



Movers and Shakers

July 2018
Volume 22 No. 7

Our Wednesday Monthly Meetings Have moved!!



New location: Congregational Church of Soquel. Parrish Hall entrance faces the large parking lot behind church. 4951 Soquel Drive, in Soquel Village. New time: 2:00 – 3:30. (Instead of 1:00 to 2:30)

July 11th (SECOND Wednesday)- Monthly Meeting "It's Important to Know Your Parkinson's Community"--Small Group Discussion

At our May meeting, Dr. David Zimmerman spoke about the



importance of Persons with Parkinson's (PwP) advocating for themselves in conversations about their care. His focus was on family, and the value of listening carefully to each family member, with the focus on understanding everyone's thoughts and feelings. These are important discussions to be had.

Not everyone has family members who are able to participate in care and/or care decisions for the PwP. This may mean looking for additional ways to meet the future needs of persons with PD.

During the group discussion, numerous people expressed a desire to have increased meaningful contact with peers who have PD. While we may be strangers to each other, none of us is a stranger to Parkinson's. To some degree, our Parkinson's community can be a family too.

This monthly meeting, on July 11th, will focus on making connections with others in our group. You may discover members who share similar interests, live near you, can talk about coping methods, or have info about good neurologists. We hope you'll be able to attend and continue the discussions which began at the meeting with David Zimmerman.

Activities Summary

Main Group Meeting

Wed, July 11, 2:00 to 3:30
Congregational Church of Soquel

PwP Peer Support Group

Fri. July 6, 20, 1:30 – 3:00

Tremolos

Thurs, July 5, 12, 19, 26
1:00 - 2:30

Care Partners

Group Hike

NO hike this month

Support Group

Wed July 18 2:00-3:30. Rsvp appreciated, not required)
gingeranderson@sbcglobal.net

BILLIARDS

Mon, July 23, 3:00-4:30
Fast Eddy's in Capitola

Dance for PD

Wed, July 11, 18, 25
1:00 - 2:15 131 Front St, Santa

Meeting Details

Our Santa Cruz County Parkinson's Group has grown considerably in the last year. It's evident that many members have become friends through the various activities they participate in related to Parkinson's: Exercise, Tremolos, Dance for PD, CarePartners' Activities, Steering Committee, etc.

Our usual first Wednesday (this month, second Wednesday) meeting structure doesn't leave much time for interaction between members. THIS meeting will give the experts in the room (YOU!) an opportunity to meet other members and to share ideas and information with them.

Our July 11 meeting will be a time to meet and learn from each other. As you enter, you will find tables labeled with areas of the county. Find one that best describes where you live. There will be suggested questions for table groups to answer (or not).

After a designated time, we will mix up in a different way. There will be tables for women with PD, newly diagnosed, those who hate exercise, and 4 other characteristics. Again, members will choose the table that fits them. Suggested questions will be at the tables.

We are hoping that this format will allow all members to learn about each other, as well as learn and ask questions about Parkinson's.

A time for sharing to the whole group will be included.

FUTURE MONTHLY MEETING PROGRAMS:

August 1 Potluck picnic, Anna Jean Cummings Park, 11:30-2:30 pm (lunch at noon).

Sept. 5 "Tricks and Tips of Health Care: How to set up affordable care at home"—
Miriam Tutman & Holly Blue Hawkins

Oct. 3 "If it's not PD, what is it? - an overview of the Atypical Parkinsonism Syndromes." --
Robin Riddle, Coordinator Parkinson's Information & Referral Center, Stanford

March 2, 2019 "My Life is Bigger than Parkinson's", Symposium in Aptos Save the Date!

The Michael J Fox Foundation invites you to participate in research

The Michael J. Fox Foundation and 23andMe have launched the Fox Insight Genetics sub-study.

Participants will provide real-world information on symptoms, daily activities and other factors through online questionnaires. Eligible Fox Insight participants with Parkinson's will have the option to be genotyped by 23andMe at no cost and contribute their *de-identified* genetic data to research.

For more information, visit: <https://foxinsight.michaeljfox.org/>

General questions about the Parkinson's Community and monthly meeting programs? Call Karen Williams at 708-2906.

For announcements, suggestions for articles, or changes to your contact information, email: atratwein@gmail.com

Suggestions for meeting topics, presenters, and activities are always appreciated. Please send to Karen Williams - williamk@union.edu

Visit www.EASEPD.org for more information about Santa Cruz County Parkinson's Group

A Wide Range of PD Blogs

Content created by Healthline and sponsored by its partners. [Learn more](#)

“We’ve carefully selected these blogs because they’re actively working to educate, inspire, and empower their readers with frequent updates and high-quality information. Nominate your favorite blog by emailing us at bestblogs@healthline.com!”

