

Volume 28, No 2 February 2024

Wednesday, February 7th at 2pm

## Putting Teeth in the Subject: Dental Health in Seniors and People with Parkinson's



Dr. Brooke Kondo Rains was born and raised in Santa Cruz county. She completed her DDS degree at the UP Arthur A. Dugoni School of Dentistry. Dr. Brooke joined her father, Gerald Kondo, DDS in his family dental practice in Watsonville in 2008, and took over as the sole dentist at Kondo Family Dentistry when her father retired in 2019. She is active in the Watsonville Dentistry, health and Japanese communities. Currently, she lives in Aptos with her husband, two daughters, and elderly dog (Nita).



Dr. Sepi Taghvaei obtained her DDS degree from NYU College of Dentistry in 2009. She completed a one-year Residency at Community Regional Medical Center in Fresno where she learned the importance of access to care, providing underserved patients with compassionate and high-quality dental care. In 2014, Dr. Sepi joined Dientes, where she has implemented many new programs and initiatives including the first ever residency program in Santa Cruz County. As the co-chair of Oral Health Access Santa Cruz County, Dr. Sepi has found great pleasure in leading a multi-partnership effort in improving the oral health of County residents.



Dr. Tim Znamirowski graduated from Marquette dental school in 1980. After 3.5 years in the US Air Force, he spent 3.5 years in Sacramento as an associate in a dental practice. From 1994-2017, he owned a dental practice in Santa Cruz, until retiring after his PD diagnosis. Tim is a dedicated participant in Rock Steady Boxing, going 4x weekly, and participates in PEP programs, volleyball, and Taiko drumming with other PD Warriors. "We are a dedicated group under the aegis of EasePD and we're fortunate that they've been here also fighting PD for over 25 years."

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**Our panel of dentists will be joined by students from the Cabrillo Dental Hygiene Program.**

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### 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

**Wednesday, March 6, 2 pm**—In lieu of our regular monthly meeting at the Congregational Church, all symposium volunteers are invited to attend a meeting at the Seascope Golf Course, 610 Clubhouse Dr., Aptos

**Saturday, March 16, 8 am - 3 pm** (see p. 2)  
The Symposium

## 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:

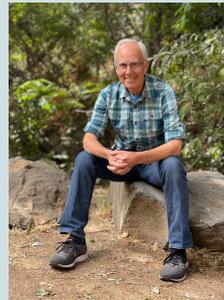
- Doris Wang, MD, Neurosurgeon, on advances in Deep Brain Stimulation for Parkinson's
- Peter Lin, MD, Parkinson's and Movement Disorders Specialist, discussing strategies for maintaining and improving the quality of life at every stage of Parkinson's
- a motivational presentation by Dave Iverson, PwP, 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



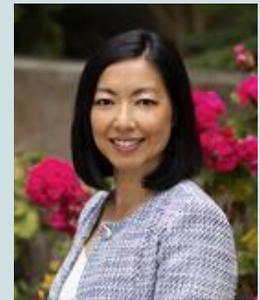
Peter Lin, MD, Parkinson's and Movement Disorders Specialist, Valley Parkinson Clinic, Los Gatos, CA



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



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



Doris Wang, MD, Associate Professor of Neurological Surgery at UCSF, San Francisco, CA

### Meet our Board Members | Rollie Day

#### *Tell us about your background.*

I grew up on a farm in Iowa, but had little interest in farming. Instead, I was fascinated by science, technology, and exploration of space and the oceans, and my heroes were the astronauts and Jacques Cousteau. Consequently, my first career was commercial diving, which is basically deep-sea construction work in offshore oil fields around the world. At the time, New Orleans was the center of the commercial diving universe, so I moved there and shortly thereafter met my wife Sue, whom many readers know from her work with the caring partners support group.

While I enjoyed the adventure, the travel, and the cutting-edge technology, neither Sue nor I were enamored of the career, which required prolonged absences and had a high mortality rate.



