



Movers & Shakers

The Santa Cruz County Parkinson's Group Monthly Newsletter

Volume 28, No 3 March 2024

Saturday, March 16th from 8:00am - 3:00pm
Seascope Golf Club 610 Clubhouse Drive in Aptos, CA

Facing Parkinson's with Gratitude, Optimism and Resilience

The educational symposium program will include:

- 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
- Doris Wang, MD, PhD, Neurosurgeon, on advances in Deep Brain Stimulation for Parkinson's
- a motivational presentation by Dave Iverson, PwP, author, documentary producer/director
- Exercise Options for PwP with Maria Walsh (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

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

Wednesday, April 3, 2 pm—Parrish Hall, Soquel Congregational Church, "It's Your Turn!"—we're looking for feedback on the symposium and your ideas for future monthly programs, symposiums, and fundraising events

Sunday, April 7—Dine for a Day to support SCCPG/EASEPD at Erik's in Aptos, Capitola, and Santa Cruz

A History of Santa Cruz Parkinson's Symposiums by Karen Williams

Shortly after my husband and I moved from upstate NY to Aptos in the summer of 2009, I became part of the Santa Cruz County Parkinson's Group. Soon after I joined the group, I suggested organizing a symposium which could not only bring awareness about Parkinson's to the Santa Cruz community at large but also attract others to the group.

Marcia Jue-Pelio, whose husband, Tom, had PD and who ultimately lent her legal expertise to the formation of EASE PD, immediately jumped on board. She and I met with the leaders of the group who seemed a bit skeptical at the time. When the group's president remarked that, "It sounds like a lot of work," Marcia replied, "Yes, but *you* don't have to do it!"



The day-long symposium, which took place in Santa Cruz in October of 2010 and which focused on the benefits of DBS surgery, was arranged with the assistance of Donna Gow from Medtronic. The presenters included Helen Bronte-Stewart, MD/PhD and Jaime Henderson, MD, from Stanford, Marilyn Basham, PT, and members of our group who spoke about their own experiences with DBS. The event drew about 120 people and was a resounding success; many attendees subsequently joined our group, and those who had been skeptical were convinced that this undertaking was well worth the effort.

In March of 2017 EASE PD, Inc., in conjunction with the Santa Cruz County Parkinson's Group, offered our second symposium, "*Cruz'n Through PD*". This symposium and all of subsequent ones have been organized by a very capable Symposium Planning Committee. The program featured presentations by Rita Gandhi, MD, and George Triadafilopoulos, MD, a motivational speech by Dave Iverson, and breakout groups. This symposium attracted attendees from as far away as Sacramento and was "sold out" before publicity could be released. I'll never forget that, as attendees made their way out of hall at the end of the event, they pressed money into our hands because they had enjoyed the event so much.

Our third symposium—"*My life is Bigger than Parkinson's*"—was held in March of 2019. More than 200 attendees, exhibitors, and presenters showed up for a fabulous program which included presentations by Peter Lin, MD, Laurie Mischley, ND/PhD, Karen Nauenberg PT, David Zimmerman, LMFT, and a motivational speech by Amy Carlson. Also featured were about eight exhibitors, and breakout groups. Major funding for the second and third symposiums was provided by the Bowen Family Foundation, named for Betty Bowen, a longtime member of our group. Our aim has always been to offer these symposiums free of charge, asking only for voluntary donations to help cover the costs of the events.

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A History of Santa Cruz Parkinson's Symposiums by Karen Williams

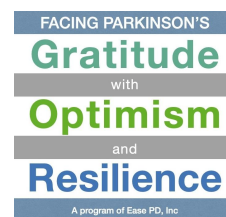
Our next symposium, on March 16--*"Facing Parkinson's with Gratitude, Optimism, and Resilience"* will be the fourth event which our group has organized. We began planning it more than three years ago, intending to hold it in 2022, but it was delayed due to the pandemic and the need to find a new venue. But, *finally*, the day has come! A major theme of this symposium is **gratitude**— for the superb presenters who have taken time out of their busy schedules to be with us, and for the contributions made by generous donors and dozens of talented and dedicated volunteers. We have indeed reached our original goals of spreading the word about Parkinson's and attracting local people to the group. We no longer need to publicize our symposiums outside of Santa Cruz and surrounding counties because we have built a strong Parkinson's community here. I suspect that our little Santa Cruz County stands alone in offering a major event of this kind. We have so much to be proud of.

As Program Coordinator for the Santa Cruz County Parkinson's Group, Karen Williams has helped arrange monthly meetings since 2010. She has also been a leader on the EasePD Board since 2018 and is Chair of this year's PD Symposium Planning Committee.

