

# Parkinson's Patients Support Groups, Inc.

P. O. Box 60188, Sunnyvale, CA 94088 408.542.5610 www.ppsg.org

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## Letter to Individuals with Parkinson's and Their Care partners

Dear Parkinson's Community:

You have an opportunity to advocate for yourself and others by inviting your care providers (Doctors, Nurses, and Therapists) to a wonderful Parkinson training event called Allied Team Training for Parkinson (ATTP). I participated in the PD educational seminar three years ago and found it inspiring and hugely informative.

The 4 ½ day education program is coming to Sunnyvale, CA, on November 11-15, 2009. See the below letter going out to support group leaders all over Northern California.

Let's get out there and invite all our care providers to come to this important event and learn about the latest in Parkinson's care from an outstanding teaching team.

Sincerely,

Marilyn Basham, PT

The Parkinson's Institute



NATIONAL PARKINSON FOUNDATION

1501 NW 9<sup>th</sup> Avenue  
Miami, Florida 33136-1494

Dear Support Group Leader:

The National Parkinson Foundation is committed to helping health care professionals to understand Parkinson disease care. As part of this effort, we have developed an educational program to help health care professionals offer integrated and comprehensive care to meet the needs of persons with Parkinson disease and their families. ***NPF is changing the way Parkinson's care is delivered.***

NPF is pleased to announce that its signature educational program for health care professionals and students, Allied Team Training for Parkinson (ATTP), will be offered in **Sunnyvale, CA on November 11-15, 2009.**

**Allied Team Training for Parkinson** is a unique, comprehensive interdisciplinary training program. It is designed for health care teams and/or individual practitioners in the following disciplines:

**Physicians**                      **Physician Assistants**  
**Nurses**                        **Physical Therapists**  
**Nurse Practitioners**        **Social Workers**  
**Occupational Therapists**  
**Music Therapists**  
**Speech Language Pathologists**

Over 4 ½ consecutive days (Wednesday through Sunday), participants will learn how best to treat and manage the symptoms of Parkinson disease, and how to offer Parkinson care in a team-based approach. Included are a poster and a brochure about the training. **Please share these materials with physicians and other health care providers in your region who may be interested in attending.** The ATTP application form can be filled out online or downloaded from the NPF website, [www.parkinson.org/attp](http://www.parkinson.org/attp). Should you need additional information or brochures, please email Denise Beran, [dberan@parkinson.org](mailto:dberan@parkinson.org) or call 305-243-2985.

### Disclaimer

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## Living With Parkinson's Disease

By Clement Butt, MD.

As I examine the basic needs of life, I come up with four things in increasing importance, namely, money, time, health, and attitude.

Of course, there has to be money. We need money to keep ourselves alive. If we have the world of fortune but only a limited life span, say, of five years, what good would the money do when we have no time to spend it and have to leave every bit of it behind when our time in this world is up? Without health, even time becomes worthless. Think how much fun you'll have with lots of money and one hundred years to live only to be confined in bed. Finally just suppose you have money, good health and a long life. You have no sincere connection with anybody. Will that meaningless, purposeless life bring you peace and satisfaction?

What is a positive attitude in life? If you wake up one day and find that all you need for the day is placed right in front of you at your disposal would you be thankful to your provider? There are things that no money can buy such as light, air, and water. They are so precious that our lives depend on them. The first order of positive attitude is gratitude. The second order is utilization of all the provisions wisely to one's advantage. There is no need to dwell in the past except to gain experience from it. Concentrate on the task at hand. Do all you can to make the day a success. By success I mean doing the best you can in a given situation. After all, one cannot be expected to do better than one's best.

How do we develop the positive attitude? **Faith!** A person has to have faith in whatever he does in order to be successful. Instead of being fearful, I put all my hope in the procedure, DBS: Deep Brain Stimulation. Next, we must accept the reality that we are what we are and not what we were. Put aside the things we are no longer able to do and learn new skills as a beginner if necessary. Be more sociable and outgoing. Do not hesitate to make new friends and try new experiences. Parkinson's disease, PD, is a prolonged illness. There is adequate time to develop other interests.

Some people with PD wake up in the morning but are reluctant to get out of bed. They do not know what to do with the increasing availability of time and decreasing capability to perform. The more they fail to perform, the more likely they will succumb to self-pity and depression.

