

Wednesday, January 3rd at 2pm

Putting Your Best Foot (and Paw) Forward in 2024



Jan Edwards and her service dog, Teak, were matched in February 2020. He is her second Canine Companions service dog and assists her by picking up dropped items, bringing things to her, opening doors, alerting her husband, and more.



Shari Rodenberger is a volunteer puppy raiser, currently raising Gill, the Sharks Pup, who is sponsored by the San Jose Sharks. He is her sixth puppy and she was also a breeder caretaker, with eight litters of future service dogs born in her home.

Jan and Shari are on the leadership team for the SF/South Bay Chapter of Canine Companions.

Location in person:

Parrish Hall of the Congregational Church of Soquel
4951 Soquel Dr.

Zoom Link for virtual participation [here](#).

Meeting ID: 823 0935 4550 Passcode: 164784

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. Parrish Hall is easily accessed from the pkg lot.

Upcoming Wednesday Meetings in 2024

February 7th at 2pm, Congregational Church of Soquel "Putting Teeth in the Subject: Dental Health in Seniors and People with Parkinson's."

With Tim Znamirowski, DDS and Brooke Kondo Rains, DDS, Sepi Taghvaei, DDS (from Dientes), and students from the Cabrillo College Dental Hygiene program

March 16th from 8:00 - 3:00 Symposium at Seascape Golf Club (see page 3).

PD in the News

On December 14th, by a vote of 407 to 9, the National Plan to End Parkinson's Act was passed by the U.S. House of Representatives!

The House had 40 minutes of [debate](#) about the bill. Now on to the Senate. With Majority Leader Chuck Schumer's support, let's make history in the new year! **Join us in lending your voice:** <https://michaeljfox.quorum.us/campaign/54041/>

"This is an historic moment for the Parkinson's community – I think it's safe to say that PD has never had so much attention by federal lawmakers possibly other than when Michael J. Fox and Muhammed Ali [testified](#) before Congress in May of 2002" - Ted Thompson, JD, Senior Vice President, Public Policy.

Last week the U.S. House Energy and Commerce Committee took up the bill and passed it out of committee unanimously. You can watch the [hearing here](#).

In this Season of Giving, Consider supporting EasePD

If you believe as we do that those with Parkinson's thrive best when powered by information, exercise, and the support of others, **then consider making a tax-deductible donation to EasePD.**

Financial support, in any amount, is valuable. It will be used to lower the cost of programs such as Taiko Drumming, Tremolos, Voice and Yoga classes, Climbing out of Parkinson's, and Pickleball. It is needed in paying for operating expenses such as insurance and rental of meeting rooms.

We hope that our local Santa Cruz Parkinson's Community will continue its generous support. Donations can be designated for a specific activity or made in honor of or in memory of an individual **Donations can be made online at easepd.org or checks can be mailed to EASE PD at 3848 Vienna Drive, Aptos, CA 95003.**

Announcing the 2024 Santa Cruz County Parkinson's Group Symposium

Seascape Golf Club
610 Clubhouse Drive in Aptos, CA
Saturday, March 16, 2024
8:00 AM – 3:00 PM

Facing Parkinson's with Gratitude, Optimism and Resilience

Attendance is Free. A \$15 donation is requested to cover the cost of lunch. For more information on speakers and complete program details, please visit

<https://www.easepd.org/2024-symposium>

FACING PARKINSON'S Gratitude with Optimism and Resilience

A program of Ease PD, Inc

The educational symposium program will include:

- Vivek Buch, MD, Neurosurgeon, on new treatments for Parkinson's
- Peter Lin, MD, Parkinson's and Movement Disorders Specialist, discussing strategies for maintaining and improving the quality of life at every stage of Parkinson's
- a motivational presentation by Dave Iverson, PwP, author, documentary/director
- Exercise Options for PwP with Molly Katzman (Dance for PD); Brian Dunningway (Rock Steady Boxing), and Lisa Oei and Stef Farina (PD-Connect)
- an artistic performance by Taiko drummers, Dance for PD, and Tremolos (our choral group)
- breakout sessions, exhibitors, and door prizes



Peter Lin, MD, Parkinson's and Movement Disorders Specialist, Valley Parkinson Clinic, Los Gatos, CA



Molly Katzman, Dance for PD Instructor, Motion Pacific, Santa Cruz, CA



Dave Iverson, PwP, author, documentary producer and director, San Francisco, CA



Vivek Buch, MD, Assistant Professor, Departments of Neurosurgery and Bioengineering, Stanford, CA

Intro to Alexander Technique



3 PART SERIES:

- Introductory Group Class
- 1 individual lesson
- Tools for Self Work Group Class

GROUP CLASSES @ MOTION PACIFIC

- SAT, JAN 20TH + SAT, FEB 10TH FROM 3:30 - 4:45
- INDIVIDUAL LESSONS SCHEDULED SEPARATELY

\$130 FOR 3 PART SERIES 8 PERSON MAX

TO REGISTER EMAIL: KATHRYN.TRIGG@GMAIL.COM
MORE INFO: KATIETRIGG.COM

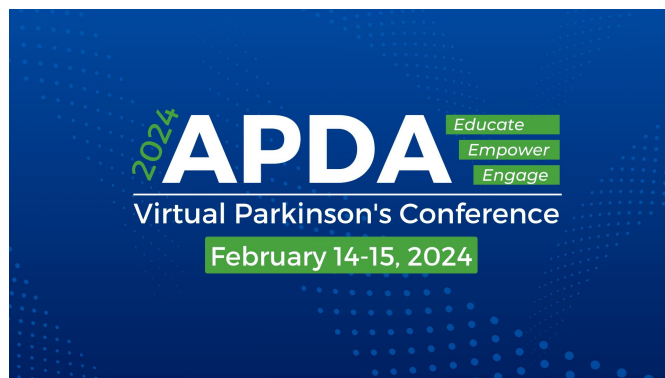
The Human Motor Control and Neuromodulation Lab at Stanford University is seeking participants for the SPRING (Stanford Parkinson's Research In Neuromodulation for Gait) Study.



