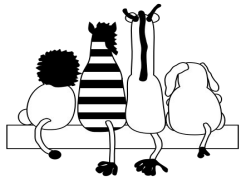




Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No. 2 FEBRUARY 2023



Wednesday, February 1 at 2:00pm

Getting to Know You--Again!

As more and more folks become involved in the Parkinson's community, it's a challenge to get to know everyone. Please join us at the February 1 meeting for a wonderful opportunity to get to know each other not just as people whose lives have been affected by Parkinson's, but also as *people* who come from interesting backgrounds and are leading fascinating lives. When we had a program like this more than three years ago, those who participated enjoyed it immensely.

We invite both new and old members to attend the meeting, make new friends, chat with old friends, and have fun at the same time. Activities will include a contest with a prize awarded to the winner.

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

The church is located between Main St. (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 can be accessed easily from the parking lot.

Recording of January 4, 2023 meeting Eileen Balian, MA CCC-SLP, discussed Parkinson's Disease and Speech Therapy: addressing swallowing and communication. [Watch her presentation here.](#) Password is easepd.

2023 Upcoming Wednesday Meetings

March 1 at 2PM

"Graceful Endings: Hospice and Family Roles" --a presentation on end of life care by Annelise Schinzingler and Mary Dixon.



... for the donations you made in December and throughout the year!
Approximately \$4,000 in December and \$6,000 for the other 11 months.

Your financial support makes a real difference in the programs we can provide to the Parkinson's community. You are helping wonderful people be active.

EasePD News

PickleBall is on the roll..

Who: Those diagnosed with Parkinson's in the last 3 years, those with mild symptoms, and those having experience playing pickleball or tennis are appropriate for this activity.

Players need to be steady on their feet with minimal fall risk. If unsure, please speak with your physician.

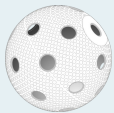
When: Saturdays from 11am – 1 pm, Ongoing thru March 25 - except when courts are wet.

Location: Brommer Park dedicated pickleball courts, 1451 30th Ave in Santa Cruz.

Cost: No cost in February. *EasePD* has authorized funding to get program started.



We'll provide paddles, pickleballs, and instruction. No one will be too-good or too-bad to fit in. Care partners are encouraged to play. Wear shoes suitable for tennis, a visor or hat for the sun, non-glass eyewear - and bring your water bottles.



Contact audreyT@easepd.org if you have questions.

The following link shows how the game is played. [Let's Play Pickleball](#)

Climbing out of Parkinson's

Where you can reach the top with as much, or as little, support as you'd like.

Saturdays, 10-12 at Pacific Edge Climbing Gym.



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



Dance for Parkinson's at Motion Pacific in Santa Cruz

Dance for PD is a class for people with Parkinson's Disease and their caretakers. The class is based on the innovative and internationally renowned [Dance for PD® program designed by the Mark Morris Dance Group](#) and the Brooklyn Parkinson Group. Trained Dance for Parkinson's teachers use prompts and multiple dance styles to inspire movement, creative expression, and community. Dancers may sit in a chair, use a barre, or stand.

Classes are appropriate for anyone with Parkinson's, no matter how advanced. Movement modifications will be made available and there is no dance experience required. Dance for Parkinson's is offered every Wednesday from 1:00pm to 2:15pm, with the exception of the first Wednesday of the month. Classes are offered in a virtual or hybrid format. There is no cost to participate. You are encouraged to learn more by contacting us at - danceforpd@motionpacific.com



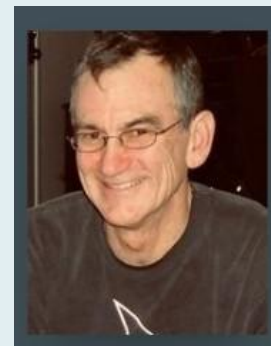
In Memoriam John Scheibley

John will be remembered for his quick wit and smile, his kindness, his athletic ability, his love of family, his appreciation for all types of music, and his passion for civil liberties, environmental protection, and social justice.

