

Parkinson's Patients Support Groups, Inc.

May 2005

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

Editor-in-chief: Phyllis Hsu Ng

Articles Editor: Ann Roper

Website Liaison: Solna Braude

Editorial Staff: Linda Chen

Charmaine Eng

Viola Mays

Marge Shively

A Caution for Us All

Elliot Schrier, Chair, PPSG

Those of us who volunteer to take active roles in the Parkinson's Community do so for a number of reasons. Those reasons are as varied as the circumstances of our contact with the disease. Whether we're patients or caregivers or relatives of patients, we see a need and try to do what we can to fill it. Sometimes we become so involved in an effort as to appear to others to be as dependable as part of the landscape. When that happens, we create another need: to ensure continuity of the effort after we are no longer "part of the landscape."

I was struck by this problem recently when I received warm, regretful letters from Marion Johnson and Jean Okuye, who for many years have led the Turlock Parkinson's Support Group. They can no longer maintain the leadership; both have pressing personal issues that require their attention. At the time they wrote, there was no other leadership prospect, so the Turlock group had to become inactive. The Covenant Village

retirement home plans to offer support for their Parkinson's members (209-632-9976), and one member has expressed interest in restarting the group but as yet has not confirmed. If anyone cares to learn more about the Turlock group and its supportive relationship with Emanuel Medical Center, call Marion (209-634-3157); she would be pleased to hear from you. Meanwhile, Marion and Jean are encouraging their members to join the Modesto Support Group (Dave and JoAnn Ryan, 209-529-5643).

There have been other incidents in the recent past where support groups have had to close for lack of a leader when the longtime leader had to resign. Volunteer organizations of all stripes have that problem, but that makes it no less pressing or worthy of attention. Indeed, each support group leader should put a high priority on finding a successor-in-waiting. After all, if your effort is worth your time, it is worth continuing without you. Having said that, how do we do it? This space is open to anyone who has a suggestion. Or e-mail me at eschrier_788@msn.com.

Saturday, 6/11, Saratoga Community Health Fair

Come to the Saratoga Community Health Fair, to be held on Saturday, June 11th, at the Saratoga Senior Center. This health fair is sponsored by the Saratoga Area Senior Coordinating Council (SASCC) and is open to the public. Admission is free; hours are from 10 AM to 4 PM.

There are booths available in six subject areas:

1. Exercise and Body Fitness
2. Health Care Providers (facilities)
3. Home Health Providers
4. Non-profit Health Education
5. Nutrition
6. Individual Practitioners –
massage, acupuncture,
chiropractic, dental, etc.

There are also health lectures in the adjacent Adult Care Center at 10:30, 12:30, and 2:00. The topics are “Lifetime Fitness,” “Five Secrets to Permanent Weight Loss,” etc.

Forming New Support Groups

The following individuals are forming new support groups in their areas:

Corte Madera Region:

Contact Diana Dunlap, Director of Health Services, at 555 Paradise Drive, Corte Madera, CA 94925, at 415.927.4200.

Merced Region:

Contact Tony Gaestal, at 209.723.4616.

San Jose – South Region (Almaden – Blossom Valley)

Contact Betty Havens at 408.269.2167

Genetics Studies at the Parkinson’s Institute

The following is a summary of the genetics studies that are currently available at the Parkinson’s Institute. The candidates are people with idiopathic Parkinson's disease. Anyone who is interested in these studies please contact Venus Ilagan at **408.542.5691**.

Study A

over 50 years old when diagnosed
fewer than 10 years since diagnosis
Non-Hispanic Caucasian
no family history of PD.

NOTE: In order to reduce genetic complexity, we are excluding other ethnicities for Study A cases and controls.

Study B

40 years old or younger when diagnosed

Study C

Has a living 1st degree relative with definite diagnosis of PD

Controls

30 years old or over
Does not have neurodegenerative disease
No family member with neurodegenerative disease
Non-Hispanic Caucasian

Modesto, new group

Modesto Parkinson's Support Group meets at the Centenary United Methodist Church, The Fireside Room, 1911 Toyon Avenue, Modesto, CA 95350. (located at the corner of McHenry and Briggsmore Avenues)

Contact David and JoAnn Ryan at 209-529-5643 or davejoann@sbcglobal.net.

