



Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No. 3 March 2023

Wednesday, March 1 at 2:00pm

“Graceful Endings: Hospice and Family Roles”

A presentation on end of life care

by Annelise Schinzinger and Mary Dixon

Ready or not, we all move out of our bodies one day. Annelise and Mary can help you and loved ones find graceful way through it all. We are fortunate to have experts of such caliber in our community. We encourage you to have a listen, even if you'd rather not get *ready*.



Annelise Schinzinger teaches the art of living fully in her stories about caring for elders as they age and prepare for passage in her book, “[The Art and Science of Caregiving: Stories of Inspiring Elders with an End-of-Life Guidebook.](#)”

The process is an invaluable opportunity to assist someone who is losing their capacity to function in the world, and to help in their preparation for passage. The suggested Action Points could make the aging and dying process much easier for you and those you are caring for.



Mary Dixon is a retired RN who worked in Hospice Care and Palliative Care for the last 16 years of her career. She will share the lessons learned during her dad's journey with Parkinson's Disease.

Location in person: 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.

Inaugural hybrid meeting using Zoom, for those who are unable obtain the benefits of attending in person.

[Link to zmeeting](#) Meeting ID: 899 8512 9675
Passcode: 467027z

2023 Upcoming Wednesday Meetings

April 5 at 2PM Arts Showcase featuring Tremolos, Taiko drumming, and Dance for PD

My



By TOM HONIG

As all of us on our Parkinson's journey know, each of us has our own story about our condition, how we are affected and how we decide to respond.

Perhaps the one thing that we all share is that moment when the doctor has finally finished his observations, has written his notes about your tremor or your stride or your facial expression and he turns to you with his judgment: Parkinson's.

Even those who had suspected what was wrong now have their moment of truth. The bell has rung. If you're older, you wonder how many good years you have left. If you're young, you wonder the same thing, but there's also that question that arises – "Why me? I'm in my best years. It's not fair."

What happens next is up to us. In all likelihood, our ensuing years are a mixed bag of commitment to remaining healthy and more than a few days of depression and despondency. Along the way, fortunately, most of us come to grips with it by remembering: "You don't die of Parkinson's. You live with it."

Living well with Parkinson's is what the Santa Cruz Parkinson's Community is all about. Here in our monthly newsletter, Movers and Shakers, you will find any number of ways to join a community that offers a number of ways to live better with Parkinson's. Whether it's a physical activity like volleyball or rock-climbing or PickleBall, or it's dancing, singing or drumming, or even just attending the monthly meeting, our community reaches out and invites everyone, patient and caregivers, to do the most important thing that we as Parkinson's people can do – live an active and fulfilling life.

Tom Honig is the former editor of the Santa Cruz Sentinel. He was diagnosed with Parkinson's in 2012. This is the first in a series of monthly columns. Anyone interested in contributing can email him at thonig@gmail.com.



And, that's my two cents worth.

Tom

EasePD News

Newly Diagnosed Lunch at DeLaveaga on Sunday, March 12

This is your chance for some exercise in the woods, lunch, and conversation with others who are in the *early stages* of PD as well as guests who've had PD longer. Care partners welcome. Bring your own lunch or get something at the RangeSide Bar.

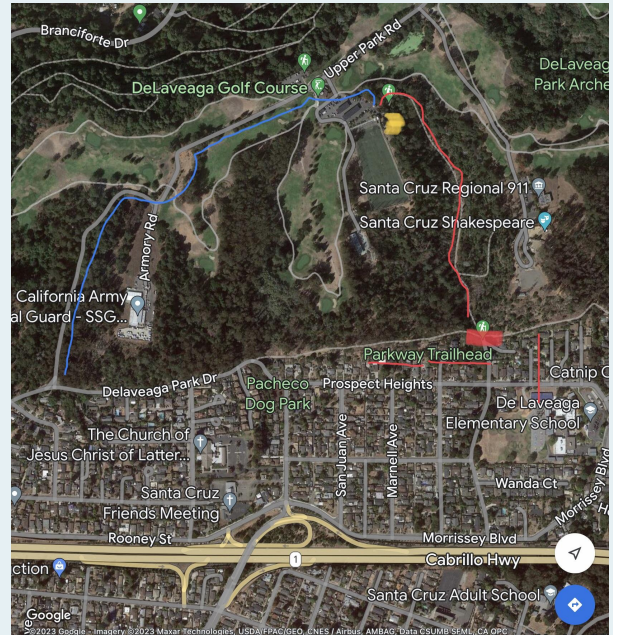


There are two ways to get there. Take whichever suits your fancy.

Hike a third mile up the **Parkway Trail**. Meet at the **Parkway Trailhead at 11**. Rollie will be there to guide you. There is a bench half way up - placed in honor of Susan Page 5 years *before* she passed due to PD.

OR

Drive the main road into DeLaveaga Golf course and park behind the club house. The **RangeSide Bar** is to left and behind the driving range.