Although his body was slowed down by Parkinson's Disease, he never lost his joyful spirit and kind heart. He is survived by his loving wife, Judy Scott.

If you wish to make a donation in John's memory, please consider Ease PD: a Santa Cruz based support group for Parkinson's Disease

<https://www.easepd.org/donate>





New tool for tracking Parkinson's symptoms

Created by member of Santa Cruz Parkinson's community

The first step towards more personalized Parkinson's care is understanding your symptoms. *StrivePD* is a program that enables you to share your daily Parkinson's experience with your care team via the StrivePD app and Apple Watch in between your clinical visits. With this information, your care team will help you manage your conditions. [Register](#) for more information.

The *StrivePD* mobile app is available to all Parkinson's patients. The app enables you to manually log symptoms, track what makes you feel better or worse, set medication reminders, learn from patterns in your activity and share your reports with your care team. The *StrivePD* app is available on the Apple App Store for free. There is no subscription required.

The app project received FDA approval last June (*StrivePD* app+Apple Watch+clinician dashboard app), and is now being used in 100 Movement Disorder Clinics in the US, including UCSF, Stanford and Dr. Lin at Valley Parkinson's Clinic.

Aura Oslapas, EasePD Director, created the mobile app that is used by Rune Labs, and continues to advise them as a PwP. See [Scripps News interview](#).

Research Opportunity

The Human Motor Control and Neuromodulation Lab at *Stanford University* is seeking participants with Parkinson's Disease for a study validating a non-invasive device used to assess fine motor control.

The study aims to upgrade and validate a portable computerized piano keyboard (KeyDuo) for quantifying movement in people who have difficulty with movement and/or symptoms of neurological disease using a finger tapping task. The finger-tapping task on the KeyDuo is a solution we have developed to reliably provide objective measures of movement impairment both in clinic and in remote or telehealth settings.

If you are interested in advancing this important research, please contact us below!

Participants for the study:

- Are above the age of 18
- Diagnosed with Parkinson's Disease
- Attend research visits (60 min) to perform a series of finger tapping tasks
- Answer questionnaires related to the task and KeyDuo device

For more information, contact us at bronte-stewart-lab@stanford.edu or at (650) 723-6709.

EasePD Classes



Tremolos

Tremolos will meet **in person** on **Thursday February 9 & 23, from 1-2:15 pm** at St. John's Episcopal Church, 125 Canterbury Dr., Aptos, and online via Zoom.

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.

All participants must show proof of 2 Covid vaccinations and a booster. Everyone will wear a mask inside and we will be socially distanced. Bring your water. Email ellomar@sbcglobal.net, text to (831) 239-5286 or call (831) 688-0888 with questions. Thanks to Steve Barisof for monitoring the zoom.

We have created a zoom component for our Tremolos sings. If you prefer to sing virtually, please click on this link at 1 pm: [Tremolos Link](#) If necessary: meeting ID 817 9019 2197 Passcode **742277**



Taiko Drumming for People with Parkinson's

Evidence suggests that participation in Taiko can result in improved mobility and cognitive functioning through patterning and vocalization.

Taiko drumming was found to be a community building activity that can increase energy and positivity. We are so fortunate to have our Taiko classes led by Ikuyo Sensei and Watsonville Taiko in partnership with NextStage Productions and EASEPD. Ikuyo brings her knowledge, energy, talent and kindness to each class and we are so very grateful.

Dates: Mondays thru March 13, 2023
Time: 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
The entrance to Fellowship Hall is on Poplar

To register, contact Bonnie Barisof 426-6575 or email: bonniesb2020@gmail.com Maximum class size is 20. We will start a wait list if the class is full. This is not a drop in class; please plan to attend every week. Drummers must show proof of Covid 19 vaccination. Masks required.