#### *What brought you to Santa Cruz County?*

In a word - computers! I was first introduced to computers through one of the diving companies I was employed by, and I found them so fascinating I decided to switch careers. I was hired by a Silicon Valley company, and began a 20 year career in high-tech. Though we initially lived in San Jose, we moved to Capitola in 2009, thinking that it would be a nice place to retire. During one of the periodic high-tech downturns, I took a job with Kaiser Permanente, teaching doctors, nurses, and staff how to use electronic medical records. Though I expected the job would last 2 to 3 years, I ended up retiring from Kaiser after 17 of the most rewarding years of my career. I would likely still be working there had I not been diagnosed with Parkinson's in July of 2021.

#### *What kinds of activities are you involved in?*

I am very thankful that I was exercising regularly long before I was diagnosed/retired, and since then, I've added more activities. Much to my surprise, I am enjoying singing with the Tremolos despite having never sung since elementary school. Other activities I enjoy are camping, hiking, reading, movies, theater, stand-up paddleboarding, and scuba diving. My true passion is rock-climbing - it is so rewarding, and so beneficial mentally and physically, I can't imagine not having it in my life.

#### *How do you like to spend your time?*

Hands down, my favorite hang-out activity is spending time with our 3 grandchildren, ages (almost) 7, 4, and 2. They are a constant source of amazement and amusement.

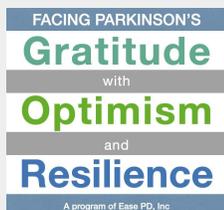
#### *What drew you to the EasePD Board?*

I'm excited to be serving on the EasedPD board, and having the opportunity to give back to this amazing community. After participating in some of the many programs provided by the group, I have developed tremendous appreciation for the programs, and for the people who have worked so diligently to create and sustain them. In particular, I hope to find ways to reduce the time and effort needed to maintain these programs. Resources are not unlimited, and the Parkinson's population is growing, so we need to make sure we are getting maximum benefit from the time, effort, and money that we are investing.

#### *Would you like to share a book or film recommendation?*

*In Oceans Deep*, by Bill Streever. It's a fascinating chronicle of humanity's exploration of the oceans.

# EasePD News + Events



**Saturday, March 16th**

We are looking for a few more volunteers specifically for checking people in and also to serve as greeters, “floaters”, and time keepers.

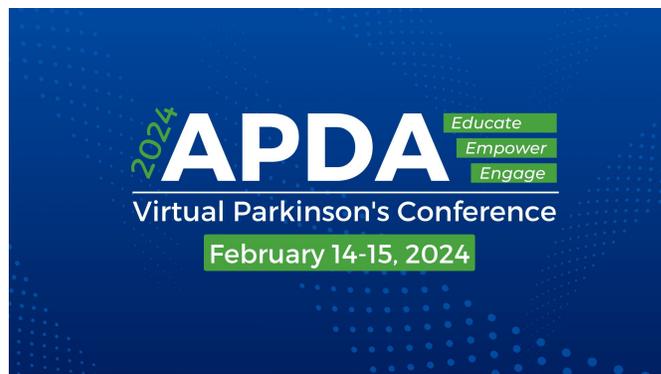
Please contact Karen Williams at (831) 708-2906 or [williamk@union.edu](mailto:williamk@union.edu).

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.



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](mailto: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!](#)

# PD in the Community

## A Glimpse into the Rock Steady Boxing Class

Rock Steady Boxing (RSB) is a non-contact fitness program designed for people with Parkinson's. Established in 2006, there are 450 programs worldwide and we are fortunate to have an RSB program right here in Santa Cruz County. Starting in 2018, Rock Steady Boxing classes are offered Monday-Thursday, 11:30 am at Santa Cruz Boxing in Scotts Valley. The class is a mix of working punch combos on the heavy bag or shadowboxing, calisthenics, stretching and a good dose of fun. Classes are open to come and watch a session to see if it's a good fit. We are in this fight together!

