

Parkinson's Patients Support Groups, Inc.

Sep/Oct 2006

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

Editor-in-chief: Phyllis Hsu Ng

Articles Editor: Ann Roper

Webmaster: Solna Braude

Editorial Staff:

Linda Chen

Charmaine Eng

Viola Mays

June 29 Caregivers' Luncheon a Success

By Dean Prescott, Vice-Chair, PPSG

When it was decided that we should hold our most recent caregivers' luncheon in an area other than the South Bay, we figured that there would be some logistical challenges in planning the event. We felt it was important to give caregivers in other areas an opportunity to attend a luncheon without having to travel so far. The problem we faced was that none of us knew a good place in the East Bay to hold such an event and we didn't know how many people would actually show up.

We got lucky when Charmaine Eng's sister, Cimperly Tamura, suggested the Aroma Restaurant in Alameda, overlooking the historic Oakland Estuary. It was an excellent choice. The view of the quiet but busy estuary added a sense of calm to our experience. Restaurant owner, Raymond Tang, went to great effort to make sure our event was a success. We had our own private section of the restaurant blocked off so we were free to enjoy each other's company and listen to the outstanding speakers without interruption. Thanks and a "Tip of the Hat" to Le Sotir for bringing her own home-grown flowers, adding a personal touch and a comforting feeling to the festivities. Board members Viola Mays and Solna Braude also contributed to the successful execution of the luncheon. Finally, many thanks go to Bay Area Caregivers, who "went to bat" while the primary caregivers took a short break.

First to speak was John Argue, who has been a leading advocate for the benefits of exercise for

those who are faced with the challenges of Parkinson's disease. John spoke about how he got into the field of developing exercise programs for PD patients and about his desire to help teach and make available more exercise programs throughout the country. John's book, The Art of Moving, is available on-line at <http://www.parkinsonsexercise.com/>.

Next up was Dr. Neng Huang of The Parkinson's Institute. Dr. Huang spoke about some of the other movement disorders that he treats besides Parkinson's (such as some of the Atypical Parkinson's Disorders; and some new therapies for Parkinson's patients, such as Botox injections.)

Primarily, the idea behind the Caregivers' Luncheon is to show a little appreciation for those who give so much, by giving them a short break, a good meal, and a few hours to enjoy each other's company. In that respect, the Caregivers' Luncheon certainly was a success.

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

The History of PPSG

By Charmaine Eng, Chair, PPSG

PPSG is over the half-way mark of its 25th Anniversary. I am proud to say that we have come a long way since its conception as we continue to fulfill our mission to serve the Parkinson's Community through Information and Support. How did this all begin?

The following is a detailed article of the early History of PPSG, written by Peg Mangano of that period:

In October 1980 the United Parkinson Foundation of Chicago presented a panel discussion on Parkinson's disease at Stanford, hosted by Dr. Robert Cutler. Support groups were encouraged to be formed.

The January 1981 issue of the PEP Exchange of Newport Beach had the address of Al and Laura Hoerler. I called Laura and she referred me to Martin Kilkenny in Los Altos. A few more Parkinson's patients joined us and PPSG was formed as an association in February of 1981 to serve Santa Clara and San Mateo counties. It received a 501 (c)(3) status from the IRS in April of 1981.

Martin secured our first "seed" money of \$1,000 from the Packard Foundation. PPSG was incorporated as a non-profit agency in November of 1983. PPSG provides support and education to patients, their families and the general public.

Our first board meetings were not routinely held. We met at different homes. Many meetings were at my house. In May 1983, arrangements were made for the American Lung Association to provide office space, equipment, board meetings and secretarial service.

Exercise classes through De Anza College were initiated in the spring of 1982. Several junior college districts are now offering special exercise and swim classes for patients.

Martin Kilkenny died in July 1983.

