A PRODUCTIVE YEAR

PANC set lofty goals – and achieved much in 2016!

- ParkinsonWISE® was developed and implemented – training 45 health and wellness professionals about Parkinson’s disease (PD). This program will be advanced in 2017.

- In 2016, two new support groups developed – the Parkinson Support Group of Elk Grove and the Parkinson Support Group of Lakeport. PANC is proud to welcome them to our association.

- Respite Care subsidies were awarded to a total of 64 individuals in 2016, amounting to $31,680 of care being supported by PANC.

- The Davis Phinney Foundation and PANC partnered to bring The Victory Summit to Sacramento in October. Attendance soared to nearly 900 people – all of whom were treated to a rousing day of information and inspiration.

- Fundraising through sources other than individual donors was explored. A grant request was submitted to the National Parkinson Foundation – resulting in $10,000 to enlarge PANC’s reach in providing Respite Care.

- Stability in office work and procedures was accomplished by hiring Caroline Cormier as our Coordinator. She has been a wonderful addition to our team.

- The Parkinson Path newsletter tripled its circulation, bringing news and resources to many households that have an interest in PD.

UPCOMING EVENTS

- April 1, 2017 – Robert G. Smith Walk for Parkinson’s
- May 4, 2017 – Big Day of Giving
- October 21, 2017 – Annual Conference
ASK THE EXPERT

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

My father-in-law has PD and walks with tiny steps in a bent over fashion. Would an indoor cycle machine be good for him?

He should first work on posture exercises and practice walking with BIG steps. You can place tape on the ground to help give him a target to step to and help remind him to stand up tall. He can use a stationary bike to help with his conditioning as well.

I take a walk in my neighborhood for about 10 to 15 minutes every day. A friend suggested that I should carry small weights to build strength. What would you advise?

Before adding weights to your daily walk first assess if you are able to walk for a longer period of time. The goal would be 30 minutes 5 days a week. If you are able to walk for 30 minutes, then see if you are able to increase your speed and walk briskly. If it is hard to maintain a brisk speed throughout, try doing intervals. For example, walk fast for 3 houses and slow down for 2 houses and keep up that rhythm for the duration of the walk and it helps make it more interesting. You also want to make sure you are swinging your arms BIG throughout the walk.
Recognizing common Parkinson’s disease related sleep disorders:

By Dr. Ehsan Hadi, Dignity Health

Parkinson’s disease (PD) is the second most common neurodegenerative disorder.

Etiology of PD remains multifactorial, which eventually leads to loss of dopamine producing brain cells and manifesting as motor symptoms of PD such as bradykinesia—slowness of movements, resting tremor—involuntary shakiness, rigidity—stiffness and gait instability. Traditionally, PD was mostly known for its motor symptoms, however, with major advances in the treatment of motor symptoms with dopamine substitution and surgery, has led to the unmasking of a variety of non-motor symptoms ranging from mood disorders, cognitive symptoms, sleep dysfunction, etc.

Quality of nighttime sleep has clearly been associated, not only with improvement in mobility and motor state, but also has been reported to be helpful in the recovery of dopaminergic function and storage.

Sleep architecture studies in PD patients have shown reduced total sleep time, decreased sleep efficiency, sleep arousals and fragmentation. Sleep related disturbance has been reported in up to 60% of patients with PD and may occur early or even predate the diagnosis of PD, however, generally are more frequent and more severe in patients with advanced PD. PD related sleep disorders can lead to impairment of day time functioning and in turn seriously compromise quality of life. Factors affecting sleep quality can range from sleep behaviors such as REM behavior disorder (dream enactment), sleep apnea, excessive daytime sleepiness, motor symptoms such as restless legs/periodic limb movements, dopaminergic medication wearing off, bladder dysfunction—having to wake up multiple times at night to go to the bathroom, and neuropsychiatric symptoms such as depression, vivid dreams, hallucinations.

REM behavior disorder (RBD) is characterized by dream enactment during sleep leading to complex, vigorous and sometimes violent behaviors. RBD is present in almost 25-50% of PD patients and at times precedes motor PD symptoms by years.

Obstructive sleep apnea is typically associated with increased body mass index (BMI) however has been reported in PD patients with normal BMI as well. Typical features include snoring, breathing pauses while asleep, non-refreshing sleep and has been implicated as a risk factor for multiple medical conditions ranging from stroke, heart disease, mood disorders, weight gain, etc.

Excessive daytime sleepiness is described as a disabling tendency to doze off in various circumstances, interfering with family, professional or social life. It also results in poor attention, memory, hallucinations and predisposes to accidents.

Continued on Page 5: Recognizing common Parkinson’s disease related sleep disorders.
The Sacramento Embarcadero Lions Club is hosting a 5K (or less) Walk to Cancel Out Parkinson’s on April 1, 2017 at Rusch Park in Citrus Heights to honor their long time member, Robert G. Smith. Mr. Smith, who was diagnosed with Parkinson’s disease several years ago, has served the Lions community in many capacities, most recently as a director of The International Association of Lions Clubs 2010 – 2012.

The COP theme of this first annual Walk is inspired by Mr. Smith’s long and distinguished career with the Sacramento County Sheriff’s Department. He is the recipient of three Unit Citations and has been active in numerous professional and community law enforcement organizations.

Let’s make this first of many annual Walks a huge success! Please plan to attend and spread the word to your friends and family members of all ages. The Walk will start at 10 a.m. followed by a health fair, entertainment and refreshments! FUN!

All proceeds from this first annual event will be dedicated to PANC!

Thank you Lions for your good work and generosity.

For Walk details and registration information please visit the website at www.rgsmith.org or the PANC website on the Walk for Parkinson’s page.