It is helpful to make a daily schedule to line up the work to do that day. Unless there are other reasons, to plan one day ahead would be adequate. Just to live fully one day at a time would not be a burden too heavy to anyone.

Therefore, get into a routine of work, exercise, and relaxation. Make a schedule so that you know what routine is comfortable to you. By adhering to a routine, you will develop a sense of accomplishment. It also gives you a sense of satisfaction in your work and builds up an active fight against PD.

Joining an organization as a member is essential. When I first developed PD, I alienated myself from the Parkinson's Support Group. I saw no purpose in meeting other patients just to feel sorry for each other and watch all of us continue to deteriorate. How depressing it would be! I changed my mind since. Now I go to the support group meeting not expecting to receive anything but to contribute and share whatever I have with the members. I try to attend all the meetings I can. I realize that my contribution to the group is insignificant indeed compared to those made by Charmaine Eng and other volunteers at PPSG. I find my life enriched by working with these people many times over in return. .

How many lavish meals can one consume every day? How many expensive clothes can one wear each day? How many mansions can one occupy in one day that can be called home? Would you get tired of eating the most expensive food, wearing the most expensive clothes and living in the most expensive mansion all by yourself?

At a gathering of retired or near-retired people, I asked a gentleman what he would like to do if he retired right now. He said he enjoyed lying on the grass in Yosemite Park and watching the stars. I asked him if he would ever get tired doing so day in and day out. After a few moments of soul searching he replied, "I suppose so." Then I said, "If you take different

groups of people every night to watch the stars with you, sharing your views and feelings, how long before you would get tired?" His answer brought himself a surprise. He said, "I would get excited and tireless." The reason is that he gets bored by watching the same stellate patterns every night. Now his focus is shifted from the apparent non-moving stars to people who are alive. Boredom simply slips away quietly because it is incompatible with active living.

The following is a summary of our discussion,

1. The basic essentials of life:

- (a) money,
- (b) time,
- (c) health,
- (d) attitude

2. The constituents of a proper attitude are:

- (a) gratitude
- (b) the ability to fully utilize, all our natural resources.

3. How to achieve a positive attitude:

- (a) have faith,
- (b) accept the reality,
- (c) learn new skills.
- (d) join an organization or support group
- (e) be more sociable, do not feel embarrassed by your limitations due to PD
- (f) change focus from personal to others
- (g) make a new schedule of activities one day ahead

*Dr. Clement Butt and his wife, Sushih, are active members of the Sunnyvale Support Group. Thank you Clement, for sharing your thoughts with us. We continue getting inspired by your insights!*

### 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 **1:00 and 3:00 PM** at the Parkinson's Institute, at 675 Almanor Avenue, Sunnyvale, CA 94085. To confirm meeting dates and time, please call us at **408.542.5610**. If you are planning to attend, please call Charmaine Eng at 408.723.8116 (dial \*82 before the number).

**This newsletter is assembled by the Morgan Center. Thank you!**

## Loneliness Associated With Increased Risk of Alzheimer's disease

ScienceDaily (Feb. 7, 2007) — Lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer's disease in late life as those who are not lonely, according to a study by researchers at the Rush Alzheimer's Disease Center. The study is published in the February issue of *Archives of General Psychiatry*. Previous studies have shown that social isolation, or having few interactions with others, is associated with an increased risk of dementia and cognitive decline. However, little was known about the emotional isolation, which refers to feeling alone rather than being alone. Robert S. Wilson, PhD, and his colleagues, analyzed the association between loneliness and Alzheimer's disease in 823 older adults over a four year period. Participants underwent evaluations that included questionnaires to assess loneliness, classifications of dementia and Alzheimer's disease, and testing of their thinking, learning and memory abilities. Loneliness was measured on a scale of one to five, with higher scores indicating more loneliness. The data was collected between November 2000 and May 2006.

At the first examination, participants' average loneliness score was 2.3. During the study period, 76 individuals developed dementia that met criteria for Alzheimer's disease. Risk for developing Alzheimer's disease increased approximately 51 percent for each point on the loneliness score, so that a person with a high loneliness score (3.2) had about 2.1 times greater risk of developing Alzheimer's disease than a person with a low score (1.4). The findings did not change significantly when the researchers factored in markers of social isolations, such as a small network and infrequent social activities.