**Parkinson's & Movement
Disorders Program (PMDP)
Community Hospital of
Los Gatos
Deep Brain Stimulation
Program**

The PMDP at Community Hospital of Los Gatos is special in its incorporation of the Rehabilitation Center directly into the entire Deep Brain Stimulation (DBS) preoperative and postoperative experience. Patients can go from surgery to an inpatient stay (customarily five to ten days) at the Rehabilitation Center. They receive both Rehabilitation Therapy and frequent (often daily) adjustments to the medications and DBS. Treatment is coordinated with the patient's family physician or neurologist before, during, and after the inpatient and outpatient treatment.

Patients usually enter the PMDP by referral from their personal physician or neurologist. The PMDP evaluation team includes Occupational Therapy, Physical Therapy, Speech/Language Therapy, and Neuropsychology. The team obtains a baseline outpatient assessment of activities of daily living, mobility, swallowing, speech intelligibility, and cognitive functioning and makes recommendations regarding the most effective treatment options. For others who are candidates, Deep Brain Stimulation surgery is available.

For more information about the Parkinson's Movement & Disorders Program at Community Hospital of Los Gatos, please call **408.866.4022**

**The Summary of My Recent
Trip to the East Coast**

Leon Rosenthal

While my March recent trip to the East Coast didn't uncover any major breakthroughs toward a cure for Parkinson's, it was a stimulating trip and a further learning experience for me. I'd like to describe herein the areas of interest to me and what I found out about each.

Several years ago, I volunteered for a trial of a new medication for Parkinson's, being tested at UCSF, as well as a number of other sites. This medication was developed by Guilford Pharmaceuticals, a Baltimore research firm. Guilford is a very small company and needed a "deep pockets" partner to defray the costs of the trials, so a joint agreement was reached with Amgen, who actually supervised the trials. After the phase two trial (which I was on) was concluded, Amgen pulled out of the project indicating the results weren't encouraging enough for them.

However, I know I was helped a great deal by this experimental drug, now called GPI-1485, particularly in the non-motor areas. Dr. Solomon Snyder, the head of the neuroscience department at Johns Hopkins and one of the founders of Guilford, indicated that "a substantial number of other patients have also said they received some clear-cut benefit, not likely to have been a placebo effect, from the drug." He went on to say "detailed analysis of the results of the Amgen trial indicate a detectable slowing of the loss of dopamine neurons." As a result, phase two trials are currently being rerun in two parallel studies, one by Hopkins and the other by "East Coast..." **go to page 4**

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the NIH. The studies should be completed by the end of the year.

In my own case, the drug enabled me to sleep through the night instead of regularly getting up around 3 AM, it virtually eliminated constipation, my voice was stronger, etc. So, it's apparent that I have a keen interest in the process of this project.

Secondly, I had previously volunteered for another drug trial being conducted solely by the NIH at their Bethesda, Maryland, facilities. While the drug proved to have an unacceptable health risk, the experience allowed me to form some close friendships while staying in the NIH hospital. Dr. Thomas Chase, the head of the Experimental Branch of the Neurological Institute, became a particular friend, so I was anxious to touch base with him while on my trip.

He shocked me when he said that he had resigned from the NIH as of the first of February, to form, with partners, a new drug firm called Hamilton Pharmaceuticals. I was further chagrined to learn that the NIH was not going to replace him. Dr. Zehouni, the new head of the NIH, has decided that it is more economical to farm out the experimental trials to research universities, etc. than to conduct them in-house. After the shock subsided, I realized that this might be a good thing for those of us on the west coast. We, out here, have systematically been excluded from many trial opportunities due to the time and transportation costs involved when trials are only taking place at the east coast based NIH facility. Time will tell if, indeed, we will now have greater success.