For more information contact Coach Brian Dunning at 831-438-2697

*Right: One of our February panelists, retired dentist Tim Znamirovski, is a dedicated RS Boxer.*



# 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, current session continues 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](mailto: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, February 8th, 15th and 22nd from 1-2:30pm** at **St. John's Episcopal Church, 125 Canterbury Drive, Aptos.**

Contact Camille Couture, Song Leader at [Camille.Couture@gmail.com](mailto: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 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.



## Sand Volleyball at Frederick Street Park - **no classes in February**

**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](mailto: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 **February 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](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) or call (408)623-4466.

### We have two groups:

*CP group 1* is for ongoing members – **meeting February 14th and 28th from 2:00-3:30** (2nd and 4th Wed of month)

*CP group 2* is open to new members – **next meetings are February 8th from 4-5:30** (2nd Thursday of the month) and **February 21st from 1:30-3:00** (3rd Wed of month). Julie will send out links and reminders 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. Our next lunch will be at Sampa Brazilian Kitchen on **Thursday, February 15th at 1pm**. Details and RSVP to [aura@easepd.org](mailto:aura@easepd.org)

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## IN MEMORIAM

**Jeffrey Wall**, 81 years old, passed away from complications of Parkinson's Disease on 12/23/23 with his family by his side. He was an avid runner, holding many records for years. He leaves behind his wife, Susan, as well as many friends and family. Susan has been a member of our Care Partners Group.

**Brian Foss** died on Dec 24th from complications of Parkinson's Disease. He sang with the Tremolos and participated in the Voice and Movement classes. Brian was the Port Director of the Santa Cruz Harbor for 32 years and led the expansion of the Upper Harbor and reconstruction of Harbor buildings after the 1989 earthquake. He served 7 years in the US Coast Guard. In his college years at USC, he was an All American swimmer, and co-captain of the 1964 NCAA champion Swim Team. Brian was always humble about his many accomplishments and dedicated himself to being a fine husband, father and grandfather..

# 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](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>

**NEW classes at Dominican PEP!**

### Communication Class & Movement with Griffin Butler.

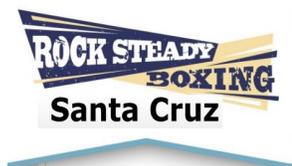
Classes are Thursdays 10-10:50 am, starting January 11th, ongoing

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, ongoing



## 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>

# February 2024 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
			Feb 1 ● 9am PEP Movement ● 10am PEP Comm+Mc ● 11:30am Boxing	2 ● 10am PEP Cardio-Stre ● 1pm Peer Support Grp ● 1pm PEP Yoga	3 ● 10am Climbing out of
5 ● 10am Taiko Drummin ● 11:30am Boxing	6 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	7 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 2pm Monthly Mtg	8 ● 9am PEP Movement ● 10am PEP Comm+Mc ● 11:30am Boxing ● 1pm Tremolos ● 4pm CP GP2	9 ● 10am PEP Cardio-Stre ● 1pm PEP Yoga	10 ● 10am Climbing out of
12 ● 10am Taiko Drummin ● 11:30am Boxing	13 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	14 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	15 ● 9am PEP Movement ● 10am PEP Comm+Mc ● 11:30am Boxing ● 1pm Women's Lunch ● 1pm Tremolos	16 ● 10am PEP Cardio-Stre ● 1pm Peer Support Grp ● 1pm PEP Yoga	17 ● 10am Climbing out of
19 ● 10am Taiko Drummin ● 11:30am Boxing	20 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	21 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Grp 2	22 ● 9am PEP Movement ● 10am PEP Comm+Mc ● 11:30am Boxing ● 1pm Tremolos	23 ● 10am PEP Cardio-Stre ● 1pm PEP Yoga	24 ● 10am Climbing out of
26 ● 10am Taiko Drummin ● 11:30am Boxing	27 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	28 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	29 ● 9am PEP Movement ● 10am PEP Comm+Mc ● 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.*