

Wednesday, April 5 at 2:00pm

“Arts Showcase” Tremolos, Taiko, Dance for PD (Followed by the bounce of Pickleballs)



The Tremolos have been singing together since 2012. They will lead you in singing uplifting tunes. Singing is great for PD - it strengthens the voice and muscles that control articulation, smiling, and swallowing.



Taiko drumming improves mobility, strength, and cognitive functioning through patterning and vocalization.



Dance for PD has been active in Santa Cruz for over 7 years. Participants who creatively explore movement and music will share their art and answer your questions.

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.

Hybrid meeting using Zoom, for those who are unable to attend in person.

Click on [This reusable link](#)

Meeting ID: 842 4232 9320 Passcode: 766285

2023 Upcoming Wednesday Meetings

May 3 at 2PM Dr. Salima Brillman, “Understanding Dementia - a deep dive into the various types”

Note: Recording from March 1, “Graceful Endings” is available at [Archived presentations](#) PW: easepd

No, there's no reason to hurry

For the better part of 40 years, I considered myself a newspaper man. Not a journalist, not a reporter, not a media specialist. A newspaperman.

Even though the term probably revealed some sort of male chauvinism, I identified with it because it implied an image I liked: that of an overworked, underpaid journeyman who despite many flaws could write a quick story on deadline and did so with some elan. Maybe I wasn't the most accomplished and literate writer in the room, but at minimum I could take pride in dashing out a quick 15-inch story on an old manual typewriter in time for the press run. Speed was valued.

Today, my newspapering is limited to monthly ramblings like this, and I can't lay claim to the ability to meet difficult daily deadlines. These shaky and reluctant hands of mine have slowed my writing to a near-stop. Words that used to flow now take their own sweet time before showing up on the screen of my computer. The words sometimes appear in hieroglyphics on the screen because I keep hitting the wrong damn keys.

Call it the special gift of Parkinson's. It takes aim at precisely those things on which you've always taken pride. Fast and efficient writing? Precise woodworking? Ability to walk on a tightrope over a rushing creek below?

Or maybe that's the wrong way to look at it. Sure, words appear slower and messier than they once did. Writing even the simplest prose just becomes more difficult. And it's frustrating to write the most eloquent phrase the world has ever seen and watch as it appears on the screen: "*Flaid cho minttioi of sdaewrt.*"

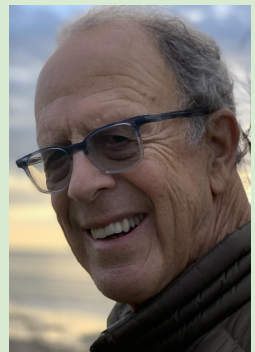
But ultimately the output makes it onto the page. Maybe the words come slower, just as the woodworking creations become less refined. But maybe the writing reflects more thought and better selection of apt words and phrases. Maybe the slow walk out in nature is more satisfying than taking on weird physical challenges you used to perform.

If nothing else, Parkinson's is a teacher. Old habits may not survive.

That's why each of us can take pride in developing new ways of doing things.

After all. What choice is there?

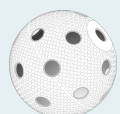
That's My 2 Cents
by Tom Honig



Tom Honig is the former editor of the Santa Cruz Sentinel. He was diagnosed with Parkinson's in 2012. Anyone interested in contributing to this column is welcome to email him at thonig@gmail.com

PickleBall is on the roll..

Helen Power, who has Parkinson's and loves hitting the pickleball, will take the lead on playdays beginning April 1. Play is open to those who are steady on their feet, with minimal fall risk due to coordination or low blood pressure. If unsure, please speak with your physician. Partners and family are welcome.



When: Saturdays from **11:30 am – 1:30 pm (new time)** - except when courts are wet.

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

Cost: \$5

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](#)

In Memoriam



Bill Finch, a member of the Tremolos passed away in December 2022 after a long battle with ALZ. He and his wife Gay brought joy to all as they loved singing the "golden oldies". Bill's passions were coaching tennis and music.



Gwen Marcum, another Tremolos regular, passed away in April 2022. She will be remembered as a co-owner of Capitola Book Cafe, a center of literary, intellectual and social life in Santa Cruz County for 30 years.

<https://scmemorial.com/tribute/details/2372/Gwendolyn-Marcum/obituary.html>



Richard Goering, and his wife Cindy Slade, moved from Aromas to Santa Cruz four years ago, to be closer to the Parkinson's community. Richard passed March 10th at the age of 71. He had participated in the Peer Support group, Speech and PEP classes, and attended the monthly Wednesday meetings. Cindy was a founding member of the Caring Partners support group 8 years ago. She and Richard are dear to the hearts of many in the Parkinson's community.

Help Support



April 23, 2023
National Parkinson's Month

The Santa Cruz County Parkinson's Group, in existence for close to 30 years, and EASE PD (easepd.org), our more recently established non-profit organization, provide many activities and services including a monthly newsletter, monthly educational meetings, a singing group, and small support groups for people with Parkinson's and care partners.

A portion of your sales will benefit Santa Cruz County Parkinson's Group, a group of volunteers whose activities are supported entirely through contributions from generous donors.

Order in-store or online for delivery, curbside or pick-up at:
order.eriksdelicafe.com at any Erik's DeliCafé listed below.

