

Parkinson's Patients Support Groups, Inc.

April 2007

1170 Morse Avenue
Sunnyvale, CA 94089-1605
www.ppsg.org 408.734.1593

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4th Annual Parkinson's Walk in Sunnyvale

Fund the Research – Find the Cure!

Saturday, May 19, 2007

Registration: 9 AM--- Meet at Washington Park in Sunnyvale
(on McKinley Avenue, by the picnic area)

NOTE: Walkers for the 4.2-mile walk begin at 9:30 AM. Walk begins: 10 AM

Total distance of walk: 1.8 miles or 4.2 miles

For an on-line walker registration form:
www.theipi.org, or www.ppsg.org

Sponsored by: Golden Bay Federal Credit Union, Check Point Software Technologies, LTD., Santa Cruz Mortgage, SUNRISE Senior Living, Town Place Suites by Marriott, Fitness 19, and Country Inn & Suites.

Proceeds support: Parkinson's Disease Foundation, the Michael J. Fox Foundation Parkinson's Research, The Parkinson Alliance, The Parkinson's Institute, National Parkinson Foundation, Parkinson's Action Network and American Parkinson Disease Association.

Disclaimer

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Healthier Living: Managing Ongoing Health Conditions

Living with an ongoing health condition such as diabetes or arthritis doesn't mean you have to be ruled by it. Learn to manage your symptoms, fight fatigue and frustration, make daily tasks easier, and get on with your life. This class is sponsored by Kaiser Permanente. Pre-registration required.

5/11 – 6/15, #650362.AA (6 weeks)

Friday, 9:30AM – 12:00PM

Location: Cypress Room in Sunnyvale Senior Center, at 550 E. Remington Drive, Sunnyvale

Instructor: Kaiser Permanente

Fee: \$12 members for Sunnyvale Senior Center; \$20 non-members

If you are a Kaiser member, call the Kaiser Santa Clara Health Education Department at (408) 851-3800 to register.

A New Research Study for Parkinson's

Disease Patients The University of California, San Francisco, is conducting a research study for men and women with mid-to-late stage Parkinson's disease involving an investigational gene transfer treatment.

- ?? Are you between 40-75 years of age?
- ?? Have you been taking levodopa therapy (Sinemet[®]) for at least 5 years?
- ?? Are you interested in learning more about a research study that involves gene transfer for the treatment of Parkinson's disease?

All study-related care will be provided to you at no cost. Please contact the study coordinator at the UCSF **415.476.0947**.

Join the Sunnyvale Senior Center Today! Your Membership Makes a Difference!

The Sunnyvale Senior Center welcomes you! We offer monthly new member orientations and socials to help you to get acquainted. The Senior Center offers a wide variety of enrichment classes for lifelong learning, Computer Club classes, lectures, creative arts classes, and a fitness center, billiard room, and lounge for drop-in games and coffee. Services for older adults include Proven People employment services, podiatry services, advance health care directive, and much more.

There is also an exercise class on Tuesdays and Thursdays from 9 to 10 AM, for people with Parkinson's. The exercise class is taught by Ruth Haynes from the De Anza College.

Every membership dollar makes a difference to help support our programs, activities, and to maintain our beautiful facility. The annual fee is only \$30.00; with a Resident Discounted rate of \$20.00 for January through December. If you join in April through December, the fee is pro-rated to \$23.00 with a Resident Discounted rate of \$15.00. For your convenience, we also offer a variety of options including: "Class Pass", a Monthly Pass, or a 10-visit Activity Pass. Don't delay—join today and reap the many benefits of membership!

The address for the Sunnyvale Senior Center is 550 E. Remington Drive, Sunnyvale, CA 94088

The phone number for the Center is 408.730.7360

www.seniors.inSunnyvale.com

Lunch at the Orchard Café – With Culinary Magic Catering!

One of the best kept secrets of the Sunnyvale Senior Center is the fantastic lunch program offered Monday through Friday at noon in the Orchard Café. Enjoy a beautiful view of the pond and fountains while you dine in the company of others and have a chance to make new friends. Only the freshest ingredients are used in preparing your delicious lunch which includes: soup or salad, entrée, beverage and dessert. With advance reservations, the lunch is only \$5.50 and drop-in fee is \$5.00 for members on a space available basis. The lunch price for non-members and guests is \$7.00. Make your reservations by noon the day before the lunch date at the front reception desk or by calling **408.730.7371**.