One of the most challenging parts about living with [Parkinson's disease](#) is in the individuality of its symptoms. Everyone who receives a diagnosis of this neurodegenerative brain disorder will experience it uniquely.

Learning to live with Parkinson's and its personal progression takes support and resources. Whether you're navigating this diagnosis yourself or helping a loved one, understanding that you aren't alone is important. These blogs offer that support, while also providing practical information and an online community.”

Parkinson's Recovery

The mother of Robert Rodgers, PhD, received a Parkinson's diagnosis after she began experiencing mobility issues. Her treatment involved a mix of medications that he believes led to the stroke that caused her death. After she passed away, he began searching for natural therapies to Parkinson's that would bring no harmful side effects. [Parkinson's Recovery](#) is a forum for support, information, and resources for those treatments and therapies.

Parkinson's Today Blog

The [Parkinson's Foundation blog](#) shares relevant news, helpful resources, and information about the condition. There are tips for daily living, suggestions for starting the Parkinson's conversation, and discussions about how to stop the demoralization spiral.

Off and On: The Alaska Parkinson's Blog

Peter Dunlap-Shohl writes about his personal experience with Parkinson's disease candidly and humorously. His posts cover topics and narratives that shine a light on the ins and outs of living with Parkinson's. [Off and On](#) is also a valuable resource for the Anchorage Parkinson's Disease Support Group, with updates about upcoming sessions.

Studio Foxhoven: My Parkinson's Journey

Terri Reinhart is a retired kindergarten teacher and freelance writer with a wonderful perspective on her Parkinson's diagnosis. She rationalizes that by their 50s, everyone has a health challenge of some kind. Hers isn't any more difficult: It simply has a recognizable name. On [Studio Foxhoven](#), Terri writes beautifully and amusingly about her daily experiences with her own health challenge.

Sitting Comfortably?

Andy Daly's blog is, more often than not, his refuge from Parkinson's disease. Instead of dwelling on it, this is where he muses about life and art, without mentioning his condition too often. Andy shares short stories, reviews, psychology, and jokes on [Sitting Comfortably?](#) His witty, lighthearted tone is captivating to anyone who stops by.

FoxFeed Blog

The blog of [The Michael J. Fox Foundation for Parkinson's Research](#) is a news- and research-driven platform. Its goal is to help visitors understand the disease. In addition to content about fundraising and legislation relevant to those living with Parkinson's, there are posts to help you get the most out of your doctor's visits, benefit from the healing power of music, and learn more about biomarkers for Parkinson's.

A Soft Voice in a Noisy World

Karl Robb has been dealing and healing with Parkinson's disease for more than 30 years. In that time, he's become an advocate, entrepreneur, inventor, writer, speaker, and photographer. His perspective is resoundingly positive. On [A Soft Voice in a Noisy World](#), he's written more than 300 posts about living with Parkinson's to date.

Parkinson's Humor

For Bev Ribaldo, a little disease like Parkinson's can't rob her of her ability to laugh. She's navigating her experiences with this disorder just as she does everything in life: with a heavy dose of humor. On [Parkinson's Humor](#), Bev shares helpful tips for fellow "Parkies" and amusing stories from her life, like all the ways air travel has gone dreadfully wrong for her and her husband.

Shaky Paws Grampa

After receiving his Parkinson's diagnosis in 2008, Kirk Hall had a difficult time coming to terms with what the disease would mean to his life. Navigating depression and anxiety helped him see how he might in turn help others. Today, Kirk is a speaker, author, and advocate. On [Shaky Paws Grampa](#), visitors will find a supportive community and posts that are both practical and inspiring.

Parkinson's Women

Darcy Blake shares a woman's perspective on Parkinson's disease. [Parkinson's Women](#) serves as a place of support and encouragement for other women living with the disorder. Darcy posts about nutrition, research, exercise, treatment, deep brain stimulation, walking poles, neurologists and surgeons, and so much more.

The Cure Parkinson's Trust

With content that focuses on how to slow, stop, and reverse Parkinson's disease, [The Cure Parkinson's Trust](#) features current and breaking news and research. Recent posts include updates on stem cell therapies, treating subgroups of Parkinson's, and the role of artificial intelligence in repurposing drugs for the disorder.

Davis Phinney Foundation for Parkinson's

With categories like Moments of Victory, Care Partners, Living Well, Treatments, and more, the [Davis Phinney Foundation for Parkinson's blog](#) is one to bookmark. It provides a range of relevant content for those living with Parkinson's disease. Read inspiring stories, find useful tips and ideas, and learn about treatments, tools, and technology for managing your life with the disorder.

