Message from Nancy Kretz, Board President

Dear Parkinson’s Community,

The Parkinson Association of Northern California’s (PANC) mission is alive and well! Since 1996, PANC has been dedicated to enhancing the quality of life for people who live with Parkinson’s disease (PD).

The past two years have been transformational for PANC. Much has been accomplished to strengthen the organization and its outreach. With an estimated (and expanding) 40,000 northern Californians with PD, PANC’s services are needed now more than ever.

The grass roots of PD communities are the thirty support groups that meet monthly throughout northern California. In 2016, two new groups were formed as PANC Support Groups – one in Elk Grove and the other in Lakeport – to serve folks in their areas.

Of special note are the 60 families that in 2016, have been awarded a PANC subsidy for Respite Care (as provided by the Del Oro and Redwoods Caregiver Resource Centers). This brings relief to a family member tending to a loved-one’s needs due to PD.

PANC has been the grateful recipient of donations that comprise the vast majority of PANC’s income. Yet, it’s a challenge for any local non-profit organization to survive in today’s environment. The PANC Board plans to secure a level of financial sustainability (see Financials) and we look forward to working with you to achieve it.

Tremendous thanks to the many people who provide heart-felt service to the Parkinson community – you are appreciated!

Warm wishes for health and happiness in 2017!

Nancy

Mission

The Parkinson Association of Northern California…PANC…is an organization dedicated to enhancing the lives of people with Parkinson’s, their families and care partners. We live our motto:

“\textit{I am more than Parkinson’s}”
Accomplishments 2016

ParkinsonWISE®

“Know anything about Parkinson’s?” asked Ron of Brian, a fitness trainer at a local gym. “Not really” said Brian, “but I can do some research on the Internet” he eagerly offered. Ron wanted his neighborhood gym’s fitness professional to know about the challenges he faced as a person with Parkinson’s… someone knowledgeable who could guide his workout program. Exercise is so critical for people with PD that it’s considered medicine.

The end result of Ron’s encounter was the development of ParkinsonWISE®, a training program for the non-medical, fitness and wellness professionals in our communities.

Kaiser’s Neuroscience program experts stepped forward to create the educational program. Dr. Suketu Khandhar, movement disorder specialist, provided information about PD pathology, including common issues such as posture, stiffness, freezing, balance, soft speech, depression, etc.; and for each issue, practical techniques to address those problems were provided by Physical Therapy Neuro Specialists, Erin Vestal, Christine Shade and Jeanine Perry.

The program was first delivered to approximately 45 individuals who earned the title ‘ParkinsonWISE®’. Thus, they can advertise and attract clients who have PD. The graduates are listed on PANC’s website – easy for anyone like Ron to find.

PANC’s goal is to repeat these classes within northern California communities so that people with PD have competent resources nearby that are needed to maintain their health. Check PANC’s website to find providers that have accomplished ParkinsonWISE®.

www.parkinsonsacramento.org/parkinsonwise

Support Groups

There are over 30 PANC Support Groups within northern California, ranging from Redding to Stockton and Vallejo to Santa Rosa to Loyalton. Each group is a bit different – some focusing on education regarding PD and others add social aspects to their get-togethers. Some Groups are large – hosting 50 or more folks, others could have a dozen or less attendees. Collectively, we estimate nearly 800 people participate in our Support Groups every month.

People come to learn, share their stories of how they face the challenges to ‘live well’ with PD. The comradery is palpable and upbeat.

The leadership of each Group is in the hands of dedicated volunteers who serve as Facilitator. These individuals often create opportunities for others to take a role in leadership and support. All these volunteers are dearly appreciated.

“On my first visit, I had no idea how very important this Support Group would become to me in the years to come.”….. care partner for spouse with Parkinson’s disease
Respite Support

PANC’s Respite Care subsidies currently serve caregivers in thirty northern California counties as provided by the Del Oro and Redwood Caregiver Resource Centers.

Each Respite Care award provides $450 of services to relieve care partners tending to a loved one with PD.

