

# *Parkinson's Patients Support Groups, Inc.*

June/July 2006

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

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## **6/29, Parkinson's Caregivers Luncheon**

PPSG is having its 3rd Appreciation Luncheon for caregivers who have devoted their on-going efforts to caring for people with Parkinson's. On June 29th, the caregivers will have the opportunity to meet with one another, to share their experiences and concerns, and to take a break. There will be various speakers for the program luncheon.

**Note:** There is a separate program for patients who can not be left alone.

**Location:** Aroma Restaurant, 2337 Blanding Avenue, Alameda, CA 94501 (Off Hwy 880 and 29th Ave.), phone number: (510) 865-4484.

**Date:** Thursday, June 29, 2006.

**Time:** 10:00 -1:30

If you would like to attend, please clip and return the following registration to PPSG before June 13. Space is limited. If you have any questions, please contact Charmaine Eng at 408.723.8116, or Viola Mays at 408.225.7465.

Caregiver's Name

\_\_\_\_\_  
(Please print)

Telephone Number

\_\_\_\_\_  
Address

\_\_\_\_\_  
Choice of Entrees (please circle one):

*Grilled Chicken Piccata / Rice Pilaf*  
*Roasted Vegetable Pasta w/Tomato Basil/Sauce*  
*Roasted Pork Loin w/ Garlic Mashed Potatoes*

Mail form to:

PPSG, Inc. **Attention: Charmaine Eng**  
Caregivers Luncheon, 1170 Morse Avenue,  
Sunnyvale, CA 94089-1605

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Yes, I will attend **Caregivers Appreciation Luncheon**, Thursday, June 29.

## Free 7/12 Picnic for Parkinsonians and Their Families

COME JOIN THE FUN! LISTEN TO THE MUSIC!  
DISPLAY YOUR TALENTS AND EAT TO  
YOUR FILL!!

Charlie Nimovitz will be playing at a free picnic sponsored by Classic Residence by Hyatt, 600 Sand Hill Rd., Palo Alto, CA 94304, on July 12, from 11:00-2:00. There is an optional tour of the Hyatt from 11-11:30.

Parkinsonians with artwork or hobbies are welcome to display and sell the results of their talents. Reserve your display table by calling the number below.

Please call by June 29 with your name, number of attendees, and a phone number for reservation confirmations. Seating is limited to 100. Call 650.254.0906 to leave a message or write to PO. Box 3156 Los Altos, CA 94304 with the above information.

This event is supported by Parkinson's Patients Support Groups, Inc. (PPSG) and the APDA Palo Alto Support Group.

**Betty Havens**, a long time SG leader. Betty is recovering from double pneumonia since March, and is now at Vascona Creek Healthcare, 16412 Los Gatos Boulevard, room221, #2, Los Gatos, CA 95032, phone number: 408.357.8888. Due to her health condition, she may not be able to continue her outstanding work as leader in the San Jose Parkinson's Support Group in the Fall.

## Planning for Your Hospitalization

By Joane Keane, RN  
Stanford Neurology Clinic

Items to bring to the hospital:

Personal Items:

Eyeglasses; dentures; slippers; robe; toiletries; and adaptive equipment(s).

Other:

Magazines/book to read; projects i.e. puzzles or knitting; notebook and pen to jot down notes; names and telephone numbers of friends and family; names, dose and times of medications; and a copy of your Advance Directive.

Helpful Hints:

Do not bring valuables or large sums of money to the hospital. It is useful to have some petty cash for incidentals you may want.

If you bring your personal medication supply with you, depending on the hospital, it may be stored in the hospital pharmacy.

Label your personal belongings with your name and telephone number.

There is minimal closet space in your hospital room, so it is best to bring only a small piece of luggage and limited clothing.

*This article was forwarded by Martha Gardner, our new PPSG Board member. Thanks, Martha!*

### Disclaimer

This document is published to promote a greater awareness of the problems caused by Parkinson's disease. Neither the Parkinson's Patients Support Groups, Inc., its members and employees, nor the individuals involved in its production make any warranty, express or implied, assume any liability or responsibility for accuracy, completeness, or usefulness of any information or represent that it will not infringe privately owned rights. Mention of any product, material, or service shall not, nor it is intended to, imply approval, disapproval, or fitness for any particular use.