According to Wilson, loneliness is a risk factor for Alzheimer's disease, not an early sign of the disease. Autopsies were performed on 90 individuals who died during the study. Loneliness during life was not related to any of the hallmark brain changes associated with Alzheimer's disease, including nerve plaques and tangles, or tissue damaged by lack of blood flow.

"Humans are very social creatures. We need healthy interactions with others to maintain our health," said Wilson. "The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology." The mechanism that does link dementia and loneliness is unclear. Wilson encourages more study to look at how negative emotions cause changes in the brain. "If loneliness is causing changes in the brain, it is quite possible that medications or changes in behavior could lessen the effects of these negative emotions and reduce the risk of Alzheimer's disease," said Wilson.

## Local's Family Experience Guides Eldercare project

*Eliza Ridgeway*

Los Altos, CA - Los Altos Hills resident Linda Conover has found a new calling late in life, one born of great family stress. She is interested in baby boomers increasingly called to a new role – the “Silver Tsunami,” as she put it – of grown-up children caring for their parents. Conover and her siblings found themselves playing just that part for their own family and could have used some advice on how to rise to the occasion. She has written a book informed by that experience, “LifeSmart Eldercare: A Guide for Caregivers and Their Families.”

Conover is in the fourth year of a leave of absence from her job teaching sixth grade at Santa Rita School. She has been taking care of her mother, who has Parkinson's disease, and her father, who has frontotemporal dementia.

Her father cared for her mother for the first decade of the matriarch's illness, maintaining their independence in Southern California. When he was diagnosed with dementia, Conover said, “My dad just sat very still and said, ‘Bad news, bad news.’” Her parents' situation – particularly their ability to care for themselves – changed quickly after that. “It has included all kinds of not-so-pleasant adventures,” Conover said.

She and her brothers, John and Robert, rallied to support their parents, reading books on eldercare and caregiving. She described them as treatises that “we didn't have time to wade through. They described the situation but didn't give advice.”

The family built up piles and piles of information and a few years in, Conover realized they had a resource they could share with others. She and her brother, John Jenkins, went into business together to produce a text.

“Our aim was to put together a user-friendly management system for people who have caregiving issues, particularly with parents. You can read it quickly and implement it,” she said, noting that her background as a teacher guided her toward no-nonsense, immediately applicable instructions.

Their project became “LifeSmart Eldercare,” a nontraditional text that combines booklike elements with practical, hands-on features. Ten sections, divided by tabs, address aspects of caregiving aimed at adult children, and offer information, planning ideas and strategies to implement those ideas.

“We needed this – we've written what we desperately

needed,” she said.

The bright, blue and green manual features interactive aspects, including worksheets to fill in with critical financial information and a section of assessments, meant to help adult children determine their parents' ability to care for themselves, drive and potential need for in-home care or assisted-living placement.

“If your parents are like our parents, they don't want to tell you anything,” she said, musing that her parents had grown up in a more private era, when one was less likely to ask for help.

By recording and preserving fundamental information – for instance, when Social Security checks arrive, where bank accounts and safe-deposit boxes exist – and doing it while parents are still healthy enough to convey that information, children can save themselves future trouble.

Both of Conover's parents are nonverbal at this point, so she can rely only on the resources she already documented. By organizing the pertinent information in one place, she can access her records at a moment's notice.

“You can carry it with you from place to place. You have to have all the info there,” she said.

Toward the back of the manual, Conover and Jenkins included resources alphabetized by issue and where to seek out state agencies. Each section starts with an anecdote of her family's experience with the given topic, and not all of the sections stick to immediate crisis-response. One section, “Caregiver Burnout,” offers planning and information but also points out that it happens anyway.

“We're on this odyssey not of our own choosing, but through circumstance,” Conover said.

In the caregiver section, she recounts how a few happy encounters with her mother helped her cope with a grueling weekly commute to Southern California to help her parents handle their health concerns as they attempted to continue living in their longtime home in Simi Valley.

“Remembering the few happy days recounted above reminds me of the warm special times we shared and makes me aware that my efforts did not go unnoticed and were not in vain,” she concludes in that section.