Log on to www.ppsg.org

Tai Chi for Older People Reduces Falls, May Help Maintain Strength

By the National Institute on Aging

Tai Chi, a martial arts form that enhances balance and body awareness through slow, graceful, and precise body movements, can significantly cut the risk of falls among older people and may be beneficial in maintaining gains made by people age 70 and older who undergo other types of balance and strength training. The news comes in two reports appearing in the May 1996 issue of the Journal of the American Geriatrics Society.

The two studies are the first involving Tai Chi to be reported by scientists in a special frailty reduction program sponsored by the National Institute on Aging (NIA).

In the first study, Steven L. Wolf, Ph.D., and colleagues at the Emory University School of Medicine, Atlanta, Ga., found that older people taking part in a 15-week Tai Chi program reduced their risk of falling by 47.5 percent. A second study, by Leslie Wolfson, M.D., and colleagues at the University of Connecticut Health Center, Farmington, found that several interventions to improve balance and strength among older people were effective. These improvements, particularly in strength, were preserved over a 6-month period while participants did Tai Chi exercises.

The projects are among several in the NIA's Frailty and Injuries: Cooperative Studies of Intervention Techniques, or FICSIT, initiative, launched in 1990 to improve physical function in old age.

Research from these and other FICSIT trials has demonstrated the benefits of strength training for older people and the value and cost-effectiveness of targeted, fall prevention programs for the elderly. It is estimated that each year falls are responsible for costs of over \$12 billion in the U.S., and the costs due to physical frailty are much higher.

The news on Tai Chi is a reminder that relatively "low tech" approaches should not be overlooked in the search for ways to prevent disability and maintain physical performance in late life. "The FICSIT studies have shown that a range of techniques, from the most sophisticated medical interventions to more 'low tech' methods, can help older people avoid frailty and falling," says Chhanda Dutta, Ph.D., Director of Musculoskeletal Research in the NIA's Geriatrics Program. "We must make sure that we look at every

approach, especially relatively inexpensive ones like Tai Chi," says Dutta. "People can do this at home and with friends once they have had the proper training."

The Wolf study included 200 participants age 70 and older. The participants were divided into groups for Tai Chi, computerized balance training, and education. In addition to 15 weekly sessions in which they progressed to more complex forms of Tai Chi, the participants were asked to practice at home at least 15 minutes, twice daily. Another group received balance training using a computer-operated balance platform in which participants tried to improve control of their body sway under increasingly difficult conditions. The education group was asked to not change any of its current exercise regimens, and took part in weekly meetings on a variety of topics with a nurse gerontologist.

Wolf's group compared several factors before and after the interventions, and found improvements in certain key areas. The most notable change involved the reduction in the rate of falling for the Tai Chi group. The groups receiving computerized balance platform training did not have significantly lower rates of falling. The Tai Chi participants also took more deliberate steps and decreased their walking speed slightly compared to the other groups. Fear of falling also was reduced for the Tai Chi group. After the intervention, only 8 percent of the Tai Chi group said they feared falling, compared with 23 percent before they had the training.

"The Tai Chi group seemed to have more confidence," says Wolf, noting that "they had an increased sense of being able to do all that they would like to do." Wolf notes that almost half of the Tai Chi participants chose to continue meeting informally after the study was finished.

The Connecticut FICSIT site used sophisticated techniques for balance and strength training. Some 110 participants, averaging age 80, received training for 3 months. They were divided into four groups: one group received balance training in 45-minute sessions three times per week, including a computerized balance platform (of a different type than the one used in the Wolf study) as well as low-tech balance exercises; another took part in resistance training and weight lifting three times a week to improve strength; a third group did both balance and strength training, and a fourth "education" group participated in sessions on fall prevention and stress management. Everyone in the study took part in weekly Tai Chi classes for 6 months following the intensive training period.

The people in the study were evaluated before undergoing any training, immediately after the training, and after a 6-month follow-up Tai Chi program. The interventions of major focus in the study -- intensive balance and strength training -- produced marked effects. Participants had a 25 to 50 percent improvement in three different measures of balance after completing balance training, while strength training resulted in a 17 percent improvement in strength. Some of the gains immediately following the balance and strength training were lost after 6 months of the Tai Chi follow-up program. However, the participants tested significantly higher than they had before the interventions began.