Thirdly, the hot topic is still stem cells and, most particularly, embryonic stem cells. As you are no doubt aware, these cells are derived from embryos that develop in eggs fertilized in an in vitro fertilization clinic, not fertilized in a woman's body. They are usually four or five days old and they form a microscopic ball of cells referred to as a blastocyst. These cells are able to be scientifically manipulated to form specific cells and therefore hold out a great deal of promise for replacing damaged or dead cells in any part of the body. Scientists at Hopkins are also experimenting with cells derived from bone marrow, teeth and other areas, but the main focus still seems to be on the embryonic cells. Hopkins recently established an Institute of Cell Engineering (ICE) and I was fortunate enough to be given a personal tour by Dr. Ted Dawson who, together with his wife, Valina, comprise Hopkins leading scientific team concentrating on a cure for Parkinson's.

The state of Maryland has established the stem cell Research Act of 2005, taking monies from their Cigarette Restitution Fund, beginning in 2007, to fund stem cell research. While their funding is dwarfed by California's three billion dollar fund, Maryland is the home of Johns Hopkins, one of the top two stem cell research universities in the country. With a number of generous private donors at hand, in addition to public funding, Hopkins remains on the cutting edge of cell research.

On my recent visit I had lunch with Dr. John Gearhart, who is the co-discoverer of the embryonic stem cell. He told me he was coming to the Bay Area to participate in a three day symposium on stem cells in June. While he's here I would dearly love to have a gathering at which our support groups would have an

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opportunity to meet this gentle, brilliant scientist. He’s bringing his sixteen-year-old daughter with him so I suspect they’ll want to do a bit of sight-seeing. However, he did promise me that he’d attend a group session if the timing could fit in with his schedule.

Among other promising therapies discussed on my trip were:

- ?? Bone marrow stem cells developed by Brainstorm Cell Therapeutics, an approach that eliminates religious and ethical concerns.
- ?? Levodopa infusion, a pump that offers continuous intestinal levodopa infusion, developed by NeoPharma, a Swedish firm.

Good things are happening all across the globe and I don’t want my favorable comments about Hopkins to intimate that there is a lack of first rate research elsewhere. I happen to be an alumnus of Hopkins and I’ve somehow managed to ingratiate myself with some of their brilliant scientists. Living in California, particularly Northern California, puts us in proximity to some of the truly outstanding, world class research universities and pharmaceutical companies.

Leon Rosenthal is the leader of the Magnolia-Peninsula support group, in Millbrae. Thanks so much, Leon!

<p>Caregivers Recognition Luncheon- Mark Your Calendar! Date July 28 Time 10:00-1:30 Place Biltmore Hotel in Santa Clara. Luncheon includes excellent speakers. More details coming</p>

The Benefits of Having Massage

ge as Therapy

By HazelHorsnell

Touch is such an important part of our lives and when it is missing our bodies crave it. Babies who are deprived of touch do not flourish as well as those who are continually held. We all know that mothers “rub it better”, when we fall as children, we “rub our heads” if they ache, our abdomens when there is pain.

Massage is a great way to receive touch! And it is one of the oldest healing arts. There are over 200 different modalities of massage. Many techniques were developed out of a need to heal personal injury or that of a friend or family member Some were started as a family tradition and carried on for generations. Some came from people who studied one way and decided there was a better way. Some therapies are combined to come out with a new way

First known written record is a book of massage techniques found in China 3000BC. This was translated into French in the 1700's and used by Dutch practitioner Johan Georg Mezger to create Swedish massage. This classic massage is composed of effleurage (stroking), petrissage (kneading), tapotement (striking) and friction (rubbing) with vibration.

Almost anyone, from infants to seniors, fat and thin, fit and ailing, athletic or sedentary, can enjoy the benefits of a good massage. It has been said that the Queen of England has a massage every day, also Bob Hope attributed his longevity in part to his daily massages.

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“Massage...,” from page 5

Massage will affect every system in your body, but I want to focus on the difficulties faced by those suffering from Parkinson’s disease.

