



# Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No. 8 August 2023

**Wednesday, August 2nd at 2pm**

## “Depression and Parkinson’s: A Talk for Patients and Care Partners”

with Dimitri Bacos, MD, psychiatrist, and Mary Schindler, LMFT



Dimitri was born and raised in the greater Boston area of MA, majored in English and became an English teacher for several years, including 2 years overseas as a Peace Corps Volunteer in Romania. Later, he completed the Tufts University School of Medicine, and a Psychiatry Residency at USC.

He has worked in various contract jobs throughout CA in both inpatient and outpatient settings before finally settling in Santa Cruz County where he is the Psychiatric Medical Director for the Integrated Behavioral Health program of HSA. Dimitri enjoys skiing, playing tennis, and backgammon.



Mary is a psychotherapist in private practice in Santa Cruz. She first became interested in providing therapeutic services while in high school in Pardeeville, Wisconsin and credits her down-to-earth practicality and style with lessons learned on her family's farm. She is eternally grateful for the wisdom gained from her clients during the 25 years that she has practiced psychotherapy.

Nature continues to be Mary's greatest teacher. She enjoys working in her garden, walking with friends on the beach or in the woods, spending time with her family, and sharing meals with friends.

### 2023 Upcoming Wednesday Meetings at the Congregational Church of Soquel

#### **Wednesday, September 6th at 2pm**

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

#### **Wednesday, October 4th at 2pm**

"Promoting Wellness Through Qigong, Yoga, and Effective Communication" with Denise Allen and Griffin Butler

# My 2 Cents: Boots Aren't Just for Cowboys

By IDA HUBER

After my initial diagnosis in 2020 and a referral to Stanford, I had my first visit there in February 2021. I walked into my appointment sporting a hot pink thumb splint as I was being treated for DeQuervain's, a type of thumb tendonitis. How it occurred was a frustrating mystery at the time. At the end of my appointment, my then MDS casually said "tendon and ligament issues are more common with PD". That promptly went to the bottom of my list of concerns as I was newly diagnosed and still navigating the big picture. As more visits with specialists have come and gone, I am learning the hard way the truth of her statement.

One of my earliest symptoms was rigidity on my left side, which being athletic, I chalked up to just needing to stretch more. This came in the form of a frozen left shoulder 8 years before diagnosis. Post diagnosis was my left thumb tendonitis followed a year later with me breaking the two sesamoid bones in my left foot. These are pea shaped bones imbedded in a tendon and I was relegated to an 11-week stint in a boot. I am currently sporting another non cowboy boot as I have a small tear in my Achilles tendon in, you guessed it, my left ankle. Hmm, I'm sensing a pattern here.

The timing of my latest "rigid tendons" adventure couldn't be worse. I have been diligently training for my half marathon on July 16<sup>th</sup> with Team Fox, logging training miles week after week without issue. I was simply taking a step back from my car when my heel found a strategically placed pothole for me to step in, overstretching my Achilles. Being a bit stubborn, I tried to negotiate at least a 5K with my doc who gently reminded me that I would need to heal my Achilles before I could walk, and then be able to walk before I could run.

I'm still going to the race, there's a team dinner for all the Team Fox fundraisers and I have teammates to cheer on and support. I'll be sporting my team jersey, one running shoe and a not so glamorous boot while I zip around on my knee scooter.

I am extremely grateful for the support of family and friends that allowed me to raise \$2000 for the Michael J Fox Foundation. Collectively our team for this weekend has raised an incredible \$40,000 for research that brings us closer to a cure. Until that day comes, I encourage you to live your best life possible, seek joy every day and watch out for potholes!



*Ida Huber is a former Treatment Plant Operator. She was diagnosed with Parkinson's in 2020.*

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

## July Picnic in Soquel

Did Somebody Say...."Picnic?"

Summer finally arrived at Anna Jean Cummings Park, the afternoon of our Movers and Shakers Annual Picnic! Replete with fun and games; from balloon toss to ping pong, and what would a picnic be without a rousing round of "Take Me Out to the Ball Game," led by our new Tremolos Song Leader, Camille Couture?!

The picnic was a great time to meet up with friends as well as champion a few of our volunteers. The following volunteers were recognized for their contributions.

Ginger Anderson, former EASE PD President

Risa Lower and Ellen Mazaika of NextStage Productions, for their sponsorship of EASE PD programs

David Kadotani for his service on the Steering and Symposium Planning Committees and AV team

Please know that EASE PD is extremely grateful for the many volunteers that help us make our programs possible. Thank you ALL for all you do. Each and every one of you is a CHAMPION!

See you next year!



## EasePD News

*At the annual picnic, we celebrated three people who have contributed significantly to our Parkinson's community. Starting this month, we'll include a tribute to each of them.*

Ginger was born Virginia, one of a twin set. They became known as "Ginger and Roger" (get it?) When she was 18, she and Larry fell in love, but her mother said, "no teenage marriages," so they married two years later. They moved to Santa Cruz in their twenties and took great advantage of the ocean and the trails in local mountains. Larry worked in high tech and Ginger taught in the local school District. They had children when, in 1996, Larry was diagnosed with early onset Parkinson's. At the time Larry was diagnosed, they were both still working, but as things progressed for him and Larry was forced to retire, Ginger went first to 60% and then retired around 2013.