Stanford Parkinson's Research In Neuromodulation for Gait

The SPRING Study aims to investigate the safety and feasibility of adaptive deep brain stimulation (aDBS) for impaired gait and freezing of gait in Parkinson's disease with the goal of advancing the development of patient-specific DBS therapy to improve quality of life for people living with Parkinson's disease. Current DBS systems use open-loop stimulation, which means that stimulation is on all the time at a constant setting that does not change in response to a patient's real-time state. This study is investigating the feasibility of a closed-loop system, or one that responds to your Parkinson's symptoms and movement state in real time. These closed-loop settings will be investigated while you are in the Human Motor Control and Neuromodulation Laboratory. You will return to the open-loop settings programmed by a study doctor after the end of each in-lab research day. Optionally, if you elect to participate in our additional at-home testing, you may undergo closed-loop stimulation.

For more information, contact us at bronte-stewart-lab@stanford.edu or at (650) 723-6709.



The American Parkinson Disease Association (APDA) is once again hosting a special two-day free virtual conference for people with Parkinson's disease (PD) and their care partners on February 14 and 15, 2024. The [APDA Virtual Parkinson's Conference: Educate. Empower. Engage](#) will provide a fantastic opportunity for people impacted by PD to hear firsthand from leaders in PD treatment and research, as well as enjoy important opportunities to connect with other members of the PD community for support, inspiration, and guidance. (The conference message boards were buzzing last year – it was exciting to see the connections and sense of community happening online!)

[Register today to reserve your spot!](#)

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

When: Mondays 10 – 11 am, new session starts January 15th through March 11th

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.



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.

When: Tremolos will meet in person on **Thursday, January 11th and 25th from 1-2:30pm** at **St. John's Episcopal Church, 125 Canterbury Drive, Aptos.**

Contact Camille Couture, Song Leader at Camille.Couture@gmail.com for details.

A \$5.00 donation is suggested. Please bring your water. Masks are optional.



Climbing out of Parkinson's

When: Saturdays 10:00 - 12:00pm. The cost for use of equipment, walls, and belayers is \$10 for those with PD, and \$20 for others, 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 30th Ave in Santa Cruz

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

We'll provide paddles, pickleballs, and instruction.



Sand Volleyball at Frederick Street Park

When: 11 am-12 pm Fridays

Come join us Fridays for outdoor sand volleyball at one of Santa Cruz's most beautiful parks. There's a variety of volleyball drills, activities and we end with a volleyball game on the sand.

If you have any questions, call Liz at 831 818-9248 or email Lizzyfowler@aol.com

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 **January 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 or call (408)623-4466.

We have two groups:

CP group 1 is for ongoing members – **meeting January 10th and 24th from 2:00-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **next meetings are January 17th from 1:30-3:00** (3rd Wed of month) OR **January 11th at 4pm** (2nd Thursday of the month) for those unable to meet on the 17th. Julie will send out links and reminders 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. Mark your calendars for lunch at Stagnaro's on the pier, **Thursday, January 18th at 1pm**. Details and RSVP to aura@easepd.org

Flying Solo with Parkinson's continues January 11th and 25th 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. 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). All classes 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>

NEW classes at Dominican PEP!

Communication Class & Movement with Griffin Butler.

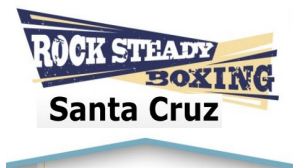
Classes are Thursdays 10-10:50 am, starting January 11th

Cost: \$132 There are 10 available seat(s).

[Click here](#) to register.

Yoga for Parkinson's with Samantha Brown

Classes are Fridays 1-1:50, starting January 12th



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>



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 for details.

January 2024 Calendar

NEW! View this calendar at 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 |
|---|--|---|---|---|------------------------------|
| Jan 1 ● 11:30am Boxing | 2 ● 11:30am Boxing | 3 ● 11am Pickleball ● 11:30am Boxing ● 2pm Monthly Mtg | 4 ● 11:30am Boxing | 5 ● 11am Parkins-Ball ● 1pm Peer Support Grp | 6 ● 10am Climbing out of |
| 8 ● 11:30am Boxing | 9 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong | 10 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1 | 11 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Tremolos ● 4pm CP GP2 ● 4pm Flying Solo | 12 ● 10am PEP Cardio-Stre ● 11am Parkins-Ball ● 1pm PEP Yoga | 13 ● 10am Climbing out of |
| 15 ● 10am Taiko Drumminç ● 11:30am Boxing | 16 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing | 17 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Grp 2 | 18 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Women's Lunch | 19 ● 10am PEP Cardio-Stre ● 11am Parkins-Ball ● 1pm Peer Support Grp ● 1pm PEP Yoga | 20 ● 10am Climbing out of |
| 22 ● 10am Taiko Drumminç ● 11:30am Boxing | 23 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing ● 3pm Ping Pong | 24 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1 | 25 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Tremolos ● 4pm Flying Solo | 26 ● 10am PEP Cardio-Stre ● 11am Parkins-Ball ● 1pm PEP Yoga | 27 ● 10am Climbing out of |
| 29 ● 10am Taiko Drumminç ● 11:30am Boxing | 30 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing | 31 ● 11am Pickleball ● 11am 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
 Visit 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.