



# Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No 10 October 2023

**Wednesday, October 4th at 2pm**

## “Promoting Wellness Through Yoga and Effective Communication”

With Griffin Butler, SLP



Griffin Butler has worked as a speech-language pathologist for nearly 10 years and has worked in hospitals, clients' homes, and schools. He is committed to helping people living with Parkinson's (PwP) increase their understanding of their own communication strengths and needs, and offers strategies to improve communication skills. Griffin has experience teaching yoga to people with physical and cognitive limitations and has seen first-hand the benefits of yoga, in particular increasing participant's relationships to their mind, breath, and overall body awareness. Griffin recently led an 8-week *Yoga & Communication Class for PwP* via Zoom in collaboration with EasePD, which was well received by the participants.

**Location in person:** Parish Hall of the Congregational Church of Soquel, 4951 Soquel Dr.

The church is located between Main Street, (where there is a traffic light) and Center St. The large parking lot is located behind the church, and can be accessed from either street. Parish Hall is easily accessed from the pkg lot.

**Hybrid meeting** using Zoom, for those at home.

Click on [This reusable link](#)  
Meeting ID: 842 4232 9320  
Passcode: 766285

### 2023 Upcoming Wednesday Meetings at the Congregational Church of Soquel

**November 1st at 2pm** “Making Good Decisions During the Early and Middle Stages of Parkinson's” with Peter Lin, MD, PMD specialist

**December 6th at 2pm** Annual Holiday Party (details to follow)

**January 3rd at 2pm** “Help is a Four-Legged Word: Is there a service dog in your future?” or “Putting Your Best Foot (and Paw) Forward in 2024” Speakers (and dogs!) from Canine Companions for Independence

*At the annual picnic, we celebrated three people who have contributed significantly to our Parkinson's community. Starting in August, we'll include a tribute to each of them.*

## **David Kadotani, a tribute by Karen Williams**

It is my honor to introduce you to David Kadotani, a resident of Royal Oaks, who was diagnosed with PD during the COVID pandemic. He mentioned to me that the diagnosis was something of a relief because he had been mystified by the symptoms he had been experiencing for some time.

Mike and Grace Terauchi introduced me to David a little over two years ago at a gathering honoring Mary Haynes, a longtime member of our group. To tell you the truth, it feels like I have known him much longer than that since, in a very short time, he has become totally immersed in and dedicated to the activities of our group. He serves with me on the Steering Committee, which plans our monthly programs, and the Symposium Planning Committee. He has also assembled a very capable team which provides AV assistance at our monthly meetings and will do the same at our symposium in March.

David is one of several people I reach out to occasionally to ask for input on issues related to our group. He is always one of the first to respond with insightful comments which are extremely helpful to me. David and his wife Jeanni enjoy pickleball, kayaking, hiking, and RV'ing and are avid bicyclists. When they participated in a cycling cruise to Japan and Korea last spring, despite the 16 hour time difference, David communicated with us regularly via email whenever he could connect to the internet.

Because of his many contributions to our group, David has been invited to become a member of the EASE PD board of directors and he has accepted! We are certain that he will make many admirable contributions in that role. It is a pleasure working with him.



*New EasePD Board member  
David Kadotani*



## Pickleball Fever

Pickleball is the fastest growing sport nationwide, with over 3 million players and growing 10% annually. Pickleball was discovered by the Parkinson's community as a sport that PwP can participate in for aerobic exercise, hand eye coordination, balance and, best of all, fun and community. With the support of EasePD, Santa Cruz PickleBall Club and County Parks and Rec, we have our own PB4PD group playing every Wednesday at 11AM at Brommer Park.

Each session is started following in the footsteps of the Davis Phinney Foundation with introductions followed by individual sharing of "what is our victory of the day." Our victories are everything from getting out of bed today to running a 1/2 marathon to reconnecting with a long lost friend. After a gentle warm up, we focus on skill building with the help of Debra Menges, a local PB player, and then it's game time.

For two weeks of August we had 5 courts playing: that's 20 PwP and their community all playing Pickleball!

