News from the PANC Board

Big Day of Giving 2017
Thank you! We are so grateful to those who could donate to this year’s Big Day of Giving event on May 4. Your gifts amounted to $16,170 which will significantly assist PANC in its efforts to provide services and education to our PD community. Thank you, THANK YOU!

Sacramento Embarcadero Lions Club Parkinson’s Walk
The Sacramento Embarcadero Lions Club hosted a 5K (or less) Walk to “Cancel Out Parkinson’s” on April 1, 2017 at Rusch Park in Citrus Heights to honor their longtime member, Robert G. Smith. The first of many annual Walks was a huge success! Over 450 people attended the event and $25,570 was raised and donated to PANC to help fund our programs and services! We are beyond thankful to the Lions organization for hosting such an empowering and successful event. We can’t wait until next year!

Revised PANC Website
The PANC website located at www.parkinsonsacramento.org has been updated and is ready for viewing. We have included an online events registration feature and updated information regarding PD and various resources. We have also added an online donation feature which includes the ability to make sustained donations. We hope you enjoy this modification to our growing organization.

ParkinsonWISE Program Dates Scheduled
The PANC Board of Directors is pleased to schedule our ParkinsonWISE® program in July and August in Sacramento. ParkinsonWISE® was developed by PANC and

Continued on Page 3: News from the PANC Board

INSIDE THIS ISSUE
Confessions of a Boxing Convert..Page 2
Annual Education Conference.....Page 3
Big Day of Giving 2017 Donors.. Page 4
Invigorate and Joy .......................Page 4
Cognitive Impairment in PD .....Page 5
Support Groups..................Pages 6 & 7
I first attempted boxing for Parkinson’s while visiting family in Texas last year. I took a bad fall in that class and swore I’d never don boxing gloves again.

But I was intrigued by news stories about the Rock Steady Boxing program and rave reports from friends enrolled in local classes. I decided to give the non-contact sport another try.

The gym was intimidating. A cavernous space in an older industrial building, equipped with nothing but the basics—free weights, jump ropes, and assorted punching bags. I hesitated at the gaping garage door entry, tempted to leave before the class began. But my husband was holding my hand and urging me on. A boxer in his school days, Bill’s eyes lit up when he saw support team members wrapping their boxers’ hands with yards of woven tape. “I can do that for you,” he said. “That’s a cornerman’s job.” Oh, great!

About a dozen people in various stages of Parkinson’s disease formed a circle for warm-ups. They assumed the boxing stance: knees bent, feet apart, and hands up to protect their faces. Skeptical, I watched the would-be boxers in amazement. They were shadow boxing, bobbing and weaving and punching the air while the coach called, “Sound off— one, two, three, four…one, two…three, four.”

The class moved on to floor exercises, and I perked up. Prodded by my cornerman, I found a place in the line and more or less followed the group. We moved from low hurdles to basketballs to ropes. Not only did I survive that introductory class, I’ve since become a gym rat. I look forward to the workouts with my new friends, cheered on by our dynamic and encouraging coach. She makes us all feel like champions.

When it came time to invest in my own boxing gloves, I had trouble choosing a color. One gal in our class has a pair in bubble gum pink. She holds her mitts up to shield her face and it looks like she’s blowing a double bubble. I finally settled on a conservative dark blue for my first boxing gloves. Pounding those blue beauties into the body bag, I pretend I’m beating on the big bad PD monster. I’m working at developing a knock out punch.

To find a Rock Steady Boxing affiliate near you, go to their website at rocksteadyboxing.org.
Registration Now Open!

PANC’s Annual Education Conference

“INTO THE FUTURE”

Saturday, October 21, 2017 — 9:30 a.m. to 3:30 p.m.
Sacramento Convention Center, Sacramento CA $25.00 (PD community)

- Celebrating the 200th Anniversary of James Parkinson’s manuscript “An Essay on The Shaking Palsy”
- “Roadmap to the Future” featuring PD physicians and therapists who will answer many of your questions
- Tips to navigate current research information
- Inspiration from the creators of “Capturing Grace,” David Leventhal & Dave Iverson
- Camaraderie, lunch, refreshments, exercise breaks, silent auction, and trade show. Don’t miss it!