Without a comparable group who did not receive Tai Chi training after exercise training, it is difficult to know for certain whether the Tai Chi contributed to maintaining gains in strength and balance. Wolfson noted that study participants might have done even better at the end of the maintenance phase had they continued the more intensive balance and strength training, but he also suggested that Tai Chi might be further studied as a less intensive way to hold onto the benefits of prior strength and balance training.

The NIA, part of the National Institutes of Health, leads the Federal effort conducting and supporting research on the aging process and the diseases and disabilities that accompany advancing age. The Institute's program focuses on biomedical, clinical, and social and behavioral research, and supports the Claude D. Pepper Older American Independence Centers at medical centers across the U.S., whose research is aimed at maintaining healthy function well into old age.

<http://santaclara.networkofcare.org/aging/library/detail.cfm?id=1467&cat=180>

Adult Day Care Centers

Community Programs Offer Seniors
Activities, Outings and Companionship

By Caregiver Zone

What is an adult day care center?

Adult day care centers provide services for seniors who require supervision as well as social stimulation and often cannot be left home alone safely. Many suffer from disorientation, confusion and other forms of cognitive dysfunction. More independent elders simply seeking companionship and diversion should investigate senior centers in their area.

Most adult day service programs provide vans to take seniors to and from the center, where they might spend time with peers, play Scrabble, enjoy a nutritious breakfast or lunch, watch a movie, take a stroll and enjoy other activities and outings. Social workers generally staff the centers, which often offer support and counseling for family members.

Some centers specialize in clients with Alzheimer's or other forms of dementia and offer many activities specifically tailored to those with memory disorders. Staff members at these centers have expertise in communicating with such individuals and coping with seniors who tend to wander.

Adult day care centers enable seniors to continue to live at home rather than move to a full-time care facility. The facilities can also be a godsend for caregivers in need of regular or occasional respite from the burdens of looking after loved ones, whether to work, run errands or simply have some time to themselves.

What is an adult day health care center?

Unlike adult day care centers, adult day health care centers offer a range of medical services as well as basic supervision and social stimulation. The staff includes health care workers who monitor seniors' temperature and blood pressure; measure out and administer medication; provide assistance with activities of daily living, such as eating and going to the bathroom; and offer physical, occupational, speech and other rehabilitative therapies. Some accept clients suffering from incontinence but many don't; you need to ask to make sure.

What do adult day care and adult day health care centers cost?

Hospitals, nursing homes, churches, mental health facilities or stand-alone centers may all offer adult day services — and each may have a different fee structure. Whatever the amount, it will almost always be far less than the cost of providing in-home care.

Fees at accredited private adult day care facilities can average \$40 per day with an extra \$3 to \$5 for transportation. However, many nonprofit centers charge a maximum of \$10, and adult day care centers funded by religious groups or private foundations are also often inexpensive. If a center does charge, be sure to ask about sliding-scale fees based on financial need.

Adult day health care centers generally charge more because they offer medical services; fees can average \$80 a day. The state and federal governments may

cover the cost of some services. For example, Medicaid, Medicare or veterans' benefits might pay for some physical or speech therapy. Staff members should be able to tell you which services might be covered.

Evaluating adult day care and adult day health care centers :

Before choosing an adult day care or adult day health care center, determine the level of care and the kinds of activity the senior wants and needs. Then decide what you as a caregiver need — for example, free time, coverage while at a job or assistance developing a care plan.

Whenever possible, discuss the idea of adult day services with the person you care for and include them in the planning process. While some seniors may initially balk, their reluctance may disappear when they visit a center and meet peers with similar interests.

When you call adult day care centers, ask them to send you:

A flier or brochure

Eligibility criteria

Information about costs and discounts

A monthly activities calendar

Sample menus for several weeks

Application procedures

If your state licenses adult day care centers, check up on the facility you are considering. You will also want to inquire about staff credentials and experience in dealing with social and medical geriatric issues relevant to the senior you care for. Ask about the ratio of clients to staff; an adult day care center with a lower client-to-staff ratio is likely to offer seniors more direct attention and supervision. Six clients per staff member is a good benchmark for a center where clients don't have specialized medical needs.

Siliconvalley.networkofcare.org

***This newsletter was assembled by
The Morgan Center. Thank You!***

Heart Disease: Stressed Out? Advice to Help You Cope

Caregiver burnout can be the result of the stress of caring for a loved one with a chronic illness. Sometimes the pressure of caring for someone with a chronic illness can be extremely stressful. In order to prevent this, it's essential to know how to manage your stress.