**Please consider adding PickleBall to your list of must-dos and come join in!**



*From left to right: Barry Marks, Katherine Bell, Max Decton, Ralph Humphries, Link Russin, John Tinetti, Rod Ortiz, Helen Power*



### Wearable device for Parkinson's tremor approved by FDA

This past June the USFDA approved the Cala kIQ (Kinetic IQ) as the first wearable medical device cleared for use in the US to help relieve action tremor (tremor that occurs when a person makes an intentional movement) in persons with Parkinson's Disease. During the past four years I participated in several clinical studies conducted by Cala Health of the Cala Trio (a predecessor wearable device) and experienced positive temporary reduction of my action tremor that I had not been able to achieve through medications. Both devices are worn like a wristwatch.

The approval of the Cala kIQ is very significant because it offers a non-invasive alternative to DBS (deep brain stimulation), a surgical treatment in which an electrode is implanted in the brain to deliver gentle electrical stimulation to specific brain regions and ease motor symptoms. The Cala kIQ works on principles similar to DBS but does not require surgical implants. The device is worn on the wrist with electrical impulses delivered up nerves in the arm to stimulate brain regions. It measures the person's individual tremor patterns, using artificial intelligence to help personalize the amount of stimulation given. It also records data that the person can subsequently access and/or share with their healthcare team if they so choose, via an online portal.

Cala Health has not yet specified how much the Cala kIQ will cost. The US Dept. of Veteran Affairs (VA) health systems has announced it will provide the new device at no cost to VA beneficiaries who have been prescribed it by their providers. Cala Health is working with Medicare and other medical providers to secure coverage.



While the Cala kIQ is the first wearable approved in the USA for people diagnosed with Parkinson's Disease other devices (such as the Stanford "glove") are being developed that offer great promise. Hopefully, in the next few years they will seek to be granted FDA approval, etc. In the meantime, the Cala kIQ is here now. To get the latest information regarding this wearable device go to the website: [calahealth.com](http://calahealth.com)

Barry Marks

*Meet Cala kIQ™ — the only FDA-cleared, wearable device that delivers effective therapy for action hand tremor in people with essential tremor and Parkinson's disease.*

*kIQ, pronounced "kick," stands for Kinetic [movement] + IQ [smart]*

## EasePD Classes

The classes and activities listed on this page are supported by donations from EasePD. Several are also supported by NextStage Productions, and individual donors. Classes are open to all levels of ability and Parkinson's - from beginner to more advanced.



### Taiko Drumming **New Session!**

**New Session: Mondays, October 16th - December 11, 2023**

**When:** Mondays 10 – 11 am (please arrive 10 minutes early so class can start on time)

**Location:** Trinity Presbyterian Church Fellowship Hall

**420 Melrose Ave., Santa Cruz** (Corner of Poplar & Melrose Ave. Enter Hall on Poplar)

To register, contact Bonnie Barisof 426-6575 or email: [bonniesb2020@gmail.com](mailto:bonniesb2020@gmail.com).

Recital for family and friends: December 11th at 10:30 am



### Tremolos

Even if you have never attended Tremolos before, we welcome you to join our therapeutic singing sessions. Singing strengthens the breath and improves vocal control of articulation, smiling, and swallowing, and also strengthens community and connection.

**When:** Tremolos will meet in person on **Thursday, October 12<sup>th</sup> and 26<sup>th</sup> from 1-2:15 pm** at **St. John's Episcopal Church, 125 Canterbury Drive, Aptos.**

Contact Camille Couture, our new Song Leader at [Camille.Couture@gmail.com](mailto:Camille.Couture@gmail.com) for details.



### Climbing out of Parkinson's

**When: Saturdays 9:30 - 11:00 am.** The cost for use of equipment, walls, and belayers has changed from \$20 to \$10 for those with PD, thanks to support from EasePD.

**Gym is at 104 Bronson in Santa Cruz (near harbor).**



### Pickleball

**When: Wednesdays from 11 am – 1 pm** except when courts are wet.

Where: Brommer Park dedicated pickleball courts, 1451 30<sup>th</sup> Ave in Santa Cruz

Donation: \$5 Contact: [htpower@me.com](mailto:htpower@me.com) if you have questions.

We'll provide paddles, pickleballs, and instruction.



### Yoga & Communication Class with Griffin Butler **New Session!**

Practice yoga (from a chair or mat, as you choose), to improve your strength & stability, posture & breath support, flexibility & range of motion while learning techniques to improve your communication skills like vocal volume, clarity of speech, cognition and swallowing.