Visit www.parkinsonsacramento.org or call (916)357-6641

Kaiser Permanente Neuroscience to educate movement specialists (physical therapists and fitness and wellness experts, etc.) on how to work specifically with Parkinson’s patients. If you know someone who could benefit from this program, please visit our website for information or call the PANC office at 916-357-6641.

Support Group Facilitators
There are regions and audiences throughout Northern California that do not have access to a Parkinson’s support group. If you are interested in starting and facilitating a new group, which can be specific to a region or specialty audience (veterans, care partners, early onset, etc.), please contact Jan Whitney at 916-546-8451. PANC will provide you with information to get started and will support you throughout the process.

Unsubscribe
If you no longer want to receive this publication, please contact our office at 916-357-6641 or e-mail: panc@parkinsonsacramento.org.

Thank you.
Big Day of Giving 2017 Donors

Lesley Allenby
Larry Alver
Cardyn Armstrong
Valerie Arth
Clara Barnhardt
James Bean
Sarah Beath
Mary Ann Behrens
Teresa Bixler
Jean Boswell
Norm & Linda Boyer
Christian Bradley
Christine Brown
James Burket
Lynda Cadman
Carole Call
Chris Chediak
Mancia Cooper
Vincent Cukar
Gordon Davis
Kathleen Dax
Elizabeth Dean
Grant Deary
Lauren Delaney
Elizabeth DePuy
Steve DeRoss
Kathleen Deveny
Aaron Don
David Dozier
John Edlund
Eric Egli
Christian Elliott
Sharon Englehardt
Mari Erlandson
Lucinda Fabian
Chris Feulner
Andy Flett
William Floyd
Bernardine Ford
Martin Forrester
Dolores Ginney
P. Kay Griffin
Christine Grmolyes
David Hagglund
Jane Hamilton
Yvonne Haskell
Rita Hauf
Linda Hayward
Barbara Henry
Annette Rose Hickman
Michael Holley
Diane Hop
Peter Horvath
Linda Iwasa
Myron Jantzen
Karina Jentes
Judith Johnston
Artene Kaye
Benjamin Keady
Suiketu Khandhar
Russell & Marjorie Knauer
Marian Kress
Nancy Kretz
Shawn Knogh
Kent Kuska
Bob & Gwen Lane
Martha Larkey
Joan Larsen
Barbara Laughlin
David LeBoeuf
Sunny Lee
Julie Linderman
Carolyn Loveridge
Karen Low
Norika Mahado-Chang
Peder & Janet Matthews
Patrick McIntosh
Benjamin Merritt
Michaelene Miles
Jerry Miyamoto
Sybil Miyamoto
Evan Modiste
Jennifer Molinari
Eileen Moodie
Brad Morris
Greg Morris
James Morris
Bernadette Murray
Sally Needham
Wayne Nelson
Marianne Oliphant
Maureen Olsen
Darrill O’Sullivan
Kenneth Parkinson
Mary Lee Pennington
Christie Pecho
Judith Persin
Helen Petty
Barbara Piringer
Wesley Pohl
Caroline Poulton
Gerald Powell
Jacqueline Pryor
Linda Ramatowski
Vera Rides
Nancy Reid
Donna Rixmann
Roy & Marlene Roberts
Tracy Robbins
Ruth Rosenberg
Amy Rudd
Allen & Star Rudge
William Schaedler
Christine Shade
Ann Shaw
Karen Slabaugh
Eva Sotelo
Leslie Stockham
Daria Storer
Matthew Stockis
Elaine Sturges
Vince Sue
David Terakau
Brian Terres
Nick Thakur
Peter Thompson
Judy Tracy
Sean Tracy
Keith Tronson
Geraldine Tausi
Shiffie Tully
Leo Warmots
Frederick Weiland
Kurt Weinmeister
Jan Whitney
Lorene Wong
Lois Wright
Patricia Wright
Renee Zito

Finding

JOY

by Nancy Kretz

It was the early evening ‘rush hour’ and the usual flood of traffic was everywhere, including in my supermarket’s parking lot. I’m not driven by the clock anymore (I’m retired), so when I saw a middle-aged woman zooming toward the parking spot I had identified, I let her have it. By reading her expression as she pulled-in, my gesture had surprised the heck out of her. Minutes later in the produce section, she came up beside me. She said hello and that giving her that spot was the absolute highlight of her day: it was the first hint of human kindness she’d experienced all day.

