

SCC Parkinson's Group Annual Picnic



What: Picnic/Get Together

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

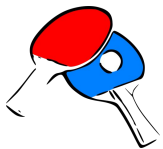
Where: Anna Jean Cummings Park (Blue Balls)

461 Old San Jose Rd, Soquel

Although COVID appears to be winding down, we ask you to bring your own lunch and beverage. Hopefully, the potluck can return next year. Masks are optional but feel free to wear one.

We have reserved picnic tables in the shade under pavilions. If you want to maintain social distance, it would be a good idea to bring folding chairs. A variety of games including ping pong and corn hole will be available. Liz Fowler will once again bring her team building activities.

Most of all, the picnic will provide our community with an opportunity to reconnect with friends and a chance to make new ones.



What to bring:

- **Your own lunch, beverage, and utensils. Bottled water will be available.**
- **Whatever will help you feel comfortable, such as hat, medications, mask, sun screen, your own chair, and a caregiver/friend if you need help.**
- **Eagerness to have a good time together.**

We need volunteers to come early at 11 am to help with setting up for the picnic. Please email Karen at williamk@union.edu to let us know if you can help.

2023 Upcoming Wednesday Meetings at the Congregational Church of Soquel

Wednesday, August 2nd at 2 pm

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

Wednesday, September 6th at 2pm

Fall prevention: "Falling is for Leaves, Not for People!" with Janice Allan, OT, and Karen Nauenberg, MPT

My 2 Cents: What kind of day is it today?

By TOM HONIG

Whenever I sit down to write about my experiences with Parkinson's, this thought runs through my mind: am I going to be positive or negative today?

Come to think of it, that question probably runs through my mind every morning upon waking. The answer to that usually depends on how I feel. Is it a day marked by tremors or head fog or those dreaded bathroom issues? Or is it a day marked by a nice long walk in nature or a meal with friends or just one of those days when you feel almost normal and you remember what life used to be like back before the onset of the disease.

Then there are the days when symptoms come and go, and so do the emotions that go along with them. One day I was at the store and managed to forget that I can't carry a jackass's load of groceries as I head to the checkout stand. First the box of cereal and the six-pack of flavored water hit the floor with an audible thud and then I dropped the rest of the groceries and watched, horrified, as the goods skidded around the floor.

The store manager, or at least someone who looked like he was in charge, hustled over to help clean up and – even better – to tell me that everything was OK and “Let me help you.” Here I was, the center of attention and embarrassed and angry over the damn Parkinson's, realizing that I have joined a club that I had never wanted to join – those who are older, clumsier, less physically able and in need of accommodation from others.

Parkinson's is a teaching experience. It teaches us who we are, really, because our physical capabilities are lessening and as a result we are forced to change our behaviors. I now walk through the grocery store with a cart, even when I'm picking up a few things. I now stop at the street corner when the sign says “Don't Walk,” even when everybody else is trotting across to beat the light.

Are these new necessities positive or negative? Watching oneself lose physical capabilities is overwhelmingly negative. But how we respond – with dignity and courage and even creativity – can demonstrate that positive thinking remains part of our life with Parkinson's.



Tom Honig is the former editor of the Santa Cruz Sentinel. He was diagnosed with Parkinson's in 2012.

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

Going Beyond - Adult Day Health Care at Elderday

Where can you find a day of high-quality services and activities like music, yoga, dance, art, woodworking, healthcare and a hot lunch?

Adult Day Health Care programs like our local Community Bridges **Elderday program**, offer day services that make it possible to age in place and remain independent for as long as possible.

Adult Day Health Care (ADHC) programs offer an organized day program of health services, therapeutic activities and social services for adults with chronic medical, cognitive, or mental health conditions.



Elderday is licensed by the CA Department of Public Health and the California Department of Aging and offers a multidisciplinary bilingual staff including RN's, PT's, OT's, Registered Dieticians and Social Workers; all offering "person-centered" care.

Free transportation is offered to and from the center – from anywhere in Santa Cruz County – courtesy of Lift Line.