## **Skin Patch Hope for Parkinson's**

**A new skin patch may offer relief to patients in the early stages of Parkinson's disease.**

The Neupro patch, made by Schwarz Pharma, has been licensed for use in the UK. It delivers a drug that mimics the effects of a naturally occurring brain chemical, which is in short supply in people with Parkinson's.

The Parkinson's Disease Society said the patch may help some manage their symptoms more easily

Between 8,000 and 10,000 new cases of Parkinson's are diagnosed in the UK every year, with 95% of cases in those aged over 40.

At any one time, 120,000 people in the UK have the condition.

People with the disease have a shortage of the brain chemical dopamine, which controls connections between nerve cells, leading to symptoms such as tremors.

Until now, patients have mostly taken a dopamine agonist - an agent that acts directly on the dopamine receptors in the brain - in tablet form, or through injections, or through a pump.

The patch contains a new dopamine agonist, called rotigotine, and delivers a continuous dose of the drug over 24 hours, so patients have to change the patch only once a day.

Doctors say it could help people who have problems swallowing pills and those with digestion problems that stop oral drugs from being fully absorbed.

Robert Meadowcroft, director of policy, campaigns and information at the Parkinson's Disease Society, said: "We are pleased that a new dopamine agonist has been launched as a skin patch for the treatment of early Parkinson's disease."

"Clinical trials to date have shown the patch to be safe and effective in early stage Parkinson's patients, and a potential option for long-term benefit."

He added: "The rotigotine patch is a useful addition to the range of Parkinson's drugs, giving clinicians and patients another treatment option to consider."

Dr. Ray Chaudhuri, a consultant neurologist at University Hospital Lewisham, in south London, said: "For clinicians and people with Parkinson's, this is a new and simple way of delivering a dopamine agonist."

"It has the potential to overcome many of the problems associated with oral administration and may well prove to be one of the most effective methods of delivering a steady and continuous dose."

[www.news.bbc.co.uk/1/hi/health/4880762.stm](http://www.news.bbc.co.uk/1/hi/health/4880762.stm)

*This article was forwarded by James McKarns of San Mateo. Thanks, Jim!*

**THURSDAY, May 18 (HealthDay News) --** A new drug to treat Parkinson's disease has been approved for sale in the United States, the federal Food and Drug Administration announced Wednesday.

The drug Azilect (rasagiline) blocks the breakdown of dopamine, a chemical for cellular signaling that controls muscle movement. The breakdown of dopamine contributes to the movement and coordination problems that affect people with Parkinson's.

The FDA approved Azilect as an initial single-drug therapy for early Parkinson's and as an addition to levodopa -- the standard treatment for Parkinson's -- in patients with more advanced stages of the progressive disease, the Associated Press reported.

Azilect -- made by Teva Pharmaceutical Industries of Israel -- belongs to a class of drugs that can cause dangerous interactions when patients consume food or beverages that contain a substance called tyramine, which is found in products such as draft beer, red wine, aged cheeses, soy sauce, and salamis.

These interactions can cause a sudden and severe increase in blood pressure that can result in stroke and death. The FDA said the drug can also cause side effects such as involuntary movements, hallucinations and lowered blood pressure, the AP reported

*This article was forwarded by Linda Chen. Linda is a PPSG board member as well as the Palo Alto support group leader. Thanks, Linda!*

## Drug to Cut Parkinson's Problems

**A drug can reduce the disability associated with treatment for Parkinson's disease, research suggests.**

Doctors at University Hospital, Toulouse, France, gave the drug, rasagiline, to Parkinson's patients already taking levodopa to control their symptoms. It helped to reduce the impaired and abnormal movements which develop in most patients who take levodopa over a long period. The research is published in The Lancet medical journal.

Parkinson's disease is a degenerative disease of the nervous system associated with trembling of the arms and legs, stiffness and rigidity of the muscles and slowness of movement. Drugs such as levodopa, which boost levels of a brain chemical called dopamine, can improve symptoms and reduce the risk of fatal complications. But when used over a long period the drug will begin to impair patients' movements. Several drugs, including pergolide, pramipexole, ropinirole, entacapone and tolcapone, have been shown to reduce this problem - but with only limited success.

The French team compared the effect of using rasagiline and entacapone alongside levodopa in a study of 687 Parkinson's patients recruited from centres in Israel, Argentina and Europe. Both drugs reduced the length of time each day that patients suffered from impaired movement. But while entacapone must be given several times a day, rasagiline is effective when administered just once a day. The drug appeared to be safe, and was particularly well tolerated by older people.