For more information or to purchase the book, visit [www.livesmarteldercare.com](http://www.livesmarteldercare.com) or e-mail [Linda@livesmarteldercare.com](mailto:Linda@livesmarteldercare.com).

## **New Study Uses Biomarkers to Predict Development of Parkinson's Disease**

*NINDS*

Washington, DC - A new two-part research study by the National Institute of Neurological Disorders and Stroke (NINDS) will determine if people with risk factors for Parkinson's disease (PD) have biomarkers for the disease, and if those with PD biomarkers actually develop the disease later in life. Biomarkers are objective ways to measure a disease process. They also may provide a means to track progression of the disease and to test new treatments.

PD is a progressive disease of the nervous system that involves characteristic problems with movement—slow movements, rigidity of the limbs, and shakiness. These symptoms usually begin gradually and worsen with time. As the symptoms become more pronounced, people with the disease may have difficulty walking, talking, or completing other simple tasks.

PD results from loss of a chemical called dopamine in a particular pathway of the brain. Outside the brain there is a closely-related chemical, norepinephrine, in nerves going to the heart. Dopamine and norepinephrine are members of a small family of chemical messengers called catecholamines.

Participants in the study include adults who have particular risk factors for developing PD, such as a strong family history of the disease, a known genetic abnormality associated with PD, loss of a sense of smell (which is very common in PD), a particular type of sleep disorder called REM behavior disorder, or persistent, consistent orthostatic hypotension (a fall in blood pressure when standing up). Individuals who do not have any PD risk factors also are eligible to participate in the study's "control group."

The first part of this study will look for a loss of nerves and nerve cells that use catecholamines. Scientists will use biomarkers of loss of catecholamines as the main indicators of the disease process. People with PD typically have a loss of nerves and nerve cells that use catecholamines.

In the second part of the study, scientists will determine if people who have abnormal PD biomarkers actually develop the disease later in life, during several years of follow-up.

According to principal investigator David S. Goldstein, M.D., Ph.D., biomarkers of PD might identify people who are healthy now but may develop the disease later in life. The results of this study could also be crucial in testing whether treatments delay or prevent the disease process. "Identifying individuals who have PD biomarkers and who may develop PD later in life will help immensely in developing and testing ways to prevent or at least postpone the appearance of the disease in those who are at risk," said Goldstein.

The study consists of four phases—registration via a website, a screening examination at the NIH Clinical Center in Bethesda, Md., inpatient clinical laboratory testing, and long-term follow up testing. Researchers are looking to recruit more than 1000 participants for the initial registration phase, with a goal of having 100 participants for the at-risk biomarkers testing and 25 with positive biomarkers for the follow up phase. All testing will be done at the NIH Clinical Center. The NIH does not pay for travel for screening but does pay for the visits for biomarkers testing and follow up. There is no cost for participation or any test associated with the research. For more information, visit <https://pdrisk.ninds.nih.gov> or call the Patient Recruitment and Public Liaison Office at 800-411-1222.

### **In Memory**

PPSG recently received gift donations in memory of the following individuals: Paul M. Anderson, Mary Fehr, Kenneth Ferrin, Mary Kloock (Mom), Bill Malone, Albert Maurer, Bob Robinson, and Paul Smith.

### **In Honor**

PPSG recently received gift donations in honor of the following individuals: Solna Braude, In Appreciation for Your Newsletter, and Robin Riddle.

### **Gait and Balance Classes at the PI, New Schedule:**

The Gait and Balance Classes at the Parkinson's Institute are great and fun. Come check it out! The **beginning classes** run from **10:30 -12 noon on Thursdays**, and the **intermediate classes** run from **10:30-12 noon on Wednesdays**. A donation of **\$10.00 per session** is suggested. The classes are held at The Parkinson's Institute, at 675 Almanor Avenue, Sunnyvale, CA 94085. Please call **408.734.2800** if you have any questions.

### **PD Dance: Poetry in Motion, at the PI**

#### **Tentative Schedule: Tuesdays, from 10:30 - noon**

These ongoing classes in movement to music are designed for persons with Parkinson's disease. Emphasis is not on disability but on current ability, enjoyment of music, recreation, exercise, and socializing.

Dance and movement instructor, Damara Ganley, has had PD/Dance training.

Admission free - Caregivers welcome

Students at wheelchair level must bring a care partner  
Call **408.734.2800** to confirm schedule.