Things to know if you're planning to attend

Registration is now closed but a waiting list has been established at <https://www.easepd.org/2024-symposium-wait-list>

Please consider carpooling. If it's a nice day, we'll be sharing the parking lot with golfers!



Scenes from the 2019 Symposium—*"My life is Bigger than Parkinson's"*

EasePD News + Events

SAVE THE DATE

Erik's Dine for a Day is happening again!
Sunday, April 7th, 2024

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ESTD DELICAFÉ 1973

Erik's DeliCafé of Aptos
102 Rancho Del Mar
(831) 688-5656

Erik's DeliCafé of Capitola
1475 A-2 41st Ave
(831) 475-4646

Erik's DeliCafé of Santa Cruz
1664 Soquel Drive
(831) 462-1919



SAVE THE DATE

Moving Day San Jose

Saturday, April 20, 2024
Lake Cunningham
9:00 AM



Join our team **Waves of Hope** representing the Central Coast with co-captains Naomi Estolas, Monterey County and Ida Huber, Santa Cruz County and participate in Moving Day. This is an annual fundraising walk hosted by the Parkinson's Foundation. It is a fun and inspiring event that unites families, friends and communities both large and small in the fight against Parkinson's disease. This celebration of movement features a family friendly walk course, a kids area, a caregivers relaxation tent and a special Movement Pavilion featuring yoga, dance, Tai Chi, Pilates, etc., all proven to help manage Parkinson's symptoms. It is 'A day to move, a day to move others, a day that moves YOU!'

For more information, please contact Ida Huber at 831-246-2785 or 2tri4me@gmail.com

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.



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, March 14th, March 21st, and March 28th 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 **March 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. 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 March 13th and 27th from 2:00-3:30** (2nd and 4th Wed of month)

CP group 2 is open to new members – **next meetings are March 14th from 4-5:30** (2nd Thursday of the month) and **March 20th from 1:30-3:00** (3rd Wed of month). 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. Our next lunch will be at Sala Thai in Santa Cruz on **Thursday, March 21st at 1pm**. Details and RSVP to aura@easepd.org

Movers + Shakers Podcast

No, we're not making podcasts but a terrific series of podcasts about living with Parkinson's was recently brought to our attention.

"Their regular podcast, titled 'Movers & Shakers', shares the challenges and positives of their Parkinson's experience through informative, open and often hilarious conversations. The group touch on research news and interview their own specialists and international experts on different aspects of the condition.

<https://cureparkinsons.org.uk/2023/03/movers-shakers-six-familiar-faces-host-podcast-about-living-with-parkinsons/>

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.

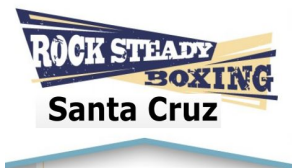
When: Wednesdays at 1pm (except 1st Wed of each month). All classes will be *hybrid* of in-person and virtual. Contact: mekatzman@gmail.com



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>



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>

IN MEMORIAM

James (Bar) Houston Feb. 2, 1947–January 23, 2024

Bar was a retired electronics Engineer with an active interest in model railroading, sailing on his boat out of Sequoia Yacht Club and working with audio systems. He and his wife joined the Parkinson's group the year before COVID where they met and enjoyed the support and comfort of many special people. Bar's wife, Nancy Harmon is a valued member of our Care Partners group.

Bar will be dearly missed but remembered for his kindness and optimism.

March 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
				Mar 1 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm Peer Support Grp ● 1pm PEP Yoga	2 ● 10am Climbing out of
4 ● 10am Taiko Drumming ● 11:30am Boxing	5 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	6 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing	7 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing	8 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm PEP Yoga	9 ● 10am Climbing out of
11 ● 10am Taiko Drumming ● 11:30am Boxing	12 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	13 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	14 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Tremolos ● 4pm CP GP2	15 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm Peer Support Grp ● 1pm PEP Yoga	16 ● 8am Symposium ● 10am Climbing out of
18 ● 11:30am Boxing	19 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	20 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 1:30pm CP Grp 2	21 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Women's Lunch ● 1pm Tremolos	22 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm PEP Yoga	23 ● 10am Climbing out of
25 ● 11:30am Boxing	26 ● 9am PEP Movement ● 10am PEP Movement ● 11:30am Boxing	27 ● 11am Pickleball ● 11am PEP Movement ● 11:30am Boxing ● 1pm Dance4PD ● 2pm CP Grp 1	28 ● 9am PEP Movement ● 10am PEP Comm+Mo ● 11:30am Boxing ● 1pm Tremolos	29 ● 10am PEP Cardio-Str ● 11am Parkins-Ball ● 1pm PEP Yoga	30 ● 10am Climbing out of

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.