

The Shaky Times

Parkinson Network of Mount Diablo Newsletter

www.pnmd.net

January 2018

Upcoming Meetings:

Board Meeting:

First Monday of each month, 10:15A.M. Hillside Covenant Church, 2060 Magnolia Way, Walnut Creek.

General Support Group Meeting:

The Parkinson Network of Mt. Diablo Support Group Will meet on Saturday, January 20th, from 9:00 a.m. to noon at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. All are welcome and there is no charge. No RSVP's needed. Here is the agenda:

9:00 to 10:15 a.m. – Three concurrent Support Group meetings:

1. **Men with Parkinson's Disease Only:** For men newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the **Fireside Room** at Grace Church. Contact person is Derek Ransley (dransley@comcast.net), (925) 944-0769.
2. **Women with Parkinson's Disease Only:** For women newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the **Library** at Grace Church. Contact person is Sandy Clark (sandchu@aol.com) (925) 944-0769.
3. **Caregivers Only:** Caregivers discuss issues relating to their roles. Meeting location is the **Sanctuary** at Grace Church. Contact person is Norman Kibbe (nkibbe@aol.com) (925) 935-9322 .

10:15 a.m. to 10:30 a.m.-Assemble in Oak Room. The PNMD Library, with books, flyers, videos, etc. is open at this time. Refreshments. Please bring your favorite fruit to share.

10:30a.m. to 10:45a.m.- Welcome new members announcements.

10:45 a.m. to 11:45a.m. -(In Oak Room) Two presentations:

(1) Lori Santo, Coach, Rock Steady Boxing-East Bay. "Fight Back Against Parkinson's with Rock Steady Boxing!" Lori is a certified Rock Steady Boxing (RSB) Coach. She became involved with RSB on a personal level, having someone in her life living with Parkinson's. Lori says, "Today, I commit my time to RSB East Bay working with our Parkinson's clients as coach. Many will meet me during the assessment phase of their decision to Fight Back against Parkinson's!"

(2) Bob Wolf, author of "Honey, I Sold the Red Cadillac." Bob's wife, Carol was in the first class of women admitted to the Master's program at Harvard University. They were retired and living in Lafayette, CA when Carol first detected a tremor in her left hand, indicating the onset of Parkinson's disease. This was the start down that long twisting path that is the subject of his book, and of today's talk.

11:45 a.m. –noon-Q&A, Wrap up: General questions may be directed to Co-Chairs Lance Gershen, (925) 932-1028; or Abraham Raja, (925) 304-2064. Web site: <https://pnmd.net>

Tri-Valley Parkinson's Support Group Meeting:

Saturday, January 13th, 10 A.M. Pleasanton Senior Center, 5353 Sunol Boulevard. (Program TBA).

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2018 Annual Dues – Still \$50

PNMD annual dues are still \$50 per household. Enclosed with this issue of the Shaky Times is a self-addressed reply envelope for your payment. Please affix first-class postage. Thank you for supporting PNMD!

You Have Parkinson's. What About Your Loved One(s)?

By Carol Fisher

“When everything goes to hell, the people who stand by you without flinching--they are your family.” ~ Jim Butcher

Having a neurological disease like Parkinson's disease (PD) can feel overwhelming. The symptoms are ever-present. Your body continually reminds you that you have PD. It can be quite difficult not to be absorbed by it.

While you are busy trying to figure out how to manage your body and your life, the people around you—your partner, your children, your friends—can feel just as overwhelmed, confused and burdened by the PD “monster.” What to do?

- As much as possible, be mindful and connected to yourself, your medication cycle, and your daily routine of self-care.
- Communicate clearly with your loved ones about your needs and feelings so they do not have to guess what is going on with you.
- When your body and mind need rest, honor that.
- As your PD progresses, the people in your life may take on a growing share of the household chores. To keep the workload as balanced as possible, clearly identify tasks that you are willing and able to do.
- Encourage your loved ones to communicate their thoughts and feelings about how PD is changing your lives—and how you can manage it together. **Don't let PD be the elephant in the room!**
- Find ways to give your partner a break. Send her to the spa for an afternoon. Give him some baseball tickets. Order take-out for dinner. Have it delivered or picked up by Uber.
- Find ways to *laugh* together. Enjoy a movie comedy; look at old photographs; play a game—whatever makes you feel happy.
- Don't delay getting a caregiver, even if it's only for a couple of hours a week. If your partner or family is getting increasingly burdened and exhausted, it may be time.

