Sacramento Caregivers Lunch Bunch* (Collaborative Group)
3rd Tuesday, 11 a.m.
Ettore’s
2376 Fair Oaks Blvd., Sacramento, CA 95825
Anne Spaller 916-728-9333
aspaller@deloro.org

Caregiver/Care Partner Meeting
Gold River Lewy Body Dementia (Collaborative Group)
2nd Thursday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd., Gold River, CA 95670
Denise Davis 800-272-3900
denise.davis@alz.org

Sacramento Men’s Group
Suspended pending further notice.

Natomas Area
2nd Thursday, 10–11:30 a.m.
Adventure Christian Church
1500 N Market Blvd., Sacramento, CA 95834
Irene Duggan 916-710-6912
parkinsons1018@gmail.com

Northeast Area
4th Thursday, 1 p.m.
St. Marks Unified Methodist Church,
Room E-24
2391 St. Marks Way, Sacramento, CA 95864
Sean Tracy 916-482-7014
sstfam@winfirst.com

Post DBS Patients
See class schedule, location and contact
information at www.panctoday.org

South Area
2nd Thursday, 1 p.m.
Asian Community Center
7334 Park City Dr., Sacramento, CA 95831
David Teraoku 916-685-4162
wroseland@earthlink.net

Sonoma County
1st Saturday, 1 p.m., Feb/Mar/Apr/May/
June/Oct/Nov
2nd Saturday, 1 p.m., Aug/Dec
NO meetings in Jan/Jul/Sept.
Christ Church United Methodist
1717 Yulupa Ave., Santa Rosa, CA 95405
Nancy Wilson 707-888-5174
wroseland@earthlink.net
Marc Alexander 707-431-8767
malexander109@comcast.net

Stockton
2nd Thursday, 1:30 p.m.
O’Connor Woods, West Hall
3400 Wagner Heights Rd.
Stockton, CA 95209
Mary Ann Behrens 209-477-6496
mbehrens64@gmail.com

Tracy
Parkinson Support Group of Tracy
2nd & 4th Mondays, 10 a.m. –12 p.m.
St. Paul's Lutheran Church
1635 Chester Ave., Tracy, CA 95376
Kathy Clark 209-879-3108
classieladyat63@yahoo.com

Vacaville
Parkinson’s Support Group
4th Wednesday, 1:30–3 p.m.
The McBride Senior Center
91 Town Square Place, Vacaville, CA 95688
Brenda DeMartini 707-330-1551
brendaldemartini@gmail.com

Woodland
4th Tuesday, 1 p.m.
No meeting Jul/Aug
Woodland Comm. & Senior Center
2001 East Street, Woodland, CA 95776
Bernadette Murray 530-661-1950
bemurray2008@gmail.com

Yuba City
2nd Monday, 1 p.m.
Sutter Medical Foundation
969 Plumas St., Suite 208
Yuba City, CA 95991
Janice Herbert 530-673-3064
tricountyparkinsons@gmail.com

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

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.

* Caregiver / Care Partner meeting.
PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA
1024 Iron Point Road #1036
Folsom, CA 95630

Get The Parkinson Path delivered straight to your email inbox by contacting Sharon@panctoday.org

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA’S
Annual Educational Conference

October 26, 2019
9:30 a.m. – 2:30 p.m.

McClellan Conference Center
5411 Luce Avenue, Sacramento, CA 95652

KEYNOTE SPEAKER: Brian Grant, former NBA Player diagnosed with Parkinson’s Disease at 36

Register at www.panctoday.org
For more information email panc@panctoday.org or call 916-357-6641
Registration fee is $25.