



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

## News from the PANC Board

### Annual Report 2016

#### PANC's 2016 Annual Report

is now available online at [www.parkinsonsacramento.org](http://www.parkinsonsacramento.org). Please take a minute to look what's been happening with PANC! There is a lot to celebrate!

### Introducing Jan Whitney

Ms. Jan Whitney is now PANC's Executive Director! Jan brings 25 years of experience in managing and building nonprofit organizations. Hooray!

### Many Thanks to the Embarcadero Lions Club

To honor retired Sergeant Robert G. Smith, an accomplished leader within the Lions organization and recently diagnosed with Parkinson's disease, the Embarcadero Lions Club of Sacramento planned and conducted a Walk to

Cancel Out Parkinson's disease.

The April 1<sup>st</sup> event at Rusch Park in Citrus Heights was the first of its kind in the region and very well attended! The Lions dedicated proceeds to PANC to support the Parkinson community in northern California. We applaud their months of work to make this extraordinary day possible. Thank You Embarcadero Lions Club, especially Ms. Suzanne Royce, Event Chair. We appreciate you all!

### Big Day of Giving 2017: May 4

Due to your generosity during last year's campaign, PANC received \$14,000, despite national technical difficulties! We count on you to help PANC reach \$20,000 this year. More info inside.

### WELCOME to TWO New Board Directors

PANC is extremely happy to announce Mr. Phil Kram, CPA and Ms. Marcie Larkey, fundraiser, have been added to the PANC Board of Directors. Both have experiences and skills that will be of tremendous value!

*If you are interested in working with us, please contact us!*

[panc@parkinsonsacramento.org](mailto:panc@parkinsonsacramento.org)

*or call 916-357-6641*

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## Not Your Grandma's Walker

by Dorothy Ross - March 2017

*I've been reluctant to push a walker in public....Not any more!*

When I'm "on," well-rested, with my meds in sync, I'm ready for just about anything. I can almost, though not quite, forget I have Parkinson's. But at times when I'm "off" and the drugs can't shake me loose, I want to hide and nurse my pride.

The "off" times have been getting more frequent and less predictable, making me uneasy about venturing far from home. When I do go out, I often carry a cane and sometimes a pair of trekking poles. I don't need a walker yet, though I'm quick to grab a cart at the grocery store, grateful for that shopper's walker. Still, I've been reluctant to push a walker in public because it makes me feel like an invalid.

Not any more. I now rely on an all-terrain vehicle, modern and sturdy. Actually, it's a very special walker. A marvel of Swedish engineering, my new rollator, is not your grandma's walker. It's equipped with eight-inch wheels that roll smoothly on rough ground thanks to integrated ball bearings, and a suspension system that allows the rollator to handle uneven surfaces without shooting



shocks up my arms. My cruiser is lightweight and flexible, yet rugged and road ready.

When people ask about my new walking aide, I'm happy to demonstrate its features. I tell them mine is only one of a handful of clever mobility devices offered by European manufacturers. Not surprising. The Europeans I know are great walkers who wouldn't be slowed down by the inconvenience of PD.

I'm determined to follow the example of my friends across the sea and resolve to do everything I can to get active and stay active, both physically and socially. I'll ask for help when I need it, and refuse to let pride keep me from taking advantage of assistive devices.

## Learning Something New

*Finding*

*JOY*

Guess what I did today! I learned how to scan a document into my computer! "What?" you say, "that's not joyful!" Oh yes it is – at least it was for me!

The point of learning something new isn't the 'what' that you learn, it's the achievement of learning it. It feels good. Real good. It's news-worthy to friends and family!

Learn something new every day. And spread the word of your accomplishment. JOY!

**Nancy Kretz RN**

## What is Atypical Parkinsonism?

Norika Malhado-Chang, MD  
Assistant Professor of Neurology  
University of California at Davis

One of the most important steps to ensuring appropriate treatment for any condition is establishing a correct diagnosis. This is especially true for the Parkinsonian syndromes.

At one time, it was thought that anyone with Parkinson's-like symptoms had "Parkinson's Disease." We now know that there is actually a constellation of diseases that fall under the large umbrella of "Parkinsonian Syndromes." Instead of just one entity called "Parkinson's Disease," there are a whole host of conditions that have features similar to PD, but involve different pathologies in the brain, different symptoms, different responses to treatment, and different prognoses. Here, I will review some of the more common forms of "atypical parkinsonism's" and help to differentiate them from classic Parkinson's disease.