**August 8: "Exercise and the Brain" Symposium at Stanford, more details coming up.**

The Movers and Shakers of **Petaluma** Support Group submit the following schedule for publication:

Exercise Class: June 5, 12 and 26, Petaluma Senior Center, 1:00pm - 3:00pm  
Meeting/Event: June 19; Walk around Schollenberger Park; 1:00pm

Exercise Class: July 3, 10, 24 and 31, Petaluma Senior Center, 1:00pm - 3:00pm  
Meeting/Event: July 17; Activity to be decided

Exercise Class: August 7, 14, 28, Petaluma Senior Center, 1:00pm - 3:00pm  
Meeting/Event: August 21; Activity to be decided

Exercise Class: September 4, 11, 25, Petaluma Senior Center, 1:00pm - 3:00pm  
Meeting/Event : Speaker, Neurologist Dr. Richard Mendius

Optional activities being considered: \*  
Walk around Schollenberger Park  
Swim & barbeque at Pearl & Nels Sorensen's on Labor Day  
Picnic at Hermann Loew's patio  
Gather at Arlene & Ray's home  
Gather at Judy & Don's home for Christmas party

\*Activities will be confirmed closer to event dates

**John Gilbert Strong**, coppersmith and humanitarian, died April 25, 2009 from advanced Parkinson's disease.

As a Rotarian he traveled to several countries to help develop water systems. As a Parkinsonian he traveled many times to Washington D.C. to advocate for research into the disease in order to find a cure. He also began, with his wife Mamie, a Parkinson's support group in Petaluma several years ago. The group will continue, as John envisioned it, offering encouragement, information, friendship and activities to Parkinson's patients and their caregivers.

A community-wide memorial, tribute, and celebration of his life occurred in Petaluma, CA on May 31.

In keeping with his wishes, his brain has been donated for research purposes. Contributions, in his memory,

may be sent to: The Parkinsons's Institute, 675 Almanor Ave., Sunnyvale, CA 94085

## PPSG SUPPORT GROUPS ---NORTHERN REGION

**Berkeley** 3rd Wed 1:00PM-3:00PM North Berkeley Senior Center 1901 Hearst Ave Roddy Raikow 510.231.1998 [roddy1482@earthlink.net](mailto:roddy1482@earthlink.net) Irene Smythe 510.524.4847  
**Brentwood** 4th Tue 6:30PM-8:00PM Eskaton Lodge 450 John Muir Parkway Karen Fernandez 925.550.0509 [btrflynana@yahoo.com](mailto:btrflynana@yahoo.com) **Eureka** 2nd Fri 3:00PM-4:00PM Adorni Center 1011 Waterfront Dr Mary and Bob Kay 707.442.5245 [immaryk@suddenlink.net](mailto:immaryk@suddenlink.net) **Fremont** 4th Mon 7PM Fremont Senior Center 40086 Paseo Padre Pkwy Lettie Webb 510.656.6393 **Fremont/Caregivers** 2nd Mon, 4th Mon 1PM-2:30PM City Hall-Bldg B Large Conference Rm 3300 Capitol Ave Nancy Rothschild 510.574.2035 **Mill Valley/Marin County** 4th Tue 1:00PM-3:00PM Redwoods Auditorium 40 Camino Alto Eric Stoelting 415.383.5145 **Oakland** 1st Thu 1:30PM-3:30PM Easter Seals Bay Area 180 Grand Ave Suite 300 Karen & Jim Eagan 510.763.4492 **Petaluma** Fri 1:00PM-3:00PM Petaluma Senior Center (Lucchesi Pk) 211 Novak Drive Pearl Sorenson 707.795.4858 Judy Geri 707.766.8521 **Piedmont Caregivers** 2nd Thu 11:45AM-1:30PM Guild Parlor Piedmont Community Church 400 Highland Avenue Rosemary Allen 510.451.7880 [allenwr@earthlink.net](mailto:allenwr@earthlink.net) **Pleasanton Tri-Valley** 2nd Sat 10:00AM-12Noon Pleasanton Senior Center 5353 Sunol Blvd Norman & Jackie Bardsley 925.831.9940 [inbard@pacbell.net](mailto:inbard@pacbell.net) **San Leandro** 1st Thu 10:00AM-11:30AM [San Lorenzo](mailto:San Lorenzo) Community Church 945 Paseo Grande Norma Zeff 510.663.6435 Lola & Ken White 510.351.3224 **Santa Rosa/ New Caregivers** 2nd Wed 2:00PM-4:00PM Sunrise Center 3250 Chanate Rd Amy Southwick 707.539.2646 **Sonoma County Support Group** 1st Sat (xAug/Dec, then 2nd Sat-no Jan/Jul/Sep) 1:00PM-3:00PM Christ Church United Meth Church 1717 Yulupa Ave Patricia Staudacher 707.575.5331 [patdot@sonic.net](mailto:patdot@sonic.net) t George Irizary [irizary@juno.com](mailto:irizary@juno.com) **Vallejo Support Group** 1st Sat 10:30AM-Noon Community Presbyterian Church Room 2 2800 Georgia Street Theresa Pate 707.642.2173 Molly Leavitt 707.642.3763 **Vallejo/Silent No More Caregivers Group** 3rd Thu 6:00PM-8:00PM Community Presbyterian Church Room 2 2800 Georgia Street Theresa Pate 707.642.2173 **Walnut Creek/Mt. Diablo Parkinson's Network** 2nd Sat 10:00AM-Noon Grace Presbyterian Church 2100 Tice Valley Blvd Nancy Walls 510.236.7065 Ronalee Spear 925.284.2189 **Walnut Creek/Mt. Diablo Young Onset Supp Grp** 3rd Sat 10:00AM-Noon Grace Presbyterian Church 2100 Tice Valley Blvd Ronalee Spear 925.284.2189