At first we felt the Board of Directors should be all Parkinson's patients. Our first

president/chairman was Clifton Kukuk of Palo Alto, 1982-3; then came myself, Peg Mangano, of Cupertino 984-6; and Bob Marden, 1988, for a short stint to help organize the Board. Bob Austin and Peg Mangano have acted as chairmen since.

Since 1983, our board meetings were held on the second Friday of each month. We also hold two large meetings a year, spring and fall, and the fall meetings are in the two counties. In 1985, we received the JC Penny Golden Rules Award.

Representatives of PPSG served on advisory committees for the new Parkinson's Institute clinic at Valley Health Centre which opened December 1, 1985. Part of our support group provided volunteers for hospitality services at the clinic every Wednesday until its close in 1988. Volunteers have formed their own auxiliary and now serve in the new California Parkinson's Foundation clinic on Moorpark Avenue in San Jose with Dr. Langston and Dr. Tetrud.

Since August 1984 we have held an annual picnic in Vasona Park. In August 1987, PPSG purchased a Macintosh computer. We have had many interesting and informative meetings in the past seven years. We have also sent out speakers to different groups.

Our membership has grown steadily to almost 850 members and we are now at the crossroads of making some new decisions for our future.

The above article was written in the 80's. Many changes have occurred since then. In brief, PPSG was then Peninsula Parkinson's Support Groups, and is now Parkinson's Patients Support Groups, Inc. to encompass the larger geographical regions of Central California that we serve. We publish newsletters that reach 1800 members locally and 3500 nationally. We have a website with multiple resources and information on PD and our outreach has expanded more to our support groups, patients, caregivers, their families and friends.

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

Adaptive Physical Class At Skyline College

By Leonard Ke, Daly City support group leader

Recently, you may have noticed an emphasis on physical exercise as a way to slow the progression of Parkinson's disease. Clinical studies have shown that physical exercise can improve the abilities and quality of life for Parkinson patients. Flexibility, agility, and balance can be improved through specific exercises designed specifically for each patient.

Skyline College presents such a program. It's called the ADAPTIVE PHYSICAL CLASS and bills itself as a positive, non-competitive experience. You set your own goals and work at your own pace. You have the assistance of trained staff, and the use of facilities and equipment.

Mr. Cameron Chandler attended our support group meeting in August and gave us a demonstration on some of the exercises. We worked on our back muscles and obliques with a wheel that we rolled up and to the sides of a wall. We increased our stride by stepping over bicycle handlebars, and worked on our lower body flexibility by sitting on a large ball. And we got our muscles to fire at a rate of 4 pulses per second by bouncing a flexible plastic strip

It was fun and a simple way to perform exercises that will help me reach my goals. Speaking of goals, these goals are ones that I set. I review them with a staff trainer who then designs the exercises that will help me reach my goals. And the trainer is always there to help you perform the exercises.

And now it's up to you. You can contact the Adaptive Physical Education staff to schedule a visit to the campus to see if this is the right program for you. You also may want to schedule a speaker from this group for your support group meeting. Call Skyline College on 650-738-4280 or 4286. The Fall 2006 classes are scheduled for Monday and Wednesday 1:10pm -2:25pm, Tuesday and Thursday 1:55pm- and Tuesday and Thursday 12:35pm-1:50pm.

Do yourself the favor by improving your agility, balance, and flexibility with a professional caring staff to help you achieve your goals. Call Skyline College and begin the process today.

New Redwood City Meeting Location for Positive People Against Parkinson's

Tom Constantino, President
Dave Shein, Vice-President
Ray Lang, President Emeritus

Redwood City's Parkinson's Support Group has a new home at Sequoia Hospital's new Health & Wellness Center at 749 Brewster Avenue. This is less than two blocks west of the County Hall of Justice Building and two blocks from Veterans Blvd.

Directions to Sequoia Hospital Health & Wellness Center, 749 Brewster Avenue: From north or south on Highway 101, take Redwood City Whipple exit, turn left at Veterans Blvd., and right on Brewster Avenue.

