News from the PANC Board

**Annual Report 2016**

PANC’s 2016 Annual Report is now available online at 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 1st 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.

**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!**

pmc@parkinsonsacramento.org or call 916-357-6641

**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.

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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

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
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.
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; 916-357-6641.

For details and contact information see full list at 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
Jim Morris 916-359-4859
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

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

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

Care Partners Group
2nd Wednesday, 1:30 p.m.
Davis Senior Center
646 A Street
Karen Eagan
Kareneagan74@gmail.com

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

Caregivers Luncheon
2nd Tuesday, 10 a.m.
Eskaton Lodge Gold River
11390 Coloma Rd.
Denise Davis 916-930-9080
Denise Davis@alz.org

El Dorado Hills
2nd Tuesday, 12 p.m.
Four Seasons Community Building
3186 Four Seasons Dr.
Betsy Alver 916-933-2465
ldaiver@sbcglobal.net
Donna Rixmann 916-712-9642
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

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

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

Post DBS Patients
See class schedule, location and contact information at http://www.parkinsonsacramento.org/dbs-class-support

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/Jun/Jul/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

Sonoma County
1st Saturday, 1 p.m.,
Feb/Mar/Apr/May/Jun/Jul/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

Starkton
2nd Thursday, 1:30 p.m.
O’Connor Woods, West Hall
3400 Wagner Heights Rd.
Mary Ann Behrens 209-477-6496
mbehrrens64@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
meguirromo@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
IN HONOR / MEMORY OF

Betsy Alver
Larry Alver
Frank Armstrong
Carolyn Armstrong
Linda Boyer
Norm & Linda Boyer
Babe Branby
John & Jean Whitted
Lynda Cadman
Tom Cadman
James Dax
Kathi Dax
Joe Gallardo
Club Espanol
Sigma Alpha Sigma
J. Warren Gardner
Thomas & Cynthia Storelli
Charles Hoffman
Marilyn Hoffman
Rich Holzmeister
Shelly Carlson
Joan Jantzen
Craig & Lynne Jantzen
Myron Jantzen
Robert Jenkins
Joette Maxwell
Karen Klimek
Larry & Mary Hornbeek
Roberta Lingenfelter
Janice Traversi
Susan Keady
William Keady
David Keesling
Barbara Keesling

William “Bill” Nadell
Elfie Nadell
Erik Nooren
Jerry & Sybil Miyamoto
Ron Oliphant
Deanna Biring & Joy Oliphant
Eusebio “Chevo” Ramirez
Jerry & Sybil Miyamoto
Ed Ross
Apple, Inc.
Robert “Bob” Scarbrough
Sandra Adams
Honorable Michael Virga
Wendy Ann & John Virga
Lawrence “Larry” Watkins
Randolph & Cheryl Choy
Lynn Diebold
Meta Harper
Jeanne Huggins
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