



Movers and Shakers

June 2019
Volume 23 No. 6

Main Group Meeting

Wednesday, June 5, from 2-3:30



Dr. Halpern -

What to do for Parkinson's when the meds stop working

The June meeting of the Santa Cruz County Parkinson's Group will welcome Dr. Casey Halpern, neurosurgeon, from Stanford. Dr. Casey will speak about DBS (Deep Brain Stimulation) and current research.

Dr. Halpern focuses on the surgical treatment of movement disorders and epilepsy and has particular interest in minimally invasive surgical approaches, as well as neurostimulation procedures. His focus in surgery is on Deep Brain Stimulation, but also includes Laser ablation, Movement disorder surgery, Voice tremor, Epilepsy surgery, Psychiatric disease, Chronic pain, Cancer-derived pain, Trigeminal neuralgia, and Hemifacial spasm.

Dr. Halpern is also actively involved in far-reaching investigations pertaining to DBS, including its effectiveness in controlling alcohol and heroin addiction and obesity, and essential tremor and compulsive disorders.

Dr. Halpern is Assistant Professor of Neurosurgery and, by courtesy, of Neurology and Neurological Sciences, and Psychiatry and Behavioral Sciences at Stanford University Medical Center.

~Activities Summary ~

Main Group Meeting

Wed June 5, 2:00 to 3:30
Congregational Church in Soquel.

PwP Peer Support Group

Fri June 7, 21 1:00 – 2:30

Tremolos

Thurs June 6, 27 1:00 - 2:30

Care Partners Group Hike

Wed June 12, 1:30 to 3
Lighthouse on West Cliff

Support Group

Wed June 19 , 2:00 – 3:30
204 Fredrick Street, Santa Cruz

BILLIARDS

Wed June 26
3:00-5:00
(4th Wed of the month)
Fast Eddy's in Capitola

Women with PD

Luncheon

June 12. Laili Restaurant
Contact
Aura auraoslapas@gmail.com or
(415) 527-7855

FUTURE MONTHLY MEETING PROGRAMS:

- July "We're All In This Together," led by Ginger Anderson
 - August Picnic
 - September "Parkinson's disease: Urinary and Sexual Function," Dr. Daniel Greene at Dignity Health
 - October Dr. Salima Brillman, Movement Disorder Specialist
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The Human Race - We did it!

15 Members of our Parkinson's Group walked along W. Cliff Drive to raise money for our organization. We sang, laughed, and helped each other to make the trek, raising \$3700 for our efforts.



A special thanks to Jackie from *Care from the Heart* for her generous donation.



It was a glorious day!



Three of our members - Barry Marks, Michael Leahy, and Tim Znamirovski – were guests on “Stepping In,” by Jackie Tucker.

If you missed it, visit Jackie’s web site and select *Listen to the show*, and Airdate of April 27.

<https://www.carefromtheheart.net/stepping-into-radio>

Jackie owns *Care from the Heart*, a local home care agency.

NEW Program coming your way! Taiko Drumming for People with Parkinson’s

A collaboration with Watsonville Taiko Group, Next Stage Productions, and EASE PD will enable a pilot project of Taiko Drumming for PwP to begin Monday, June 3rd, at the Congregational Church in Soquel.

The goal is to bring new opportunities to people living with Parkinson’s that will improve mobility, lessen depression, bring joy through group activity.

This 8-week class is *currently full*, but additional classes will possibly be scheduled in the Fall. There is no charge for participants. Please call Julie Lorraine or Barry Marks 688-0888 if you want to come observe this project or are interested in signing up for future classes.



Picnic time ~

Yay! It’s coming!!! Our Annual Picnic will be Wednesday August 7 from 11:00 to 1:30.

It will be held at Anna Jean Cummings Park in Soquel at 481 Old San Jose Road - just past the High School. Look for the blue balls going up the hill. We will have balloons where the picnic is. The picnic area is wheelchair accessible, has plenty of parking, picnic tables and bathrooms.

It is a potluck so please bring a dish to share. We will supply paper goods, plastic utensils and water.

It will be wonderful a time to get together, enjoy each other’s company and eat delicious food! Please put this on your calendar and join all of us!