What Is Stress?

Stress is a reaction to changes that require you to adjust or respond. Our bodies are designed to feel stress and react to it. Not always a bad thing, stress keeps us alert and ready to escape danger.

It's not always possible to avoid change or the situations that can cause stress; and as a result, you can begin to feel overwhelmed and unable to cope. When it persists, stress can affect the body's immune system, leading to illness. The key to coping with stress is to identify the causes of stress in your life and then learn healthy ways to deal with them. It's important to remember that stress comes from how you respond to stressful events. Therefore, you have some control over stress and how it affects you.

What Causes Stress?

Stress can be caused by anything that requires you to adjust to a change in your environment. Your body reacts to these changes with physical, mental, and emotional responses. We all have our own ways of coping with change, so the causes of stress can be different for each person. Becoming a caregiver is a common source of stress for many people.

What Can I Do to Reduce Stress in My Life?

Finding ways to reduce stress will help lessen the long-term emotional and physical toll of caregiving. tips for managing stress include:

- Keep a positive attitude. Believe in yourself.
- Accept that there are events you cannot control.
- Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, combative, or passive.
- Learn to relax.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat well-balanced meals.

Stop smoking.

Limit yourself to moderate alcohol and caffeine intake.

Set realistic goals and expectations.

Get enough rest and sleep. Your body needs time to recover from stressful events.

Learn to use stress management techniques and coping mechanisms, such as deep breathing or guided imagery.

Coping Mechanisms

Most people don't have a plan for coping with stress. Fortunately, there are a number of techniques that you can use to help deal with stress, such as:

Two-minute relaxation. Switch your thoughts to yourself and your breathing. Take a few deep breaths, exhaling slowly. Mentally scan your body. Notice areas that feel tense or cramped. Quickly loosen up these areas. Let go of as much tension as you can. Rotate your head in a smooth, circular motion once or twice. (Stop any movements that cause pain.) Roll your shoulders forward and backward several times. Let all of your muscles completely relax. Recall a pleasant thought for a few seconds. Take another deep breath and exhale slowly. You should feel relaxed.

Mind relaxation. Close your eyes. Breathe normally through your nose. As you exhale, silently say to yourself the word "one," a short word such as "peaceful," or a short phrase such as "I feel quiet." Continue for 10 minutes. If your mind wanders, gently remind yourself to think about your breathing and your chosen word or phrase. Let your breathing become slow and steady.

Deep breathing relaxation. Imagine a spot just below your navel. Breathe into that spot, and fill your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.

Guided imagery. Guided imagery is a meditative technique that involves focusing on a particular sensory image to create a specific physical reaction. Guided imagery (also called guided meditation) is a form of mind-body therapy that can bring about deep relaxation and positive focus, the state of mind and body

most conducive to healing. Guided imagery also can be used to release tension, anxiety, and stress.

Biofeedback. Biofeedback helps a person learn stress-reduction skills by providing precise, immediate information about muscle tension, heart rate, and other vital signs as a person attempts to relax. It is used to learn total body relaxation and also to gain control over certain physiological functions that cause tension and physical pain.

Behavioral changes. Changing certain thought patterns and behaviors can help you better manage difficult situations and stress. Examples include checking your assumptions, sharing your expectations with others, being assertive, exercising and eating healthily, focusing on positive relationships, forgiving, communicating feelings, listening, and rewarding yourself and others.

By taking steps to reduce the stress in your life, you should be able to cope more easily with the pressures of being a caregiver. www.webmd.com

Q I work full time and take care of my mother, who is 93 and lives with me. I leave her alone during the day, but at some point this arrangement will not be enough. Could I collect government assistance if I were to stay home and care for her?

A It depends on whether your mother qualifies for a public program that will help her pay for in-home services. Some states will pay a family member to care for someone who meets Medicaid's disability and income requirement. Or she may be able to hire a part-time home care aide under Medicaid or another state program or use adult day services. To find out about services in your area, go to the U.S. Administration on Aging's Eldercare Locator at www.eldercare.gov. – Carole Fleck

Adapted from AARP Bulletin, March 2007 issue.