All participants are screened and evaluated for eligibility. Most people with a chronic medical condition, such as Parkinson's, requiring treatment or intervention without which the person's condition would deteriorate, usually qualify for services. A personal care plan is developed and participants are re-evaluated regularly. The good news.... cognitive issues get you in the door too!

Recommended attendance at Elderday is a minimum of two-days to five days per week. Elderday offers a sliding-scale fee basis, costs can also be covered by the Veterans Administration, and long-term care insurance. Elderday is free for Medi-Cal recipients.

Elderday has been a foundational piece of the long-term care continuum for over forty years here in Santa Cruz County. The best way to know if Elderday is right for you is to stop by and visit between 10:00 and 2:00 any weekday.

They are located at 100 Pioneer Street, Suite C, Santa Cruz (behind Costco) soon to be relocating to Main Street, Watsonville.

Give them a call today at 831-458-3481.



EasePD Classes

NEW! Yoga & Communication Class

Practice yoga (from a chair or mat, as you choose), to improve your strength & stability, posture & breath support, and flexibility & range of motion while learning techniques to improve your communication skills like vocal volume, clarity of speech, cognition and swallowing safety.

This 8-week class series is offered online via Zoom to residents of Santa Cruz County living with PD
Wednesdays July 12-August 30 from 10-10:50 am.

Partial scholarships are provided by NextStage Productions.
Student fee: \$40 for 8-week session.

To register, please use this link:

https://docs.google.com/forms/d/e/1FAIpQLScT4C4kSJO7Eq86KmiqmwIY5dNLBw4R_AfWPjLLBfSk85bw/viewform?usp=sf_link



About the instructor:

Griffin Butler has worked as a speech-language pathologist for nearly 10 years and has worked in hospitals, clients' homes, and schools. He is committed to helping people living with Parkinson's (PwP) increase their understanding of their own communication strengths and needs, and offers strategies to improve communication skills to optimize PwP's relationships with loved ones and the world around them. Griffin has experience teaching yoga to people with physical and cognitive limitations and has seen first-hand the benefits of yoga, in particular increasing participant's relationships to their mind, breath, and overall body awareness.

Tremolos

Tremolos will meet **in person on Thursday July 13th and 20th 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 camille.couture@gmail.com with questions or for more information. A \$5.00 donation is suggested.

EasePD Classes

The Story Behind Taiko Drumming for People with Parkinson's

The Taiko Drumming for People with Parkinson's became a reality in April 2019. Initially, Lynn Knudson, founder of Next Stage Productions and Risa Lower, who is the VP for Health & Wellness at Next Stage, met with Julie Lorraine and Barry Marks at an EASEPD meeting to pursue the idea of a joint project between the two organizations. After Lynn and Risa observed the Tremolos, a PD singing class led by Julie, they were all the more inspired to develop another class to benefit the PD community. Lynn Knudson and Sue Walters, a member of Watsonville Taiko, came up with the idea of a Taiko drumming class. The classes were first taught by Sue Walters and Terri Basile, also a member of Watsonville Taiko. Ikuyo Conant, the artistic director of Watsonville Taiko, was consulted and helped develop the initial classes.

The drummers began on 5 gallon buckets covered with plastic and used dowels carved into bachi created by Julie, Risa, Barry, Sue, Terri and Ellen. Ellen Mazaika and Jackie Defendis, from NextStage, were instrumental in making Taiko Drumming for People with Parkinson's happen. Gradually, with the help of generous donors, the drums are now hand-made by Joe Bowes. These student drums are made from PVC and covered with hides that Joe processes himself.

The energy that is generated from drumming circles is uplifting and palpable. Participating in Taiko can result in improved mobility and cognitive functioning through patterning and vocalization. It has connected individuals in a unique way and has built a wonderful, caring community. We are so fortunate to have our Taiko classes led by Sensei Ikuyo Conant and Watsonville Taiko in partnership with NextStage and EASEPD. Ikuyo brings her knowledge, energy, talent and kindness to each class. We are so very grateful.