<table>
<thead>
<tr>
<th>Year</th>
<th>Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>18</td>
</tr>
<tr>
<td>2016</td>
<td>64</td>
</tr>
</tbody>
</table>

Respite Makes a Difference – Knowing that family members take on a significant amount of work to care for a loved one, these awards give families a needed break and a vote of appreciation for what they face every day. A recipient of one of our PANC Respite awards reports:

“The respite support gave me a break from caring for my hubby. I didn’t realize how much I needed some time away from my ‘labor of love’. It’s helped my energy and outlook. Thanks so much!”

Respite is a necessity, not a luxury.

Research

In 2016, PANC awarded a $10,000 gift to support local research at Kaiser Permanente. Dr. Suketu Khandhar will lead the 2017 work to identify the value of using objective data recorders on PD patients that have not been seen by a neurologist in greater than one year’s time. The intention is to elevate the recognition of PD symptoms’ status and then adjust the medical care plan as needed.

PANC Programs

Collectively, PANC’s volunteer board members and group facilitators serve to:

- Connect you with over 30 regional support groups
- Host an Annual Education Conference with up to the minute topics and experts
- Conduct ParkinsonWISE programs to train non-medical fitness and wellness providers about how to enhance activity experiences / results despite the challenges PD creates
- Put resources at your fingertips with our website and Facebook
- Publish and circulate The Parkinson Path, a quarterly newsletter, to over a thousand recipients
- Offer financial subsidies for people affected by PD who are in need of respite in caring for a loved one
- Offer financial subsidies for people affected by PD who need support for home safety construction

Connect with Us!

(916) 357-6641 | panc@parkinsonsacramento.org
www.parkinsonsacramento.org
Money Matters

PANC is proud to be supported by corporate, nonprofit and individual contributors. Our 2016 income derived from corporate and nonprofit organization grants, individual donation and memorial contributions as well as a bequest from the settlement of a benefactor’s estate.

While the bequest was sizeable, the core of our income remains contributions from individuals – about 80% of our total income. Of our individual contribution total, 65% was received as memorials to loved ones, which brings tremendous comfort to the family.

### 2014 2015 2016

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grants</td>
<td>$ 3,000</td>
<td>$ 14,500</td>
<td>$ 13,450</td>
</tr>
<tr>
<td>Donations</td>
<td>$ 14,643</td>
<td>$ 28,334</td>
<td>$ 16,093</td>
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<tr>
<td>Memorials</td>
<td>$ 3,205</td>
<td>$ 5,723</td>
<td>$ 29,802</td>
</tr>
<tr>
<td>Bequest</td>
<td></td>
<td></td>
<td>$112,835</td>
</tr>
<tr>
<td>Big Day of Giving</td>
<td>$ 5,609</td>
<td>$ 13,556</td>
<td>$ 14,197</td>
</tr>
<tr>
<td>Other</td>
<td>$ 20,281</td>
<td>$ 23,740**</td>
<td>$ 341***</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$ 46,738</td>
<td>$ 85,853</td>
<td>$186,718</td>
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</tbody>
</table>

* Membership dues, which are no longer collected, and registration income for a regional conference in 2014
** Registration income from regional conference in 2015
*** No longer collect membership dues and co-hosted a regional conference in 2016 that had no registration fee

PANC’s expenses are related to the programs and services provided to those in the Parkinson’s community. Education, outreach, respite, communications, research and ParkinsonWISE are PANC’s priorities, and thus, its expenses.

Non-profit organizations, particularly those that are relatively small like PANC, must be very judicious in how donated funds are used. It is a board imperative that missions are accomplished within the expected means of the organization. PANC Board members have been very mindful in this regard and we have consistently ended each year with a positive net income.

PANC’s IRS Form 990s are posted on our website www.parkinsonsacramento.org

Looking Forward

Our plan for 2017 is to establish a variety of revenue sources beyond our loyal donors. It is apparent that people DO want to support the Parkinson’s community. We will develop options for folks to consider. And by doing so, we’ll strengthen PANC’s financial future.