San Jose Support Group

On Friday, April 6, Veronique Enos from the Michael J. Fox Foundation will be the speaker who addresses the group. The meeting starts at 10 AM, at St. Francis Episcopal Church, 1205 Pine Avenue, San Jose

FREE ITEMS: wheelchair, walker/seat. Call 408.997.7009.

Magnolia-Millbrae Support Group

April 12 Dr. Melanie Brandabur, Clinic Director, The Parkinson's Institute. This meeting begins at 11:30 AM, followed by a complimentary luncheon buffet at 12:30 PM. Please call Leon Rosenthal at 650.348.3480 to reserve your seat.

May 10 Dr. Jill Estrom, neurologist, UC San Francisco. This meeting starts at 1:30 PM.

June 14 Dr. Graham Glass, neurologist, UC San Francisco. The meeting starts at 1:30 PM.

Sunnyvale Support Group

April 11 - Mary Lee Olson, RN, BS, Executive Director, SarahCare Adult Day Care Services of Campbell.

May 9 – Council on Aging, Silicon Valley

June 13 – Dr. Petra Eggert, on One-Minute Self-Help Neck Relaxation.

Livesaving Gadget

Your doctor will tell you if the drug he's just prescribed will interact with your other medications, vitamins, or herbal supplements. So will RxWise, a computer-based medication-safety checking system. For PCs only, it's available online or as a portable USB drive. Simply input names of all drugs you take, your medical conditions, and allergies. The system culls a variety of sources, including drug manufacturers and medical journals, and develops a report about potential problems.

The RxWise portable USB drive is \$40; the Web version is \$24. After the first year, updates are \$19 annually. It's available now at rxwise.com, but may soon be in drugstores, too.

Lisa Miller fields

www.rd.com

PPSG SUPPORT GROUPS

Berkeley 3rd Wed 1-3, North Berkeley Senior Center, 1901 Hearst Av, Roddy Raikow 510-231-1998 or Mitzi Cahn 510-527-9075 **Fremont** 4th Mon 7:00 pm Fremont Senior Center 40086 Paseo Padre Parkway, Lettie Webb 510-656-6393 or Bob Coon 510-794-7988 **Fremont Caregivers** Contact Nancy Rothschild, Caregiver Project Coordinator, 510-574-2035 **Marin County** 4th Tue most mo., 2-4 Redwoods Auditorium 40 Camino Alto, Mill Valley, Gloria Rashti 415-381-6680. Redwoods 415-383-2741 **Mt.** **Diablo Parkinson's Network General Meetings** 2nd Sat 10-12, Grace Presbyterian Church, 2100 Tice Valley Blvd,

Walnut Creek, Nancy Walls, 510-236-7065, Philip Wheeler, 510-527-3588, Margy Hansell, 925-939-4210, or Ronalee Spear, 925-284-2189 **Oakland** 1st Thur 1:30-3:30 Easter Seals Bay Area, 180 Grand Av, Suite 300, Robert Lemon 510-526-2078 **Petaluma** Last Sat 1:30-3:30 Sunrise of Petaluma, 815 Wood Sorrel Dr, John & Mamie Strong 707.763.3522 **Pleasanton Tri-Valley** 2nd Sat 10-12, Senior Center, 5353 Sunol Blvd, Norm & Jackie Bardsley 925-244-1231 or 925-831-9940 **San Leandro** 1st Thur (except Jul & Aug) 10–11:30, (NEW LOCATION) San Lorenzo Community Church, 945 Paseo Grande, Harry Santi 510-351-3224 **Sonoma County** 1st Sat (not Jan, Jul, Sep) 1-3, First Congregational Ch, 2000 Humboldt St, Santa Rosa, Ron & Colleen Trowse 707-526-4373 **Vallejo** 3rd Mon (except 2nd Mon, Jan & Feb) 2:00 Kaiser Medical Center, 975 Sereno Drive, Evelyn Fox 707-644-3390