True, **classic Parkinson's Disease** has an insidious onset with slow progression. Initial symptoms might be muscle stiffness, or slowness of movement on one side of the body. Some might have a rest tremor in one hand, decreased facial expression, soft

voice, or decreased swinging of one arm while walking. When treated initially with dopamine replacement therapy, symptoms improve.



The most common "atypical parkinsonism" is **Progressive Supranuclear Palsy**, also known as PSP. Some of the earliest symptoms of PSP include postural instability, imbalance, and falls. While these can be present in classic PD as well, it would be unusual for these to be the very first symptoms. The falls are often backwards, and balance is worsened by impaired eye movements and slowed postural reflexes. When eye movements are slow and uncoordinated, double vision may ensue. Trouble speaking and swallowing also develop. Similar to PD, PSP may involve stiffness, slowness, and trouble

walking. Dopamine medications may help, but the response is generally not as impressive as it is in classic Parkinson's disease.

**Multiple System Atrophy** is a form of atypical parkinsonism that has two subtypes: MSA-P (Parkinson's type) and MSA-C (Cerebellar type). Both forms of MSA are characterized by impairment of the autonomic (i.e. automatic) nervous system. This means that swallowing, bowel, bladder, and sexual functions are affected early on. The reflex that maintains blood pressure becomes faulty, resulting in

precipitous drops in blood pressure upon standing; this is called "orthostatic hypotension." Similar to PD, MSA-P may involve stiffness, slowness, and trouble walking. MSA-C includes more incoordination and slurred speech. Dopamine medications may help, but the response is generally not as impressive as it is in classic Parkinson's disease.

**Lewy Body Disease** (LBD) is a form of atypical parkinsonism that is most notable for early cognitive impairment (thinking problems, confusion, memory

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What is Atypical Parkinsonism?*



**The Big Day of Giving** is a national fundraising campaign in which hundreds of local nonprofit programs participate each year. For the Parkinson Association of Northern California (**PANC**), this is an extremely important fundraiser to support a variety of PANC services, and we are very grateful for each and every donor who participates!

**Your contributions will make a positive difference in the lives of those dealing with Parkinson's disease (PD).** For example, a \$25 donation to **PANC** can provide an hour of relief care under the Respite program.

PANC's quarterly newsletter circulates to over a thousand homes and costs PANC \$1,820 to produce and mail each copy.

And **PANC's** newest program, **ParkinsonWISE** brings medical education of PD to the non-medical community of fitness and wellness professionals so that folks with Parkinson's disease can obtain exercise and wellness guidance from ParkinsonWISE provider.

## Support Your Parkinson's Community May 4th

**The Big Day of Giving program has made great changes for the 2017 campaign!**

- CiviCore was selected to handle the internet platform this year.
- The minimum donation is now \$15, and the fee has been lowered to 5.2%.
- Donations may be made in advance – online or by check made. Simply indicate that the donation is for the **"Big Day of Giving"** on the memo line.

We look forward to your participation in supporting the Parkinson's community!

*Thanks from Your Grateful  
PANC Board Members*



## ASK THE EXPERT

Physical Therapist and PANC Board director, Christine Shade, PT, DPT, NCS of Kaiser Roseville Neuroscience answers questions about movement for those with Parkinson's disease.

**Q** Which is safer - Should I use my cane or hang on to the railing when I go down stairs. I can't do both as I have to use the same hand for the cane and the rail.

**A** *The railing is going to be more steady than the cane. You can hold the railing on one side and use the cane in the opposite hand for extra stability.*

**Q** What are some good tips for getting out of a chair?

**A** *Make sure you scoot forward in your seat, have your feet under your knees and lean forward making sure your nose is over your toes to push to stand up. With Parkinson's disease, people tend to lean/push backwards to come to stand and a lot of times end up falling back into their chair. By leaning forward and keeping nose over toes this shifts your weight forward and will allow increased safety and ease with the stand.*



October 21, 2017

**Join PANC's  
Annual Educational Conference**

***“Into the Future”***

will celebrate the special  
200<sup>th</sup> Anniversary of  
James Parkinson's manuscript,  
*“The Shaking Palsy”*.



Join us as we explore the progress in knowledge and treatment of PD in the last 200 years and peer into the exciting future for Parkinson's disease advances.

***Registration will begin this summer.***

***SAVE the DATE***

***Continued from Page 3:  
What is Atypical Parkinsonism?***

loss) and visual hallucinations. There is often fluctuating attention and loss of regulation of automatic functions (such as blood pressure, bowel movements, sweating, etc). Sleep disturbances are also prominent, including the acting out of dreams at night (REM behavior disorder). Similar to PD, LBD may involve stiffness, slowness, and trouble walking, but these symptoms are not as prominent.

