

The Parkinson Path

WINTER 2018



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

News from the PANC Board

Annual Conference Videos Available

Did you miss PANC's 2017 Annual Conference? Or maybe wish you could review some of the presentations you saw in person? Well, check out our website – www.panctoday.org – to find selected sessions under PANC Resources / Videos. One click will take you back to the Conference and its wonderful presentations. Enjoy and share!

TWO Walks for PD in April 2018!

As luck would have it, there will be TWO events in April that will promote public awareness of and support for the Parkinson's community. Please join in on both events as they offer meaningful opportunities for everyone to support those with PD.

April 7, 2018 – The Embarcadero Lions Club of Sacramento will hold its second annual 'Cancel Out Parkinson's' Walk honoring Robert G. Smith. Last year's Walk was a tremendous success with food, T-shirts, music, exhibits, dancers, and a warm up by the Rock Steady Boxing leaders. And like last year, *the Lions are dedicating all proceeds to the Parkinson Association of Northern California!* The venue for the COP Walk will be Maidu Park in Roseville. More info at www.rgsmith.org.

April 14, 2018 – The Parkinson Foundation (PF) is bringing their Moving Day! to Sacramento. Moving Day! is a fun and inspiring fundraising event that unites families, friends and communities in the fight against Parkinson's disease. The starting venue

for the Moving Day! walk will be the North State Capital Lawn. More info at www.movingdaywalk.org.

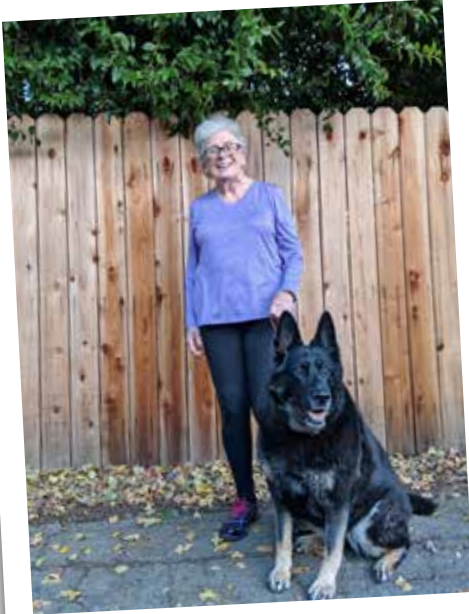
California Data Collection

California is creating a statewide registry for Parkinson's disease. The Richard Paul Hemann Parkinson's Disease Program (as established in Senate Bill 57, Chapter 52 of 2017/2018) calls for mandatory reporting of

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What a PAIN!

by Dorothy Ross, Davis Support Group

I am, unfortunately, quite familiar with the pain of Parkinson's. In fact, pain was the first indication that something was wrong with my body. The pains on my left side date back to at least 2007. I assumed the aches were caused by arthritis. Not so. The neurologist told me I was suffering from dystonia—muscle spasms fairly common with PD.

During the past decade, I've tried many alternative approaches to dealing with the hurt.

Acupuncture treatments were relaxing, especially when coupled with hot rocks on my back and shoulders, but the needles provided little comfort for the leg. Deep tissue massage was much more beneficial. I continue with those treatments twice a month. In addition, my husband massages my leg with good old Ben-Gay whenever I have a bad spell.

Heat gives me the most relief. My arsenal includes a microwavable heating pad, an electric lap blanket, leg warmers and silk long johns that I wear as pajamas.

But the single most effective cure—and our most expensive purchase—is an above-ground spa. It's always hot, so I can pop in any time of the day or night and enjoy the jets and bubbles. If pain interferes with my sleep, I toddle outside and spend a half hour stargazing in hot water up to my neck, while stretching and flexing the errant flipper. Then I sleep like a bear.

Because the dystonia is in my leg, I sometimes have trouble walking. That's where my dog comes in. When she first came to live with us ten years ago, Bridget was supposed to be my mobility dog. At that time, I didn't really need her help, so I failed to keep up her training. In spite of that lapse on my part, Bridget seems to intuit my need for assistance coming out of a freeze or getting up from the floor. Bridget is my cane with a brain, but she still acts like a puppy sometimes. Her antics keep me laughing; the best medicine for pains of all kinds.

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new cases of Parkinson's disease statewide. As the prevalence of PD is only estimated at this time, the registry may provide more exact data which could serve many uses in understanding and treating PD. PANC has offered its services to support the California Department of Public Health's commitment.

Introducing Michelle D. Coleman, CFRE, CPC

Please join our excitement as we welcome Michelle Coleman to the position of Executive Director for PANC. Michelle brings tremendous expertise in managing and funding non-profit organizations. We are so very fortunate to have her join our team!

**Mark Your Calendars
Thursday May 3, 2018**

is the date for the

Big Day of Giving,

as promoted by the

Sacramento Regional Community Foundation!

**It will be a special one-day
event to join others lending
support to the
Parkinson community.**

Stay tuned!

Breathe IN – Pain OUT!

Sarah Pinasco PT, DPT

Studies show that chronic pain can be reduced with diaphragmatic breathing and muscle relaxation alone. This issue will address both techniques. Your goal for enhancing pain relief is to master the art of these exercises.