As I understand it, the main problems are depression, fatigue, constipation, rigidity of muscles, general stress and emotional health.

The one symptom that can really be helped I believe is the state of the muscles.

The strokes of the Swedish massage, effleurage (stroking), petrissage (kneading), are designed to promote the flow of the lymphatic fluid through the tissues, where it can pick up toxins, waste product buildup and flush out the cells. The lymphatic fluid only gets moved with the contraction of your muscles, it has no heart to pump it around the body. When the muscles contract, they use energy which in turn produces more waste products in the form of lactic acid crystals. This adds to build up in the muscles and prevents the efficient flow of lymph (hence the reason for stretching before activity).

Massage, on the other hand, steps in and without YOU MOVING A MUSCLE, can promote that lymphatic flow to flush out the tissues. You get the effect of a workout with no loss of energy.

Massage also includes range of motion movements by the therapist (no effort on your part) This promotes the production of synovial fluids to the joints and releases the ligaments that constrict movement.

Massage affects the production of the glandular excretions of the body. The endorphins that affect mood are

stimulated. A feeling of calmness often follows a session.

All the abdominal organs can be stimulated, particularly the colon.

But the biggest problem I guess you all, indeed all of us, can suffer from is stress.

Stress is a terrible scourge in our lives. It can cause so much havoc developing chronic state of tension, muscles tighten, heart races, pressure climbs. Massage intervenes by convincing the body that the emergency is over, mechanically forcing muscle tension to relax. The body then produces fewer of the stress hormones, cortisol and norepinephrine. The nervous system sends out electrical and mechanical signals to slow down, take it easy.

I visualize our bodies as magnificent old wooden ships, men climbing all over sails, hundreds of oarsmen pulling hard. Enemy in sight or a bad turn of weather sends everyone scuttling and hurrying about, WOW!! Endorphins in full production, plenty of cholesterol for energy. Lots of effort energy being used. Emergency over and all is calm and used up. No stress left.

Nowadays we are in cars, at the computer, moving just hands or fingers, using very little energy when an emergency occurs. No reason or need to expend and use up all that our body produces at the first sign of stress so the cholesterol builds up, the tension stays in our muscles stopping the flow of oxygen carrying blood to the tissues, no nourishment to the cells, no waste removal, shoulders start rising, head aches - now we have stress.

There are many suggestions to help deal with stress, reading a book, talking to “Massage...,” page 6

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friends, taking a walk, yoga, visualizations, bathing, exercise, smelling a flower, breathing deeply to name a few. Massage will create calmness, promote relaxation, release tense muscles and generally bring a feeling of balance and harmony.

Hazel Horsnell and her team of experts were invited to do massage demonstration at the April Magnolia-Peninsula support group meeting, and Hazel was requested to write an article about the benefits of massage therapy.

About Hazel Horsnell

Twenty five years ago, living in Dollar, a small village in Scotland, Hazel Horsnell was a lab technician at Stirling University helping Biology students devise interesting experiments for teaching practice. Her daughter Linda was living in Belmont and told her mother of the awful headaches she was getting. Hazel researched in her Yoga magazines and thought that massages might help Linda. So she embarked on a learning journey at The Northern Institute of Massage and now is able to help Linda and many other people to relieve headaches, relax muscles and ease aches and pains. She continued her studies of massage and health with courses in Reflexology, Applied

Kinesiology, Polarity, Myopractic and Myotherapy, herbal medicine and nutrition. Hazel, who is a Yoga teacher and Aromatherapy Instructor, now has two offices, one in Redwood City since 1983 and another in San Mateo with a team of excellent therapists who together promote massage as the greatest value for their clients better health and well being.

There are at present 30 fully trained, certified massage therapists working out of the nine rooms, creating an immediate availability, great variety of technical massage skills, many modalities. Open seven days a week from 9AM to 9PM this massage service is very client friendly.