## ---PENINSULA REGION---

**Daly City** 1st Tue 3:00PM-4:00PM Doelger Senior Center 101 Lake Merced Blvd Leonard Ke 415.587.1285 **Los Altos/Young Park. SG** 2nd Sat 10:00AM-12Noon United Methodist Church 655 Magdalena Ave Dean Prescott 408.738.2505 [deanp53@yahoo.com](mailto:deanp53@yahoo.com) **Millbrae/Magnolia-Peninsula** 2nd Thu 1:30PM-3:00PM Magnolia Apartments 201 Chadbourne Ave Van Knight 415.678.8455 [millbraesupportgroup@gmail.com](mailto:millbraesupportgroup@gmail.com) **Palo Alto** 2nd Wed 2:00PM-3:30PM Avenidas Senior Center Dining Room 450 Bryant Street Charles Biton 650.529.2394 **Palo Alto/PD**

**Under 50 Group** 2nd Tue 6:30PM Board Rm Lucile Packard Children's Hosp. 725 Welch Rd Martha Gardner 408.257.5152 [mgapda@gmail.com](mailto:mgapda@gmail.com) **Redwood City** 3rd Fri (x Aug/Nov/Dec) 1:00-2:30PM Sequoia Hospital Health and Wellness Center 749 Brewster Avenue Tom Constantino 650.366.7166 **San Francisco Support Group** 3rd Tue 6:00PM-7:30PM SF VA Bldg 203-PD Center 1st Floor 4150 Clement St Susan Heath, RN MS 415.379.5530 [susan.heath@va.gov](mailto:susan.heath@va.gov) **San Mateo/Atypical Parkinsonism** Sundays-approx every 6 wks 5:00PM-7:00PM Mimi's Café 2208 Bridgepoint Pkwy Robin Riddle 650.233.9277 [riddle@stanfordalumni.org](mailto:riddle@stanfordalumni.org) **Sunnyvale** 2nd Wed 1:00PM-3:00PM First United Methodist Church 535 Old San Francisco Rd Call 408.733.5648