---PENINSULA REGION---

Daly City 1st Tue 3-4 Doelger Senior Center, 101 Lake Merced Blvd, Leonard Ke 415-587-1285 **Los Altos Young Parkinson's Support Group** 2nd Sat 10-12, United Methodist Ch/Los Altos, Foothill at Magdalena, Dean Prescott 408-738-2505 or dean53@yahoo.com **Magnolia-Peninsula** 2nd Thur 1:30 main conference room Magnolia Apart, 201 Chadbourne Av, Millbrae, Leon Rosenthal, 650-348-3480 **Palo Alto** 2nd Wed 2:00-3:30 Avenidas Senior Center dining room, 450 Bryant St, 650-289-5400 **Redwood City Positive People Against Parkinson's** 3rd Fri 1-2:30, (No meetings Aug, Nov, Dec) Sequoia Hospital, Health & Wellness Ctr, 749 Brewster Ave, Tom Constantino 650-366-7166 **(NEW) San Francisco Caregivers** Thur (varies) 12-12:50 Veterans Affairs Med Ctr, Parkinson's Ctr conf room, Bldg 203 Room 1B26A, Susan Heath 415-379-5530 or Aliza Benditsky 415-221-4810 X3470 **San Mateo Atypical Parkinsonism (PSP, LBD, MSA, CBD) Bay Area Caregivers** Sundays 5-7 about every 6 weeks, Mimi's Café 2208 Bridgepointe Parkway, San Mateo, Robin Riddle 650-233-9277 or riddle@stanfordalumni.org **San Mateo Caregivers** 1st Wed 2:30-4:30 Ellsworth Room 100 San Mateo Dr., Call Carol Hoffman, Mills Health Center 800-654-9966 **Sunnyvale** 2nd Wed 1-3 First United Methodist Ch, 535 Old San Francisco Rd, Phyllis & Henry Ng 408-733-5648 **YOPD** (Young Onset Parkinson's Disease) 2nd Tue 6:30-8:00, Board Room, Lucile Packard Child Hosp, 725 Welch Road, Palo Alto, Bill Lev 831-662-3825

---SOUTHERN REGION---

Hollister 1st Tue 1:30-3:30 First Presbyterian Ch, 2066 Cienega Road, Shirley Kennedy 831-637-3839 or John Skinner 831-637-6755 **Monterey** 3rd Mon 2:30-4:00 SHARE Room, Monterey Adult School, 200 Coe Av, Seaside, Helen Garrett 831-657-4241 or Kathy Warthan 831-372-7510 **Salinas** 4th Wed 2:00-3:30 Salinas Adult School, 20 Sherwood Place, Sherry Whitcomb, 831-796-6920 **San Jose-Berryessa** 1st Wed 1:00-2:30 Berryessa Community Center, 3050 Berryessa Rd, Bob & Jane Pomeroy 408-263-8485 **San Jose Caregivers** usually 4th Wed 1:30-3:30 St Francis Episcopal Church, 1205 Pine Ave, Charmaine Eng 408-723-8116 **San Jose-Willow Glen** 1st Fri 10-12 St Francis Episcopal Church, 1205 Pine Ave, Betty Havens 408-269-2167 **Santa Cruz** 1st Wed

12:30-2:00 St. Stephen's Lutheran Church, 2500 Soquel Ave, David Donahoe 831-479-4485 **Saratoga** 3rd Tue 2-4 19449 Via Real, Lois McPherson 408-867-1807

---CENTRAL VALLEY REGION---

Fresno, Greater 2nd Sat 10 at San Joaquin Valley Rehab Hosp 7173 N. Sharon Ave, Max Robinson, 559-226-2673 **Merced** 4th Thur 10AM (Nov 17, Dec no meeting) Mission Gardens 1450 E. 27th St, Amie Marchini 209-384-3300 **Modesto** 3rd Wed 1:30-3:00 Centenary United Methodist Ch, Fireside Room 1911 Toyon Av, JoAnn & David Ryan 209-529-5643 or davejoann@sbcglobal.net **(NEW) Pine Grove** 1st & 3rd Thur 2-4 Calvary Chapel Patio Bldg 18400 Ridge Road, Sarah Johnson 209-296-2575 **Roseville** 1st Tues 1:30-3:00 Roseville Maidu Comm Ctr, 1550 Maidu Drive, Linda Krisa 916-261-1321 **Tulare-Kings** 1st Fri 10:30 Visalia United Methodist Church, 5200 W. Caldwell Av, Mary Dickerson 559-622-9044, Church Office 559-627-1660 **(FORMING) Turlock** Donald Jackson 209-606-9127 November 22, 2006