Hazel's goal is to create the most professional, caring space for her clients to receive the best possible massage at the greatest value for their money. There is a newsletter available and the office has a web page www.hazeljhorsnell.com You can reach her at 650.365.4052, or 650.343.3317 for more information

Berkeley

The group meets on the **3rd Monday** of the month, at North Berkeley Senior Center, at 1901 Hearst Avenue (at Martin Luther Way), Berkeley, and the meeting time is **10:00 AM-12:00 noon**.

For information, call **Mitzi Cahn** at **510.527.9075** or **Irene Smythe** at **510.524.4847**.

Daly City

The Daly City Support Group meets on the **1st Tuesday** of the month, from **3:00 to 4:00 PM**, at Doelger Senior Center, 101 Lake Merced Blvd., Daly City. For support group information, please contact **Leonard Ke** at **415.587.1285**.

Fremont

Our March meeting was completely different from the normal, since we joined in the festivities at the “SOCK HOP” at the Fremont Senior Center sponsored by the City of Fremont’s Caregiver Support Program. Our group was well represented, and a good time was enjoyed by all.

Our April 25 speaker was **Marilyn Basham**, Physical Therapist and Outreach Coordinator, from the Parkinson’s Institute. We have had the privilege of having Marilyn speak to our group in the past, and we appreciate her coming to speak to us again.

The Fremont Support Group meetings are held on the **4th Monday** of the month, at **7:00 PM**, at the Fremont Senior Center, 40086 Paseo Padre Parkway, Fremont. For questions, please call **Lettie Webb** at **510.656.6393** or **Bob Coon** at **510.794.7988**.

Fremont Caregivers

For information regarding the caregiver program in Fremont, please contact **Nancy Rothschild**, Caregiver Project Coordinator, at **510.494.4268**.

Hollister

The Hollister Support Group meets on the **1st Tuesday** of every month, from **1:30 to 3:30 PM**, at First Presbyterian Church, 2066 Cienega Road, Hollister. Please contact **John Skinner** at **831.637.6755**, or **Shirley Kennedy** at **831.637.3839**.

Magnolia-Peninsula

On April 14, Hazel Horsnell and some of her colleagues demonstrated various methods of Massage Therapy. This was a unique “hands-on” session.

All meetings are held in the main conference room of the Magnolia Apartments, located at 201 Chadbourne Avenue in Millbrae. The Magnolia occupies a square block, bounded by Millbrae and Magnolia Avenues, as well as Chadbourne.

The meetings take place on the **2nd Thursday** of each month (unless otherwise noted), at **1:30** in the afternoon. The sessions are free of charge and open to the public. Light refreshments are available after the meetings are adjourned. For information about the meetings, please call **Leon Rosenthal** at **650.348.3480**.

*This newsletter was assembled by
The Morgan Center in
Santa Clara.*

April 26, features **Kathy Quain**, music therapist.

May 24, features **Paul Lofholm**, pharmacist.

The Marin Parkinson’s Support Group meets on the **4th Tuesday** of most months, from **2 to 4 PM**, at The Redwoods auditorium, 40 Camino Alto, Mill Valley. The telephone number for The Redwoods is 415.383.2741. For information about the meeting, please contact **Gloria Rashti**, at **415.381.6680**.

Monterey

We meet in the S.H.A.R.E. Room, at Monterey Adult School, 200 Coe Ave., Seaside. The group meets on the **3rd Monday** of the month, from **2:30 to 4:00 PM**. For further information, please call **Kathy Warthan** at **831.372.7510** or **Helen Garrett** at **831.657.4241**.

Mt. Diablo Parkinson’s Network

Basic meeting: Meets on **2nd Mondays** from **11 AM-2:30 PM** at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. The meeting includes a speaker, light lunch, exercise, and discussion groups. Contact **Margy Hansell** at **925.939.4210**.

Early Onset Support Group: Meets on **3rd Saturdays** from **10 AM-noon** at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. Call **Nancy Wall** at **510.236.7065**, or **Philip Wheeler** at **510.527.3588**.

Caregivers Support Group: Meets on **last Wednesdays** at **Jewel Wallach’s** in Rossmoor, Walnut Creek. Call for information at **510.236.7065**.

