



Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No. 6 June 2023

“Living with Parkinson’s: Looking for the Silver Linings”

Wednesday, June 7th at 2:00pm

Our June meeting will feature a panel discussion with our PwP’s and care partners. The panelists will lead us in an open discussion about living our best life with Parkinson’s.

These panelists will be:

Carol Van Tiem

Was married to her high school sweetheart, Larry, until his death in 2008. They both taught school at the American School of Kinshasa, Democratic Republic of Congo (Zaire), then returned to the Bay Area and worked in electronics until retirement 15 years ago.



Helen Power & Dean Dubbe

Helen and husband, Dean, met in college and have shared many years of friendship and marriage. Loving the outdoors, they garden, bike, ski and play Pickleball. They have lived in Felton for 28 years.

Ken and Ida Huber

Ken and Ida have been married for 31 years and are both retired from the water industry. Living on 9 acres in Boulder Creek keeps them busy but they enjoy exploring local hiking trails.

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 parking lot.

Hybrid meeting using Zoom, for those at home.

Click on [This reusable link](#)
Meeting ID: 842 4232 9320
Passcode: 766285

2023 Upcoming Wednesday Meetings

Wednesday, July 5th from 11:30 am - 2:00 pm

Annual Picnic at Blue Balls Park, Soquel

Wednesday, August 2nd at 2 pm

“Depression in Parkinson’s: A Talk for Patients and Care Partners” with Dimitri Bacos, MD, psychiatrist, and Mary Schindler, LMFT, family & marriage therapist

The Unshakeable Parkie

By IDA HUBER

I was diagnosed with Parkinson's July 13, 2020, at age 59. Like most, I was having symptoms many years before this that I thought I was able to explain. Or so I thought.

I have been physically active all my life starting out as a young girl playing softball and eventually doing my first triathlon at the age of 44. When my trainer at the time suggested I do a triathlon my first thought was "well, how hard can it be?" Turned out it can be a challenge, but I finished and was hooked on participating in organized events.

Over the next 18 years I completed close to 100 events of various disciplines, including 20 triathlons. It was during training that my first symptoms started to show. Because of my regular activity I was able to explain away every single one, thinking that I just needed to stretch more, lift more weights, etc. I now know that my frozen left shoulder, loss of arm swing, leg stiffness and hand tremor when swimming was all PD slowly showing its face. Each quirk emerged separately over eight years, so it was easy to not connect them to the symptoms of a disease. Parkinson's wasn't even a passing possibility. However, when I was diagnosed, my doctor at the time said I was ahead of the fight by coming into this disease as an active person. These words have been my mantra and motivation to keep me exercising.

The last three years have given me the opportunity to make peace with my disease and to create a plan to not just live with Parkinson's but to live well for as long as I can. At the beginning of the year, I applied to be a Team Fox athlete to participate in a race as a fundraiser for the Michael J Fox Foundation. I will be doing the Napa to Sonoma half marathon on July 16.

My body has changed over the last few years and this race will be a significant challenge but with the love and support of my family, friends and Parkinson's community I will cross the finish line!

<https://give.michaeljfox.org/fundraiser/4396365>



Your 2 Cents? If you would like to contribute a column to Movers and Shakers, contact Tom Honig at thonig@gmail.cozm

Helping hands

The Santa Cruz County Parkinson's Group offers support for those living with and affected by Parkinson's disease



Sentinel photographer Shmuel Thaler was on hand to document our group activity sessions at the April meeting.

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 year Erik's has donated \$1,650 to EasePD, more than previous years.



Climbing project at Mt Tamalpais

Several participants of *Climbing Out of Parkinson's* recently got together with their team of belayers to tackle outdoor climbing. The three with Parkinson's, plus one spouse, had never climbed before joining the group at Pacific Edge.

One never knows how doing one thing, such as climbing in the comforts of a gym, can lead to another. We encourage you to try something that interests you, and see where it leads.



Above photo: from left to right: Dan, Kim, Marty, Stacy, **John**, Audrey, **Rollie**, Lou, **Mike**, and **Mark**. (Climbers in bold text)



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 **June 2nd and 16th**. (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 June 14th and 28th from 2:00-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **next meeting is June 21st 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. This month's lunch will take place **Thursday, June 15th** at 1pm at Cafe Cruz Restaurant in Santa Cruz. RSVP to aura@easepd.org

Flying Solo with Parkinson's?

