

# PSGSC April Newsletter



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## **An Introduction from our new board member Tammy Moratto**

Giving back to my community has always been an important part of my life's work and mission. I was born and raised in Santa Rosa. Throughout my life I have seen and experienced how the support from members of our local community can have a positive impact on our personal lives. Working with our community, through the challenges and joys, has impacted my life greatly. I'm particularly excited to be opening Enso Village, the first Zen-inspired Life Plan community. Enso Village is a collaboration between San Francisco Zen Center and the Kendal Corporation, a Quaker-based organization with years of experience in senior living. The community will be rooted in the fundamental Buddhist and Quaker values of kindness and abiding presence – emphasizing spiritual as well as physical well-being and with a focus on mindful aging. I am

thrilled to be a part of this truly one-of-a-kind community. I'm drawn to serve on the Parkinson's board because I've learned firsthand how we all age differently. I'm excited to work with our members to provide a pathway of support for both established and new members so that aging with Parkinson's can be a shared endeavor. One where we can grow in our knowledge and care for one another from a wider net.

## Speakers Presentation:

**April 10, 2021**

**1-2 pm**

**Zoom link:** <https://us02web.zoom.us/j/82246981242?pwd=ZzFSTW95b2h2a2NlciY5T2t2MEZDZz09>.

**PSGSC Caregivers and Person's with Parkinson's Breakout Groups 2-3 PM** We will be using the breakout group icon on Zoom after the speaker presentation, so there will be no need for a separate Zoom link for caregivers.

**Topic:** Dr. Tim Gieseke will be talking about where we stand in the battle against COVID-19 and vaccine development. He will also address Physician Orders for Life-Sustaining Treatment (POLST).



Dr. Gieseke has had a private practice for general internal medicine in Santa Rosa for 40 years, retiring the end of 2019. He was the Medical Director of Spring Lake Village for 33 years and was a Medical Director at 4 other facilities and Santa Rosa Memorial Hospitals' two sub-acute units. He served the UCSF affiliated Santa Rosa Family Practice residency initially as an attending physician and later as an Associate Clinical Professor from 2010 to 2019. He was an Associate Medical Director for VNA Hospice from 2006 to 2012. He has been the Medical Director of Fox Home Health since 2014. Since retiring, he has helped coordinate Sonoma Counties' response to the pandemic.

In preparation for his presentation on POLST, he recommends that we look at the website <https://prepareforyourcare.org/welcome> and, as background for the topic of COVID vaccine and Parkinson's, I recommend a recent webinar by Dr. Okun, the medical director of the Parkinson's Foundation: [www.parkinson.org/blog/covid-vaccine](http://www.parkinson.org/blog/covid-vaccine)

Dance Classes:



### **Dance for Parkinson's**

Accompanied by live music, our dance class integrates movement from many dance forms (ballroom, folk, ballet, modern, etc.) to stimulate both mind and body. We begin class seated in chairs, warm up each muscle group, then progress to the center to focus on balance and spatial awareness. The class focuses on creative expression and artistry while addressing specific physical concerns such as balance, flexibility, coordination, gait, and strength. We aim to create an enjoyable social environment that emphasizes dancing for its own sake while we have fun. The class is open to all. No dance experience required!

### **Dance for Parkinson's with Torri & Brigid**

This month: 2nd & 4th Thursdays

#### **April 1, 2021 1-2 pm**

Zoom Link: <https://us02web.zoom.us/j/81365717558?pwd=YWNuTmFWVmJzTy9GRjhKRWkwUjdNUT09>

#### **April 8, 2021 1-2 pm**

Zoom Link: <https://us02web.zoom.us/j/81365717558?pwd=YWNuTmFWVmJzTy9GRjhKRWkwUjdNUT09>

### **Dance with Torri & Brigid — Marin Dance Theater**

Every Tuesday, 1-2 pm

Zoom Link: [Join our Cloud HD Video Meeting](#)

Drop-In Classes 1:30-2:30 pm

See Website for Monthly Newsletter with Zoom Links

Classes are held the Second and Fourth Thursday of each month

[www.parkinsonsonomacounty.org](http://www.parkinsonsonomacounty.org)

Support Groups:

### **Care Partners Support Groups**

(1) 2nd Wednesday of Month

**April 14, 2021 — 9:30 to 11 am**

Join Zoom Meeting:

[https://us02web.zoom.us/j/88419360465?](https://us02web.zoom.us/j/88419360465?pwd=UkFJRysrM2ovVGVyTjFnMVRQUm9CUT09)

[pwd=UkFJRysrM2ovVGVyTjFnMVRQUm9CUT09](https://us02web.zoom.us/j/88419360465?pwd=UkFJRysrM2ovVGVyTjFnMVRQUm9CUT09)

(2) 4th Thursday of Month

**April 22, 2021 at 11:30 am to 1:00 pm**

Join Zoom Meeting: [https://us02web.zoom.us/j/88671038071?](https://us02web.zoom.us/j/88671038071?pwd=TjVoOFIiYjNkZmRHMtYS2jeDFWQT09)