Meetings are open to Positive People Against Parkinson's support group members, patients, relatives, and caregiver friends. Our last two speakers were simply outstanding. Dr. Ruth O'Hara of the Palo Alto Veterans Hospital and Professor of Psychiatry and Behavioral Sciences at Stanford joined us in May, while our July special guest was Parkinson's Institute's physical therapist Marilyn Basham. Our June meeting was special too; support group members and caregivers told their stories and passed along helpful hints.

The support group always meets on the third Friday of the month, except for August, November and December. Meetings begin promptly at 1:00 pm and conclude by 2:30 pm. Should there be any questions, please don't hesitate to telephone Tom Constantino at 650.366.7166.

Visit the PPSG website to learn about upcoming events, what's going on with the PD research, and some helpful ideas:

www.ppsg.org

Upcoming Support Groups Activities

Berkeley

For the rest of the year we will be on our regular schedule of 3rd Mondays as follows: On **Sept 18** our speaker will be Dr. David Presti from UC Berkeley, who is an expert on neuroreceptors, which are the sites of action of many of PD drugs; on **Oct 16** we will have one of our mutual discussion meetings with no speaker; on **Nov 20** we will have Nicole Duffy from the UCSF over-Sixty Program speak on depression; and on **Dec 18** Jacqualy Sohn speak on acupressure.

Oakland

Wheatley Allen, Sculptor to Emperors, Kings and Presidents is the stunning new book by our group member, Wheatley Allen. In the September 7 meeting, Allen related stories about his experiences in creating art for some of the world's famous people.

In the **October 5** meeting, Carole Kennerly, who retired from Department of Health Services, will speak from her personal experiences on "Skills in Choosing and Dealing with Skilled Nursing Facilities." She will focus on how to support your loved one in a care facility.

San Leandro

The San Leandro Parkinson's Support Group meets on the 1st Thursday of every month, except July and August. Our first meeting for the rest of the year will be on Thursday, September 7, from 10:00 to 11:30 AM at the **new location**: San Lorenzo Community Church, 945 Paseo Grande, San Lorenzo, CA. Contact Harry Santi at 510-351-3224.

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. If you are planning to attend, please call Charmaine Eng at 408.723.8116 (dial *82 before the number).

New Caregivers Support Group in SF VA

Caregiving is an evolving and demanding responsibility. If you are a partner caring for a loved one with Parkinson's disease, you are invited to an on-going monthly support group held at the Veterans Affairs Medical Center, San Francisco. You can discuss "care issues" in a safe and confidential environment and share how to better manage, cope or intervene for support and to improve ability to care.

When: First Thursday each month, 12 noon to 12:50 PM.

Dates: September 7, October 5, November 2, December 7, 2006; January 4, 2007 and February 1, 2007.

Where: VAMC Parkinson's Disease Center Conference Room, Building 203, first floor (one floor up from ground level), Room 1B26A

Or, call in from home using this toll-free conference number: 800.767.1750, access code: 59930

Group leaders will be Susan Heath, RN MS, PADRECC Clinical Nurse Specialist and Aliza Benditsky, LCSW, Social Worker for Neurology/Neurosurgery.

Other multidisciplinary guest speakers will be drawn from: Movement Disorders Neurologist, Neuropsychology, Physical & Occupational Therapists, Speech Therapist, Dietician and Pharmacist. For questions, please call Susan Heath at **415.379.5530**, or Aliza Benditsky at **415.221.4810 X3470**

Volunteers Appreciation Luncheon will be held on Thursday, **September 14** at Michael's at Shoreline in Mountain View. PPSG recognizes the outstanding work given by this group. There will be a special program and a delicious lunch entree. For more information, please call Viola Mays, 408-225-7465 or Charmaine Eng, 408-723-8116.

