

The Parkinson Path

SPRING 2018



*A quarterly journal
for people with
Parkinson's, their
families and
care partners.*

News from the PANC Board

NEW Support Group

Congratulations to the new Young Onset Parkinson Support Group being held in Carmichael.

(www.panctoday.org)

Facilitators of PANC's Support Groups across Northern California met on March 10th to share challenges and *best practices* in holding support group meetings. What a caring and talented group of volunteers! Much was accomplished. Heartfelt thanks to all who participated!

Big Day of Giving

Please see page 5 for important info about your opportunity to participate!

TWO Walks

to support the Parkinson community are being held in Sacramento in April!

PANC sincerely thanks the Embarcadero Lions Club of Sacramento for masterminding and conducting the 'Cancel Out Parkinson's' Walk honoring Robert G. Smith at Maidu Park in Roseville April 7th. Hopefully, you were able to participate in this wonderful event. All proceeds are generously dedicated to PANC. Wow ~ Lions ROCK!

The Parkinson Foundation (PF) has brought their signature event, *Moving Day! Walk* to Sacramento's Capital Park on April 14th. This uplifting event raises awareness of PD and supports the many program PF provided the national Parkinson community. Thank You Parkinson Foundation!

A Fond Farewell

This month we say goodbye to Marianne Oliphant, who has been a dedicated PANC Director and Officer since November 2013. Ms. Oliphant, having given an invaluable measure of time and service to PANC, finds that it is time to turn her energies back to her and her husband's active life of retirement. They both will continue to be active in the Parkinson community, when their cruise-schedules allow! Bravo!

INSIDE THIS ISSUE

Bladder Problems with PD.....	Page 2
No Baño!.....	Page 3
Bladder Workout.....	Page 4
Big Day of Giving	Page 5
Finding Joy.....	Page 5
Support Groups.....	Pages 6 & 7



Bladder Problems: Is it Me or the PD?

Norika Malhado-Chang, MD, Associate Professor of Neurology, Division of Movement Disorders, UC Davis School of Medicine

Nobody likes to talk about it, but urinary symptoms are so common in Parkinson's, it's no coincidence we call it "Pee-D."

The truth is, up to 83% of people with Parkinson's experience trouble controlling urine. This is not only an inconvenience, but a major detriment to quality of life. When we have to remain within a few yards of a bathroom, chances are that we may pass up an outing with friends or a family vacation. And road trips? Out of the question.

Talking to your Parkinson's physician about bladder symptoms is the first step in getting your life back!

Just like the motor symptoms of PD, bladder dysfunction in PD is related to the loss of dopamine. When we lose this all-important chemical messenger, signals from the brain to the bladder get mixed up. This confuses the bladder as to when it should empty, and when it should retain fluid. Therefore, the first question to answer is: are we talking about difficulty holding urine, or difficulty eliminating urine?

Trouble holding urine is the more common problem. The bladder becomes overactive and wants to empty, even if there is only a small amount of urine inside. Nocturia (urinating at night), frequency (having to go all the time), urgency (having to go immediately), and incontinence (loss of control) are extremely common. A urinalysis helps to rule out bladder infection. We try to avoid drinking fluids after 6 pm to limit nocturia. Timed voiding, where we use the bathroom on a set schedule, helps to minimize accidents. Improving dopamine therapy helps

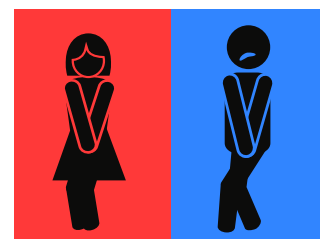
our bodies move faster, to get us to the bathroom easier. Medications might include anticholinergics (ex., Detrol or Vesicare) which lower stimulation to the bladder, or agents such as Myrbetriq, which help to relax the bladder muscle. The older agents may worsen cognition and hallucinations but the new medications are somewhat safer. Other treatments include tibial nerve stimulation and botulinum toxin injections into the bladder muscle. It's important to remember that any treatment that relaxes the bladder can result in unintentional urinary retention.