EXERCISE CLASSES

Berkeley: Vista College, Joan Nielsen, 510-981-2800
Berkeley: Mon. 10:30-11:30 & 1-2:30, John Argue 510-985-2645
Daly City: Tue./Thur. 1-2, Doelger Sr. Ctr. Pat Armstrong 650-991-8012
Gilroy: Gavilan College, Dave Ellis, 408-848-4878
Hayward: Kaiser Permanente, Wed. 10-11:30, John Argue 510-985-2645
Kensington: Tue. 1:30-3:00, John Argue 510-985-2645
Marin Cty: Tue. 10-11:30; 12-1:30. Osher Marin JCC, San Rafael. 415-479-2000
Monterey: Monterey Peninsula College, Mark Clements, 831-646-4231
Orinda: Tue. & Fri. 1:00-2:30, In Forma Gym. Dean Dallman 925-283-5019
Palo Alto: CAR, Aquatic Therapy, 650-494-1480
Palo Alto: Mon. & Fri., 9:15-10:15, Sr. Ctr. 450 Bryant St. 650-289-5400 or 650-724-6090
Redwood City: Canada College, 4200 Farm Hill Blvd. Barbara McCarthy 650-306-3473
Salinas: Hartnell College, Melissa Stave, 831-755-6876
Saratoga: Mon. – Fri. 9-12; 1:30-3, W. Valley Comm. Coll. Joan 408-741-2420
San Bruno: Mon. & Wed. 1:10-2:30, Tue. & Thur. 12:35-1:50, Skyline Coll. Bess 650-738-4286
San Francisco: Fri. 11-12, SFSU, Marsha Melnick 415-338-1360.
San Jose: Mon. & Wed. 10:30-11:45, Houge Ctr. Tue. & Thur. 10-11:45, Evergreen Ctr. Deanna, 408-369-6435
San Jose: Easter Seals Comm Ctr. Aquatic Exercise programs, 408-295-0228
San Jose: Evergreen Valley College, Rich Wagner, 408-274-7900 X 6447
San Mateo: College of San Mateo, 1700 W. Hillsdale Blvd., John Hogan, 650-574-6469
Sunnyvale: Tue. & Thur. 9-10, Sr. Ctr. 550 Remington Dr. Ruth Hanes 408-864-8873
Sunnyvale: Wed. 10-12 noon, The Parkinson's Institute, 1170 Morse Ave., Marilyn Basham: 408-734-2800.

Exercise Classes – New Addition

Palo Alto

Tai Chi/Chi Kung for Parkinson's in the Atrium at Stanford Medical Center
Every Saturday 10:00 am – 11:30 am (short break in between).

Mwezo & Jane

Kujiweza Healing Arts Institute

Call Jane: (408) 315-1179

Email: Kujiweza@sjyogataichi.com

San Jose

The Villages Golf & Country Club
Parkinson's Exercise Program (PEP)
Balance, gait, posture, Tai Chi/Chi Kung
Mondays 11:30 – 12:30 pm

Optional 3-day program

Mwezo & Jane

Kujiweza Healing Arts Institute

Call Jane: (408) 315-1179

Email: Kujiweza@sjyogataichi.com

Los Gatos

The Terraces of Los Gatos
Parkinson's Learning Lifelong Useful Skills (PLLUS)
Balance, gait, posture & Tai Chi/Chi Kung
Mon. 2:00 pm & Wed. 10:30 am

Mwezo & Jane

Kujiweza Healing Arts Institute

Call Jane: (408) 315-1179

Email: Kujiweza@sjyogataichi.com

PPSG Board Meetings

You are welcome to drop by our board meetings and share ideas with us! We meet on the **3rd Monday** of the month between **1:30 and 3:30 PM** at the Parkinson's Institute. To confirm meeting dates and time, please call us at 408.734.1593. If you are planning to attend, please call Charmaine Eng at 408.723.8116 (dial *82 before the number).

Board Members

Chair:

Charmaine Eng

Vice Chair:

Dean Prescott

Secretary:

Carla Gwosden

Treasurer:

Allan Daily

Directors:

Solna Braude

Linda Chen

Bob Dens

Viola Mays

Larry Naritomi

Phyllis Ng

Steven Russell

Le Sotir

Thank you so much for your donations! Please use return address labels, to help us acknowledge your donations properly. Your generous contributions go to support newsletters, education and community awareness of Parkinson's disease.

If you would like to be removed from our mailing list or know someone who would like to be included, please take a minute, call us at **408.734.1593**, or e-mail ppsginfo@yahoo.com, and let us know.



Parkinson's Patients Support Groups, Inc.

1170 Morse Avenue
Sunnyvale, CA 94089-1605
408.734.1593

April 2007