**---SOUTHERN REGION---**

**Hollister** 1st Tue 1:30PM-3:30PM First Presbyterian Church 2066 Cienega Rd Shirley Kennedy 831.637.3839 **Monterey** 3rd Mon 2:30PM-4:00PM SHARE Room Hayes School 200 Coe Ave **Seaside** Helen Garrett 831.657.4241 Kathy Warthan 831.372.7510 **Salinas** Quarterly 1:00PM-3:00PM Salinas Adult School 20 Sherwood Pl Sherry Whitcomb 831.663.5926 **San Jose/Berryessa** 1st Wed 1:00PM-2:30PM Berryessa Community Center 3050 Berryessa Rd Bob & Jane Pomeroy 408.263.8485 **San Jose/Caregivers** 4th Wed 1:30PM-3:30PM St. Francis Episcopal Church 1205 Pine Ave Charmaine Eng 408.723.8116 **San Jose/The Villages** 3rd Tue 2:00PM The Villages Golf and Country Club San Jose, CA George Pratte 408.223.8033 Access Pass Required **San Jose/The Villages Caregiver Group** 1st Wed 11:15AM-12:15PM The Villages Golf and Country Club San Jose, CA George Pratte 408.223.8033 Access Pass Required **San Jose/Willow Glen** 1st Fri 10:00AM-12Noon St. Francis Episcopal Church 1205 Pine Ave Jane Fox 408.265.3991 Darrell McCleod 831.427.0966 **Santa Cruz** 1st Wed 12:30PM-2:00PM St. Stephen's Lutheran Church 2500 Soquel Ave David Donohoe 831.479.4485 Sally & Darrell McCleod 831.427.0966 **Saratoga** 3rd Tue 2:00PM-4:00PM 1949 Via Real Dr Lois McPherson 408.867.1807

**---CENTRAL VALLEY REGION---**

**Fresno (greater)** 2nd Sat 10AM-12Noon The Bridge Evangelical Free Church 3438 E. Ashlan Ave Russ Templeton 559.322.8076 <http://www.gfpsg.org> / **Merced** 3rd Thu (xDec) 10:00AM Mission Gardens 1450 E. 27th St Amie Marchini 209.384.3300 **Modesto** 3rd Wed 1:30PM-3:00PM Fireside Rm Centenary United Meth. Ch. 1911 Toyon Ave David & Joann Ryan 209.529.5643 [davejoann@sbcglobal.net](mailto:davejoann@sbcglobal.net) **Pine Grove/Amador County** 3rd Thu 10:00AM-12Noon Patio Building Calvary Chapel 18400 Ridge Road Sarah Johnson 209.296.2575 [jani@volcano.net](mailto:jani@volcano.net) **Roseville/Central** 1st Tue 1:30PM-3:00PM Maidu Community Center 1550 Maidu Dr Tara McCain 916.862.3973 **Sacramento/Parkinson's Assn of N. California** See website for times Regional Headquarters 900 Fulton Ave Suite 100-5 Various 916.489.0226 <http://www.parkinsonsacramento.org> **San Andreas/Calaveras County** 3rd Tue 10:00AM-12Noon San Andreas Senior Center 956 Mountain Ranch Rd Sarah Johnson 209.296.2575 [jani@volcano.net](mailto:jani@volcano.net) **Stockton** 2nd Wed 1:30PM O'Connor Woods Senior Living 3400 Wagner Heights Rd Dr. David Freis 209.465.9761 **Stockton/Early Onset** 3rd Sat 1:00PM Old Spaghetti Factory 2702 West March Lane (@I-5) Karen Frank 209.406.9317 **Turlock/Forming** TBA TBA Covenant Village 2125 N. Olive Ave Marianne Johnson 209.634.3157

**Visalia/Central Valley Parkinson's Supp Grp** 1st Fri 10:30AM United Methodist Church 5200 W. Caldwell Ave Mary Dickerson Frantz 559.622.9044 [marydickerson99@comcast.net](mailto:marydickerson99@comcast.net) [www.cvpmsg.org](http://www.cvpmsg.org)