Patients Like Me

[Patients Like Me](#) is a virtual community of people living with chronic health conditions. It's a place where people can share their health experiences, find support, and learn how to take control of their health. With close to 200 posts relating to Parkinson's disease, visitors can read first-person accounts about life, love, and health hacks for the disease.

Shake It Up

This Australian foundation is a nonprofit organization in partnership with The Michael J. Fox Foundation. They promote and fund Parkinson's disease research. On the [Shake It Up blog](#), the foundation's staff writes about current Parkinson's news and research. There's also an "Our Hero" series, which spotlights inspiring individuals living with the disease.



Pool at Fast Eddy's

Monday July 23 from 3 - 4:30 PM

Fast Eddy's is a pool hall located at 4300 Capitola Road (Next to Dharma's restaurant). Cost is \$12 per hour/table. (About \$5 per person total.) Care partners welcome.

No experience, nor steady hands required. Only the desire to have a good time! Players may go out for dinner afterwards.

Contact Peter with your questions.
friedberg.peter@gmail.com 454-6023



TREMOLOS

"For fun times and a strong voice"

Thursday, 1:00-2:30

July 5, 12, 19, 26

St John's Episcopal Church 125 Canterbury Dr. Aptos. Join us in singing uplifting songs. No need to have a good singing voice. It's about having fun, making friends, and exercising voices.

More info: Call Julie or Barry at 688-0888 or 239-5286.

Peer - Support Counseling Group for Those with Parkinson's

A gathering of PwP to share the experience of having PD, problem solving, improving interpersonal skills and mutual support for those with Parkinson's. A wonderful way to have meaningful conversations with those who understand your issues.

Group meets on Fridays July 6 and 20, from 1:30 to 3:00, Resurrection Catholic Church at the corner of State Park Drive and Soquel in Aptos. Contact Mavel Armijo to RSVP: 462- 9415.

Caring Partners Support Group

Our Caring Partners group meets to share experiences, speak, laugh, listen – give each other a helping hand. All care partners, men and women, are warmly welcome to join us.

Wed July 18 2:00-3:30. rsvp appreciated, not required. 115 Calcita Dr., Santa Cruz gingeranderson@sbcglobal.net

Caring Partners Walk

No group hike in July



The SCCPG is led by a group of caring volunteers who are not medical professionals. Please use your discretion before making any decisions based on the information in this newsletter. The opinions found in this newsletter are those of the contributors and do not necessarily reflect the opinions of EASE PD, Inc. and its directors and officers.

That said, the Parkinson's oriented classes listed here, and provided by businesses in our community, have proved useful for many of us. We appreciate their commitment to serve our PD community. Remember, participate in activities based upon your ability to do so safely. Check with your physician if uncertain.

DANCE FOR PD

Moving to music is a wonderful way to get exercise while having a good time. You may walk out with a "bounce in your step!"

Motion Pacific Studio, 131 Front Street in downtown Santa Cruz, on Weds, July 11, 18, 25 1-2:15.

Classes are **free** to participants (PwP and partners), thanks to a grant from ComForCare.

For information, contact Damara Vita Ganley, wedanceforparkinsons@gmail.com or, see <http://danceforparkinsons.org>

Rocky's NeuroFit Course

Mondays and Wednesdays, 1:30-2:30pm

Course goal is to help you move better; with more ease, balance, and control. The course focuses on: strength training, endurance conditioning, coordination, agility and visual & vestibular acuity.

Contact Jenny, at 479-0867 with questions. Cost: \$25/class.

ROCKY'S PERSONAL FITNESS TRAINING, INC.

rocky@rockysfitnesscenter.com

www.rockysfitnesscenter.com

Santa Cruz Boxing and Martial Arts

Offers a class for those with *Parkinson's*. Each **Tuesday and Thursday, from 11:30 to 1:00. New time!**

Brian Dunningway, the coach, has over 25 years of experience in boxing, martial arts and fitness.

He is recently certified as a **Rock Steady Boxing Coach**.

Cost is \$150/month for classes and gym membership. Call Rick Hill, a member of our group, for information. 818-6599 208 Mount Herman Rd, Scotts Valley.



Parkins~Ball

Liz, who teaches classes thru Santa Cruz Parks and Rec, offers beach volleyball classes for those with PD, Fridays from 11-12. Meet at Seabright Beach, end of 3rd Ave. Cost is \$15/class. Please RSVP to lizzyfowler@aol.com