Helpful Publications

A Wheelchair Rider's Guide

*San Francisco Bay and the Nearby Coast,
A Coastal Conservancy Book, By Bonnie Lewkowicz*

This guide is available free of charge by calling 510.286.1015 and also on the Coastal Conservancy website: www.scc.ca.gov

The book is organized by region. It follows the Marin County coast from Point Reyes south through the Marin Headlands, then moves along the San Mateo County coast and into Santa Cruz. Next it takes you through San Francisco along the city's oceanfront and bay shoreline, continues south around the bay, then north to Carquinez Strait, around San Pablo Bay to the Marin County bay shoreline, ending in Sausalito.

*A special *thank-you* to Terri Shimizu who ordered the books for her fellow support group members. Terri and her husband, John, are members of the Sunnyvale and Palo Alto support groups.

Helping You... Promote Health

By JOURNEYWORKS (WWW.JOURNEYWORKS.COM)

This catalog covers over 430 titles, from Caregiving & Senior Health, Mental Wellness, Stress & More, to Nutrition & Physical Activity. To obtain free review samples, call 800.775.1998 (8:30 am -4:30 pm Pacific Time), fax 800.775.5853 (24 hours a day), email your request to samples@journeyworks.com, visit their website: www.journeyworks.com, or mail your request to Journeyworks Publishing, PO Box 8466, Santa Cruz, CA 95061-8466

Mayo Clinic Links Allergies to Parkinson's Disease

Monday, August 07, 2006 ROCHESTER, Minn. -- Researchers from Mayo Clinic have discovered that allergic rhinitis is associated with the development of Parkinson's disease later in life. Findings will be published in the Aug. 8 issue of the journal *Neurology*.

"The association with Parkinson's disease is increased to almost three times that of someone who does not have allergic rhinitis," says James Bower, M.D., Mayo Clinic neurologist and lead study investigator. "That's actually a pretty high elevation."

Previous studies had shown that people who regularly take non-steroidal anti-inflammatory drugs, such as ibuprofen, are less likely to develop Parkinson's disease. These results prompted the Mayo Clinic investigators to look further into the links between diseases characterized by inflammation and Parkinson's. They studied 196 people who developed Parkinson's disease, matched with people of similar

age and gender that did not develop Parkinson's. The study was conducted in Olmsted County, Minn., home of Mayo Clinic, over a 20-year period.

The researchers examined these groups to determine if those who developed Parkinson's disease had more inflammatory diseases. They found that those with allergic rhinitis were 2.9 times more likely to develop Parkinson's. They did not find a similar association between inflammatory diseases such as lupus, rheumatoid arthritis, pernicious anemia or vitiligo and Parkinson's disease. The researchers hypothesize that they may not have found significant links between these diseases and Parkinson's disease due to the relatively small number of those in the population who have these diseases, and thus the small number with these diseases in their population sample study. They also did not find the same association with Parkinson's disease in patients with asthma that they discovered in those with allergic rhinitis. Dr. Bower says that this study did not examine patients' types of allergies or when they developed allergies.

The investigators theorize that a tendency toward inflammation is the key link between the diseases. "People with allergic rhinitis mount an immune response with their allergies, so they may be more likely to mount an immune response in the brain as well, which would produce inflammation," Dr. Bower says. "The inflammation produced may release certain chemicals in the brain and inadvertently kill brain cells, as we see in Parkinson's."

Dr. Bower explains that this study does not prove that allergies cause Parkinson's disease; instead, it points to an association between the two diseases. He advises that allergy patients can do little to reduce the potential risk for Parkinson's.

"I wouldn't worry if you have allergies," he says.

"Treat the allergy symptoms you have to alleviate them at the time. At this point, we have no good evidence that this treatment will protect you from possibly developing Parkinson's disease later."

Dr. Bower and colleagues hope, however, that the clues in this study may give scientists a strong hint about inflammation's role in Parkinson's.

"This is exciting, because we may be able to develop medications to block the inflammation," he says.