Deep (Diaphragmatic) Breathing

- Lie on your back, or prop yourself up on several pillows
- Put one hand on your belly and the other on your chest. When you breathe in, push your belly out as far as possible, you should feel the hand on your belly move outwards, while the hand on your chest does not move.
- When you breathe out, feel the hand on your belly move in. When you can do this type of breathing well lying down, learn how to do it while sitting or standing.
- Practice this slow and deep breathing exercise for several minutes multiple times a day.

Progressive Muscle Relaxation

Step 1. Assume a comfortable position and a passive attitude. You may lie down; loosen any tight clothing, close your eyes and be quiet. Focus on relaxation. Tune out all other thoughts.

Step 2. Tense and relax each muscle group as follows:

- Forehead - Wrinkle your forehead, try to make your eyebrows touch your hairline for five seconds. Relax.
- Eyes and nose - Close your eyes as tightly as you can for five seconds. Relax.
- Lips, cheeks and jaw - Draw the centers of your mouth back and grimace for five seconds. Relax. Feel the warmth and calmness in your face.



- Hands - Extend your arms in front of you. Clench your fists tightly for five seconds. Relax. Feel the warmth and calmness in your hands.
- Forearms - Extend your arms out against an invisible wall and push forward with your hands for five seconds. Relax.
- Upper arms - Bend your elbows. Tense your biceps for five seconds. Relax. Feel the tension leave your arms.
- Shoulders - Shrug your shoulders up to your ears for five seconds. Relax.
- Back - Arch your back for five seconds. Relax. Feel the anxiety and tension disappearing.
- Stomach - Tighten your stomach muscles for five seconds. Relax.

- Hips and buttocks - Tighten your hip and buttock muscles for five seconds. Relax.
- Thighs - Tighten your thigh muscles by pressing your legs together as tightly as you can for five seconds. Relax.
- Feet - Bend your toes up toward your body as far as you can for five seconds. Relax.

- Toes - Curl your toes as tightly as you can for five seconds. Relax.

Step 3. Focus on any muscles which may still be tense. If any muscle remains tense, tighten and relax that specific muscle three or four times.

Step 4. Fix the feeling of relaxation in your mind. Resolve to repeat the process again.

Finding *Joy* by Nancy Kretz

If there was an abandoned nickel or penny lying on the ground, my dad had the uncanny ability to find it. He'd happily reach down to retrieve the coin –and with great satisfaction declare how it pays to pay attention! I can only imagine how much money he had collected over his nearly ninety years. Apparently, this ability to spot a coin on the ground, is a trait that I must have inherited. Now, when I see money on the ground, I feel a closeness with my father. I reach for it with the sense of great fortune that my Dad can send pennies from heaven. Joy!



Join us and our local partner PANC to support **Moving Day** a walk for Parkinson's, in your community in 2018.

Moving Day[®] Sacramento

Saturday, April 14, 2018 - 9 AM
North State Capitol Lawn

REGISTER TODAY! MovingDaySacramento.org

Don't forget about the family-friendly walk routes of 1, 2 or 3 miles, a kids' area, music, entertainment, vendor booths, and refreshments!!

For questions please contact **Colleen Fischer**,
Moving Day[®] Coordinator at
415.367.4045 or email cfischer@parkinson.org.

2nd Annual Robert G Smith Walk

Cancel Out Parkinson's

Saturday April 7, 2018

Maidu Regional Park – Roseville, CA

Join the fight to Cancel Out Parkinson's disease.

All funds raised go to the Parkinson Association of Northern California (PANC) which provides services and support for our local community.

Honor Bob Smith and the Parkinson community by participating!



Register - \$25 donation and receive a free lunch, a commemorative t-shirt & more.
Open for health fair, entertainment & activities - 9:00 am.
Walk starts at 11:00 am.
Walk distances from 0.5 to 3 miles.

Contributions to Embarcadero Lions Club are tax deductible per non-profit, tax exempt status under IRC 501(c) (3) and CA Revenue and Tax code 23701d. Tax ID #94-2703851

Visit www.rgsmith.org
for info and to register to walk, create or join a team, or make a donation or pledge.
(916) 382-2016



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 NEW

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

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
Dorothy Ross 530-756-6024
parkofdavis@gmail.com

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
Contact Donna Rixmann
with questions
Donna Rixmann 916-712-9642
donna@yogapeace.net
Betsy 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

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.

Lake County

2nd Monday 2-3:30 p.m.
 United Christian Parish
 745 N. Brush St., Lakeport
 Phil Myers 707-263-4624
 Lin Pifer 707-263-5728
 phillip.e.myers@att.net

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

Caregivers Group

3rd Monday, 10 a.m.-Noon
 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
 (Free Parking)
 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.
 Speakers start at 1:30 p.m.;
 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 Tuesday, 3:30-4:15 pm
 Sierra Pointe Senior Living
 5161 Foothills Blvd
 Roseville, CA 95747
 Cindy Ruder 916-412-0076
 cindyruder@surewest.net

Sonoma County

1st Saturday, 1 p.m.,
 Feb/Mar/Apr/May/June/
 Oct/Nov
 2nd Saturday, 1pm., 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.-Noon
 St. Paul's Lutheran Church
 1635 Chester Ave.
 (corner of Chester and Lowell)
 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 Community and 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
 tricountyparkinsons@gmail.com

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