



# Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 27, No 9 September 2023

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

## “Falling is for Leaves, Not for People!”

with Janice Allan, OT, and Karen Nauenberg, MPT



Karen Nauenberg, MPT, has been a Physical Therapist for Dominican Hospital for the past 16 years, since completing her Masters in Physical Therapy at Long Beach State in 2007. She worked in the Outpatient Neuro Department for 12 years with many patients with Parkinson's disease, and in the Acute Care department for Dominican Hospital.

For the past 3 years she has been working at the Dignity Health Wellness Center, where she teaches many PEP classes, and helps develop programs to provide medically integrated fitness classes to improve the overall health of our community and decrease hospital admissions. Karen teaches a variety of the 6 weekly PEP PD classes and is Parkinson's Wellness Recovery certified (PWR!).



Janice Allan is a retired Occupational Therapist, having worked in acute care and trauma for 30 years before working in home health for 10 years. Janice currently volunteers at the Santa Cruz Volunteer Center as co-instructor of the standardized program A Matter of Balance class aimed at fall prevention.

**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 pkg 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 at the Congregational Church of Soquel

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

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

**November 1st at 2pm** "Making Good Decisions During the Early and Middle Stages of Parkinson's" with Peter Lin, MD, PMD specialist

# My Two Cents: Here's what we all have in common

Parkinson's affects each of us in different ways, but I believe that we all have one thing in common: learning to live in the present.

We have no choice. It's sheer folly to escape into the past, because our changing bodies guarantee that whatever we were good at will probably not continue untouched into the future. Whether it's our new shuffle in our walk or our worsening clumsiness or our increasing aches and pains, we're confronted with the reality laid out in that old song: things ain't what they used to be.

So how do we look at the future? That's more complicated. Yes, we need to think about the days to come, whether it's providing for ourselves or our families and loved ones. But we also understand that one of Parkinson's hallmarks is that we don't know how our future unfolds. Some of us, happily, continue our lives with the disease and without symptoms worsening. Others aren't so lucky.

That's why I find myself living more and more in the present. The past is memory and the future is unclear. Each day living with Parkinson's is different. Most of us, if not all, have good days and bad. You simply don't know what today will bring.

It takes me no more than five or 10 seconds upon waking up in the morning to remember that it's another day with Parkinson's. Sometimes I will have had a dream that I was running a 10k or windsurfing on a windy day, but I can assure you that neither of those is going to happen today. In fact, it's hard to know for sure what will happen today. We live with the reminder that we can have a good day followed by a bad day followed by who knows what. You take your chances.

OK. So we might have to attach an asterisk to events on our calendars. But there is an opportunity. We can live each day in concert with what forces greater than ourselves tell us to do.

That's what it's like to live in the present.



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

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

## PD Women's Group Lunches

On a recent Thursday afternoon, the women's lunch group celebrated five years of monthly get-togethers. It was blustery under the tent outside of Gabriella Cafe, but the mood was light, and conversation flowed. Our first lunch was here, and we've returned every year at this time.

Each month, we meet at a different restaurant, sampling their food but mostly we meet to enjoy the company of fellow PwPs. When asked what brings us back month after month, responses around the table included:

- it's a pleasure to spend time with women who fully understand what I'm experiencing
- I enjoy getting out of the house for a monthly restaurant meal with other women
- It's a relief to share a meal with others and know i won't be judged for my clumsy eating
- I value hearing about others' symptoms, medications and challenges, and how they manage
- These women are now my friends, and I enjoy seeing them regularly

We look forward to many more tasty lunches, shared learnings, and deepening friendships!

*From left to right: Kathleen Shada, Jade Taylor, Ann-Marie Mitroff, Aura Oslapas, Pat Randolph, Marvel Armijo, Margaret Berlin, Karen Avery, Sheri Sobin, Ida Huber*

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# 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.*

## **Risa Lower and Ellen Mazaika from NextStage Productions**

At the July picnic, we honored Risa Lower and Ellen Mazaika from NextStage Productions. As a non-profit, NextStage Productions engages, educates, and enriches the lives of Active Adults 50+. Their programs include, Musical Revues, Reader's Theater, Children's Theater, Storytelling, and Full Length productions.

Health and Wellness is an important component of their outreach, which combats isolation and offers opportunities to people living with PD.

Since 2019, Risa has collaborated with EASE PD and Watsonville Taiko to establish the very popular Taiko Drumming program for PwPs. There is no charge to participate, as NextStage, EASE PD, and generous donors support this beneficial class.

Ellen Mazaika is a steady presence in the class, demonstrating drumming patterns, offering help to participants and leading class when Sensei Ikuyo Conant is absent. In addition, Ellen and her husband Glenn, have entertained us with their songs for our holiday programs. We have been most fortunate to have their engaging performances.

