News from the PANC Board

PANC Welcomes New Directors
Join our celebration as we introduce two new Board Directors!

Sean Tracy—Sean is with the California Department of State Hospitals. He has an extensive background in strategic planning, business planning, policy development and implementation, organization development and state government operations. He has also served on the Board of Directors for numerous non-profit organizations.

Chris Chediak—Chris is a senior shareholder and corporate transactional attorney for Weintraub Tobin. His practice focuses on governance, mergers and acquisitions, corporate finance, and fiduciary matters. He has served on the Board of Directors for numerous non-profit organizations.

Ambassador Program
Community groups such as service clubs, college programs, health fairs, etc, often seek speakers to provide information and insight regarding PD. We want to develop and utilize a network of people trained as Ambassadors to meet this growing need for information. PANC is planning an Ambassador training for early 2018. If you are interested in participating, please contact Cameron at panc@panctoday.org and she will forward information about the training when details are available.

ParkinsonWISE®
Congratulations to the newest group of fitness and wellness trainers that have completed our recent ParkinsonWISE® courses. The names of these individuals along with their contact information is listed on the PANC website at www.panctoday.org. Go to the “PANC Programs” pull-down menu and click on the “ParkisonWISE” tab.

Note – ParkinsonWISE® is NOT a program for those with PD. Its purpose is to train those who will be working with people affected by PD.

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PANC Conference Highlights
The Future of PD & “Capturing Grace” Creator and Filmmaker

In 2001, one idea sparked what has become a worldwide initiative combating the effects of Parkinson’s disease with modern dance.

Two accomplished dancers with Brooklyn, New York’s Mark Morris Dance Group, David Leventhal and John Heginbotham, began leading what has evolved into Dance for PD.

Now implemented in hundreds of communities across 13 countries, the program’s foundations have been at the vanguard of scientific studies and films like David Iverson’s “Capturing Grace,” the winner of several media choice awards.

David Leventhal and Dave Iverson will bring their knowledge to the PANC’s Annual Education and Information Conference in October. Conference attendees will hear inspirational comments from the duo plus receive information about the latest in Parkinson’s disease research from our region’s top experts.

“Our annual conference is an upbeat event of community, learning and connection. We educate attendees about the latest in Parkinson’s disease research and therapies and connect individuals who share challenges and successes with PD. We’re excited to host this event for our Northern California constituents and look forward to an uplifting day,” says PANC president, Nancy Kretz.

The conference will take place on Saturday, October 21st at the Sacramento Convention Center. Shuttle busses are available to the conference center from the Memorial Parking Garage, if needed. The cost is only $25 (additional $10 registration fee after October 10th). For additional information or to register, call 916-357-6641 or visit www.panctoday.org.

Thank You Conference Sponsors
A HUGE thank you to the following companies who generously contributed to the success of the 2017 PANC Annual Conference!

Platinum Sponsors
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- St. Michael’s Episcopal Church of Carmichael

PANC Annual Conference October 21st Register today at www.panctoday.org!
Fall 2017

Nurture the Parkinson Community
Help Us Help Others

The Parkinson Association of Northern California (PANC) is asking for your contributions to spread its mission -- hope and support -- to those dealing with Parkinson’s disease in the Northern California region. You, more than most, can appreciate how vital information, motivation and fellowship are for our PD community - and that’s exactly what PANC works to provide. PANC is dependent on donors’ generosity to assure continuation of our programs and support. Please consider us as you plan your charitable contributions.

Donations can either be made online at www.panctoday.org, by calling the PANC office at 916-357-6641, or utilizing the enclosed remit envelope.

We greatly appreciate your generosity.

Respite Support Available

Those who could use a break from their duties of caring for a loved-one with PD are encouraged to explore PANC’s Respite Program (“Caregiver’s Day Off”). To learn more about our respite program and caregiver subsidies, call the PANC office at 916-357-6641 or visit our website and click on the “Respite Care,” button under the “PANC Programs” pull-down menu.

Monthly PD Webinars on PANC Website

Webinars are on-line educational programs that are very easy to access! Check out the PANC website where you’ll find up-to-date webinar listings. Visit www.panctoday.org, click on the “About Parkinson’s” pull-down menu then select “PD Webinars” to view the current opportunities.