Nothing’s sweeter than hearing the squeals of delight as a toddler discovers ‘blowing bubbles’. Even if you don’t have a toddler around, treat yourself to some of this magic.

Nancy Kretz RN
Continued from Page 3: Recognizing common Parkinson’s disease related sleep disorders.

Restless leg syndrome is described as an irresistible urge to move with associated discomfort, exacerbated by rest, relieved by movement, in turn leading to nonrestorative sleep.

It is essential to accurately delineate various sleep behaviors, identify triggers—which can range from poor sleep habits, medication side effects, inadequately treated PD motor symptoms, mood disorders or other medical conditions contributing, addressing them accordingly to attain sleep benefit and improve sleep quality. Mostly history alone can help diagnose these conditions, additionally various sleep scales or even an overnight sleep study can be used for diagnostic certainty.

In addition to addressing above sleep behaviors, it is always a good idea for PD patients and their partners to follow some general principles to improve sleep quality such as, sleeping in a cool and comfortable place, use satin sheets for easier mobility, setting regular sleep-wake times, regular exercise—though avoiding it late in the evening, regular exposure to sunlight, short nap time—in the early afternoon, avoiding stimulants such as caffeinated drinks or excessive alcohol in the evenings, limiting water intake in the evening to prevent night time urination, avoid watching TV in bed, relaxation techniques, cognitive therapy/biofeedback, etc.

My sleep saga is a Shakespearean drama. One night I may be off to sleep, perchance to dream, but on many another night I would give my kingdom for a good night’s sleep.

Like other people with Parkinson’s my so-called sleep pattern is not a pattern at all, but an unpredictable down time. I can only count on four to five hours of uninterrupted shut-eye. My internal alarm clock is set for two o’clock in the morning. After that, I seldom nod off again right away.

An overnight sleep test showed that I had mild sleep apnea. Rather than use a breathing mask, I blow on a do-it-yourself didgeridoo for about ten minutes every day. My husband will testify that this simple remedy, that he fashioned from six feet of PVC piping, has eliminated my snoring, which used to keep us both awake.

I’ve come to enjoy my nocturnal interludes. With the house lights dimmed, I tinker with a variety of musical instruments. Besides the didge, I’ve also acquired a floor drum, a Native American flute, and a harmonica. You wouldn’t recognize any of my efforts. I don’t read music and I’ve never learned to play an instrument. I just enjoy the reverberation of the drum and the various satisfying sounds I can make by blowing on the wind instruments. My dog likes it too.

So, while I’m grateful to occasionally experience the sleep that knits up the ravelled sleeve of care, I’ve made peace with the wakefulness that allows me to concert with the stars.

Sleep, Gentle Sleep

By Dorothy Ross
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 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 Road
Denise Davis 916-930-9080
Denise.Davis@alz.org

Men’s Group
1st Thursday, 10 a.m.
Crown Plaza, Theater Room
1071 Fulton Avenue
Arnold Loveridge 916-485-0150
arnoldvl@surewest.net
Jim Morris 916-359-4859
jgmo@winfirst.com

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

South Area
2nd Thursday, 1 p.m.
Asian Community Center
7375 Park City Drive
Casey Jones 916-422-7407
francesellen310@comcast.net

Auburn
3rd Tuesday, 1:30 p.m.
Pioneer United Methodist Church
1338 Lincoln Way, Auburn
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

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 916-0712-9642
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
Yvonne Haskell 916-353-1301
yhaskell@juno.com
Mary Cabaluna 916-987-1684
cabalunaem@comcast.net

Fort Bragg
1st Friday, 2 p.m.
Mendocino Coast District Hospital,
Redwood Room
700 River Drive
Joseph Mayfield 707-937-2707
Mayfield@mcn.org
Grass Valley
2nd Friday, 1:30 p.m.
Atria Grass Valley
150 Sutton Way, Grass Valley
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 Parkway
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
John & Jean Whitted 209-368-2809
jtwhitted@hotmail.com

Caregivers Group
3rd Tuesday, every other month,
from 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, Loyalton
Betty Ferguson 530-993-4002
fergi45@gmail.com

Modesto
3rd Wed, 1:30-3:30 p.m. Jan.-Nov.
Trinity United Presbyterian Church
1600 Carver Rd.
Convenient free parking.
Debra Watson 209-552-9043
modestoparkinson@outlook.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 Avenue
Deborah Johnson 916-987-0668
debzdots@gmail.com

Oroville
1st Thursday, 1:30-3 p.m.
Feather River Senior Center
1335 Myers Street
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; 3-3:30 p.m. Loud Crowd, speech therapy
First United Methodist Church
1825 East St, Redding
Kim Hawkins 530-945-7628
rickiel2010@gmail.com

Roseville
1st Tuesday, 1:30-3 p.m.
Maidu Community Center
1550 Maidu Drive
Harry Butler 916-837-3366
habetler@comcast.net

Sonoma County
1st Saturday, 1 p.m., Feb/Mar/Apr/May/Jun/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 Sat., 1:30 p.m.
Community Presbyterian Church
425 Hemlock Street
Theresa Pate 707-642-2173
theresa3842@sbcglobal.net

Vallejo
1st Saturday, 10:00 a.m.
Comm. Presbyterian Church, Rm 2
2800 Georgia St.
Theresa Pate 707-642-2173
theresa3842@sbcglobal.com
Margarita Romo (Spanish interpreter) 707-803-9220

Woodland
4th Tuesday, 1 p.m.
No meeting Jul/Aug
Woodland Senior Center
2001 East Street, Room 1
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 Drive
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
Joe Carmona 530-751-2509
celina-carmona@sbcglobal.net
George Chumbley 530-671-0767
gchum@syix.com
Mary Lou Chumbley 530-671-0767
lchum@syix.com
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