*She thanked me – and I thanked her for sharing. Joy!*

INVIGORATE!

By Christine Shade PT, DPT, NCS

Invigoration of mind and body can be engaged anytime. Each exercise should begin and end with big, deep breaths.

INVIGORATE – SHOULDER ROLLS

Sit tall in your chair – away from the back rest

Think about a big clock next to you and roll your shoulders up and around the clock’s dial 10 times.

Now, change directions and roll your shoulders around the clock the different way for 10 times.

Great for upright posture and chest expansion

INVIGORATE – THE CHAIR MARCH

Scot forward on the seat of your chair away from the back rest

Start ‘marching’ your feet on the floor

Pick up the pace and march as fast as you can for 30 seconds

Breathe – and repeat for 3 sets

Increase difficulty by moving arms back and forth to your marching

Promotes upper and lower body circulation and coordination
Cognitive Impairment in PD
by Nicklesh Thakur, D.O. - Neurologist, Sutter Medical Group

Cognitive impairment in Parkinson’s disease (PD) is a non-motor symptom that can start at any stage of PD and varies widely in severity. Specific cognitive problems encountered in PD include difficulties in attention, executive function, language, mental processing, memory, and visual spatial perception. Executive function is primarily affected in PD, which will lead to difficulty with multitasking, planning and problem solving. Slowness of thinking or processing speech is also commonly affected which leads to delay in responding and retrieving memories. Visual spatial difficulties will cause problems with depth perception and measuring distance, which may interfere with driving or parking a car. Mild Cognitive Impairment (MCI) is a precursor to dementia, where an individual has deficits in at least one cognitive area, but does not interfere with daily activities.

Managing Mild Cognitive Impairment (MCI)
Subtle cognitive impairment is common in early PD and studies reports that over 15-25% of patients have MCI at the time of their diagnosis. Patients with MCI will feel distracted or forgetful; lose their train of thought in conversation or have word finding difficulties. Patients that are still working may have problems with concentration or managing multiple projects.

Different forms of psychotherapy called cognitive remediation therapy will teach patient techniques to compensate for their memory or thinking difficulties. Neuropsychological testing can also be used to identify cognitive strengths that can help overcome areas of weakness. Lastly, clinical studies show that various types of exercise, including aerobic, resistance and dance can also improve cognitive function. The progression of MCI will typically vary greatly and eventually lead to dementia in most patients.

Diagnosing and Treating Dementia
Dementia is a decline in cognition involving multiple areas, including memory, thinking and language, which interfere with daily routines, job performance or social situations. Parkinson’s disease Dementia (PDD) will impact executive function, visual spatial perception, and short-term memory. It may also cause apathy (lack of motivation), depression, and can be associated with psychosis (visual hallucinations). Dementia will typically develop in the later stages of Parkinson’s and 80% of patients have PDD after 15-20 years of the disease. Alzheimer’s dementia is different than PDD since it lacks the motor symptoms of Parkinson’s and causes more pronounced memory loss and confusion. Lewy body dementia (LBD) has similar symptoms as PDD, except the dementia starts at the onset or within 1 year of the motor symptoms. LBD is also associated with fluctuating levels of alertness and visual hallucinations. It is also important to exclude other conditions, like thyroid problems, vitamin B12 deficiency, and sleep apnea.

