



Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No 12 December 2023

Wednesday, December 6th at 2pm

Holiday Party

Featuring a
Sing-along with Camille Couture

Please join us Dec 6th for our holiday party. Celebrate the season with friends and join the sing-along led by Camille Couture, Tremolos music director.

This year we will be providing chicken wraps, chips, drinks and dessert. If you have any dietary preferences please feel free to bring your own snack.



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.

2023 Upcoming Wednesday Meetings at the Congregational Church of Soquel

January 3rd at 2pm "Putting Your Best Foot (and Paw) Forward in 2024" Speakers (and dogs!) from Canine Companions for Independence

February 7th at 2pm "Putting Teeth in the Subject: Dental Health in Seniors and People with Parkinson's." With Tim Znamirowski, DDS and Brooke Kondo Rains, DDS, and students from the Cabrillo College Dental Hygiene program

My Two Cents: Holiday Season

Some Thoughts about the Approaching Holiday Season

For many, the times around the holiday season are filled with excitement, anticipation and fun. For others, the season is a mixture of anxiety, tension and dread. I wanted to share some thoughts and suggestions to help get through the season with love, grace and sanity!

This would be a good time to have a conversation with your family about what they are looking forward to about the season. Are there traditions that could be redefined so that some family members with health issues could participate more easily? Or, maybe create some new family traditions! This can be a fun undertaking for the whole family to offer some ideas.

Another caution to talk about is how to manage your priorities. Is it really necessary to have mashed potatoes, sweet potatoes, squash casserole, and warm berry compote? Maybe think through what you feel is the most important. You could also ask for help. Have people bring a dish that is *their* favorite. Remember, that your spouse, parent or guest who has PD, may need to eat earlier in the day than you are accustomed to. They may not want to stay away from their home or assisted living home for very long. What is your priority for your PD person to have and enjoy?

Although this may feel impossible, you need to balance, as best you can, the needs of all people. Be clear-eyed about who your guests and family members are. If Uncle Jack has never liked sitting near the kids, don't sit him there!

Don't try to solve a long held, contentious family issue at the table. Keep the conversation moving and give certain people a "time out" if they don't comply. All families are different, as all celebrations are different. Allow your celebrations to reflect you, your family and your friends. Reminisce. Show old pictures that will delight your person with PD, as well as the children.

Greet everyone with an open heart, an open mind, gratitude, and love.

Dr. Marci, PsyD.
Social Services Manager
at the Northwest Parkinson's Foundation
(with permission)

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

Music with a Mission - Making Music with the Tremolos

While the Tremolos have been around for more than eleven years, I am new to the group, having joined this past summer as their music director/song leader. From my first interview for the position to today as I type this article, I am thrilled to be a part of this program.

I have directed and participated in music ensembles all of my life, and have enjoyed each and every one of them - but the Tremolos stand apart. The reason? Because of *why* they sing. The Tremolos sing to stay healthy - Healthy emotionally, socially, and vocally. When the Tremolos make music together, their quality of life is made better, directly and observably, and they recognize it.

I have always believed that live music making with others is more than art, and way more than entertainment - It is life giving, and I am deeply grateful to be able to support the Tremolos in their battle against Parkinson's through the joy of song.

Camille Couture-Carter, *Music Director*, The Tremolos



Below: Tremolos in action. At right: Camille with daughter Madison and husband Andrew in Salzburg.



SAVE THE DATE!

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

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

8:00 - 3:00 pm, including lunch, \$15 donation requested.