Look for our NEW Newsletter format! Coming in 2018!
Deep brain stimulation (DBS) has been around for over thirty years helping patients with Parkinson’s disease. Now, we are seeing advancements in the targeting and improvement of the DBS for better outcomes in the following areas.

1. Steering the electric current. The new DBS systems can steer electric current to improve motor function and to decrease adverse effects. The surrounding non-motor areas can be spared from stimulation which decreases adverse side effects. As a result, the clinical effects of the DBS stimulation improve and the patient does better.

2. Constant current instead of constant voltage. At first, this does not seem much of a change but with a DBS that relies on constant voltage, brain tissue can change its resistance to electricity. Therefore, the stimulation current will change. This could lead to changes in clinical effect. With constant current, the voltage may change but the battery will give a constant current. This should maintain clinical effect better since current is the key component in stimulation.

3. Better anatomical detail. Tractotomy is a relatively new MRI technique that shows fiber tracts. Fiber tracts in the brain are the connections between groups of neurons (brain cells). We are learning that fiber tracts going in and leaving the subthalamus and other parts of the basal ganglia can be important in the symptomatology of Parkinson’s disease. It is possible that not only targeting the neurons, fibers tracts can improve outcomes.

4. Closed loop control. This entails having a stimulator sensing neural activity to adjust the current. It is like a Morse code to send important information so that the next neuron will act appropriately. In Parkinson’s disease, this activity can become abnormal. The battery could sense when the brain is in abnormal activity (oscillations) and start stimulating the brain to change the oscillations back to normal. Therefore, the battery changing the current flow to the needs of the brain, clinical outcomes should be better.

5. Future techniques. Reducing the size of the DBS to the size of brain cells will allow further precision with electrical stimulation and recording. These very tiny DBS leads can be inserted through blood vessels and placed for better clinical results. Work on this area is ongoing and will be an exciting area to watch. A patient could have hundreds of arrays of this tiny DBS leads that can be precisely located next to damaged neurons.

There will be more exciting avenues in the future. The neuroscientists are busy fathoming the complex intricacies of the brain to help Parkinson patients by elucidating the intricate neural pathways and physiology. I have been in neurosurgery for nearly thirty years and involved in areas of neurosurgery. DBS is one of the standout procedures that has truly had an impact on changing the quality of life for Parkinson patients. The future will truly be awesome.
Finding JOY
by Nancy Kretz

‘Popcorn’ Don’t know that I’ve ever told anyone this, but my favorite part of eating popcorn is at the bottom of the bowl (bag) where there are corn kernels that are not popped. It’s the few kernels that are just halfway popped that bring me the greatest satisfaction – pop and crunch in the same bite. Surely, I’m the only person on the planet that experiences this...but I just had to share!

If YOU have a moment of JOY to share, please do! Limit your words to 100 and include a sentence of your relationship with PD. We’d love to publish your best JOY stories!

INVIGORATE!
By Christine Shade PT, DPT, NCS

Invigoration of mind and body can be engaged anytime. Each exercise should begin and end with big, deep breaths.

INVIGORATE – THE TWISTER
- Sitting forward on your chair (or standing if balance allows) - extend arms out
- Turn palms-up with shoulder blades pinched back
- With left arm and trunk, twist to the right and clap your left hand. Hips and left foot may rotate
- Return to the T position
- Repeat 10 times
- Now, with right arm and trunk, twist to your left side and clap
- Return to the T position 10 times
Enhances flexibility and coordination

INVIGORATE – SIT TO STAND
- Sit tall in your chair - have feet under your knees
- Hold chair’s arms or seat to start to stand
- Lean forward - keep your nose over your toes - Stand
- Once standing - bring your shoulders back to stand tall
- Return to sitting position - don’t crash down - sit-up tall
- Repeat 10 times
Excellent for strengthening balance and stamina

Surviving—and Thriving—Without Wheels
by Dorothy Ross, Davis Support Group

For the past three decades I’ve driven around town in a 1985 Mercedes station wagon. Friends knew I was nearby if they saw my wine-dark Merc parked outside the library or the dance studio with a big black German Shepherd in the back.