Of course, this journey isn't easy. But there are ways to manage it well. (And ways to avoid managing it!) The choice is up to you. Why not give yourself, your family, and your friends the gift of clear and loving communication?

Carol Fisher is a registered Yoga Instructor and a certified Parkinson's Wellness Recovery Instructor. She has been teaching movement to people with PD for the past eight years, and has worked extensively with John Argue. She can be reached by phone at 925-566-4181 or via email at namastecarol@gmail.com. Visit her website at www.innerkeyyoga.com.

Is There Treasure In Your Driveway?

You can stop paying insurance and registration—and get a tax deduction.

Donate your car to PNMD. **Just call: 877-999-8322**

Important:

Be sure to tell the operator that you wish to donate your car to Parkinson Network of Mount Diablo.

Or just use this link for our dedicated online donation form:

<http://www.v-dac.com/org/?id=943297100>.

If you have any questions, call the vehicle donation program at 877-999 8322.

Or contact Howard Zalkin at hzalk510@gmail.com.

Donations

Patricia W. Hosel in memory of Harold V. Hosel
Jim and Mary Drennan

Tremble Clefs

Mt. Diablo Tremble Clefs will improve the volume and clarity of your voice through enjoyable free weekly singing sessions. Don't let your voice fade away. We meet Thursdays 1:30-3:30 pm in Lafayette. For more information please contact chair Michael Grupp at (925) 451-3389.

Library Corner

Dear Members and Friends,

The library is open for business at the monthly meeting. Peruse the free booklets, brochures and other items of interest. Check out a book. Have you read a book on Parkinson's that others may like? Give the Librarian the name and it will be added to the library. Donate books of interest. Sharing helps everyone.

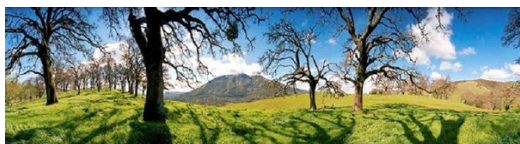
-Abraham Raja, Librarian Chair



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Meetings, Addresses & Phone Numbers

General Support Group Meeting, Saturdays:

Moderator: Bill Clinch. Meets 3rd Saturday of the month, year-round (see p. 1 for any exceptions), from 9 A.M. to noon at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. This meeting is geared toward all those with PD as well as those in the early years of Parkinson's. The program consists of a guest speaker and open discussion.

Tri-Valley Meeting Facilitators: Jackie & Norman Bardsley (925) 831-9940. Meets 2nd Saturday of the month, year-round, from 10 A.M. to noon at the Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton. This is a support group and learning session that is open to all who want to learn about PD.

General Information Phone No.: (925) 939-4210

Chairs: Lance Gershen (925) 932-1028
Abraham Raja (925) 304-2064

Vice Chair: TBD

Secretary: Betsy Fowler (925) 314-1875

Treasurer: Amy Van Voorhis (925) 932-5036

Membership: Ken Kuhn (925) 588-9837

Health and Wellness Programs: Cathy Hostetler (925) 932-5285

Volunteer Coordinator: Cathy Hostetler (925) 932-5285

Information Technology (I.T.): Sara Allen (925) 296-0221

Saturday Programs: Lance Gershen (925) 932-1028

Men's Discussion Group: Derek Ransley (925) 944-0162

Women's Discussion Group: Sandy Clark (925) 944-0769

Board Mtg.: Open to all members. See p. 1 for details.

Caregiver Discussion Group: Norman Kibbe (925) 935-9322

DBS: TBD

Librarian: Abraham Raja: (925) 304-2064

Tremble Clefs: Michael Grupp (925) 451-3389

Donations and Memorials: Please mail to P.O. Box 3127, Walnut Creek, CA 94598.

Newsletter Editor: Randolph Segura (925) 872-1927

Please email submissions by the 15th to:
randolphsegura@gmail.com.

Board Mtg.: Open to all members. See p. 1 for details.

Disclaimer: This newsletter is published to increase awareness of problems related to Parkinson's Disease. Neither PNMD nor its members make any warranty or assume any responsibility as to the accuracy, completeness or usefulness of any information presented. The editor's opinions are strictly his own.