**EXERCISE CLASSES**

**Berkeley:** North Berkeley Senior Center, Thursday, 10-11:30 Kay Ellyard 510.848.5143 **Berkeley:** Mon. 1030-1200 & Tues 1030-1200, John Argue 510.985.2645 JCC East Bay [www.parkinsonsexercise.com](http://www.parkinsonsexercise.com) **Daly City:** Tue./Wed/Thu 930-1130, Doelger Sr. Ctr. Gym John Pantazy 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 **Los Gatos:** Thu 2-3P Balance Class Community Hosp. of Los Gatos Rehabilitation Ctr. 355 Dardanelli Lane \$10/session Samantha 408.866.4022 **Los Gatos:** Mon 2PM/Thu 1PM Parkinson's Lifelong Useful Skills (PLLU) balance, gait, posture and Tai Chi/Qi Gong The Terraces 8010 Blossom Hill Rd. Kujiweza Healing Arts Jane 408.315.1179 [Parkinsons@sjyogataichi.org](mailto:Parkinsons@sjyogataichi.org) **Monterey:** Monterey Peninsula College, Mark Clements, 831.646.4231 **Palo Alto:** CAR, Aquatic Therapy, 650.494.1480 **Palo Alto:** Avenidas Sr. Ctr. 450 Bryant St. 650.289.5400 **Palo Alto:** Sat 10-1130 Tai Chi/Qi Gong for Parkinson's Atrium Stanford Hospital Kujiweza Healing Arts Jane 408.315.1179 [Parkinsons@sjyogataichi.org](mailto:Parkinsons@sjyogataichi.org) **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, West Valley Comm. Coll. Joan 408.741.2420 **San Bruno:** Mon/Wed 1:10-2:30, Tue/Thur. 12:35-1:50, Skyline College Bess 650.738.4286 **San Jose: Camden Community Ctr.** M/W 10:30-11:45 T/TH 10:00-11:15 Adapted Exercise M/W/F 1:00-3:30 Adapted Fitness 408.369.6438, **Houge Ctr.** Tue/Thur 10-11:45, **Easter Seals Comm Ctr.** Aquatic Exercise programs, 408.295.0228, **Evergreen Ctr.** Deanna, 408.369.6435, **Evergreen Valley College,** Rich Wagner, 408.274.7900 x 6447 **Southside Community Ctr.** M/W/F 1:00-1:45 Chair Exercises F 9:00-11:30 2:00-3:30 Tai Chi 408.629.3336 **The Villages:** Mon 11:30-12:30 Wed 11:15-12:15 Thu 11:30-12:30 Parkinson's Exercise Program(PEP) Kujiweza Healing Arts Jane 408.315.1179 [Parkinsons@sjyogataichi.org](mailto:Parkinsons@sjyogataichi.org) **San Mateo:** College of San Mateo, 1700 W. Hillsdale Blvd., John Hogan, 650.574.6469 **San Rafael:** Osher Marin JCC, San Rafael. 415.444.8000 **Santa Rosa:** 151 Sotoyome Street Rehab. Gym Tue 12:30-1:20 Balance Class Linda 707.543.2570 **Santa Rosa:** 151 Sotoyome Street Rehab. Gym Mon/Thu 12:30-1:20 Parkinson's Exercise Class Linda 707.543.2570 **Sunnyvale:** Tue/Thu 9-10, Sr. Ctr. 550 Remington Dr., 408.864.8885 **Sunnyvale:** Wed. 10-12 Beginning and Intermediate Wed 12-2 Intensive The Parkinson's Institute, 675 Almanor Ave., Marilyn Basham 408.542.5685 (**Check for new schedule July 1<sup>st</sup>**) **Sunnyvale:** 1<sup>st</sup> and 3<sup>rd</sup> Thu 12-1 Shakin not Stirred vocal exercise group, the Parkinson's Institute, 675 Almanor Ave., Randy Hoffman 408.542.5658 **Walnut Creek/Mt Diablo:** Thu 1-3 Tremble Clefs vocal exercise group, United Methodist Church, 1543 Sunnyvale Ave., Elsie Chapman 925.682.0809 Joan Hodgkin 925.943.7393

**New Caregivers Support Group in  
Mid-Peninsula:**

As a caregiver, do you ever feel alone? Like you wish you could have someone to talk to that understands what YOU are going through? Don't want to burden the person who has the PD? These are all normal feelings. If we, as CAREGIVERS, don't take good care of ourselves, how can we help the one we love who had the PD? Let's network and help each other get through this.

I'm starting up a support group for CAREGIVERS in Los Altos Hills. The location for the first meeting is at my home, we'll see where it goes from there. Please come and share your stories.

FIRST MEETING: Wednesday, **June 24**, from 10:30 AM to noon. For directions and more information, contact Robin at [lotofttravel@aol.com](mailto:lotofttravel@aol.com), or call 650.949.4207 (e-mail communication is preferred-**Please note corrected email address and date of meeting**).

**A special Thank-You to Steven Russell for all your contribution on our PPSG newsletters!**

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