



PARKINSON ASSOCIATION of Northern California

BUILDING COMMUNITY FOR THE JOURNEY

Hello PANC Community!

April 2022

A note of appreciation and gratitude for the amazing opportunity to serve as the Parkinson Association of Northern California (PANC) Board President for the past four years, as a Board Vice President, and Director for a total of five years.

It was Jim Morris who asked me to join the PANC Board after a Northeast Sacramento support group meeting, and Myron Jantzen encouraged me to sign-up during our work with the Arden Arcade support group. Thanks to both for this life changing invitation!

I am so pleased that Myron Jantzen (President), Dr. Eric Egli (Vice President), Chris Chediak (Treasurer), and Carolyn Loveridge (Secretary) will be leading PANC in the year ahead. The 14 PANC Board Directors are truly a team of dedicated leaders and amazing volunteers who support the PANC community.

Reflecting on the past five years provides me an opportunity to thank all of those who volunteered to serve on the PANC Board – past and present – because they all are important leaders who contributed to the better non-profit service organization that PANC is today.

A special thanks to the Executive Directors (Jan Whitney, Michelle Coleman, Barbara Fleck, Will Zrnchik) and our steadfast administrator, Sharon D’Nelly-Warady for your contributions to PANC. Grateful that in 2022 PANC was able to grow the team with the recent addition of Kimberly Arrendondo-Blanco as the community outreach coordinator.

So, what are the priorities ahead? The PANC Board met offsite in March 2022 to evaluate our strategic plans, goals and objectives. PANC’s mission and motto continue as:

The Parkinson Association of Northern California is an organization dedicated to enhancing the lives of people with Parkinson's, their families, and care partners throughout our region.

PANC’s motto – *“Building Community for the Journey”*

Appropriately, PANC now has communications, tools, and Internet pages in Spanish to support the many people, families, and care partners in California communities who use Spanish as a primary language.

PANC’s strategic priorities for 2022-2023 include:

1. **Organizational Sustainability** – recruit great leaders, collaborate with partners, work effectively with a great Board of Directors, and raise enough money to keep programs growing. The current Board is an amazingly talented and dedicated team of volunteers devoted to our mission.
2. **Support Groups** – to support recovery from COVID impacts, PANC is dedicated to support, reinforce, and develop new support groups across Northern and Central California. A new Advisory Support Group team, led by Dr. Fred Lowe, is taking charge of this support.
3. **ParkinsonWise** – This exercise community training program, developed under the leadership of former PANC President Nancy Kretz, former Board Director Christine Shade, and with the help of Kaiser Permanente and Dr. Suketu Khandhar is unique to PANC and will grow in presence across Northern California and opportunities to participate this next year.

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I have been asked to reflect on the past four years as President of PANC – what are the key take-aways and accomplishments? I offer several significant achievements for PANC and acknowledge I could write a book on all the amazing work and actions produced by PANC staff, the Board, volunteers, and business partners:

- 1) **PANC survived the COVID pandemic** -- Thanks to the PANC community and generous sponsors which realized the importance of our services and programs to all of you, the lights stayed on, the staff stayed employed, and the programs continued to support People with Parkinson's and their care partners. We are thankful to the State of California for the PPP grant too.
- 2) **PANC recruited a very talented Board** – PANC has a 15 Member Board, all volunteers, all busy with their lives. Regardless, the PANC Board was a desired volunteer opportunity for a diverse group of professionals, retirees, and People with Parkinson's. As I transition out, PANC has 14 of the 15 Board seats filled, and is recruiting for a fund-development specialist to serve on the Board. Several years ago, the PANC Board expanded from 11 to 15 Directors – glad we did that!
- 3) **PANC pivoted to virtual formats** – Though challenged by COVID, the PANC Annual Conference moved to an on-line virtual format to deliver the education to hundreds of people across the country, including into Canada. PANC provided community outreach for the Parkinson's Disease Registry/California Department of Public Health in September 2020 virtually to over 400 people across the Nation. This would not have been possible without the dedicated and professional services of PANC's business partner, EVENTS! – thank you Heather Tanfani and Georgia Fox-Watters. The Parkinson's Movement Disorder Alliance tested a virtual Facilitator's Workshop with PANC and created a tremendous training program two years running. In 2022, this partnership continues, with the hope of being in person and finding virtual options too.
- 4) **PANC's partnerships grew stronger and more significant** – The need for support, resources, services, guidance, and education is huge for People with Parkinsons and their care partners – plenty of work for all to help. PANC reached out and built meaningful partnerships with many partners, and here are few that come to mind:
 - California Department of Public Health (PD Registry support and education, 2021 Community Outreach initiative, three Annual Conference presentations),
 - Lions Club of the Embarcadero – Four Cancel Out Parkinson (COP) Walks & more ahead
 - Parkinson's Movement Disorder Alliance/PMDA (Three Facilitator's Workshop),
 - Parkinson's Foundation (Rural Outreach grant 2021-2022),
 - Brian Grant Foundation (Keynote Speaker at Annual Conference 2019),
 - Davis Phinney Foundation (Underserved and Spanish Speaking Outreach grant 2022-23)
 - California Primary Care Association (communications/outreach to Northern California healthcare systems)
 - Michael J Fox Foundation (National Policy Advocacy for research and PD benefits)
- 5) **PANC core programs continued** – The PANC respite grants continued and all three Northern California Care Giver Resource Centers (CRCs) [Del Oro; Passages; Redwoods} are part of the PANC service network, an

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improved content and designed Quarterly Newsletter, updated website, and the unique Medical Advisory Panel/Journal Club were managed through the pandemic.

- 6) **Governance and working committees** – PANC’s organizational structure developed with Board Director led committees focused on: Governance; Annual Conference; Finance; Fund Development; Communications; ParkinsonWise; and Support Groups.

Though leaving the Board is a difficult decision for me as I have enjoyed the experience and was determined to see it through the rough seas of COVID, I need some respite. My priorities are to take care of Mom Judy (diagnosed in 2011), rebuild our support group (Northeast Sacramento), and support PANC with donations and event participation.

As Mom Judy loves to write in her closing notes to the PANC Northeast Support Group, “Until there is a cure, hope and healing every day!”

Thank you!

Sean Tracy

PANC Board President 2019-2022, Vice President 2018-2019, Director 2017-2022

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