The less common problem is difficulty eliminating urine. Incomplete bladder emptying is confirmed by checking a "post-void residual" via ultrasound in the office. Urinary retention is important to treat, because stagnant urine in the bladder is susceptible to bacterial infection. Weak bladder muscle is managed with intermittent catheterization. Your

physician may recommend referral to a urologist or urogynecologist, who may perform urodynamic testing to determine the underlying bladder disorder.

I recommend high absorbency pads at night. Briefs with elastic around the legs and tabs on the sides work well, and gel briefs can hold more liquid than cellulose. During the daytime, Depends-type undergarments or shields can help provide security and confidence to go out and live life.



No Baño por Senora! (or a Wee Problem)

by Dorothy Ross, Davis Support Group

For a camping trip on the Baja Peninsula, Bill and I traveled in our old Volkswagen bus with a pop-up top. It was equipped with a foldout bed and rudimentary cooking facilities, but no toilet. Not a good idea for a woman with Parkinson's disease. When I gotta go, I gotta go.



One evening we joined a wagon circle of self-contained RVs in a campground on the Pacific Coast. We had all detoured to that spot to observe the annual whale migration, which was spectacular—lots of spouting whales and occasional breaching whales. But I had a problem. There were no public toilets. Not un baño in sight. Worse, there were no trees to hide behind either—just a lot of short spiny cactus.

At that point I had to agree with Freud: I really did envy the specialized male plumbing that allowed Bill to stand there looking nonchalantly out to sea, whale watching, while he sprayed the pebbles.

Because let's face it, there is simply no way for woman with the PD balance wobblers to squat nonchalantly, especially with all that prickly cactus waiting to poke me. But I had to do something, and quickly, or nature would solve the problem for me. I rooted around in the VW looking for something that could be pressed into service as a mini port-a-potty. In desperation, I turned my Tupperware bowl into my *pot to piss in*.

Since that trip we've invested in a compact, self-contained motor home. Now, when my need for facilities is urgent, Bill pulls over, and I get the feeling of relief in the privacy of our own full-sized port-a-potty.

Mission Statement:

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.



A BLADDER WORKOUT? Sure!

Rachel S. Worman, DPT

Leaking urine is common in people who have been diagnosed with Parkinson's disease. You are not alone and pelvic health physical therapists may be able to help!

The cause of leaking may be different in each person with Parkinson's disease. It is important to work with your physicians to determine the exact cause of your leaking. Once the type of leaking has been diagnosed, you will have some options for treatment. One option may be specialized pelvic health physical therapy.

Pelvic health physical therapists have completed further training in pelvic health and can treat various pelvic dysfunctions including incontinence. Based on information from your physician and with further information from a thorough pelvic PT examination they can help you gain control of your leaking.

The PT treatment will be determined by the type of incontinence. If your urine loss is due to weak muscles, you will learn different methods to assist

in training or strengthening the muscles. If your urine loss is due to muscles that are overactive, you will learn how to turn the muscles off. Urine loss that is due to strong urgency can be managed with some easy dietary and training techniques. If you have difficulty getting to the restroom on time because your movement is slowed by your Parkinson's disease, your physical therapist may coach you through a voiding schedule.

Pelvic health physical therapy is never a one size fits all routine. Your therapist will set up a program that is specific to your individual diagnosis, needs and goals. If you are struggling with incontinence, ask your physician if pelvic health physical therapy might be right for you.



Finding JOY

"Through a Child's Eyes

On the occasion of my sister's first visit to a beach – at age three- there was much excitement and anticipation. As the story goes, Mom and Jeanie ran through the waves lapping onto the shore. They giggled as the water got their toes wet. They chased the waves. Joy! And later, when their time at the beach was over and they were leaving, Jeanie asked, "When does the ocean stop flushing, Mommy?"



Little Effort - Big Impact!

Donate During Big Day of Giving 2018



**Big
Day of
Giving**
May 3, 2018

Midnight to Midnight on
Thursday, May 3

Support the

**Parkinson Association
of Northern California (PANC)**

www.bigdayofgiving.org/parkinsonsacramento

Join the giving and support
PANC's Parkinson's disease educational programs,
research, and services.