**Vascular Parkinsonism** can mimic Parkinson's disease in terms of symptoms such as stiffness, slowness, tremor, and gait disturbance. However, rather than being caused by a neurodegenerative process, it is caused by vascular disease (strokes). For this reason, dopamine medications are not effective. Rather, focusing attention on decreasing the chance of future strokes is the best management. This might include daily aspirin, blood pressure control, diabetes management, and cholesterol therapy.

**Corticobasal syndrome** (Corticobasal ganglionic degeneration) is a unique form of atypical

parkinsonism that is less common. The most notable symptom is extreme rigidity (stiffness) in one arm, hand, or leg. One side of the body loses the ability to follow the brain's commands, so one hand may become unable to brush one's teeth or use a pair of scissors, for example. This is called "apraxia." Sometimes, the limb may not even feel like one's own, almost like an "alien limb." Problems with thinking, speech, and personality follow.

As you can see, the term "Parkinson's Disease" actually refers to a very specific condition. It may be difficult for most medical professionals to differentiate true Parkinson's disease from the various forms of atypical parkinsonism above. For this reason, it is important to be evaluated by a "Movement Disorders Neurologist," a specialist with specialized training in the Parkinsonian syndromes. Once a proper diagnosis can be established, appropriate therapy and management can begin.



## Regional Support Groups

Support Group Contact: Caroline Cormier,  
[panc@parkinsonsacramento.org](mailto:panc@parkinsonsacramento.org); 916-357-6641.

*For details and contact information see full list at  
[www.parkinsonsacramento.org/support](http://www.parkinsonsacramento.org/support).*

### Sacramento

#### Arden/Arcade

3rd Thursday, 10 a.m.  
 Arden Christian Church  
 4300 Las Cruces Way  
 Keith Tronson 916-395-2771  
[keithtronson@sbcglobal.net](mailto:keithtronson@sbcglobal.net)  
 Jim Morris 916-359-4859  
[jgmo@winfirst.com](mailto:jgmo@winfirst.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](mailto:sstfam@winfirst.com)

#### Caregivers Lunch Bunch

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

#### Gold River Lewy Body Dementia (Collaboration Group)

2nd Thursday, 10 a.m.  
 Eskaton Lodge Gold River  
 11390 Coloma Rd.  
 Denise Davis 916-930-9080  
[Denise.Davis@alz.org](mailto:Denise.Davis@alz.org)

#### Men's Group

1st Thursday, 10 a.m.  
 Crown Plaza, Theater Room  
 1071 Fulton Ave.  
 Arnold Loveridge 916-485-0150  
[arnoldvl@surewest.net](mailto:arnoldvl@surewest.net)  
 Jim Morris 916-359-4859  
[gmo@winfirst.com](mailto:gmo@winfirst.com)

#### Post DBS Patients

See class schedule, location and  
 contact information at [http://  
 www.parkinsonsacramento.org/  
 dbc-class-support](http://www.parkinsonsacramento.org/dbc-class-support)

### South Area

2nd Thursday, 1 p.m.  
 Asian Community Center  
 7375 Park City Dr.  
 David Teraoku 916-685-4162

### Auburn

3rd Tuesday, 1:30 p.m.  
 Pioneer United Methodist Church  
 1338 Lincoln Way  
 Cindy Christensen 530-355-0742  
[cindypoe2000@yahoo.com](mailto:cindypoe2000@yahoo.com)

### Caregivers Luncheon

2nd Tuesday, 12 p.m.  
 (No meeting June/Dec)  
 Awful Annie's Cafe  
 13460 Lincoln Way, Auburn  
 Sally Horst 530-878-2226  
[sallyhorst1254@gmail.com](mailto:sallyhorst1254@gmail.com)

### Chico

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

### Davis

3rd Thursday, 1:30 p.m.  
 Davis Senior Center  
 646 A Street  
 Dorothy Ross 530-756-6024  
[parkofdavis@gmail.com](mailto:parkofdavis@gmail.com)

### Care Partners Group

2nd Wednesday, 1:30 p.m.  
 Davis Senior Center  
 646 A Street  
 Karen Eagan  
[Kareneagan747@gmail.com](mailto:Kareneagan747@gmail.com)