When EASE PD was granted non-profit status, Ginger was already serving on the Steering Committee. She became President of the EASE PD board as a means to give back: to help the organization stay focused on its stated purpose and to realize its goals. In addition to her involvement on the Steering Committee and then the Board of EASE PD, she advocated for many of the classes that are available today and was a founding member of the Caregivers Support group, to which she still contributes. She is an avid, up-beat participant in our Parkinson's community and a tireless supporter of Larry's involvement.

When asked why she got involved at such an active level, her goal was to make sure "people know what it's [Parkinson's] like." Ginger loves to hike, to bicycle with her biking group, and to participate in her book club, some of whose members she has known for 30 years or more. She's astonished that some would think 73 is old; she certainly doesn't feel that way! She feels kinship and a sense of identification with adults of all ages. She dreams of a simpler life: a smaller house, with lots of calm but always welcoming to friends and family; more time to read; hiking -- alone and with friends; spending more time with the grandchildren, and to continue to give back.

Ginger inherited a legacy from her parents: in volunteering. Her mother in particular set an example with her volunteer work in earthquake preparedness and teaching sailing and canoeing within the community. It left a strong impression, and at some point in the future, she would dearly love to resume her teaching, which she loved, but this time in adult literacy programs, for which she sees a strong need in our County. She would love to help someone understand the written driving test well enough to pass, or learn enough English to speak to the teachers of their children.

**This is the Ginger Anderson we honor today;** who is leaving her own legacy within the Parkinson's community, and who has inspired so many of us with all that she does.



## Living a Full Life - John Thomas (1941-2023)

A Tribute by Ginger Anderson

John Thomas and Audrey Trautwein have been our friends for 8+ years. We first met at a Parkinson's event and realized we had a lot in common. Sports had been a major focus in all of our lives. Through the years, we found that John lived life to the fullest. In his mind, he could do anything. (And of course, Audrey was in the background, trying to figure out how it could happen).

Right away, we found out that John had been a well-known volleyball player in the Santa Cruz area. While he didn't play competitive ball anymore, he was a presence in many athletic endeavors. Every athletic event was a challenge to John and he put all his energy (and sometimes more energy than he had) into the task. And always after he accomplished the feat, he graced us all with his beautiful smile and his wide-open bright blue eyes. It was magical watching John repel off the wall after a climb at Pacific Edge. He made the whole room smile.



A few years ago on our way to Yosemite, the four of us stopped at a restaurant in Mariposa. After ordering, John got up from the table. After more than a few minutes, Audrey and I sent Larry to go look for him. Now Larry was gone for more than a few minutes. We assumed they were looking for a bathroom and eventually they came back. There may have been some eye-rolling by Audrey and me. After looking around town for a bit, we went back to our hotel for the night.

John and Audrey went in first. Larry told me that we had to go back to town. He explained that while we were having dinner, John had gone across the street and bought a western jacket for Audrey. We had to pick it up and hide it until we got back from the trip. We were there when John gave Audrey this gift more than a month later. (Often people say that pwp lose the ability to plan ahead. In this case, John was motivated to do just that).

We have great memories of our travel times together. John added many happy times to our journey with Parkinson's.

# EasePD Classes

The classes and activities listed on this page are supported by donations from EasePD. Several are also supported by NextStage Productions, and individual donors. 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.**



## 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 class is full and in session through August.**

**When:** Wednesdays from 10-10:50 am via Zoom



## Taiko Drumming

Current session continues through September 11<sup>th</sup>

**When:** Mondays 10 – 11 am

**Location:** Trinity Presbyterian Church Fellowship Hall

**420 Melrose Ave., Santa Cruz** (Corner of Poplar & Melrose Ave. Enter Hall on Poplar)

To register, contact Bonnie Barisof 426-6575 or email: [bonniesb2020@gmail.com](mailto:bonniesb2020@gmail.com).



## Tremolos

Even if you have never attended a Tremolos session before, we welcome you to join in the fun. **It is vital for us to engage in fun activities and that is multiplied when more people join in.** Singing is an essential activity as it strengthens the voice and muscles that control articulation, smiling, and swallowing. Singing also strengthens community and connection.

**When:** Tremolos will meet **in person** on **Thursday August 10<sup>th</sup> and 24<sup>th</sup> 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.



## 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).



## 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 30<sup>th</sup> Ave in Santa Cruz

Donation: \$5 Contact: [htpower@me.com](mailto:htpower@me.com) if you have questions.

We'll provide paddles, pickleballs, and instruction.

# 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 **August 4th and 18th**. (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](mailto: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.