No fee to participate. This class is supported by NextStage Productions with grants from St. John's Helpful Shop, EASE PD and Omega Nu who make these classes possible along with generous gifts from Harriet Mainis, Ellen Mazaika and kind donations from class members. We are grateful for the support of these donors and all of who make these classes possible. Donations to NextStage or EASEPD.org earmarked for this class are always welcome, so we may continue to offer these classes to everyone.

EasePD Support Groups



These support groups welcome you.

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 **February 3 and 17**. (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 February 8 and 22 at 2-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **meeting February 15, 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. Monthly online TeaTime sessions provide the women with PD in our community an opportunity to share with, learn from and support each other.

Monthly Lunches

The February lunch is scheduled for **Thursday, February 16 at 1pm**, at the Crow's Nest.

RSVP to Aura: aura@easepd.org

TeaTime

Teatime will be **Weds, February 8 at 4pm** (2nd Weds of month). All are welcome. Email Aura at aura@easepd.org for login details.

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 refreshing, enjoyable, stimulating and creative. Due to the recent increase in Covid-19 cases, this class is being held online via Zoom. **Wednesdays at 1pm** (except 1st Wed of each month). Third Wednesday 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.

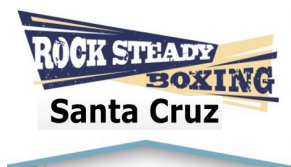
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



Climbing out of Parkinson's

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).



Rock Steady Boxing classes at Santa Cruz Boxing

Call Brian at 831-438-2697 or check the website for class schedule and more information at

<https://www.santacruzboxing.com>

Monday - Thursday from 11:30 to 12:30

Taco Tuesday after class, 1st Tuesday of month



Beach Parkins-Ball at Seabright Beach

Contact: Lizzyfowler@aol.com


Friday mornings at 11am.



February 2023 Calendar



See details in newsletter or at easepd.org. Schedules may vary from this calendar. Contact leaders for meeting information, Covid criteria and to sign up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PEP 11:30-12:30 Boxing 2:00 – 3:30 Gering to Know You – Again!	2 PEP 11:30-12:30 Boxing	3 PEP 11-12 Parkins-Ball 1-2:30 Peer Support group for PwP	4 10-11:30 Climbing out of Parkinson's is now \$10/session. 11-1 Pickleball4PD
6 PEP 11:30-12:30 Boxing Taiko 10-11	7 PEP 11-12 Voice 11:30-12:30 Boxing	8 PEP 11:30-12:30 Boxing 1-2 Dance for PD 2-3:30 CP group 1 4:00 Women with PD teatime	9 PEP 11:30-12:30 Boxing 1-2:15 Tremolos	10 PEP 11-12 Parkins-Ball	11 10-11:30 Climbing out of Parkinson's 11-1 Pickleball4PD
13 PEP Taiko 10-11 11:30-12:30 Boxing	14  PEP 11-12 Voice 11:30-12:30 Boxing	15 PEP 11:30-12:30 Boxing 1-2 Dance for PD 1:30-2:00 CP group 2	16 PEP 11:30-12:30 Boxing 1:00 Women with PD luncheon at Crow's Nest	17 PEP 11-12 Parkins-Ball 1-2:30 Peer Support group for PwP	18 10-11:30 Climbing out of Parkinson's 11-1 Pickleball4PD
20 PEP 10-11 Taiko 11:30-12:30 Boxing	21 PEP <u>No Voice class</u> 11:30-12:30 Boxing	22 11:30-12:30 Boxing 1-2 Dance for PD 2-3:30 CP group 1	23 PEP 11:30-12:30 Boxing 1-2:15 Tremolos	24 PEP 11-12 Parkins-Ball	25 10-11:30 Climbing out of Parkinson's 11-1 Pickleball4PD
27 PEP 10-11 Taiko 11:30-12:30 Boxing	28 PEP 11-12 Voice 11:30-12:30 Boxing		Note Items in bold type are at no cost to participant.		

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.

Editor – Audrey Trautwein AudreyT@EasePD.org Contact editor to unsubscribe.

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