### El Dorado Hills

2nd Tuesday, 12 p.m.  
 Four Seasons Community Building  
 3186 Four Seasons Dr.  
 Betsy Alver 916-933-2465  
[ldalver@sbcglobal.net](mailto:ldalver@sbcglobal.net)  
 Donna Rixmann 916-712-9642  
[Donna@yogapeace.net](mailto:Donna@yogapeace.net)  
 Contact for gate code

### Elk Grove

3rd Wednesday, 10 a.m.  
 Senior Center of Elk Grove  
 8830 Sharkey Ave.  
 Myron Jantzen 916-686-4555  
[mpjantzen@aol.com](mailto: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](mailto:cabalunaem@comcast.net)

### Fort Bragg

1st Friday, 2 p.m.  
 Mendocino Coast District Hospital,  
 Redwood Room  
 700 River Dr.  
 Joseph Mayfield 707-937-2707  
[Mayfield@mcn.org](mailto:Mayfield@mcn.org)

### Grass Valley

2nd Friday, 1:30 p.m.  
 Atria Grass Valley  
 150 Sutton Way  
 Nancy Lockwood 530-272-7950  
[nmlockwood@aol.com](mailto: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.

**Lakeport**

2nd Monday 2-3:30 p.m.  
 United Christian Parish  
 745 N. Brush St. (Free Parking)  
 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.  
 Brenda Cathey 916-253-7537  
 bj-cathey@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  
 Robin & Pat Bray  
 209-269-1080  
 braywaves@gmail.com

**Caregivers Group**

3rd Tuesday, every other month,  
 10 a.m. to noon.  
 Call for location & directions.  
 Jean Whitted 209-368-2809  
 bjwhitted@hotmail.com

**Loyalton**

1st Friday, 1:30 p.m.  
 Golden West Restaurant  
 Main Street, Hwy 49  
 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. (Free Parking)  
 Debra Watson 209-552-9043  
 modestoparkinsons@gmail.com

**Napa-Young Onset**

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

**Orangevale**

1st Thursday, 10 a.m.  
 Eskaton Fountain Wood Lodge  
 8773 Oak Ave.  
 Deborah Johnson 916-987-0668  
 debzdots@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  
 Larry Morgan 530-622-8941  
 larry.morgan5541@sbcglobal.net  
 Tom Schulz 530-644-3473  
 macschulz@aol.com

**Redding**

2nd Friday, 12:30 p.m.  
 Social Time; 1-3 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  
 rosevillepsg.weebly.com

**Sonoma County**

1st Saturday, 1 p.m.,  
 Feb/Mar/Apr/  
 May/June/Oct/Nov  
 2nd Saturday, 1pm Aug/Dec  
 NO meeting in Jan/Jul/Sept.  
 Christ Church United Methodist  
 1717 Yulupa Ave., Santa Rosa  
 Kathy Osbun 707-538-5178  
 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

**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.com  
 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

**Yountville**

Every Thursday, 9-10 a.m.  
 Veteran's Home  
 Eisenhower Annex 2, TV Room  
 200 California Dr.  
 Richard Lindsey 707-944-4591  
 richardlindsey@cdva.ca.gov

**Yuba City**

2nd Monday, 1 p.m.  
 Sutter Medical Foundation  
 969 Plumas St., Suite 208  
 Janice Herbert 530-673-3064  
 George Chumbley 530-671-0767  
 gchum@syix.com  
 Mary Lou Chumbley 530-671-0767  
 lchum@syix.com

## DONATIONS &amp; MEMORIALS

December 16, 2016 – January 15, 2017

## DONATIONS

Jim & Alberta Ballard	David Foster	Barbara Piringier
Rick & Ruth Begell	Joseph Gallardo	Paul Prewitt
Frank & Ruth Bennett	Bud Gerhardt	Bruce Resner
Robert Blakeley	Kay & Hugh Griffin	Allen & Star Rudge
Jane Bogner	Nancy Kretz	Sample Czar, Inc.
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Charitable Adult Rides & Services, Inc.	Bruce & Carryll Mountjoy	United Way San Joaquin County
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Eric Egli	Daniel Pennington	Robert Yarnell

## IN HONOR / MEMORY OF

<b>Betsy Alver</b> Larry Alver	<b>William "Bill" Nadell</b> Elfie Nadell
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<b>Joan Jantzen</b> Craig & Lynne Jantzen Myron Jantzen	<b>Larry Ziese</b> Ruth Ziese
<b>Robert Jenkins</b> Joette Maxwell	
<b>Karen Klimek</b> Larry & Mary Hornbeek	
<b>Roberta Lingenfelter</b> Janice Traversi	
<b>Susan Keady</b> William Keady	
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