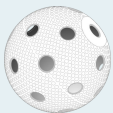
Either way, we'll rendezvous at the picnic tables by **11:30**.



RSVP appreciated, but not necessary.
AudreyT@EasePD.org

PickleBall is on the roll..

The Newly Diagnosed folks are having such a good time, they'd like to invite those who are a little further on with PD to join them. It is important that players are steady on their feet with minimal fall risk due to coordination or low blood pressure. If unsure, please speak with your physician.



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

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

Cost: \$5 each, beginning in March.

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 water.*

Contact audreyT@easepd.org if you have questions.

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



Vibration Therapy

A group of researchers at Stanford Medicine has developed a pair of gloves that are leading to life-changing results for patients dealing with Parkinson's Disease. NBC's Jacob Soboroff reports for TODAY.

[Video on TODAY show](#)

Flying Solo

If you're living on your own with PD, Flying Solo is for you. Meet online with a group of people who want to talk about the unique issues and needs that living alone with Parkinson's and other movement disorders creates.



PMD Alliance

2:00 pm, *2nd and 4th Mondays of Each Month*

<https://www.pmdalliance.org/flyingsolo/>

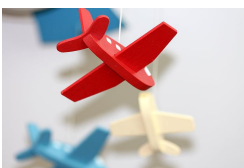
Click to [Join Meeting](#)



Parkinson's Foundation PD Solo Network

Virtual community for people with PD without care partners.
Wednesdays at either 1:00pm ET or 7:30pm ET.

Email: NNealon@Parkinson.org



Flying Solo group in Santa Cruz??

If there is sufficient interest, it could happen.

Please send an email to helenafx@aol.com if you'd like to help get one started.

EasePD Classes



Tremolos

Tremolos will meet **in person** on **Thursday March 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 Recital on March 13 begins at 10:30.
Location: Trinity Presbyterian Church Fellowship Hall 420 Melrose Ave., Santa Cruz

To register for session beginning **April 17**, contact Bonnie Barisof 426-6575 or email: bonniesb2020@gmail.com . 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.

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

CP group 2 is open to new members – **meeting March 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

Lunches are scheduled for the third Thursday of each month. This month's gathering will take place **Thursday, March 16th at 1pm**, at Sesnon House, on the Cabrillo College campus.

RSVP to Aura: aura@easepd.org

TeaTime

Teatime will be **Weds, March 8th 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.

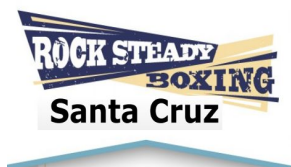
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



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.



March 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.

SUN 26	MON 27	TUE 28	WED Mar 1	THU 2	FRI 3	SAT 4	
	<ul style="list-style-type: none"> 10am Taiko 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 10am PEP Movement 11am Voice Class 11:30am Boxing 	<ul style="list-style-type: none"> 11am PEP Movement 11:30am Boxing 2pm Monthly Mtg 	<ul style="list-style-type: none"> 9am PEP Movement F 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Cardio-Stre 11am Parkins-Ball 1pm Peer Support Grc 	<ul style="list-style-type: none"> 10am Climbing out of 11am Pickleball4PD 	
5	<ul style="list-style-type: none"> 10am Taiko 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 10am PEP Movement 11am Voice Class 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 2pm CP Group 1 4pm Women w/PD Te 	<ul style="list-style-type: none"> 9am PEP Movement F 11:30am Boxing 1pm Tremolos 	<ul style="list-style-type: none"> 10am PEP Cardio-Stre 11am Parkins-Ball 	<ul style="list-style-type: none"> 10am Climbing out of 11am Pickleball4PD 	
12	<ul style="list-style-type: none"> 11:30am NDx Meetup 	<ul style="list-style-type: none"> 10am Taiko 10:30am Taiko Recita 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 10am PEP Movement 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 1:30pm CP Group 2 	<ul style="list-style-type: none"> 9am PEP Movement F 11:30am Boxing 1pm Women's Lunch 	<ul style="list-style-type: none"> 10am PEP Cardio-Stre 11am Parkins-Ball 1pm Peer Support Grc 	<ul style="list-style-type: none"> 10am Climbing out of 11am Pickleball4PD
19	<ul style="list-style-type: none"> 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 10am PEP Movement 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 2pm CP Group 1 	<ul style="list-style-type: none"> 9am PEP Movement F 11:30am Boxing 1pm Tremolos 	<ul style="list-style-type: none"> 10am PEP Cardio-Stre 11am Parkins-Ball 	<ul style="list-style-type: none"> 10am Climbing out of 11am Pickleball4PD 	
26	<ul style="list-style-type: none"> 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 10am PEP Movement 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 	<ul style="list-style-type: none"> 9am PEP Movement F 11:30am Boxing 	<ul style="list-style-type: none"> 10am PEP Cardio-Stre 11am Parkins-Ball 	<ul style="list-style-type: none"> 10am Climbing out of 11am Pickleball4PD 	
	27	28	29	30	31	Apr 1	

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.

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