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## 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](mailto:rday@aol.com)

### We have two groups:

*CP group 1* is for ongoing members – **meeting August 9th and 23rd from 2:00-3:30** (2nd and 4th Wed of month)

*CP group 2* is open to new members – **next meeting is August 16th from 1:30-3:00** (3rd Wed of month). Julie will send out a link and reminder before meeting.

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## 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, August 17th** at 1pm at Gabriella Cafe in Santa Cruz. RSVP to [aura@easepd.org](mailto:aura@easepd.org)

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## **NEW!** Flying Solo with Parkinson's begins September 7th

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](mailto:Helenafox@aol.com) or call or text 408-656-4763.

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## **NEW!** Living with Parkinson's & Movement Disorders Group at Dominican Oaks

**Beginning September 9th**, Helena Fox will facilitate a support group on The 2nd Saturday of each month from 10am-11am in the Oaks Room. Everyone is welcome!

Questions? Contact Helena at 408-656-4763 or [Helenafox@aol.com](mailto:Helenafox@aol.com)

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.

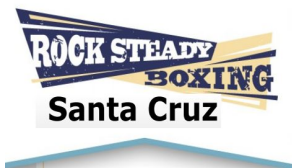
**When: Wednesdays at 1pm** (except 1st Wed of each month). Third Wednesday will be *hybrid* of in-person and virtual. Contact: [mekatzman@gmail.com](mailto:mekatzman@gmail.com)



## 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>



## Rock Steady Boxing classes at Santa Cruz Boxing

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

Cost is \$150/month

Taco Tuesday after class, 1st Tuesday of the month

Call Brian at 831-438-2697 or check the website for class schedule and more information at <https://www.santacruzboxing.com>



## Beach Parkins-Ball at Seabright Beach

**When: Friday mornings at 11am**

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

Coming up soon...

### Saturday, September 23rd

UCSF Parkinson's Annual Symposium  
Mission Bay Conference Center- Robertson Auditorium  
1675 Owens Street 2nd Floor San Francisco, CA  
[Information and registration here.](#) This event is FREE.

### Saturday, September 30th

PANC Annual Conference  
in Roseville, CA or online  
Information and registration at  
[www.panctoday.org](http://www.panctoday.org)



# August 2023 Calendar

**NEW!** View this calendar at [easepd.org](http://easepd.org). See class details in this newsletter or online. Schedules may vary from this calendar. Contact leaders for meeting information, Covid criteria and to sign up.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Aug 1</b> ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	<b>2</b> ● 10am Yoga&Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 2pm Monthly Mtg	<b>3</b> ● 9am PEP Movement ● 11:30am Boxing	<b>4</b> ● 10am PEP Cardio-S ● 11am Parkins-Ball ● 1pm Peer Support (	<b>5</b> ● 9:30am Climbing or
<b>7</b> ● 10am Taiko Drumm ● 11:30am Boxing	<b>8</b> ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	<b>9</b> ● 10am Yoga&Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Group 1	<b>10</b> ● 9am PEP Movement ● 11:30am Boxing ● 1pm Tremolos	<b>11</b> ● 10am PEP Cardio-S ● 11am Parkins-Ball	<b>12</b> ● 9:30am Climbing or
<b>14</b> ● 10am Taiko Drumm ● 11:30am Boxing	<b>15</b> ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	<b>16</b> ● 10am Yoga&Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Group 2	<b>17</b> ● 9am PEP Movement ● 11:30am Boxing ● 1pm Women's Lunc	<b>18</b> ● 10am PEP Cardio-S ● 11am Parkins-Ball ● 1pm Peer Support (	<b>19</b> ● 9:30am Climbing or
<b>21</b> ● 10am Taiko Drumm ● 11:30am Boxing	<b>22</b> ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong	<b>23</b> ● 10am Yoga&Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Group 1	<b>24</b> ● 9am PEP Movement ● 11:30am Boxing ● 1pm Tremolos	<b>25</b> ● 10am PEP Cardio-S ● 11am Parkins-Ball	<b>26</b> ● 9:30am Climbing or
<b>28</b> ● 10am Taiko Drumm ● 11:30am Boxing	<b>29</b> ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	<b>30</b> ● 10am Yoga&Comm ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD	<b>31</b> ● 9am PEP Movement ● 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](mailto:williamk@union.edu)  
 Visit [www.easepd.org](http://www.easepd.org) for more information about the Santa Cruz County Parkinson's Group.

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



# ARE YOU LIVING ALONE WHILE LIVING WITH PARKINSON'S?

## Announcing the PD Flying Solo Network

### What is the PD Flying Solo Network?

A virtual community for individuals with Parkinson's/Movement Disorders who live alone. The purpose of this network is to build a virtual community of support & information for those who know what it's like to Fly Solo with Parkinson's.

## Beginning Thursday September 7th, 2023

### What do you need to participate?

Access to the internet to join Zoom meetings.  
A phone, tablet, laptop, or computer will work.  
There is no fee to participate.

### Learn more and register by calling or emailing

Helena Fox, MSG, Parkinson's Foundation  
Ambassador at 408-656-4763

[helenafx@aol.com](mailto:helenafx@aol.com)