Parkinson's is a complex disease, says Dr. Bower, because many factors can contribute to its development and its causes can differ. The complexity can be compared to heart attacks, which can be caused by hypertension, high cholesterol or smoking, among other factors. Thus, allergic rhinitis would now be considered one among many possible risk factors for development of Parkinson's disease.

Internet Support Groups for Patients with Parkinson's Disease and their Caregivers

The University of California, San Francisco (UCSF) [Parkinson's Disease Clinic & Research Center](#) in collaboration with The Wellness Community is offering Internet support groups for 1.) Patients with Parkinson's disease and 2.) Caregivers of people with Parkinson's disease.

They are looking for people who either have Parkinson's disease or care for Parkinson's disease patients and

- Would be willing to participate in an Internet-based support group for 4 months
- Would like to help others by participating in a research study that will help us learn more about supportive services for Parkinson's disease patients and their caregivers

There will be specialized Chat Rooms for young-onset, newly diagnosed, general Parkinson's, and caregivers.

To learn more, please [click here](#).

If you are interested in participating in the support groups as part of a study, please contact Mari Wakahiro, at 415.476.7608, or e-mail mljw@itsa.ucsf.edu.

This information was forwarded by Linda Chen, the Palo Alto support group leader and a PPSG board member. Thanks, Linda.

Upcoming LSVT Events

There will be a **LSVT (Lee Silverman Voice Treatment)** workshop and training on September 14 and 15 with an invitation to Parkinsonians and their families to a lecture and treatment demonstration on the morning of **Saturday, September 16**. The September 14-15 event (for the speech therapists) will take place at the Stanford Park Hotel, 100 El Camino Real, Menlo Park, CA 94025. The patient part of the event (September 16) will be at the Oak West room of Tresidder Union, at Stanford University.

Speech Therapists interested in registering for September 14-15 LSVT training can email info@lsvt.org, or call 1-888-606-5788. To learn more about the September 16 morning Parkinson's patients' session, call 866.250.2414.

Are you Old Enough to Buy Art?

If you live in the Bay Area, this is your chance to upgrade your art collections, refresh your walls and help find a cure for a debilitating disease!

One year ago, professional designer Heather Landers discovered that many of her colleagues had yet to make the leap into decorating with real art. Declaring that her generation is now "Old Enough to Buy Art" she created a gallery event for that purpose, donating the proceeds to NPF (National Parkinson Foundation) on behalf of a close family member. The event was so well attended and so much fun, she is having another one.

The public is invited to attend the opening of **Old Enough to Buy Art - 2** on Wednesday, September 20, 2006, at The Melting Point Gallery on Bryant Street in San Francisco. The opening reception is from 7-9 pm that evening. The exhibition continues through Wednesday, September 27, 2006 and includes a private party on Saturday. Proceeds will again be donated to NPF to help with research initiatives.

Heather selects local Bay Area artists for the event whose art reflects the preferences of her clients. She is offering a variety of prints, paintings, photographs and other works all at very affordable prices.

To read more about **Old Enough to Buy Art - 2**, visit <http://www.studiopicotee.com/artshow/> <<http://www.studiopicotee.com/artshow/>

Heather Landers
Design Director * Studio Picotee * San Francisco
415 637-6810 www.studiopicotee.com

Researched by Robin Riddle,

The leader of Atypical Parkinsonism Bay Area Caregivers Support Group in San Mateo

There are two PBS Newshour segments that talk about Alzheimer's disease and caregiving. The first segment was about what happens to the brain with AD. Here's a link to the transcript of the first segment, shown Wednesday, July 26:
http://www.pbs.org/newshour/bb/health/july-dec06/alzheimers_07-26.html

The second segment was about the challenges of being a caregiver. Here's a link to the transcript of the second segment, shown Monday, July 31:
http://www.pbs.org/newshour/bb/health/july-dec06/alzheimers_07-31.html