Pleasanton Tri-Valley Support Group:
Meets on 2nd Saturdays, 10 AM-noon,
at Senior Center, 5353 Sunol Blvd.,
Pleasanton. For information call **Cliff
Terry** at **925.935.1772**

Oakland

In our **March 3** meeting, **Dr. Rhoda Agin** will show us how we can improve our voice volume and quality so that we may speak more effectively and attractively. This helps Parkinson's patients to have better social relationships and enables them to express themselves more effectively.

Taxi scrip is available! Contact Robert Lemon.

The Oakland Support Group meets on the **1st Thursday** of the month, from **1:30 to 3:30 PM** at the Easter Seals Bay Area, 180 Grand Avenue, Suite 300, Oakland. For further information, please call **Robert Lemon**, at **510.526.2078**.

Palo Alto

The Palo Alto Support Group meetings are held on the **2nd Wednesday** of the month, from **2:00 to 3:30 PM**, at Avenidas (the Palo Alto Senior Center), in the dining room (La Comida), 450 Bryant Street, Palo Alto. For meeting information call **Linda Chen**, at **650.254.0906**. For directions, call **650.326.5362**.

If you have any **items for sale or donation**, such as exercise equipment, wheelchairs, etc., please write to PPSG, call us at 408-734-1593, or e-mail ppsginfo@yahoo.com.

Redwood City

On April 15, our guest speaker was **Jeff Javerbaum**, a **neurologist**.

Special thanks to **Dr. B. Botteri** of the Sequoia Hospital Sleep Disorder Center, who spoke at our March meeting.

We have a special guest in May, Captain **Bridgett Lott** of the California Highway Patrol. Capt. Lott heads up the CHP's Redwood City office. Bring your driving questions and concerns. You will find her to be a very special person.

Don't forget our new time: 1:00 – 2:30 PM.

PPAP-Positive People Against Parkinson's-meets on the **3rd Friday** of each month, from **1:00 to 2:30 PM (new time)**, at Sequoia Health and Wellness Center, 702 Marshall Street, Redwood City. Parking available in the rear. For more information, call **Sequoia Center** at **650.367.5998**. **Tom Constantino** and **David Shein** co-chair the meetings.

Salinas

The Salinas Support Group meets every **4th Wednesday** of the month, from **2:00 to 3:30 PM**, at The Salinas Adult School, 20 Sherwood Place, Salinas. For further information, please call **Elaine Viens** at Delmar Research, **831.424.4359 x10**.

San Francisco

The group meets on the **3rd Thursday** of the month, at Holiday Inn Chinatown, corner of Washington & Kearny. (Hotel parking free for this meeting!) For meeting time, call **Tom O'Brien** at **415.352.6514**.

San Jose – Almaden/ Blossom Valley (New)

Our group met on April 19 and there were 8 of us all together. We had a good discussion on some of their newest symptoms and some helpful tips to ease discomfort, etc. One man who has severe shaking had just come back from seeing Dr. Fross in Hayward, and she said he definitely had Parkinson's, so that couple was very interested in whatever they could learn about the disease. The Atrium went out of their way to make it pleasant for us - with a huge selection of cookies and juice!

The group meets on the **3rd Tuesdays** of the month, from **2:30 to 3:30 PM**, at The Atrium Retirement Community Center, 1009 Blossom River Way, San Jose. For meeting information, please contact **Betty Havens** at **408.269.2167**.

San Jose – Berryessa

The group meets at Berryessa Community Center, 3050 Berryessa Road, San Jose, on the **1st Wednesday** of the month, from **1-2:30 PM**. Contact **Bob and Jane Pomeroy** at **408.263.8485**.

San Jose – Willow Glen

May 6 Marilyn Basham,
Physical therapist, Parkinson's Institute

June 3 Joe Ferita, Speech and
Hearing Specialist

July No meeting

The San Jose Support Group meets on the **1st Friday** of the month at St. Francis

Episcopal Church, 1205 Pine Avenue,
San Jose, between **10:00 and 12 noon**.
Please call **Betty Havens** at
408.269.2167.