The neighbors won’t associate me with that classic wagon any longer. My Parkinson’s has developed to the point where it seems unwise for me to drive. I can’t pretend to be happy about it. My husband is cheerful about chauffeuring me anywhere I need to go, and friends generously offer rides to the movies or out to lunch.

Still, giving up the keys to my old wagon was a lot harder than parking my bike or hanging up my tennis racket. Life without wheels doesn’t mean I’m home-bound, though. Not at all. I’m fortunate to live on the route of a bus that takes me all around Davis— and it’s free for local seniors. I’ve ridden Amtrak to the Bay Area and shuttled to the Sacramento airport. I’m just beginning to tap into the possibilities for traveling around town and beyond. Uber anyone?
Regional Support Groups
For additional information, visit www.panctoday.org

Sacramento

Arden/Arcade Sacramento
3rd Thursday @ 10:00 a.m.
Arden Christian Church
4300 Las Cruces Way, Sacramento
• Keith Tronson at 916-395-2771 or keithtronson@sbcglobal.net
• Jim Morris at 916-359-4859 or jimor1940@gmail.com

Northeast Sacramento Area
4th Thursday @ 1:00 p.m.
St. Marks Unified Methodist Church, Room E-24
2391 St. Marks Way, Sacramento
• Sean Tracy at 916-482-7041 or sstfam@winfirst.net

Sacramento

Caregivers Lunch Bunch
3rd Tuesday @ 11:00 a.m.
Ettore’s, 2376 Fair Oaks Blvd., Sacramento
• Anne Spaller at 916-728-9333 or aspaller@deloro.org

Gold River

Lewy Body Dementia (Collaboration Group)
2nd Thursday @ 10:00 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd.
• Denise Davis at 916-930-9080 or denise.davis@alz.org

Sacramento Men’s Group
1st Thursday @ 10:00 a.m.
Crown Plaza, Theater Room
1071 Fulton Avenue, Sacramento
• Arnold Loveridge at 916-485-0150 or arnoldvl@surewest.net
• Jim Morris at 916-359-4859 or jimor1940@gmail.com

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

South Area – Sacramento
2nd Thursday @ 1:00 p.m.
Asain Community Center
7375 Park City Drive, Sacramento
• David Teraoku at 916-685-4162

Auburn
3rd Thursday @ 1:30 p.m.
Pioneer United Methodist Church
1338 Lincoln Way, Auburn
• Cindy Christensen at 530-355-0742 or cindypoe200@yahoo.com

Auburn Caregivers Luncheon
2nd Tuesday @ Noon
(no meeting June and December)
Awful Annie’s Café
13460 Lincoln Way, Auburn
• Sally Horst at 530-878-2226 or sallyhorst1254@gmail.com

Chico
1st Wednesday @ 1:30 p.m.
Sycamore Glen Ret. Community
1199 Diablo Ave., Chico
• Bill Bragdon at 530-342-7272 or tinmanb@sbcglobal.net

Davis
3rd Thursday @ 1:30 p.m.
Davis Senior Center
646 A Street, Davis
• Dorothy Ross at 530-756-6024 or parkofdavis@gmail.com

Davis Care Partners Group
2nd Wednesday @ 1:30 p.m.
Davis Senior Center
646 A Street, Davis
• Karen Eagan at kareneagan747@gmail.com

El Dorado Hills
2nd Tuesday @ Noon
(contact for gate code)
Four Seasons Community Building
3186 Four Seasons Drive, El Dorado Hills
• Betsy Alver at 916-933-2465 or ldalver@sbcglobal.net
• Donna Rixmann at 916-712-9642 or donna@yogapeace.net

Elk Grove
3rd Wednesday @ 10:00 a.m.
Senior Center of Elk Grove
8830 Sharkey Avenue, Elk Grove
• Myron Jantzen at 916-686-4555 or mpjantzen@aol.com

Fort Bragg
1st Friday @ 2:00 p.m.
Mendocino Coast District Hospital, Redwood Room
700 River Drive, Fort Bragg
• Joseph Mayfield at (707) 937-2707 or mayfield@mcn.org