The educational symposium program will include the following:

- Vivek Buch, MD, Neurosurgeon, Stanford University School of Medicine
- Peter Lin, MD, MDS Specialist, Valley Parkinson Clinic, Los Gatos
- a motivational presentation by Dave Iverson, PwP, author, documentary/director
- Exercise Options for PwP with Molly Katzman (Dance for PD); Brian Dunning (Rock Steady Boxing), and Lisa Oei and SteF Farina (PD-Connect)
- an artistic performance by Taiko drummers, Dance for PD, and Tremolos (our choral group)
- and breakout sessions, exhibitors, and door prizes

Registration for residents of Santa Cruz, Monterey and San Benito counties will begin online December 15th. Pre-registration is required due to limited seating. **Watch your email inbox for details and links on the 15th.**

In this Season of Giving, Consider supporting EasePD

If you believe as we do that those with Parkinson's thrive best when powered by information, exercise, and the support of others, **then consider making a tax-deductible donation to EasePD.**

Financial support, in any amount, is valuable. It will be used to lower the cost of programs such as Taiko Drumming, Tremolos, Voice and Yoga classes, Climbing out of Parkinson's, and Pickleball. It is needed in paying for operating expenses such as insurance and rental of meeting rooms.

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.**

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 there will only be one session in December**

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, December 14th 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.

Classes are Wednesdays 10-10:50 am through December 20th

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



Sand Volleyball at Frederick Street Park

When: **11 am-12 pm Fridays, no class 12/15**

Come join us Fridays for outdoor sand volleyball at one of Santa Cruz's most beautiful parks. There's a variety of volleyball drills, activities and we end with a volleyball game on the sand.

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 **December 1st and 15th** (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 December 13th and 27th from 2:00-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **next meeting is December 20th 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. **Due to the holidays, we'll skip this month, and resume in January.** Mark your calendars for lunch at Stagnaro's on the pier, Thursday, January 18th. Details and RSVP to aura@easepd.org

Flying Solo with Parkinson's continues December 14th and 28th 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.

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

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. **There will be no meeting in December.** 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.

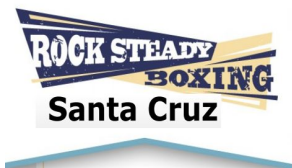
When: Wednesdays at 1pm (except 1st Wed of each month). All classes will be *hybrid* of in-person and virtual. Contact: mekatzman@gmail.com



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 for details.



Stanford Parkinson's Research in Neuromodulation Gait

The purpose of this study is to determine the safety and feasibility of closed loop DBS for impaired gait and freezing of gait in Parkinson's disease.

The principal investigator for this study Helen Bronte- Stewart, MS MSE.

This study is sponsored by the National Institute of Health (1UH3NS107709) and can be found at <https://clinicaltrials.gov/ct2/show/NCT04043403>

December 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
				Dec 1 <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 1pm Peer Support Grp 	2 <ul style="list-style-type: none"> 10am Climbing out of
4 <ul style="list-style-type: none"> 10am Taiko Drummin 11:30am Boxing 	5 <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 	6 <ul style="list-style-type: none"> 10am Yoga+Comm 11am Pickleball 11am PEP Movement 11:30am Boxing 2pm Monthly Mtg 	7 <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 	8 <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 	9 <ul style="list-style-type: none"> 10am Climbing out of
11 <ul style="list-style-type: none"> 10am Taiko Drummin 10:30am Taiko Recita 11:30am Boxing 	12 <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 3pm Ping Pong 	13 <ul style="list-style-type: none"> 10am Yoga+Comm 11am Pickleball 11am PEP Movement 11:30am Boxing 1pm Dance4PD 2pm CP Grp 1 	14 <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 1pm Tremolos 4pm Flying Solo 	15 <ul style="list-style-type: none"> 10am PEP Cardio-Str 1pm Peer Support Grp 	16 <ul style="list-style-type: none"> 10am Climbing out of
18 <ul style="list-style-type: none"> 11:30am Boxing 	19 <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 	20 <ul style="list-style-type: none"> 10am Yoga+Comm 11am Pickleball 11am PEP Movement 11:30am Boxing 1pm Dance4PD 1:30pm CP Grp 2 	21 <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 	22 <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 	23 <ul style="list-style-type: none"> 10am Climbing out of
25	26 <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 3pm Ping Pong 	27 <ul style="list-style-type: none"> 11am Pickleball 11am PEP Movement 11:30am Boxing 1pm Dance4PD 2pm CP Grp 1 	28 <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 4pm Flying Solo 	29 <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 	30 <ul style="list-style-type: none"> 10am Climbing out of

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.