### Simple dose

Dr. Carl Clarke, from the University of Birmingham, said the fact that rasagiline came as a simple oral dose made it easier to use than most other additional therapies for Parkinson's. He said the drug could also be safely used in combination with other drugs used to treat Parkinson's, called dopamine agonists. These drugs mimic the effect that dopamine has on the nervous system. They are often used so people can delay starting to take levodopa, but are not as effective.

Robert Meadowcroft, of the Parkinson's Disease Society, said Parkinson's patients reacted differently to different drugs. "Rasagiline would provide a new option, which may suit some patients better than the alternatives," he said. He also highlighted fact that

the drug was taken as a single daily dose which made the whole process easier. "The research suggests this is a step forward for patients with positive results in the simplification and increased effectiveness of drugs for them," he said. "Parkinson's disease is a complex condition necessitating a complex drug regime for many patients, so we welcome the study."

<http://news.bbc.co.uk/1/hi/health/4335911.stm>

## FDA staff says Novartis drug works for Parkinson's

**FDA advisors to vote on Exelon as Parkinson's drug on Wednesday.**

May 16, 2006: 3:58 PM EDT

WASHINGTON (Reuters) - An Alzheimer's drug made by Novartis Pharmaceuticals effectively treats dementia in patients with Parkinson's disease, but it is unclear if such mental impairments are two distinct conditions, Food and Drug Administration staff said on Tuesday.

An FDA statistical reviewer said data showed the drug, Exelon, effective for the proposed new use. But in a separate memo, FDA staffers in general questioned whether the company's results established that dementia in Parkinson's patients is not simply underlying Alzheimer's disease. Both documents were released ahead of an FDA advisory panel meeting on Wednesday to discuss Novartis' request to promote Exelon more widely. It is the first application seeking approval for a drug to treat worsening memory and other mental problems in Parkinson's patients, according to the FDA.

The agency wants advice from experts on its advisory panel, then is expected to make a final decision later this year.

About 1.5 million Americans have been diagnosed with Parkinson's, which attacks the nervous system and causes tremors and other symptoms. Mental problems affect about 40 percent of them.

Alzheimer's, the most common form of dementia, is a degenerative brain disease that affects at least 4.5 million Americans.

Exelon, known generically as rivastigmine tartrate, was approved in 2000 to improve memory and thinking in Alzheimer's patients.

CNN money.com

## Damage From Oxygen May Be One Cause of Parkinson's Disease

Charlottesville, Va. – Research by neuroscientists at the University of Virginia Health System shows that oxygen free radicals are damaging proteins in mitochondria, the tiny cellular 'batteries' of brain cells. This damage may be one main cause of Parkinson's Disease (PD), the chronic movement disorder that affects at least one million Americans. UVa scientists believe the damage is taking place in a large protein structure called complex I, the first stop in the electron transport chain, which produces an electrical charge inside mitochondria. Mitochondria then use this electrical charge to make energy.

Using the brain cells from deceased Parkinson's patients who donated to the UVa brain bank, Dr. Jim Bennett, a UVa neurologist, and colleagues, isolated complex I from the mitochondria of ten Parkinson's brains and compared them to the complex I proteins from twelve normal brains. They discovered that the complex I assembly in Parkinson's had 50 percent more damage from oxygen. The complex I in Parkinson's brains also had evidence of not being properly assembled and had reduced electron flow, Bennett said.

"This part of the protein complex is being damaged by oxygen free radicals more in a brain with Parkinson's than it is in someone of same age who does not have PD," Bennett said. His research is published in the May 10th edition of the Journal of Neuroscience found on the web at [www.jneurosci.org](http://www.jneurosci.org).

Oxygen free radicals are oxygen molecules that carry an extra electron. They are destructive because, in excessive amounts, they chemically attack the components of the cell, including proteins, DNA and lipids in cell membranes. One of the major problems of normal aging is an increased level of these free radical damaged proteins, along with damaged DNA and lipids.

Bennett believes that Parkinson's patients may benefit one day from drugs that can slow the damage from free radicals. "If we could soak up the free radicals in mitochondria, then complex I could repair itself," Bennett said. "If this damage is caught in people early on, we might interrupt the

progression of Parkinson's disease. Such treatment is hypothetical at this point, but it is rational."