EASE PD has valued our partnership with Next Stage as they underwrite Taiko and other programs such as our newest class, Yoga and Communication. Please watch the newsletter for new sessions of these classes and know that NextStage and EASE PD have a collaboration that enriches us all!



*From the left: EasePD Board President Julie Lorraine, Risa Lower and Ellen Mazaika of Next Stage Productions*

# 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.**



## Taiko Drumming

Current session continues through September 11. **Next session starts October 16th.**

There will be a recital Monday, September 11th at 10:30 am.

**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, September 14<sup>th</sup> and 28<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 10 - 11:30 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

**When: Wednesdays from 11 am – 1 pm** 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.



## 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.

Future classes TBD.

# 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 **September 1st and 15th** (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 September 13th and 27th from 2:00-3:30** (2nd and 4th Wed of month)

*CP group 2* is open to new members – **next meeting is September 20th 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, September 21st** at 1pm at Sampa Brazil 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 from 4-5pm

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. This session will be for DO residents only.

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.

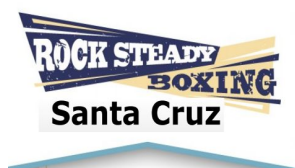
**When: Wednesdays at 1pm** (except 1st Wed of each month). Third Wednesday will be *hybrid* of in-person and virtual. Contact: [mekatzman@gmail.com](mailto:mekatzman@gmail.com)



## 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)

# September 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
				Sep 1 <ul style="list-style-type: none"> <li>10am PEP Cardio-Str</li> <li>11am Parkins-Ball</li> <li>1pm Peer Support Gr</li> </ul>	2 <ul style="list-style-type: none"> <li>10am Climbing out of</li> </ul>
4 <ul style="list-style-type: none"> <li>10am Taiko Drummin</li> <li>11:30am Boxing</li> </ul>	5 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>10am PEP Movement</li> <li>11:30am Boxing</li> </ul>	6 <ul style="list-style-type: none"> <li>11am Pickleball</li> <li>11am PEP Movement</li> <li>11:30am Boxing</li> <li>2pm Monthly Mtg</li> </ul>	7 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>11:30am Boxing</li> <li>4pm Flying Solo</li> </ul>	8 <ul style="list-style-type: none"> <li>10am PEP Cardio-Str</li> <li>11am Parkins-Ball</li> </ul>	9 <ul style="list-style-type: none"> <li>10am Climbing out of</li> </ul>
11 <ul style="list-style-type: none"> <li>10am Taiko Drummin</li> <li>11:30am Boxing</li> </ul>	12 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>10am PEP Movement</li> <li>11:30am Boxing</li> <li>3pm Ping Pong</li> </ul>	13 <ul style="list-style-type: none"> <li>11am Pickleball</li> <li>11am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Dance4PD</li> <li>2pm CP Group 1</li> </ul>	14 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Tremolos</li> </ul>	15 <ul style="list-style-type: none"> <li>10am PEP Cardio-Str</li> <li>11am Parkins-Ball</li> <li>1pm Peer Support Gr</li> </ul>	16 <ul style="list-style-type: none"> <li>10am Climbing out of</li> </ul>
18 <ul style="list-style-type: none"> <li>11:30am Boxing</li> </ul>	19 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>10am PEP Movement</li> <li>11:30am Boxing</li> </ul>	20 <ul style="list-style-type: none"> <li>11am Pickleball</li> <li>11am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Dance4PD</li> <li>1:30pm CP Group 2</li> </ul>	21 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Women's Lunch</li> </ul>	22 <ul style="list-style-type: none"> <li>10am PEP Cardio-Str</li> <li>11am Parkins-Ball</li> </ul>	23 <ul style="list-style-type: none"> <li>10am Climbing out of</li> </ul>
25 <ul style="list-style-type: none"> <li>11:30am Boxing</li> </ul>	26 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>10am PEP Movement</li> <li>11:30am Boxing</li> <li>3pm Ping Pong</li> </ul>	27 <ul style="list-style-type: none"> <li>11am Pickleball</li> <li>11am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Dance4PD</li> <li>2pm CP Group 1</li> </ul>	28 <ul style="list-style-type: none"> <li>9am PEP Movement</li> <li>11:30am Boxing</li> <li>1pm Tremolos</li> </ul>	29 <ul style="list-style-type: none"> <li>10am PEP Cardio-Str</li> <li>11am Parkins-Ball</li> </ul>	30 <ul style="list-style-type: none"> <li>10am Climbing out of</li> </ul>

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.

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