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.

These support groups welcome you.

EasePD Classes

Tremolos

Tremolos will meet **in person** on **Thursday June 8th and 22nd** from 1-2:15 pm at St. John's Episcopal Church, 125 Canterbury Drive, Aptos.



Camille Couture, our new Song Leader, will lead the group!

Camille Couture has been teaching, living and loving music since picking up a guitar at the age of 8. An experienced solo and choral vocalist, Camille holds a Master of Arts in Choral Conducting from the University of Washington, and is the Music Director at Congregational Church of Soquel. She is thrilled to be sharing the joy of music making as the new song leader of the Tremolos.

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. Masks are optional. Please bring your water.

Email ellomar@sbcglobal.net or call (831) 688-0888 with questions. A \$5.00 donation is suggested.

Taiko Drumming for People with Parkinson's

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.

Recital for family & friends: June 12th at 10:30 am (Please wear a mask.)

Location: Trinity Presbyterian Church Fellowship Hall

420 Melrose Ave., Santa Cruz (Corner of Poplar & Melrose Ave. Entrance to Hall is on Poplar)

Last Class before recital: Monday, June 5

Time: 10 – 11 am (please arrive 10 minutes early so class can start on time)

Next Session: July 17th – September 11th

To register, contact Bonnie Barisof 426-6575 or email: bonniesb2020@gmail.com



No fee to participate. This class is supported by NextStage Productions with grants from EASEPD and Omega Nu, generous gifts from Harriet Mainis, Ellen Mazaika and donations from class members. Donations to NextStage or EASEPD.org earmarked for this class are always welcome.

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). Third Wednesday will be hybrid of in-person and virtual. Contact: mekatzman@gmail.com



PEP Classes – Classes are in-person and live online

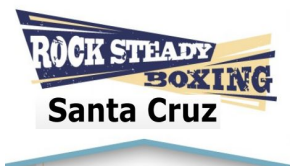
Low-cost Parkinson's specific exercise classes taught by Karen Nauenberg, MPT, Physical Therapist, PWR! Certified. Call (831) 457-7099 to sign up.

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



Climbing out of Parkinson's

When: Saturdays 9:30 - 11:00 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).



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>

When: Monday - Thursday from 11:30 to 12:30

Cost is \$150/month

Taco Tuesday after class, 1st Tuesday of the month



Beach Parkins-Ball at Seabright Beach

When: Friday mornings at 11am

Contact: Lizzyfowler@aol.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 or Paul PaulN1@hotmail.com (408)202-0346



Pickleball

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 Contact: audreyT@easepd.org if you have questions.

We'll provide paddles, pickleballs, and instruction.

June 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
			Jun 1 ● 9am PEP Movement ● 11:30am Boxing	2 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm Peer Support Grc	3 ● 9:30am Climbing out ● 11:30am Pickleball
5 ● 10am Taiko Drumming ● 11:30am Boxing	6 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	7 ● 10am PEP Movement ● 11:30am Boxing ● 2pm Monthly Mtg	8 ● 9am PEP Movement ● 11:30am Boxing ● 1pm Tremolos	9 ● 10am PEP Cardio-Str ● 11am Parkins-Ball	10 ● 9:30am Climbing out ● 11:30am Pickleball
12 ● 10:30am Taiko Recital ● 11:30am Boxing	13 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	14 ● 10am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Group 1	15 ● 9am PEP Movement ● 11:30am Boxing ● 1pm Women's Lunch	16 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm Peer Support Grc	17 ● 9:30am Climbing out ● 11:30am Pickleball
19 ● 11:30am Boxing	20 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	21 ● 10am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Group 2	22 ● 9am PEP Movement ● 11:30am Boxing ● 1pm Tremolos	23 ● 10am PEP Cardio-Str ● 11am Parkins-Ball	24 ● 11:30am Pickleball
26 ● 11:30am Boxing	27 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	28 ● 10am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Group 1	29 ● 9am PEP Movement ● 11:30am Boxing	30 ● 10am PEP Cardio-Str ● 11am Parkins-Ball	

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.
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