Right now, Bennett and his colleagues don't know why complex I was damaged in the Parkinson's patients. "It could be that something has gone terribly wrong with the mitochondrial genome passed down by a person's mother that codes for several proteins in complex I," Bennett said. "Something could be wrong in the coding for genes that help complex I assemble. Or there could be environmental toxins. Our research is a first real step in understanding at a detailed biochemical level what the challenge is."

Bennett said he now plans to model the observation by extracting mitochondrial DNA from the cells of donated PD brains, put the DNA into a cell and express it to see if the phenomenon can be reproduced.

###

As part of a U.S. government effort to find the cause and a cure for PD, UVa is one of only 12 medical centers to be designated a Morris K. Udall Parkinson's Disease Center of Excellence by the National Institutes of Health. The NIH recently renewed a \$1.3 million research grant to Bennett and his Udall team of investigators. Bennett's team is one of the few Udall Centers that does Parkinson's research on human brain cells.

Co-authors with Bennett on the paper in the Journal of Neuroscience are Paula M. Keeney, B.S., of the Center for the Study of Neurodegenerative Diseases at UVa, and Jing Xie, Ph.D., and Roderick Capaldi, Ph.D., both of the Institute of Molecular Biology at the University of Oregon.

J. Neurosci. 2006 26: 5256-5264;  
doi:10.1523/JNEUROSCI.0984-06.2006

[www.eurekalert.org/pub\\_releases/2006-05/uovh-df0051606.php](http://www.eurekalert.org/pub_releases/2006-05/uovh-df0051606.php)

## PPSG Board Meetings

We welcome anyone 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.

## Gene Linked to Parkinson's Cripples Mitochondria

May 3, 2006

(The New York Times News Service) -- In a breakthrough that may eventually lead to new ways to treat Parkinson's disease, two independent research groups have found that a gene linked to inherited Parkinson's works by disabling a cell's mitochondria. Mitochondria are the power centers of the cells. They are structures within cells that provide the energy a cell needs to move, divide and produce proteins.

In earlier studies, researchers had found that inherited Parkinson's is caused by mutations in the PTEN-induced putative kinase 1 or PINK1 gene.

Parkinson's disease is a progressive disorder caused by degeneration of nerve cells in the part of the brain that controls movement. First described as "the shaking palsy" in 1817, it affects an estimated 500,000 Americans, with 50,000 new cases reported each year. It is the second most common neurodegenerative disease; only Alzheimer's strikes more people.

The two reports appear in the May 3 online issue of Nature.

Both research teams showed that flies without a functional PINK1 gene have defects in mitochondria that trigger muscle problems and, according to one team, degeneration of neurons that produce dopamine.

In addition, both research groups showed that the PINK1 protein acts upstream of Parkin, another protein linked to the sporadic forms of Parkinson's. These two proteins appear to act in a common pathway involved in maintaining mitochondrial function.

"We found that when you remove PINK 1, the animals are alive, but they have defects in mitochondria," says lead author of the first report Dr. Ming Guo, an assistant professor of neurology at UCLA. "In addition, we found that Parkin and PINK 1 function in the same pathway."

In the second report, Korean researchers had similar findings.

"Our study, using *Drosophila* (fruit fly) model, revealed that two distinct gene products, Parkin and PINK1, converge in a common pathway in maintaining mitochondrial integrity and function in both muscles and dopamine neurons," says lead researcher Jongkyeong Chung, an associate professor in the Department of Biological Sciences at the Korea Advanced Institute of Science and Technology.

"This clearly suggests that mitochondrial failure is the central mechanism in the pathogenesis of Parkinson's disease," Chung says. "Our findings indicate that there may be a specific molecular target in the PINK1-Parkin pathway. We believe that identification of this target will bring significant insight into basic and clinical science to develop effective drugs for Parkinson's disease." There may be clinical implications to this finding, Guo confirms. "If we understand how the disease is brought on, it will help us develop more therapies," she says. "If we can find drugs that can rescue these mitochondrial functions, that would be a much better drug than the current therapies that are targeted on dopamine replacement." However, one expert doesn't think these findings will have any implications for treatment in the near future.

"These findings probably won't have any immediate impact on treatment," says Dr. Jon Stoessl, director of the Pacific Parkinson's Research Center at the University of British Columbia, in Canada.

"You can never be sure there will be a direct therapeutic link in studies done in animal models," he adds. "Because people have already suggested that mitochondrial function is important in Parkinson's, this is not going to suggest a novel approach to treatment, but it will strengthen the importance of searching for treatments along these lines."