- A corporate campaign wherein businesses can contribute on a regular basis and become known as being supportive of folks with Parkinson’s disease.
- A legacy-gifting program that will guide individuals who wish to leave “a bequest” after their lifetime. At this time, we encourage you to speak with your professional financial or legal advisor if you choose to establish such a gift.
- A ‘Giving in Time’ program that allows for donors to schedule automatic contributions that would be disbursed throughout the year.
Spreading the Word

In order to benefit those who deal with PD, it is imperative that people know about PANC in the first place. Only then can they can access PANC’s services.

Therein lies the challenge. There are more than 40,000 people diagnosed with PD that live in northern California.

We depend on folks just like you to spread the word to others. Once aware, people can learn more about PANC via our vibrant website, follow us on Facebook, receive our quarterly newsletter – *The Parkinson Path*, email or call us. We are happy to guide callers to information regarding a variety of Support Groups, Respite support, educational programs, regional events and so much more.

Please consider working with us on any or all of our projects. If you have the time and interest, we’d love to talk with you!

Board of Directors

**Nancy Kretz, RN, JD – President**
Nancy is a retired nurse-attorney who worked with Sutter Health throughout her career. She joined PANC in 2014 and has served as board Secretary and currently as President.

**Marianne Oliphant – Treasurer**
Marianne is a retired El Dorado County administrative employee and former general building contractor. She joined the board in 2013 to support her husband, Ron’s, journey with Parkinson’s and to serve the larger regional Parkinson’s community.

**Christine Shade, PT – Secretary**
Christine is an accomplished physical therapist at Kaiser Roseville who specializes in Neurological Disorders, particularly Parkinson’s disease.

**David Dozier Jr. – Director**
David is a retired physician/neurologist with long standing interest in movement disorders. He has served on PANC’s board, sharing his medical expertise, since 2008.

**Jim Morris – Director**
Jim is a retired Superior Court Judge who, since 2011, has served on PANC’s board as well as leads the Arden Arcade Support Group. Diagnosed with Parkinson’s disease in 2008, he is an active advocate and example of “Living Well with PD”.

**Myron Jantzen – Director**
Myron is a dedicated member of the Parkinson community due to his late wife, Joan’s, battle with PD. He is a retired educator and is active in the River City Chorale.

**Benjamin Keady – Director**
Ben is a financial advisor with Morgan Stanley. He came to serve on the PANC board in 2015 as a way to support his mother and others who are in the Parkinson community.

**Suzanne Nelson – Director**
Suzanne joined PANC in 2016 with a passion to promote learning and understanding of people with Parkinson’s disease. Currently, she is the director of Community Relations at Almond Heights Senior Living.

**Christine Grmolyes – Director**
Christine is a Certified Geriatric Care Manager, working with Senior Care Solutions. She is an accomplished community leader and joined PANC’s board in 2016.
Medical Advisory Panel

Kaiser Neuroscience
Suketu Khandhar, M.D.
Conrad Pappas, M.D., Ph.D.
Catherine Nitafan-Young, FNP
John Geraghty, MD, Physician and Chief, Dept. of Neurology (Kaiser Sacramento and Roseville)

Sutter Medical Group
Nicklesh Thakur, D.O.
Fred Weiland, M.D., FACNM
Linda Ramatowski, N.P.

Dignity Health
Ehsan Hadi, M.D
Linda Trettin, Ph.D, Clinical Neuropsychologist

UC Davis
Norika Malhado-Chang, M.D.
Sasha Duffy, M.D.
Lin Zhang, M.D.
Laura Sperry, FNP
A. Joshua Dayananthan, M.D.
Kevin O’Connor, Ph.D.
Katherine Scangos, M.D., Ph.D.
Steven Jinks, M.D., Ph.D.

Kaiser Rehabilitation Services
Erin Vestal, PT, DPT, NCS
Jeanine Perry, Senior PT
Christine Shade, PT, DPT, NCS

HealthSouth
David Fredericks, PT, Inpatient Rehabilitation

Thank You Donors – Your Generosity is PANC’s Vitality!

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