

Wednesday, November 1st at 2pm

“Making Good Decisions During the Early and Middle Stages of Parkinson’s”

With Dr. Peter Lin, MDS



Peter Lin is a movement disorders specialist in private practice in Los Gatos. He did his medical school training at the University of Michigan and neurology residency at Stanford Hospitals and Clinics. Subsequently he completed fellowship training in movement disorders at the National Institutes of Health. He was previously an assistant professor at Stanford Neurology based at the Santa Clara Valley Medical Center prior to moving to private practice.

Dr Lin is interested in the intersection of technology with movement disorders and has been involved with several projects in this space.

Those who have been recently diagnosed with Parkinson’s (Stage 1) are invited to stay after the program to briefly discuss next steps for the new diagnosed group.

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 new zoom link](#)
Meeting ID: 873 5427 2539
Passcode: 362253

2023 Upcoming Wednesday Meetings at the Congregational Church of Soquel

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

Ease PD Board President's Message

Santa Cruz County residents with Parkinson's Disease have access to a wide variety of programs, exercise classes and group classes thanks to a long-standing commitment by dedicated volunteers that came together 30 years ago to form the Santa Cruz Parkinson's Community.

The Santa Cruz Parkinson's Community and its funding arm, Ease PD Inc., a 501 (c) (3) non-profit all-volunteer organization, have successfully organized and offer a wide variety of popular groups, classes and support groups in order to provide Santa Cruz county residents with Parkinson's and their care partners a way to engage through education, exercise and social support. Ease PD has been able to provide necessary funding to offset some of the costs of many local programs that are available. The wide variety of programs are listed in these pages of the *Movers and Shakers* newsletter, from monthly educational meetings to pickleball. The 10-member Ease PD Board of Directors together with the long list of volunteers and committee members, make the Parkinson's community programs possible.

In order to continue these activities, **Ease PD is asking in this season of giving to consider a generous tax-deductible contribution.** In addition to helping to continue the many offerings – most of which are listed in the pages of this newsletter – the Ease PD Board has announced plans for a major local event, a Parkinson's Symposium scheduled for March 16, 2024.

We hope that our local Santa Cruz Parkinson's Community will continue its generous support. Donations can be made in honor of or in memory of an individual or activity. **Donations can be made online at easepd.org or checks can be mailed to EASE PD at 3848 Vienna Drive, Aptos, CA 95003.**

- Julie



From left to right: Barry Marks, Karen Williams, David Kadotani, Audrey Trautwein, Aura Oslapas, Ida Huber, Candace Walker, Rollie Day, Julie Lorraine. Not in photo is Board member Helena Fox who was present on Zoom.

My Two Cents: Is your Parkinson's readily recognized?

How visible is your Parkinson's? To what lengths do you go to hide your tremors or your diminished gait when you walk? My neurologist once asked me whether I was embarrassed to put some of my symptoms on display for the world to see. Pretending to be a tough guy, I told him that I didn't care what others saw or thought, and that having visible effects of a disease didn't bother me in the slightest and that it didn't stop me from doing anything I wanted.

As time goes by, I think my answer was pretty much wishful thinking. While lunching with a friend recently, she paused in our conversation to tell me that "you don't have to hide your shaking hand from me." It was only then that I was covering my quivering right hand with my unaffected left, and that I probably held my hands often in that position without realizing it.

Sometime later, I met up for a cocktail with one of my oldest friends whom I hadn't seen in a while. We were maybe two sips into our drink when he stopped whatever point he was making and said "What's the deal with your hand?" I had thought that I would tell him about Parkinson's later on, but obviously, he had already figured it out.

The lesson, here, seems to be that there's no hiding our condition. Recently, I've noticed that people around me take notice that my step is slow and that I hold tight to the banister when I descend a stairway. For my part, I have found it easier in recent months to live as a Parkie openly: I tell the clerk why I'm having trouble getting my wallet out of my pants pocket. I tell the grocer that I have Parkinson's when I drop a handful of cashews while trying to use the bulk section of the health food store.

The ultimate challenge is one that lies ahead for many of us. Will we share with others when and if our condition starts to affect our not-so-visible symptoms? As Parkinson's patients, we know that there are potential issues that we'd rather keep secret. Is our memory suffering? Do we think clearly? Do we see images of things that aren't there? There are urinary issues, constipation, sexual dysfunction, nerve pain and more. These are the symptoms that only we – and spouses and family members – know about.

Here's the deal with Parkinson's: it's a disease that is well recognized by most people. But it's not deeply understood by many – apparently including myself, now in my 12th year of living with it.



Tom Honig is the former editor of the Santa Cruz Sentinel. He was diagnosed with Parkinson's in 2012.

Your Two Cents? If you would like to contribute a column to Movers and Shakers, contact Tom Honig at thonig@gmail.com

SAVE THE DATE!

"Facing Parkinson's with Gratitude, Optimism, and Resilience"

Saturday, March 16, 2024, at the Seascap Golf Course in Aptos, CA.

Our upcoming educational symposium is rapidly taking shape. The program will include the following:

- Vivek Buch, MD, Neurosurgeon, Stanford University School of Medicine;
- Peter Lin, MD, PMD Specialist, Valley Parkinson Clinic, Los Gatos;
- a motivational presentation by Dave Iverson (who spoke at our 2017 symposium);
- and an artistic performance by Taiko drummers, Dance for PD, and Tremolos (our choral group)

Registration begins in December. Details in next month's newsletter.

Sunday, November 5, from 11am to 2pm

Please join us and support your local Parkinson's community.