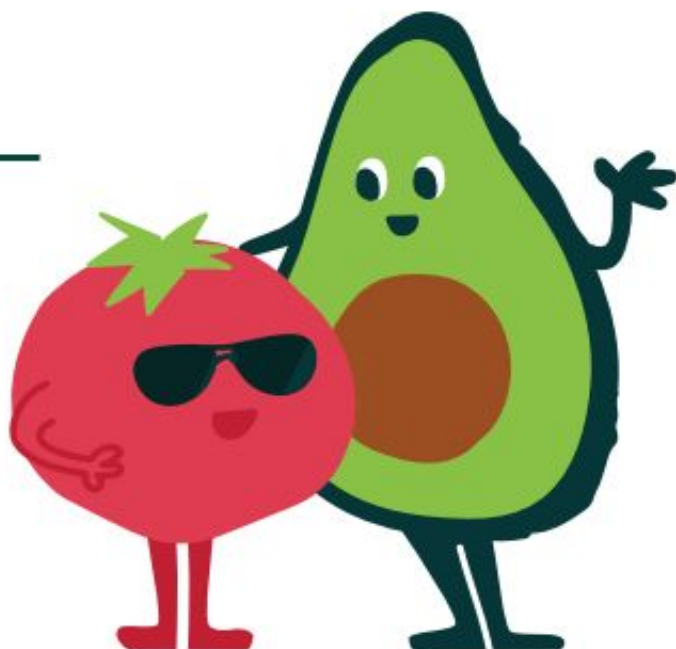
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Erik's DeliCafé of Aptos
102 Rancho Del Mar
(831) 688-5656

Erik's DeliCafé of Capitola
1475 A-2 41st Ave
(831) 475-4646

Erik's DeliCafé of Santa Cruz
1664 Soquel Drive
(831) 462-1919



EasePD Classes



Tremolos

Tremolos will meet **in person** on **Thursday April 13 and 27, from 1-2:15 pm** at St. John's Episcopal Church, 125 Canterbury Dr., Aptos. Singing along via Zoom is no longer being offered.

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. A \$5.00 donation is suggested.



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 Sensei Ikuyo Conant 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 April 17 thru June 12, 2023
Time: 10-11 am Recital on June 12 begins at 10:30.
Location: Trinity Presbyterian Church Fellowship Hall 420 Melrose Ave., Santa Cruz

To register for session, contact Bonnie Barisof 426-6575 or email: bonniesb2020@gmail.com. Maximum class size is 20. We'll start a waitlist if the class is full. Please plan to attend every week: this is not a drop-in class. 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 you who make these classes possible. Donations to NextStage or EASEPD.org earmarked for this class are always welcome.

Voice and Movement Class

Due to a conflict with the instructors' availability, we unfortunately need to cancel the Voice and Movement class which was scheduled to start on April 18th. Please look at the movement and exercise opportunities of the PEP program under community activities in this newsletter.

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 **April 7 and 21**. (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 April 12 & 26 at 2-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **meeting April 19, 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, April 20th** at 1pm at The Hideout in Aptos. RSVP to aura@easepd.org

TeaTime

Teatime will be **Weds, April 12 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.

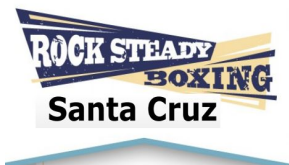
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



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.



April 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
					<ul style="list-style-type: none"> 10am Climbing out of 11:30am Pickleball4I
<p>3</p> <ul style="list-style-type: none"> 11:30am Boxing 	<p>4</p> <ul style="list-style-type: none"> 9am PEP Movement f 10am PEP Movement 11:30am Boxing 	<p>5</p> <ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 2pm Monthly Mtg 	<p>6</p> <ul style="list-style-type: none"> 9am PEP Movement f 11:30am Boxing 	<p>7</p> <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 1pm Peer Support Gr 	<p>8</p> <ul style="list-style-type: none"> 10am Climbing out of 11:30am Pickleball4I
<p>10</p> <ul style="list-style-type: none"> 11:30am Boxing 	<p>11</p> <ul style="list-style-type: none"> 9am PEP Movement f 10am PEP Movement 11:30am Boxing 	<p>12</p> <ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 2pm CP Group 1 4pm Women w/PD Tr 	<p>13</p> <ul style="list-style-type: none"> 9am PEP Movement f 11:30am Boxing 1pm Tremolos 	<p>14</p> <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 	<p>15</p> <ul style="list-style-type: none"> 10am Climbing out of 11:30am Pickleball4I
<p>17</p> <ul style="list-style-type: none"> 10am Taiko 11:30am Boxing 	<p>18</p> <ul style="list-style-type: none"> 9am PEP Movement f 10am PEP Movement 11:30am Boxing 	<p>19</p> <ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 1:30pm CP Group 2 	<p>20</p> <ul style="list-style-type: none"> 9am PEP Movement f 11:30am Boxing 1pm Women's Lunch 	<p>21</p> <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 1pm Peer Support Gr 	<p>22</p> <ul style="list-style-type: none"> 10am Climbing out of 11:30am Pickleball4I
<p>24</p> <ul style="list-style-type: none"> 10am Taiko 11:30am Boxing 	<p>25</p> <ul style="list-style-type: none"> 9am PEP Movement f 10am PEP Movement 11:30am Boxing 	<p>26</p> <ul style="list-style-type: none"> 10am PEP Movement 11:30am Boxing 1pm Dance for PD 2pm CP Group 1 	<p>27</p> <ul style="list-style-type: none"> 9am PEP Movement f 11:30am Boxing 1pm Tremolos 	<p>28</p> <ul style="list-style-type: none"> 10am PEP Cardio-Str 11am Parkins-Ball 	<p>29</p> <ul style="list-style-type: none"> 10am Climbing out of 11:30am Pickleball4I

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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