*This article was forwarded by James McKarns of San Mateo. Thanks, Jim.*

**Visit the PPSG Website**

[www.ppsg.org](http://www.ppsg.org)

## News from PPSG

We are sad to announce that **Elliot Schrier**, Chairman of PPSG, recently passed away. Elliot joined PPSG about four years ago and made lots of contribution to the board and to the PD community. He had a vision for PPSG and he brought lots of good ideas and energy to the Board. We would like to send our condolence to **Nancy Schrier** and her family. Elliot will be sorely missed!

**Charmaine Eng** was recently nominated and approved as Chairman of the Board and **Dean Prescott** was elected as Vice Chairman. In addition to serving on the Board, Charmaine leads the San Jose Caregivers Support Group and Dean leads the Los Altos/Young Parkinson's Support Group. Congratulations, Charmaine and Dean!

At the May Board meeting, **Martha Gardner** and **Phil McCrillis** joined us as PPSG Board members. Martha is a nurse and also the APDA Coordinator in Stanford. Phil volunteers at the Parkinson's Institute, greeting and helping newly diagnosed PD patients. Congratulations, Martha and Phil!

## Current Support Group News

### Fresno, New Group

North Fresno Parkinson's Support Group meets on the **2nd Saturday** of the month, from **10:00**, at San Joaquin Valley Rehabilitation Hospital, at 7173 N. Call **Dottie Rosenberg**, at **559.322.0138**

### Magnolia-Peninsula

**June** Dr. Andy Rosenberg, an urologist.

**July** Dr. Robert Telfer, a neurologist.

**Aug** Dr. Tony Fink, biochemist at the UC Santa Cruz.

The meetings take place on the **2<sup>nd</sup> Thursday** of each month (unless otherwise noted), at **1:30 PM**, at 201 Chadbourne Avenue, Millbrae. For information about the meetings, please call **Leon Rosenthal** at **650.348.3480**.

### Pine Grove, New Group

*Living well with Parkinson's...What's shakin'?*

The meetings are held on **1<sup>st</sup> and 3<sup>rd</sup> Thursday** of each month, from **2:00 to 4:00 PM**, at Calvery

Chapel PATIO BUILDING (middle building), at 18400 Ridge Road, Pine Grove. Call **Sarah Johnson** at **209.296.2575** for details.

### Tulare-Kings

Our next Tulare-Kings Support Group meeting will be June 2 at 10:30 AM. at the Visalia United Methodist Church. Our speaker is Susan McLearn, "Special Opportunities for Special People." The group meets on **1<sup>st</sup> Friday** of the month, from **10:30**, at Visalia United Methodist Church, 5200 W. Caldwell Avenue, call **Mary Dickerson** at **559-622-9044**, Church Office 559-627-1660

## PPSG Support Groups 408.734.1593

### NORTHERN AND EAST-BAY REGION

**Berkeley** 3<sup>rd</sup> Mon 10-12 North Berkeley Senior Center, 1901 Hearst Av, Roddy Raikow 510-231-1998 or Mitzi Cahn 510-527-9075 **Fremont** 4<sup>th</sup> 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** 4<sup>th</sup> 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** 2<sup>nd</sup> Sat 10-12, Grace Presbyterian Church, 2100 Tice Valley Blvd, Walnut Creek, Nancy Walls, 510-236-7065, Philip Wheeler, 510-527-3588, or Ronalee Spear, 925-284-2189 **Oakland** 1<sup>st</sup> 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** 2<sup>nd</sup> Sat 10-12, Senior Center, 5353 Sunol Blvd, Cliff Terry 925-935-1772 **Roseville** 1<sup>st</sup> Tues 1:30-3:00 Roseville Maidu Comm Ctr, 1550 Maidu Drive, Linda Krisa 916-261-1321 **San Leandro** 2nd Thur (no meetings Jul & Aug) 10:00, Education Center San Leandro Hospital 13855 E. 14<sup>th</sup> St, Harry Santi 510-351-3224, Noma Zeff 510-663-6435 **Sonoma County** 1<sup>st</sup> Sat (not Jan, Jul, Sep) 1-3, First Congregational Ch, 2000 Humboldt St, Santa Rosa, Ron & Colleen Trowse 707-526-4373 **Vallejo** 3<sup>rd</sup> Mon (except 2nd Mon, Jan & Feb) 2:00 Kaiser Medical Center, 975 Sereno Drive, Evelyn Fox 707-644-3390 **Walnut Creek Caregivers** Last Wed at Rossmoor, call Jewel Wallach, 510-236-7065