**This 8-week class series is offered online via Zoom**

to residents of Santa Cruz County living with PD or other movement disorders

**Wednesdays 10-10:50 am Nov 1-Dec 20**

Class enrollment limited to 15 participants. Partial scholarships are provided by NSP

Student fee: **\$40 for 8-week session.**

For more information, call Risa Lower 612-6424 or Julie Lorraine 688-0888

[Click here for registration form.](#)



### Beach Parkins-Ball at Seabright Beach

**When: Friday mornings at 11am**

Contact: [Lizzyfowler@aol.com](mailto:Lizzyfowler@aol.com)

# EasePD Support Groups

## Peer Counseling Support Group for those with Parkinson's

This ongoing group provides an opportunity for connection and caring while keeping a virtual distance. The group will meet **October 6th and 20th** (the 1st and 3rd Friday of each month.) The meetings are via Zoom. If you would like to attend, contact Steven Barisof at (831) 426-6575 or [sbarisof@pacbell.net](mailto:sbarisof@pacbell.net). An email with a link will be sent to you 2 or 3 days before the meeting. Don't worry if you can't make it at 1pm, or if you need to leave before 2:30pm. This is a support group, and we'll do whatever we can to support you! Check us out, we always have room for one more person on the Zoom screen.

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## Caring Partners Support Groups

Our Caring Partners group meets to share experiences, speak, laugh, listen – give each other a helping hand. All care partners, both men and women, are warmly welcome to join us from the comfort of your home! If you'd like to join us, send email to Sue at [rday@aol.com](mailto:rday@aol.com)

### We have two groups:

*CP group 1* is for ongoing members – **meeting October 11th and 25th from 2:00-3:30** (2nd and 4th Wed of month)

*CP group 2* is open to new members – **next meeting is October 18th from 1:30-3:00** (3rd Wed of month). Julie will send out a link and reminder before meeting.

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## Women with PD

Each month, we meet at a different restaurant for tasty lunches and lively conversation—whether about our experiences with Parkinson's or other aspects of our lives. Lunches are scheduled for the third Thursday of each month. This month's lunch will take place **Thursday, October 19th** at 1pm at Special Noodle in Santa Cruz. RSVP to [aura@easepd.org](mailto:aura@easepd.org)

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## **NEW!** Flying Solo with Parkinson's continues October 12th from 4-5pm

We are a group of PwP's living with Parkinson's experiencing unique issues and challenges of living alone or in a community that does not understand our personal needs. Flying Solo is not a "dating platform," or a hook-up group. You may be in a family unit, partnered, or involved at your church or synagogue; but you are still feeling like you are "Flying Solo," on your Parkinson's journey. The loving folks in your life just don't "get" or "relate" to your needs and wants as they are now.

Email Helena at [Helenafox@aol.com](mailto:Helenafox@aol.com) or call or text 408-656-4763.

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## **NEW!** Living with Parkinson's & Movement Disorders Group at Dominican Oaks

**October 14th**, Helena Fox will facilitate a support group on The 2nd Saturday of each month from 10am-11am in the Oaks Room. This session will be for DO residents only.

Questions? Contact Helena at 408-656-4763 or [Helenafox@aol.com](mailto:Helenafox@aol.com)

These support groups welcome you.



# Community Opportunities for those with PD

The Parkinson's oriented classes listed here have proved useful for many of us. We appreciate their commitment to serve our PD community. Participate in activities based upon your ability to do so safely with respect to your own health as well as Covid-19 criteria. **Classes are open to all levels of ability and Parkinson's - from beginner to more advanced.**



## Dance for PD - Live + virtual classes

Dance for PD is a free class where participants are empowered to explore movement and music in ways that are enjoyable, stimulating and creative.

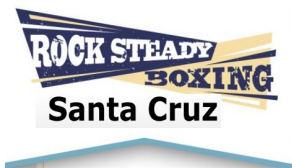
**When: Wednesdays at 1pm** (except 1st Wed of each month). Third Wednesday will be *hybrid* of in-person and virtual. Contact: [mekatzman@gmail.com](mailto:mekatzman@gmail.com)



## PEP Classes – Classes are in-person and live online

Low-cost Parkinson's specific exercise classes taught by Karen Nauenberg, MPT, Physical Therapist, PWR! Certified. Call (831) 457-7099 to sign up.

