



Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No. 5 May 2023

Wednesday, May 3rd at 2:00pm

“Understanding Dementia” A Deep Dive into the Various Types

Dr. Salima Brillman

Dr. Salima Brillman is a board-certified neurologist with a fellowship in movement disorders, which includes Parkinson's disease and other neurodegenerative disorders. She has a master's degree in Neuroscience from the University of Hartford, completed medical school in Guadalajara, Mexico, and completed her residency and fellowship at Allegheny General Hospital in Pittsburgh, PA. Upon completion of her



fellowship in 2006, she was a pioneer in the development of the only Deep Brain Stimulation

(which is a surgery to treat Parkinson's symptoms) program in North Dakota, where she also was on the faculty at the University of North Dakota. She is currently affiliated with the Parkinson's Disease & Movement Disorders Center of Silicon Valley and with BB Telemedicine. Dr. Brillman is an expert in treating both the non-motor and motor aspects of Parkinson's disease and is a proponent of patient education.

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 Street. 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

June 7th “Living with Parkinson's: Looking for the Silver Linings”
—a panel discussion with our PwP's and care partners

July 5th Picnic at Blue Balls Park, 11:30 am – 2:30 pm



I feel like I'm onstage

The medical people continue to tell us that every case of Parkinson's is different, but there are some experiences that most – if not all – of us share.

For example, there's the semi-annual or annual visit to the neurologist, generally the same one that you see year in and year out. When you enter the office, you can just feel the doctor's two eyes taking in the sight of you.

Walking into the office, for me, is like walking out on stage. I'm the center of someone's attention, and in fact sometimes there is an intern, an assistant or a student looking at me as well.

The patient is being observed. You're suddenly aware that everything you do or say just might be significant. Is the tremor worse? Will I remember my vocabulary? How does my voice sound?

One of my doctors likes to focus on depression. Treating depression in his patients, I think, is one of his specialties. He has a dozen ways of asking. I try to avoid the subject. By the end of the appointment, he's blunt. "Are you depressed?"

"Well," I answer, "Having Parkinson's can be depressing by itself. Maybe something would be wrong if I weren't depressed."

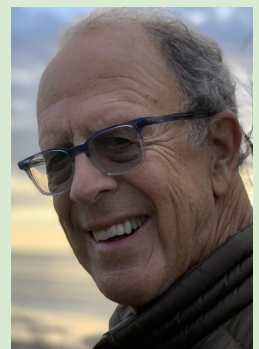
So far, he hasn't convinced me that I'm gloomy enough to need medication. In fact, the act of rejecting mood lifters has actually been a great motivator. Maybe it's juvenile, but I don't want to give him the satisfaction of a depression diagnosis.

Of course, depression is a byproduct of the disease. It is to be taken seriously. But there are so many conditions that come along with Parkinson's – constipation, lack of sleep, mood swings, dry mouth, muscle contractions and on and on – that sometimes it helps to pick one to reject.

Actor Jack Palance in the movie "City Slickers" observed that the secret to a happy life is to achieve "One Thing." Each person, he explained, had to figure out their "One Thing." Maybe my "One Thing" is to prove to my doctor that dammit, I'm not going to let this thing depress me. Thanks, doc., for the motivation.

That's My 2 Cents
by Tom Honig

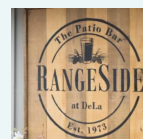
Tom Honig is the former editor of the Santa Cruz Sentinel. He was diagnosed with Parkinson's in 2012. Anyone interested in contributing to this column is welcome to email him at thonig@gmail.com



Newly Diagnosed Lunch/Hike at DeLaveaga on Saturday, May 20

This is your chance for some exercise in the woods, lunch, and conversation with others who are in the *earlier stages* of PD. Care partners welcome. Bring your own lunch or get something at the RangeSide Bar. After lunch, Rollie will lead a hike on nearby trails.

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.



We'll rendezvous at the picnic tables by **Noon**.

RSVP appreciated, but not necessary.

AudreyT@EasePD.org



Pickleball is the fastest growing sport in America, and a great way for Parkinson's folks to get their daily dose of exercise, which is the best medicine. 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](#)

Flying Solo With Parkinson's

Many thanks to those of you that responded and offered feedback and suggestions to help launch a local group of "Flying Solo."

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.

If this sounds like you....I would love to connect with you and together build a local group with a "flight crew and flight plan" to journey the path of Parkinson's.

A well-kept secret, is that I worked as a flight attendant years ago. After I got my "wings" I worked with a lot of crews, scheduling, and ground crew. I quickly learned that I was never "flying solo" since there was always support in the sky and the ground to get us to a safe landing every flight!

My hope is that "Flying Solo with Parkinson's," will offer you the same safe landings we always experienced.

Email Helena at Helenafox@aol.com or call or text 408-656-4763.

Erik's Dine for a Day

A big thank you once again to Erik's Deli in Aptos for contributing a portion of their sales at Aptos Deli on April 22 to Ease PD. This marked the third year for the fund-raiser, which has already raised more than \$1,500. Joining in the occasion were, from left to right, George Williams, Linda and Paul Neuman, Karen Williams, Grace and Mike Terauchi, Julie Lorraine, and Barry Marks.



EasePD Classes



Tremolos

Tremolos will meet **in person** on **Thursday May 11th, from 1-2:15 pm** at St. John's Episcopal Church, 125 Canterbury Drive, 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 May thru June 5, 2023
Time: 10-11 am (Please arrive 10 minutes early)
Recital: June 12th 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.

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 **May 5th and 19th**. (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 May 10th and 24th from 2-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **meeting May 17th 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. 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, May 18th** at 1pm at Alderwood Pacific in downtown Santa Cruz. RSVP to aura@easepd.org

TeaTime

Teatime will be **Weds, May 10th 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.

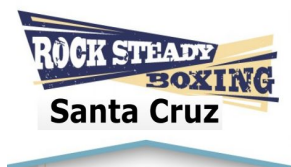
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



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



May 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.



MON May 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
<ul style="list-style-type: none"> ● 10am Taiko ● 11:30am Boxing 	<ul style="list-style-type: none"> ● 9am PEP Movement ● 10am PEP Movermer ● 11:30am Boxing 	<ul style="list-style-type: none"> ● 10am PEP Movermer ● 11:30am Boxing ● 2pm Monthly Mtg 	<ul style="list-style-type: none"> ● 9am PEP Movement ● 11:30am Boxing 	<ul style="list-style-type: none"> ● 10am PEP Cardio-St ● 11am Parkins-Ball ● 1pm Peer Support C 	<ul style="list-style-type: none"> ● 9:30am Climbing ou ● 11:30am Pickleball
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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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