### PENINSULA REGION

**Daly City** 1<sup>st</sup> Tue 3-4 Doelger Senior Center, 101 Lake Merced Blvd, Leonard Ke 415-587-1285 **Los Altos Young Parkinson's Support Group** 2<sup>nd</sup> Sat 10-12, United Methodist Ch/Los Altos, Foothill at Magdalena, Dick Lacey 650-328-3429 or Dean Prescott 408-738-2505 or dean53@yahoo.com **Magnolia-Peninsula** 2<sup>nd</sup> Thur 1:30 main conference room Magnolia Apart, 201 Chadbourne Av, Millbrae, Leon Rosenthal, 650-348-3480 **Palo Alto** 2<sup>nd</sup> Wed 2:00-3:30 Avenidas Senior Center dining room, 450 Bryant St, Linda Chen 650-254-0906, for directions call 650-289-5400 **Redwood City** 3<sup>rd</sup> Fri 1-2:30, (No meetings Aug, Nov, Dec)

Valet parking available. Conf Rm G, Sequoia Hosp 170 Alameda de las Pulgas @ Whipple, Tom Constantino or David Shein 650-367-5998 **NEW San Francisco Caregivers** Thur (varies) 12-1 VAMC Parkinson's Ctr conf room, Susan Heath & Aliza Benditsky RSVP 415-379-5530 **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** 1<sup>st</sup> Wed 2:30-4:30 Ellsworth Room 100 San Mateo Dr., Call Carol Hoffman, Mills Health Center 800-654-9966 **Sunnyvale** 2<sup>nd</sup> Wed 1-3 First United Methodist Ch, 535 Old San Francisco Rd, Phyllis & Henry Ng 408-733-5648 **YOPD** (Young Onset Parkinson's Disease) 2<sup>nd</sup> Tue 6:30-8:00, Board Room, Lucille Packard Child Hosp, 725 Welch Road, Palo Alto, Bill Lev 831-662-3825

**SOUTHERN REGION**

**Hollister** 1<sup>st</sup> Tue 1:30-3:30 First Presbyterian Ch, 2066 Cienega Road, Shirley Kennedy 831-637-3839 or John Skinner 831-637-6755 **Merced** 4<sup>th</sup> Thur 10AM (Nov 17, Dec no meeting) Mission Gardens 1450 E. 27<sup>th</sup> St, Amie Marchini (sp?) 209-384-3300 **Modesto** 3<sup>rd</sup> Wed 1:30-3:00 Centenary United Methodist Ch, Fireside Room 1911 Toyon Av, JoAnn & David Ryan 209-529-5643/davejoann@sbcglobal.net **Monterey** 3<sup>rd</sup> 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** 4<sup>th</sup> Wed 2:00-3:30 Salinas Adult School, 20 Sherwood Place, Sherry Whitcomb, 831-796-6920 **San Jose-Berryessa** 1<sup>st</sup> Wed 1:00-2:30 Berryessa Community Center, 3050 Berryessa Rd, Bob & Jane Pomeroy 408-263-8485 **San Jose Caregivers** usually 4<sup>th</sup> Wed 1:30-3:30 St Francis Episcopal Church, 1205 Pine Ave, Charmaine Eng 408-723-8116 **San Jose-Willow Glen** 1<sup>st</sup> Fri 10-12 St Francis Episcopal Church, 1205 Pine Ave, Betty Havens 408-269-2167 **Santa Cruz** 1<sup>st</sup> Wed 12:30-2:00 St. Stephen's Lutheran Church, 2500 Soquel Ave, David Donahoe 831-479-4485 **Saratoga** 3<sup>rd</sup> Tue 2-4 19449 Via Real, Lois McPherson 408-867-1807 **Tulare-Kings** 1<sup>st</sup> 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

Board Members	Directors:
<b>Chair:</b> Charmaine Eng	Solna Braude
<b>Vice Chair:</b> Dean Prescott	Linda Chen
<b>Treasurer:</b> Allan Daily	Bob Dens
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June/July 2006

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

**Free Items:** Mechanical lift-up recliner; 2 walking canes; and bed rails. Call Betty at 408.733.1330.