<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



## Rock Steady Boxing classes at Santa Cruz Boxing

**When: Monday - Thursday from 11:30 to 12:30**

Cost is \$150/month

Taco Tuesday after class, 1st Tuesday of the month

Call Brian at 831-438-2697 or check the website for class schedule and more information at <https://www.santacruzboxing.com>



## Ping Pong for PD at Art's Ping Pong Palace

**When: The Second and Fourth Tuesdays of the month starting at 3:00PM**

Where: Seacliff Park Community Center at 2700 Mar Vista Dr, Aptos CA 95003

Contact: Art [ArtLandacr@hotmail.com](mailto:ArtLandacr@hotmail.com) or Paul [PaulN1@hotmail.com](mailto:PaulN1@hotmail.com) (408)202-0346

Mark your calendars...

### Sunday, November 12th from 4:30 - 7:30pm

A community event and screening of *Capturing Grace* in support of the Parkinson's community and the Dance for PD program at Motion Pacific, 131 Front St in Santa Cruz. This event is FREE.

Watch *Capturing Grace*, a documentary about the origins of Dance for PD and the transformative power of art and the strength of the human spirit, and participate in a Q&A with Dave Iverson, the director of *Capturing Grace*.

[Facebook](#)

[Eventbrite](#)

# October 2023 Calendar

**NEW!** View this calendar at [easepd.org](http://easepd.org). See class details in this newsletter or online. Schedules may vary from this calendar. Contact leaders for meeting information, Covid criteria and to sign up.



| MONDAY                                      | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                     |
|---|--|---|---|---|--|
| 2<br>● 11:30am Boxing                       | 3<br>● 9am PEP Movement<br>● 10am PEP Movement<br>● 11:30am Boxing                     | 4<br>● 11am Pickleball<br>● 11am PEP Movement<br>● 11:30am Boxing<br>● 2pm Monthly Mtg                    | 5<br>● 9am PEP Movement<br>● 11:30am Boxing   | 6<br>● 10am PEP Cardio<br>● 11am Parkins-Bal<br>● 1pm Peer Support  | 7<br>● 9:30am Climbing                       |
| 9<br>● 11:30am Boxing                       | 10<br>● 9am PEP Movement<br>● 10am PEP Movement<br>● 11:30am Boxing<br>● 3pm Ping Pong | 11<br>● 11am Pickleball<br>● 11am PEP Movement<br>● 11:30am Boxing<br>● 1pm Dance4PD<br>● 2pm CP Grp 1    | 12<br>● 9am PEP Movement<br>● 11:30am Boxing<br>● 1pm Tremolos<br>● 4pm Flying Solo | 13<br>● 10am PEP Cardio<br>● 11am Parkins-Bal                       | 14<br>● 9:30am Climbing<br>● 10am D Oaks Sup |
| 16<br>● 10am Taiko Drum<br>● 11:30am Boxing | 17<br>● 9am PEP Movement<br>● 10am PEP Movement<br>● 11:30am Boxing                    | 18<br>● 11am Pickleball<br>● 11am PEP Movement<br>● 11:30am Boxing<br>● 1pm Dance4PD<br>● 1:30pm CP Grp 2 | 19<br>● 9am PEP Movement<br>● 11:30am Boxing<br>● 1pm Women's Lur                   | 20<br>● 10am PEP Cardio<br>● 11am Parkins-Bal<br>● 1pm Peer Support | 21<br>● 9:30am Climbing                      |
| 23<br>● 10am Taiko Drum<br>● 11:30am Boxing | 24<br>● 9am PEP Movement<br>● 10am PEP Movement<br>● 11:30am Boxing<br>● 3pm Ping Pong | 25<br>● 11am Pickleball<br>● 11am PEP Movement<br>● 11:30am Boxing<br>● 1pm Dance4PD<br>● 2pm CP Grp 1    | 26<br>● 9am PEP Movement<br>● 11:30am Boxing<br>● 1pm Tremolos                      | 27<br>● 10am PEP Cardio<br>● 11am Parkins-Bal                       | 28<br>● 9:30am Climbing                      |
| 30<br>● 10am Taiko Drum<br>● 11:30am Boxing | 31<br>● 9am PEP Movement<br>● 10am PEP Movement<br>● 11:30am Boxing                    |   |   |   |  |

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.

General questions about the Parkinson's Community and monthly meeting programs?  
 Contact Karen Williams at 831-708-2906 or [williamk@union.edu](mailto:williamk@union.edu)  
 Visit [www.easepd.org](http://www.easepd.org) for more information about the Santa Cruz County Parkinson's Group.

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