There will be more information in the next newsletter. We will gladly accept help setting up and cleaning up. If you have questions, please call us -- Sandy and Nick Hartman, 831-439-2048.

Come Dance with Us

by Charlotte Grayson

The therapeutic benefits of dance for people with Parkinson's have been studied for decades and well documented in dozens of scientific papers. Combining guided movement with music is the perfect formula for improving balance, cognition, motor skills, and physical confidence while alleviating depression. Fortunately, a specialized dance class for people with PD, their families, friends, and caregivers is available in Santa Cruz. It's called *Dance for PD*; it's effective, it's fun, and it's free.

Dance for PD was founded in 2001 by the Mark Morris Dance and Brooklyn Parkinson groups. The classes are led by professional dancers who know about stretching and strengthening muscles, balance and rhythm and are trained to work with people with Parkinson's. The goal is to engage the participants' minds and bodies and create a safe and enjoyable environment.



(Photo from Dance for Parkinson's web site.)

In the classes, you stretch, dance and improvise moves to music from waltz to salsa, but don't worry if you're not quite ready to rock out on the dance floor. No dance experience is necessary, and less challenging, seated options are always provided.

Local *Dance for PD* classes are led by dancers Molly Katzman, Katie Trigg, and Maria Walsh with accompaniment by musician John Malkin on halo drum and piano. Their enthusiasm and youthful energy are so infectious it's not unusual for people shuffling behind walkers upon arrival to leave with springs in their steps.



Classes are held every Wednesday (except the first Wednesday) from 1:00 pm to 2:15 pm at Motion Pacific, 131 Front St. (across from the Kaiser Permanente Arena).

Just show up ready to move and have fun. No pre-signup or registration fees are required thanks to funding from ComForCare and the Kaiser Permanente Northern California Community Benefit Programs.

Visit <https://danceforparkinsons.org> for more information on benefits of dance for those with Parkinson's.

Attention All Singles!

Don't have a built-in caregiver (spouse, child)? Worried about eventually needing assisted living but concerned about the cost?

A group of people in this situation met at the *My Life is Bigger than Parkinson's Symposium* this spring. We have been meeting to explore the possibility of sharing housing in the belief that it would be safer and cheaper than living alone, and cheaper than assisted living. It might enable each of us to continue to live independently for longer. Of course, there are many issues to consider. As we explore these issues, it would be helpful to know how many other people might be in the same situation. The larger the pool of potential roommates, the better the chance of successful matches. If this is you, we'd love to hear from you. Please contact Nancy Rourke at rourke.nancy@yahoo.com and tell us a little about your situation.

Also, it would be great if we could find a large house able to accommodate several PWP. Anybody know of such a facility?

Useful web sites!



An excellent source of information about Parkinson's; both on their web site and in their publications. Booklets on a variety of topics are available on-line or in booklet form at www.parkinson.org



See www.michaeljfox.org for a wealth of information and webinars with the recent information about Parkinson's. Learn about scientific trails.



Visit www.davisphinneyfoundation.org for information focused on how to live well today. Download their comprehensive "Every Victory Counts" book.



For information about programs, support groups, and regional resources, visit the California Parkinson's Support Network at www.calpd.info/



On-line exercise, social chats, and discussions with PD Doctors from the comfort of your home.



Parkinson's specific exercise classes at low cost. [PEP Catalog of classes](#)
Call 457-7099 Monday – Friday 10-2

To visit office, go through lobby, turn left, and office will be on right.



Pool at Fast Eddy's

Wednesday June 26 from 3 – 5

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 heleng@baymoon.com or Robert and Helen at 426-1972.



TREMOLOS

"For fun times and a strong voice"

Thursday June 6, 27 Not 13, 20 1:00-2:30

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 **June 7, 21 from 1:00 to 2:30**. David Zimmerman co-leads June 21. Meet at Youth Center of Resurrection Catholic Church at the corner of State Park Drive and Soquel in Aptos. Contact Mavel Armijo to RSVP: 462- 9415

Santa Cruz Women with PD Luncheon

The June Women's lunch will be Weds, June 12th, 12noon at Laili Restaurant, 101B Cooper St. If interested in joining in, contact Aura at auraoslapas@gmail.com or (415) 527-7855.