[pwd=TjVoOFIiYjNkZmRHMtYS2jeDFWQT09](https://us02web.zoom.us/j/88671038071?pwd=TjVoOFIiYjNkZmRHMtYS2jeDFWQT09)

**Women With Parkinson's Support Group**

3rd Wednesday of Month

**April 21, 2021 12:30-2:00**

Join Zoom meeting: <https://pmdalliance.zoom.us/j/937547542>

Password: 357912

Exercise Groups:



**Exercise Options:**

By Bill Jordan

**Rock Steady Boxing**

Meets 4 times per week. Instructor is Don Ammons, former U.S. Army boxer who became a USA Boxing Certified coach after the army. In addition to core strength a lot of emphasis on boxing combinations with footwork. Excellent skilled motor learning. Don clearly puts in a lot of preparation. He is fun and the classes, even though on Zoom, are a good social experience.

Contact [don@ringtimefitness.com](mailto:don@ringtimefitness.com)

**PD-Connect**

Instructors are Lisa Oei PT (founder- Physical Therapist specializing in Parkinsons- Marin County), and SteF Farina.

5 classes per week. Emphasis is on Parkinson specific exercises with strong influence from PWR. There is a weekly open forum meeting. Occasional

lectures.

Lisa and SteF are excellent with a great sense of humor.

Very instructive website. Payment by donation.

Contact at [PD-Connect.org](http://PD-Connect.org)

### **YMCA Parkinson's Group Exercise Program**

Meets on Wednesdays 3:00-4:00 pm. Preregistration is required each month.

Caregivers are welcome to attend.

[https://www.scfymca.org/clientuploads/PDFs/Parkinsons\\_Group\\_Exercise\\_Program\\_Wednesdays\\_2019.pdf](https://www.scfymca.org/clientuploads/PDFs/Parkinsons_Group_Exercise_Program_Wednesdays_2019.pdf) [https://www.scfymca.org/clientuploads/PDFs/Parkinsons\\_Group\\_Exercise\\_Program\\_Wednesdays\\_2019.pdf](https://www.scfymca.org/clientuploads/PDFs/Parkinsons_Group_Exercise_Program_Wednesdays_2019.pdf)

It is just as beneficial to understand why PWP are urged to exercise as is doing the actual exercise. Below is an interview with Dr Giselle Petzinger. She is a board certified neurologist and on the faculty of the University of Southern California. She is a leading researcher in the field of neuroplasticity and an advocate for the benefits of exercise.

I learned a great deal and I hope you will also.

**Listen on Apple Podcasts:** <https://podcasts.apple.com/us/podcast/dr-giselle-petzinger-on-exercise-for-parkinsons-disease/id818198322?i=1000494782423>

### Book Review:



#### **Diagnosis Dystonia: Navigating the Journey, Tom Seaman. 2015**

A patient authored resource for patients, loved ones, and care givers.

Dystonia is a neurological disorder involving involuntary muscle spasms, muscle contractions, and repetitive movements. This book is written by a person who has had dystonia for many years. He shares strategies, coping skills, and mental approaches to optimize the effectiveness of your professional care and self care. It includes his personal journey, as well as testimonials from

other people with dystonia. It is valuable for the newly diagnosed, as well as for those who have been living with dystonia for a long time.

Tom's life health coaching website: [www.tomseamancoaching.com](http://www.tomseamancoaching.com).

Available on Amazon. The information here is from the "look inside" that is offered there.



### **New Board Member Profile- Tammy Moratto**

**Tammy Moratto, Enso Village will be the next in a long line of new communities she will have helped launch during her 15-year career in senior living marketing. Over the years, she has served in a wide variety of positions, including executive director for a continuing care retirement community (CCRC), an assisted living community, and a memory care community. While she has many years of on-the-job training, it is Tammy's genuine love of connecting with people and contributing to improving their lives that is at the heart of her commitment. "Being a part of this community from the beginning, helping people through their journeys, and making sure their dreams come true is the most fulfilling part for me," she says.**

**Tammy holds an accounting degree from Empire Business College. She loves spending time outdoors and enjoys all water sports, a relic from her days on the high school and college swim teams. She married her high school sweetheart 40 years ago and, together, they raised two amazing boys. They are also blessed with three precious grandchildren.**



### **With Gratitude For Your Donation:**



We appreciate your donation gift to PSGSC to assure our classes, activities and outreach will continue and expand in 2021. Our donation jars remain stored as we continue our work in the virtual realm through the year. Please think of PSGSC as you join a meeting, support group or class. Make a donation to honor someone, remember someone, inspire someone with a gift for the future.

Please donate today by sending a check to:

PSGSC

c/o Judy Deas, Treasurer

456 Hidden Acres Road

Healdsburg, CA 95448

### **Update Your Information:**

Have you changed your address, telephone, email this year? If so, this is a very good time to revisit your listing in our database.

The easiest way for us to update your information is for you to go to our website. Click on “*More Information*” tab, then “*Contact Us*” tab to find “*Database Form*”. Print the form, fill it out, and send it to the address listed on the form.



Send articles & information to Tess  
Lorraine [tesslorraine@me.com](mailto:tesslorraine@me.com)

PSGSC Website

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