San Jose Caregivers

The San Jose Caregivers Support Group usually meets on the **4th Wednesday** of the month, from **1:30 – 3:30 PM**, at St. Francisco Episcopal Church, 1205 Pine Avenue, San Jose. For information, please call **Charmaine Eng** at **408.723.8116**.

San Leandro

The group meets on the **1st Thursday** of the month, **except summer months**, at **10 AM**, at The Education Center of San Leandro Hospital, 13855 East 14th Street, San Leandro. For information, please call **Roy Burnham**, at **707.781.3308**.

San Mateo Caregivers

The group meets on the **1st Wednesday** of the month, from **2:30 to 4:30 pm (new time)**, Ellsworth Room, 100 San Mateo Drive, San Mateo. Call **Mills Health Center**, at **800.654.9966**.

Santa Cruz

The Santa Cruz Support Group meets on the **1st Wednesday** of the month at St. Stephen's Lutheran Church, 2500 Soquel Avenue, Santa Cruz, from **12:30 to 2:00 PM**. For information, please call **David Donahoe** at **831.479.4485**.

Saratoga

The Saratoga Support Group meets on the **3rd Tuesday** of the month at 19449 Via Real, Saratoga, from **2:00 to 4:00 PM**. For information, please call **Lois McPherson** at **408.867.1807**.

Sonoma County

The group meetings are held on the **1st Saturday** of each month, **except for the months of January, July, and September**, (due to national holidays which conflict with our dates). Meetings are held at the First Congregational Church, (UCC), at 2000 Humboldt Street, Santa Rosa. They begin promptly at **1:00 PM** and last about two hours. Excellent speakers represent a variety of resources important to the Parkinson's community.

For a portion of each meeting the participants are divided into caregivers' and Parkinsonian sessions. They are divided so that all have an opportunity to speak freely about their cares and concerns.

Call **Sue Croel** at **707.544.5151**, or **Ron Trowse** at **707.526.4373** for more information. Parkinsonians and their guests, caregivers, or family members are encouraged to attend this meeting.

Other Group Activities

Satellite support groups meet at various locations throughout the area, meeting in members' homes. To find out about the availability of one of these groups, please call Sue Croel at 707.544.5151, or Ron Trowse at 707.526.4373.

Sunnyvale

The Sunnyvale Support Group meets on the **2nd Wednesday** of the month between **1:00** and **3:00 PM** at the First United Methodist Church, 535 Old San Francisco Road, Sunnyvale. For information, please call **Linda Filice** at **408.978.2859** or **Phyllis and Henry Ng** at **408.733.5648**.

Tulare-Kings

The Tulare-Kings group meets on the **1st Friday** of the month, at **10:30 AM**, at Visalia United Methodist Church, 5200 W. Caldwell Avenue, Visalia, CA 93277.

For more information, please contact **Donna Green (new leader)**, at **559.307.4189**, or the church office at **559.627.1660**.

Vallejo

The group meets on the **3rd Monday** of the month, **except January and February**, when they meet on the **2nd Monday**. The meetings start at **2PM**, at the Kaiser Medical Center, 975 Sereno Drive, Vallejo. For meeting information, please call **Evelyn Fox** at **707.644.3390**.

Disclaimer

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YOPD

The group meets in the Board Room of Lucile Packard Children's Hospital, at 725 Welch Road, Palo Alto, CA, on **2nd Tuesday** of every month, from **6:30 to 8 PM**. For information, please call **Bill Lev** at **831.662.3825**.

YPSG

The Young Parkinson's Support Group meets on the **2nd Saturday** of the month at the United Methodist Church of Los Altos, at the intersection of Miramonte Avenue and Foothill Expressway, from **10:00 AM to 12 noon**, in the Golden Oak meeting room. For more information, please call **Dean Prescott** (the group leader) at **408.738.2505** or **Dick Lacey** at **650.328.3429**.

Board Members

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1170 Morse Avenue
Sunnyvale, CA 94089-1605
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