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 **June 19 from 2:00 to 3:45**, at 204 Fredrick Street in Santa Cruz

RSVP to gingeranderson@sbcglobal.net



Care Partners Hiking group

Wednesday, **June 12, 1:30-3:00**. West Cliff, meet at lighthouse Sign up for Alex's email list by emailing - 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 activities listed below are offered by businesses and others in our community. 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.

Vets with PD



Vets w/PD monthly meeting will be **Thursday, June 20** at **9:30** for breakfast at the Santa Cruz Diner.

Purpose: Share military experiences in general, but specifically PD experiences at VA and other Neurology Centers re: exposure to Agent Orange, aviation gas, cleaning solvents or drinking water from lead pipes at old military bases and ships constructed between 1940 and 1943.

Agenda: Evening dinners with spouses and significant others; Project "Buddy Up" to educate every VFW and American Legion Post in SCrz County to recognize physical/mental symptoms of PD among their "Buddies" (Fellow veterans.) Contact: Michael Leahy 251-0764

Rock Steady Boxing for those with Parkinson's

The Santa Cruz Boxing and Martial Arts gym offers *Rock Steady Boxing* classes. **Tues & Thurs from 11:30 to 1:00. Monday & Weds from 11:30 to 12:30.**

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

DANCE FOR PD

Moving to music is a wonderful way to get exercise while having a good time.

Motion Pacific Studio, 131 Front Street in Santa Cruz, on Wed **June 12, 19,26, 1-2:15.**

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

For information, write Damara Vita Ganley, wedanceforparkinsons@gmail.com

or, see <http://danceforparkinsons.org>

Parkins~Ball and Ping Pong

Liz Fowler offers beach volleyball classes for those with PD on Seabright Beach. Get updates by contacting Liz at lizzyfowler@aol.com **New cost is \$10 per class. Fridays from 11 to 12.**



Phil Kaplan, who also leads Parkins-Ball, will offer 1 session of Ping Pong at his home - **Friday, May 31.** Contact him at kaplan_phil@icloud.com to sign up. If folks like it, he may schedule more pong in the future. See the following video about Ping Pong for Parkinson's. <https://www.facebook.com/rufus.exton/videos/10155702326330633/>

General questions about the Parkinson's Community and monthly meeting programs? Contact Karen Williams at 708-2906 or williamk@union.edu

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

We respect your privacy and will never sell, trade or give away your information (name, address, email, etc.) to any third party.



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					May 31 Ping Pong	1
2	3 11-11:50 PEP aquatic 11:30-12:30 RSB 1:30 Steering Mtg	4 10-10:50 PEP PD3 1130-1 RSB 1-1:50 PEP PD2	5 11:30-12:30 RSB 2-3:30 Main Group Meeting	6 1130-1 RSB 1-2:30 Tremolos	7 11-12 PB 1-2:30 PwP Peer support	8
9	10 11-11:50 PEP aquatic 11:30-12:30 RSB	11 10-10:50 PEP PD3 1130-1 RSB followed by Taco Tuesday 1-1:50 PEP PD2	12 11:30-12:30 RSB 12 Women with PD luncheon 1-2:15 Dance for PD	13 1130-1 RSB NO Tremolos	14 11-12 PB	15
16	17 11-11:50 PEP aquatic 11:30-12:30 RSB	18 10-10:50 PEP PD3 1130-1 RSB 1-1:50 PEP PD2	19 11:30-12:30 RSB 1-2:15 Dance for PD 2-3:30 CP group	20 9:30 Vets Breakfast 1130-1 RSB NO Tremolos	21 11-12 PB 1-2:30 PwP Peer support w/ Zimmerman	22
23	24 11-11:50 PEP aquatic 11:30-12:30 RSB	25 10-10:50 PEP PD3 1130-1 RSB 1-1:50 PEP PD2	26 11:30-12:30 RSB 1-2:15 Dance for PD 3:00-5:00 Pool	27 1-2:30 Tremolos	28 11-12 PB	29
30						

See newsletter for more detailed information. **Bolded** items are no cost.

Main meeting is at Congregational Church in Soquel

CP = Care Partners

PwP = Person with Parkinson's

PEP = Dignity Health PEP classes

RSB = Rock Steady Boxing

PB = Parkins-Ball