The last session ended with an amazing recital, which can be viewed on youtube:

<https://www.youtube.com/playlist?list=PLgT6ozzh1Qbkf82b4qJPY08AUzYWEQt1O>

It is inspirational!



New Session Begins: July 17th and continues through September 11th

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 (Corner of Poplar & Melrose Ave. Entrance to 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 are optional.

No fee to participate. This class is supported by NextStage Productions with grants from EASEPD and Omega Nu, who make these classes possible, along with generous gifts from Harriet Mainis, Ellen Mazaika and 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

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 **July 7th and 21st**. (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 July 12th and 26th from 2:00-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **next meeting is July 19th 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, July 20th** at 1pm at Namaste 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.

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.

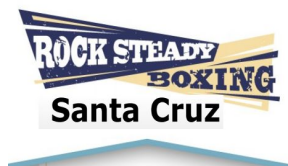
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>



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 – new date and time!

When: Wednesdays from 11 am – 1 pm starting July 12th, except when courts are wet.

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

Donation: \$5 Contact: htpower@me.com if you have questions.

We'll provide paddles, pickleballs, and instruction.

July 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"> 9:30am Climbing out of PD 11:30am Pickleball
<p>3</p> <ul style="list-style-type: none"> 11:30am Boxing 	<p>4</p> <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 	<p>5</p> <ul style="list-style-type: none"> 11am PEP Movement FDN 11:30am ANNUAL PICNIC 11:30am Boxing 	<p>6</p> <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 	<p>7</p> <ul style="list-style-type: none"> 10am PEP Cardio-Stretch 11am Parkins-Ball 1pm Peer Support Group 	<p>8</p> <ul style="list-style-type: none"> 9:30am Climbing out of PD
<p>10</p> <ul style="list-style-type: none"> 11:30am Boxing 	<p>11</p> <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 3pm Ping Pong 	<p>12</p> <ul style="list-style-type: none"> 10am Yoga&Communication 11am Pickleball 11am PEP Movement FDN 11:30am Boxing 1pm Dance4PD 2pm CP Group 1 	<p>13</p> <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 1pm Tremolos 	<p>14</p> <ul style="list-style-type: none"> 10am PEP Cardio-Stretch 11am Parkins-Ball 	<p>15</p> <ul style="list-style-type: none"> 9:30am Climbing out of PD
<p>17</p> <ul style="list-style-type: none"> 10am Taiko Drumming 11:30am Boxing 	<p>18</p> <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 	<p>19</p> <ul style="list-style-type: none"> 10am Yoga&Communication 11am Pickleball 11am PEP Movement FDN 11:30am Boxing 1pm Dance4PD 1:30pm CP Group 2 	<p>20</p> <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 1pm Women's Lunch 1pm Tremolos 	<p>21</p> <ul style="list-style-type: none"> 10am PEP Cardio-Stretch 11am Parkins-Ball 1pm Peer Support Group 	<p>22</p> <ul style="list-style-type: none"> 9:30am Climbing out of PD
<p>24</p> <ul style="list-style-type: none"> 10am Taiko Drumming 11:30am Boxing 	<p>25</p> <ul style="list-style-type: none"> 9am PEP Movement 10am PEP Movement 11:30am Boxing 3pm Ping Pong 	<p>26</p> <ul style="list-style-type: none"> 10am Yoga&Communication 11am Pickleball 11am PEP Movement FDN 11:30am Boxing 1pm Dance4PD 2pm CP Group 1 	<p>27</p> <ul style="list-style-type: none"> 9am PEP Movement 11:30am Boxing 	<p>28</p> <ul style="list-style-type: none"> 10am PEP Cardio-Stretch 11am Parkins-Ball 	<p>29</p> <ul style="list-style-type: none"> 9:30am Climbing out of PD
<p>31</p> <ul style="list-style-type: none"> 10am Taiko Drumming 11:30am Boxing 					

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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