

*“Ten years ago I was faced with something I did not choose, nor even understand. Something that will be with me for the rest of my life; something that will do all it can to make things difficult, if not quickly, at least eventually. I was diagnosed with Parkinson’s disease.”*

*“ I realized immediately that the disease presented me with two important issues. I knew nothing about it, and I certainly could not fight it alone. So I found The Parkinson Association of Northern California (PANC) and a nearby PANC support group. That started my education, introduced me to many new friends, and helped me decide how I was going to live with Parkinson’s. This journey we face, cannot be faced alone. The more we join with others, the more strength and comfort we feel.”*

— Jim Morris, Sacramento Superior Court Judge, retired



**All of the services that PANC provides depend on the generosity of donors like you.**

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**Parkinson Association  
of Northern California**

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**Phone: 916-357-6641**

**E-mail: [panc@panctoday.org](mailto:panc@panctoday.org)**



# “Building Community for the Journey”



**Parkinson Association  
of Northern California**

*PANC is a 501©(3) non-profit corporation  
Federal Tax ID # 68-0372037*



## How PANC helps

We are about the people. With the assistance of 100 volunteers and multiple community partners, PANC is “Building Community for the Journey.”

## Our Mission...

The Parkinson Association of Northern California is dedicated to enhancing the lives of people with Parkinson’s, their families, and care partners.

Learn about events, support groups, educational conferences, newsletters and resources—[panctoday.org](http://panctoday.org)

## Support Groups

PANC offers 36 support groups throughout 14 counties in Northern California. These support groups meet regularly to support each other on the journey of Parkinson's disease. They often have visiting speakers who share insight on treatment, exercise, research, and keeping a positive attitude.

## Care Partner Support and Respite:

Parkinson’s affects the entire family. The uncertainty, the responsibility and demands can be exhausting. Self care of care partners is essential. PANC offers care partner support groups and respite care grants- so they can take a break!

## Home Safety Assistance

Grants for grab bars, railings and built in safety equipment is funded in cooperation with local non profits.

*Follow us on Facebook and Twitter*



## Education/Information

The annual educational conference brings together leading experts in neurology, movement disorders, physical therapy and complementary therapies to keep the Parkinson's community informed!

“**The Parkinson Path**” is a quarterly newsletter that links readers to support, education and events. Sign up at [Panctoday.org](http://Panctoday.org)

### **[www.panctoday.org](http://www.panctoday.org)**

[Panctoday.org](http://Panctoday.org) - has links to the latest therapies, research, webinars and resources.

**ParkinsonWISE** training classes teach non medical fitness trainers and care partners how to exercise with persons with Parkinson’s.

**Medical Advisory Panel** is a unique model that brings together multi-disciplinary medical professionals from UC Davis, Dignity Health/Mercy, Sutter Health and Kaiser Permanente who provide guidance on medically related position statements; speak at PANC events and/or recommend speakers or topics for educational programs; submit articles for the PANC newsletter.