Several medications are available to improve the symptoms of dementia. Rivastigmine is FDA-approved for the treatment of PDD and works by blocking an enzyme that breaks down acetylcholine, which is a neurotransmitter involved in cognition. Rivastigmine may improve the dementia along with possibly reducing agitation or aggression, which may delay the need for nursing home placement. Donepezil or galantamine are typically used for Alzheimer’s and may also be considered since their mechanism of action is similar to rivastigmine.
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
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

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 916-930-9080
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
Jim Morris 916-359-4859
jimor1940@gmail.com

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

South Area
2nd Thursday, 1 p.m.
Asian Community Center
7334 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, 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
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
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

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

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
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
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 Wednesday, 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

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
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.; 3:30 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
rosiveillepsg.weebly.com

Sonoma County
1st Saturday, 1 p.m., Feb/Mar/Apr/May/June/Oct/Nov
2nd Saturday, 1 p.m. 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

Tracy
4th Monday, 10:30 a.m.
Astoria Gardens
1960 W Lowell Ave.
Kathryn Clark 209-879-3108
classieladyat63@yahoo.com

Sharing and Caring Support Group
2nd Monday, 10:30 a.m.
Lolly Hansen Senior Center
375 E 9th Street
Kathryn 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
6/1/2017

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
Janice Herbert 530-673-3064
DONATIONS & MEMORIALS
March 16, 2017 – June 15, 2017

DONATIONS

Gloria Andrews
Robert & Leann Borden
Patrick & Robin Bray
Richard & Linda Cheatum
Janet Edgren
John & Virgina Edlund
Ken & Arlene Fujino
Roy Henrickson
Marie Jesmer
Barbara Maraglia
William & Macell Millard
Ron & Marianne Oliphant
Tri County Parkinson’s Support Group
John & Jacquie Rabjohn
David & Lucy Scott
June Tanihana
Keith & Betty Tronson
Lynette Watchempino
Barbara Wilson
Robert & Linda Woodcook
Eileen Woodfill
Ruth Ziese

IN HONOR / MEMORY OF

Ed Abbott
Rita Abbott
Bill Clarke
Jean & Geoffrey Dodson
Yvonne Haskell
Marianne Oliphant
Capt. Martha Rusnak NC, Ret.
Brian Johnson
Jean & Geoffrey Dodson
Kirk Davis
Connie Davis
George Duplissea
Don & Bethany Griffiths
Fran & Don Smith
Tak Fukuchi
Jerry & Sybil Miyamoto
Louis Hall
Gloria Nemson
William Imus
Patricia Imus
Hisako Iwasa
Masami Iwasa
Joan Jantzen
Thomas Hollister
Kenneth Kaestner
Jeffery & Cheryl Jennings
Karen Klimek
Rose Carson
Marsha & Larry Watson
Mary Miles Prince
John Erke
Ron & Maureen Olsen
Rona Satov
Councilwoman Bonnie Pannell
Laura Bjornsen
Councilman Larry Carr
Dick Patterson
Jerry & Sybil Miyamoto
Joseph (Joe) L. Puleo
Larry & Betsy Alver
William Ritsch
Sheila Ritsch
Jack Thompson
Jeff & Claudia Gilbert
Robert Wedge
Patricia Stafford
Onelia Yan
Yasmin Aspiras

The Parkinson Path is published four times a year by the Parkinson Association of Northern California.

PANC Board of Directors
President: Nancy Kretz, R.N., J.D.
Treasurer: Marianne Oliphant
Secretary: Christine Shade P.T.
David Dozier, M.D. (retired),
James Morris,
Superior Court Judge (retired),
Myron Jantzen, Ben Keady,
Christine Grmolyes, Marcie Larkey

Medical Advisors
Kaiser Neuroscience
Suketu Khandhar, M.D.,
Conrad Pappas, M.D., Ph.D.,
Catherine Nitafan-Young, F.N.P.

Sutter Medical Group
Nicklesh Thakur, D.O.,
Fred Weiland, M.D., FACNM,
Linda Ramatowski, N.P.

UC Davis
Norika Malhado-Chang, M.D.,
Sasha Duffy, M.D.,
Lin Zhang, M.D., Laura Sperry, F.N.P.

Dignity Health
Ehsan Hadi, M.D.

Kaiser Rehabilitation Services
Erin Vestal, P.T., DPT, NCS,
Jeanine Perry, Sr. P.T.

The Parkinson Path
Editor in Chief: Nancy Kretz
Editor: Debbie Ali, Metroform

PANC
1750 Prairie City Road #130-220
Folsom, CA 95630
panc@parkinsonsacramento.org
www.parkinsonsacramento.org
916-357-6641