Remember PANC on May 3rd

Donate online or write your check to PANC!!!

www.panctoday.org



Regional Support Groups

For additional information, visit www.panctoday.org

Sacramento

Arden/Arcade

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

Northeast Sacramento Area

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

Sacramento Caregivers Lunch Bunch

3rd Tuesday, 11 a.m.
Ettore's, 2376 Fair Oaks Blvd.
Anne Spaller 916-728-9333
aspaller@deloro.org

Gold River

Lewy Body Dementia (Collaboration Group)

2nd Thursday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd.
Denise Davis 800-272-3900
denise.davis@alz.org

Sacramento Men's Group

1st Thursday, 10 a.m.
Crown Plaza, Theater Room
1071 Fulton Ave.
Arnold Loveridge 916-485-0150
arnoldvl@surewest.net
Jim Morris 916-359-4859
jimor1940@gmail.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.
David Teraoku 916-685-4162

Auburn

Caregivers Luncheon

2nd Tuesday, 12 p.m.
(No meeting June/Dec)
Awful Annie's Cafe
13460 Lincoln Way, Auburn
Karen Hancock 530-885-0950
karen@hancockonline.net

Carmichael

Sacramento Area Young Onset Support Group

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

Chico

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

Davis

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

Davis Care Partners Group

2nd Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street
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
Donna Rixmann 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
Larry Alver 916-933-2465
ldalver@sbcglobal.net

Elk Grove

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

Folsom

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

Grass Valley

2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way
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
Phil Myers 707-263-4624
phillip.e.myers@att.net
Lin Pifer 707-263-5728

Lincoln

3rd Tuesday, 10 a.m.
Granite Springs Church
1170 E. Joiner Pkwy., Lincoln
Brenda Cathey 916-253-7537
bjcathey@gmail.com

Lodi

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

Lodi Caregivers Group

3rd Monday, 10 a.m. - 12 p.m.
Temple Baptist Church
801 S. Lower Sacramento Rd.
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
Betty Ferguson 530-993-4002
fergi45@gmail.com

Modesto

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

Napa-Young Onset Group

4th Sunday, 3 p.m.
Covenant Presbyterian Church
1226 Salvador Ave.
Joe Burger 707-266-6156
jeburger99@gmail.com

Oroville

1st Thursday, 1:30-3 p.m.
Trinity Presbyterian Church
2350 Foothill Blvd.
Carol Rawlins 530-282-8769

Placerville

1st Tuesday, 1:30-3 p.m.
Senior Center Dining Room
937 Spring Street, Placerville
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
Kim Hawkins 530-945-7628
kim.reddingpsg@yahoo.com

Roseville

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

West Roseville

4th Tuesdays, 3:30-4:15 p.m.
Sierra Pointe Senior Living
5161 Foothills Blvd, Roseville
Cindy Ruder 916-412-0076
cindyrunder@surewest.net

Sonoma County

1st Saturday, 1 p.m.,
Feb/Mar/Apr/May/June/
Oct/Nov
2nd Saturday, 1p.m., Aug/Dec
NO meetings in Jan/Jul/Sept.
Christ Church United Methodist
1717 Yulupa Ave., Santa Rosa
Kathy Osbun 707-480-7230
osbun@aol.com
Marc Alexander 707-431-8767
malexander109@comcast.net

Stockton

2nd Thursday, 1:30 p.m.
O'Connor Woods, West Hall
3400 Wagner Heights Rd.
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.
Kathy Clark 209-879-3108
classieladyat63@yahoo.com

Vacaville

1st Saturday, 1:30 p.m.
Community Presbyterian Church,
425 Hemlock Street
Theresa Pate 707-642-2173
theresa3842@sbcglobal.net

Vallejo

1st Saturday, 10 a.m.
Comm. Presbyterian Church, Rm 2
2800 Georgia Street
Theresa Pate 707-642-2173
theresa3842@sbcglobal.net
Margarita Romo (Spanish
interpreter) 707-803-9220
meguiromo@yahoo.com

Woodland

4th Tuesday, 1 p.m.
No meeting Jul/Aug
Woodland Comm. & Senior Center
2001 East Street
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
Janice Herbert 530-673-3064
tricityparkinsons@gmail.com

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.

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December 15, 2017 – March 15, 2018

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