



Movers and Shakers

August 2018
Volume 22 No. 8



Potluck Picnic on Wed, Aug 1st

11:30 to 2:00 - Lunch at noon

Anna Jean Cummings Park (Blue Ball Park)

Lunch will begin at noon.

We will **not** be meeting at *Congregational Church of Soquel* in August.

Picnic tables with tablecloths in the shade or sun will be provided. Anna Jean Cummings Park (a.k.a. Blue Ball Park) is accessible and level, with nearby parking, drinking fountains, and restrooms. It has a shaded picnic area with benches, and tables for wheelchairs. Lynn will provide plates, napkins, forks, and water.

PLEASE BRING:

- Potluck item to share
- Walking stick, cane, walker, or wheelchair as needed for safe mobility
- Medications you're scheduled to take
- Folding chair if you prefer a seat with a back
- Jacket in case the fog comes in

Activities Summary

Main Group Picnic

Wed, August 1, 11:30-2:00
Anna Jean Cummings Park

PwP Peer Support Group

Fri. August 3, 17, 1:30 – 3:00

Tremolos

Thurs, August 9, 16, 23, 30
1:00 - 2:30 No mtg Aug 2

Care Partners

Group Hike

Wednesday, Aug 8, in afternoon

Support Group

Wed Aug 15, 2:00-3:30.
119 3rd Ave, Santa Cruz

BILLIARDS

Mon, August 20, 3:00-4:30
Fast Eddy's in Capitola

Dance for PD

Wed, August 8, 15, 22, 29
1:00 - 2:15 131 Front St, Santa Cruz

Representative from the *Museum of Art and History* will be there to explain how you may participate in creation of exhibit for 2019. More information on page 3 of this newsletter.

Where: Anna Jean Cummings Park, 461 Soquel San Jose Road, Soquel. The park is also known as “Blue Ball” Park.

Directions: From Hwy 1 take Bay/Porter exit, go away from ocean. Porter becomes Old San Jose Road. Park is on the left after Soquel High School. Watch for “Anna Jean Cummings” sign, or the Blue Balls.



FUTURE MONTHLY MEETING PROGRAMS:

- 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!

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

July Meeting Summary from Ginger Anderson -

The Importance of Knowing Your Parkinson's Community

Our July meeting focused on our own members talking in small groups. When we arrived, we sat at tables according to where we lived. There were some suggested questions to answer. Each group could use those questions as starting points or speak about topics of their choosing.

Folks got to know each other, contact information was shared by some, and future plans were made. Two couples from Scotts Valley had met a decade ago and reconnected. The noise level in the room indicated that many people had a lot to say. Table groups could share information to the whole group if they wished.



Next, we moved to other groups (see graphic) and spoke with other people who chose that characteristic. No one went to the “Hates Exercise” table. Several tables were very loud, with many conversations going on.

At the end of the meeting, members said how much they enjoyed the meeting, shared information they learned from others, and gave suggestions for the next time we do this kind of meeting.

And yes, we are planning another meeting in the future that allows many people to speak, rather than just listen. Our Parkinson’s Community has questions to ask and information to share.

Invitation to Women with PD from Aura Oslapas ~

Over the past four years, I’ve greatly benefited from and enjoyed participating in a Women’s PD monthly lunch group. No speakers or set agenda—just 90 minutes of genuine sharing and caring. Because that group meets between Los Altos and Burlingame, I can only attend every few months because of distance. If there is interest locally, I’d happily organize a monthly gathering in Santa Cruz. Please email me at auraoslapas@gmail.com or call me at 415.527-7855 to let me know if you’re interested, along with workable days of the week, and time of day (morning coffee, lunch or evening). Hope to hear from you!

Invitation to Participate in Creation of Exhibit at the Museum of Art and History (MAH)

The Parkinson’s community is invited to join the [Creative Community Committee \(C3\)](#) at the [Santa Cruz Museum of Art and History](#) (the MAH). C3 includes partnerships with the County of Santa Cruz Human Services Department, the Seniors Council, Hospice of Santa Cruz County, the Health Project Center, and the Community Foundation. From the MAH:

As part of C3, you’ll be joining MAH staff, advocates working with seniors, seniors, and artists to create [a museum exhibition](#) on the social isolation of seniors in Santa Cruz County, opening in April 2019 through September 2019.

Half of the exhibition, will feature artists from beyond our county, already creating artwork inspiring work on this issue. The other half will be created by you and other C3 members.

Your collaboration with local artists will produce new artwork that shares the personal stories, challenges, and triumphs of socially isolated seniors in our county.

Our goal? Together, let's ignite public dialogue and participation towards making our community a place where seniors can thrive. Project is an engine of empowerment and connection for all of us. We hope to raise awareness and inspire public engagement with the issues facing seniors in our county—both inside and outside of C3.

Note from Santa Cruz County Parkinson's Group:

Curious to learn more?



- Click on the links in above invitation.
- Meet representative from the MAH who will attend our August 1 picnic. There are many art forms – via song, dance, video, photography, sculpture, ink, and paint.
- Check out the Museum of Art and History kick-off retreat scheduled for Sunday, September 9th from 10 AM to 3 PM. If you are interested in attending or participating, contact Audrey for more information. atrautwein@gmail.com

Plans for the 2019 Symposium ~

Many of you attended last year's symposium which was a resounding success. Planning for our next symposium — "*My Life is Bigger than Parkinson's*"— is well underway thanks to a generous donation from the *Bowen Family Foundation*. It will be held at Twin Lakes Church on Saturday, March 2 We are excited that the following speakers have agreed to be part of the program:

Laurie Mischley, ND, PhD, Seattle Integrative Medicine, Seattle WA

Peter Lin, MD, Parkinson's and Movements Disorders Specialist, Valley Parkinson Clinic. Los Gatos, CA

Amy Carlson -- PwP & Davis Phinney Foundation Ambassador, Monrovia, CA

Karen Nauenberg, MPT, Dominican Hospital, Santa Cruz.

As we get closer to the event, we will be looking for volunteers to help us in the following areas; assembling folders, parking/traffic control, signs, check-in tables, greeters, timekeepers, lunch box distribution, "floaters" (on-call volunteers), and cleanup. Be thinking about whether you would be willing to help us out.

See list of possible exhibitors as well as small group discussions in email. Please send your suggestions or preferences to Karen Williams (williamk@union.edu 831-708-2906).



Pool at Fast Eddy's

Monday August 20, 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

August 9, 16, 23, 30. No meeting Aug 2

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 August 3, 17, 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 August 15 2:00-3:30. RSVP appreciated, not required.

119 3rd Avenue, Santa Cruz atrautwein@gmail.com



Caring Partners Walk

Walk is scheduled for afternoon of Wed, August 8th. Location to be decided. Alex will send info in email to Caring Partners. Contact her at: alex.florimonte@gmail.com

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, August 8, 15, 22, 29 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