[El Vaquero Winery Tasting Room, 2901 Freedom Blvd. Corralitos, CA. 95076](#)

Patti Maxine is the featured guest artist helping to build awareness and support for our local Parkinson's community.

Other performers are: Four Ever Young (Ellen Mazaika, Maggie Pierce, Greg Abelar, and Glenn Dunki-Jacobs); Three of a Kind (Catt Porter, Terence Courreault, and Ron Locey); and, Alive & Kicking (Sandi Jo Stoltenkamp, Mary Roitz, and Keith Kotka).

The Health and Wellness program at NextStage Productions offers free Taiko drumming and other classes to our friends living with Parkinson's. Your generous donations will ensure that our friends can continue taking these free classes.



Sunday, November 12th from 4:30 - 7:30pm Dance for Parkinson's Open House

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. 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*.

This event is FREE.

[Facebook](#)

[Eventbrite](#)

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. 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.**



Taiko Drumming

When: Mondays 10 – 11 am

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.

Save the Date! December 11th at 10:30 am – recital for family & friends



Tremolos - **please note Date Change!**

Even if you have never attended a Tremolos session before, we welcome you to join in the fun. Singing is an essential activity as it strengthens the voice and muscles that control articulation, smiling, and swallowing. Singing also strengthens community and connection.

When: Tremolos will meet in person on **Thursday, November 9th and 16th from 1-2:30pm** at **St. John's Episcopal Church, 125 Canterbury Drive, Aptos.**

Contact Camille Couture, our new Song Leader at Camille.Couture@gmail.com for details.



Climbing out of Parkinson's

When: Saturdays 10:00 - 11:30 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 30th Ave in Santa Cruz

Donation: \$5 Contact: htpower@me.com if you have questions.

We'll provide paddles, pickleballs, and instruction.



Yoga & Communication Class with Griffin Butler

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 safety.

NEW! Class starts Wednesday, November 1st 10-10:50 am through December 20th
Student Fee: \$40 for 8-week session (there only a few spots left).

For more information, call Risa Lower 612-6424 or Julie Lorraine 688-0888 or [register here.](#)



Beach Parkins-Ball - **please note location change!**

When: 11:00 am Friday sand volleyball **with be held at Frederick Street Park beginning Friday, October 27.**

If you have any questions, call Liz at 831 818-9248 or email 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 **November 3rd and 17th** (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. 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.

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

We have two groups:

CP group 1 is for ongoing members – **meeting November 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 November 15th from 1:30-3:00** (3rd Wed of month). Julie will send out a link and reminder before meeting.

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, November 16th** at 1pm at Laili Restaurant in Santa Cruz. RSVP to aura@easepd.org

NEW! Flying Solo with Parkinson's continues November 9th and 30th 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 or call or text 408-656-4763.

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

November 11th, 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

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.

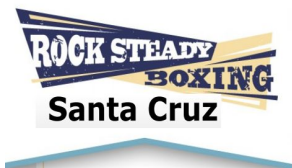
When: Wednesdays at 1pm (except 1st Wed of each month). All classes will be *hybrid* of in-person and virtual. Contact: mekatzman@gmail.com



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 or Paul PaulN1@hotmail.com (408)202-0346



EASE PD was represented at the Senior Health Fair sponsored by Dignity Health on October 13th. Medical professionals spoke about Stroke Prevention, Cardiac Health and Diabetes Prevention.

Our table had our brochures and information about the numerous programs that we provide for the PD community. It was a good opportunity to get our message out.

November 2023 Calendar

NEW! View this calendar at 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
		Nov 1 ● 10am Yoga+Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 2pm Monthly Mtg	2 ● 9am PEP Movement ● 11:30am Boxing	3 ● 10am PEP Cardio-S ● 11am Parkins-Ball ● 1pm Peer Support C	4 ● 10am Climbing out
6 ● 10am Taiko Drumm ● 11:30am Boxing	7 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	8 ● 10am Yoga+Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	9 ● 9am PEP Movement ● 11:30am Boxing ● 1pm Tremolos ● 4pm Flying Solo	10 ● 10am PEP Cardio-S ● 11am Parkins-Ball	11 ● 10am Climbing out ● 10am D Oaks Group
13 ● 10am Taiko Drumm ● 11:30am Boxing	14 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	15 ● 10am Yoga+Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Grp 2	16 ● 9am PEP Movement ● 11:30am Boxing ● 1pm Women's Luncl ● 1pm Tremolos	17 ● 10am PEP Cardio-S ● 11am Parkins-Ball ● 1pm Peer Support C	18 ● 10am Climbing out
20 ● 10am Taiko Drumm ● 11:30am Boxing	21 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	22 ● 10am Yoga+Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	23 ● 9am PEP Movement ● 11:30am Boxing	24 ● 10am PEP Cardio-S ● 11am Parkins-Ball	25 ● 10am Climbing out
27 ● 10am Taiko Drumm ● 11:30am Boxing	28 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	29 ● 10am Yoga+Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing	30 ● 9am PEP Movement ● 11:30am Boxing ● 4pm Flying Solo		

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
 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.

Dance for Parkinson's Open House

A FREE community event and film screening of "Capturing Grace" in support of the Parkinson's community and the Dance for PD program at Motion Pacific



**SUNDAY,
NOVEMBER
12TH**

JOIN US FOR:

- Q&A with film director Dave Iverson following film screening of "Capturing Grace"
- Tabling from community programs and services
- Connecting with others, snacks, and more!

**MOTION
PACIFIC**

**MOTION PACIFIC DANCE
131 FRONT STREET, SUITE E
4:30-7:30PM**

For more information please email:
danceforpd@motionpacific.com