Folsom
4th Monday @ 10:00 a.m.
Folsom Senior & Arts Center
48 Natoma Street, Folsom
• Mary & Gene Cabaluna
916-987-1684 or cabalunaem@comcast.net

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

Lakeport
2nd Monday @ 2:00 p.m.
United Christian Parish
745 N. Brush Street, Lakeport
• Phil Myers at 707-263-4624 or phillip.e.myers@att.net
• Lin Pifer 707-263-5728

Lincoln
3rd Tuesday @ 10:00 a.m.
Granite Springs Church
1170 E. Joiner Parkway, Lincoln
• Brenda Cathey at 916-253-7537

Lodi
1st Monday @ 10:00 a.m.
Temple Baptist Church
801 S. Lower Sacramento Road, Lodi
• Ron & Maureen Olsen 209-745-1011 or molsen@softcom.net
• Robin & Pat Bray at 209-269-1080 or braywaves@gmail.com

Lodi Caregivers Group
3rd Tuesday (every other month) from 10:00 a.m. to noon.
Call for location and directions
• Jean Whitted at 209-368-2809 or bjwhitted@hotmail.com

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

Modesto
3rd Wed. from 1:30-3:30 p.m.
(October - November)
No meeting in July
Trinity United Presbyterian Church
1600 Carver Road, Modesto
(Free Parking)
• Debra Watson at 209-552-9043 or modestoparkinsons@gmail.com

Napa–Young Onset Group
4th Sunday @ 3:00 p.m.
Covenant Presbyterian Church
1226 Salvador Avenue, Napa
• Joe Burger at 707-266-6156 or jeburger@gmail.com

Placerville
1st Tuesday from 1:30-3:00 p.m.
Senior Center Dining Room
937 Spring Street, Placerville
• Peggy Kline at 408-309-1125 or pegkline103@gmail.com

Redding
2nd Friday @ 12:30 p.m.
(social time) and
1:00 to 3:00 p.m. (meeting)
Shasta Shout - Speech Therapy
First United Methodist Church
1825 East Street, Redding
• Kim Hawkins at 530-945-7628 or kim.reddingspg@yahoo.com

Roseville
1st Tuesday from 1:30-3:00 p.m.
Maidu Community Center
1550 Maidu Drive, Roseville
• Harry Butler at 916-837-3366 or habulter@comcast.net

Sonoma County
1st Saturday @ 1:00 p.m.,
(Feb/Mar/Apr/May/June/Oct/Nov)
2nd Saturday @ 1:00 p.m.
(Aug/Dec
(No meeting in Jan/Jun/Sept)
Christ Church United Methodist
1717 Yulupa Avenue, Santa Rosa
• Kathy Osbun at 707-538-5178 or osbun@aol.com
• Marc Alexander at 707-431-8767 or malexander109@comcast.net

Tracy
2nd and 4th Monday
10:15 to 11:45 a.m.
Astoria Gardens
1960 W Lowell Ave., Tracy
• Kathryn Clark at 209-879-3108 or classielady63@yahoo.com

Stockton
2nd Thursday @ 1:30 p.m.
O’Connor Woods, West Hall
3400 Wagner Heights Road, Stockton
• Mary Ann Behrens at 209-477-6496 or mehrens64@gmail.com

Vacaville
1st Saturday @ 1:00 p.m.
Community Presbyterian Church
425 Hemlock Street, Vacaville
• Theresa Pate at 707-642-2173 or theresa3842@sbcglobal.net

Vallejo
1st Saturday @ 10:00 a.m.
Community Presbyterian Church, Room 2
2800 Georgia Street, Vallejo
• Theresa Pate at 707-642-2173 or theresa3842@sbcglobal.net
• Margarita Romo (Spanish interpreter) at 707-803-9220 or meguiromo@yahoo.com

Woodland
4th Tuesday at 1:00 p.m.
(no meeting July & August)
Woodland Community and Senior Center
2001 East Street, Woodland
• Bernadette Murray at 530-661-1950 or bemurray2008@gmail.com

Yuba City
2nd Monday at 1:00 p.m.
Sutter Medical Foundation
969 Plumas Street, Suite 208, Yuba City
• Janice Herbert at 530-673-3064 or tricountyparkinsons@gmail.com
IN HONOR / MEMORY OF

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