There was an interesting article in **the Chicago Tribune** on July 19, 2006, titled "Antibodies seen stopping Alzheimer's." Here are a few paragraphs from that article, which talks a lot about amyloid protein: Treatment with antibodies naturally produced in the body appears to halt the memory-robbing progression of Alzheimer's disease, according to promising early research that scientists plan to expand over the next year. Current Alzheimer's drugs provide moderate relief to some patients but do not stop the disease from advancing. By contrast, the antibodies--a treatment already in use for multiple sclerosis and other autoimmune diseases--stopped or slightly reversed the disease in six of eight patients participating in an 18-month preliminary clinical trial.

Scientists from Weill Cornell Medical School in New York reported the findings Tuesday at the 10th International Conference on Alzheimer's Disease and Related Disorders in Madrid. The findings are similar to those from an earlier German study of five patients over six months. "Those people are not just stabilizing; many of them are getting better. That's quite remarkable," said William Thies, vice president for medical and scientific relations of the Chicago-based Alzheimer's Association.

Here's the URL to the full article:

<http://www.chicagotribune.com/features/health/chicago-0607190161jul19,1,7445716.story>

UCLA STUDY

In the June issue of *The American Journal of Geriatric Psychiatry*, the results of a UCLA research study were published. According to a UCLA press release, the researchers "found that people may be able to improve their cognitive function and brain efficiency by making simple lifestyle changes such as incorporating memory exercises, healthy eating, physical fitness, and stress reduction into their daily lives." "The UCLA study is the first to show the impact of memory exercises and stress reduction used together with a healthy diet and exercise to improve brain and cognitive function," said lead investigator, Gary Small, M.D., professor of psychiatry and biobehavioral sciences at the Semel Institute for Neuroscience and Human Behavior at UCLA. You can find more info on the memory exercises, physical exercise, diet improvements (five small meals/day; balanced diet full of omega-3 fats, antioxidants, and whole grains), and relaxation exercises the study participants engaged in at:

<http://www.sciencedaily.com/releases/2006/05/060522150621.htm>

Thanks, Robin!

NORTHERN AND EAST-BAY REGION

Berkeley 3rd Mon 10-12 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, 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, at 925-244-1231, or 925-831-9940 **Roseville** 1st Tues 1:30-3:00 Roseville Maidu Comm Ctr, 1550 Maidu Drive, Linda Krisa 916-261-1321 **San Leandro** 1st Thur (no meetings Jul & Aug) 10:00, San Lorenzo Community Church, 945 Paseo Grande, San Lorenzo, Harry Santi 510-351-3224, Noma Zeff 510-663-6435 **Sonoma County** 1st Sat (not Jan, Jul, Sep) 1-3, First Congregational Ch, 2000 Humbolt 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, Dick Lacey 650-328-3429 or 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, Linda Chen 650-254-0906, for directions call 650-289-5400 **Redwood City** 3rd Fri 1-2:30, (No meetings Aug, Nov, Dec) 749 Brewster Avenue, Sequoia Hospital health & Wellness Center, 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 RSV 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 rriddle@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, Lucille 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 **Merced** 4th Thur 10AM (Nov 17, Dec no meeting) Mission Gardens 1450 E. 27th St, Amie Marchini (sp?) 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/davejoann@sbcglobal.net **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 **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

Board Members

Chair:
Charmaine Eng
Vice Chair:
Dean Prescott
Treasurer:
Allan Daily
Recording Secretary:
Doris Gilmore

Directors:

Solna Braude
Linda Chen
Bob Dens
Martha Gardner
Viola Mays
Phil McCrillis
Larry Naritomi
Phyllis Ng
Dave Russell
Le Sotir

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 pmsginfo@yahoo.com, and let us know.

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



Parkinson's Patients Support Groups, Inc.
1170 Morse Avenue
Sunnyvale, CA 94089-1605
408.734.1593

ADDRESS SERVICE REQUESTED

September/October 2006