

NOVEMBER 2017 NEWSLETTER & CALENDAR

Plan Ahead: Saturday, November 11th - Fall Forum

► **The Time For The Annual Appeal Has Come.
The Time Is Now.**

 <small>By and For People with Parkinson's Disease P.O. Box 9246 Berkeley, CA 94709 (510) 479-6119 info@pdactive.org</small>	Name: _____ Address: _____ City: _____ Zip: _____ Phone: _____ Email: _____
ENCLOSED IS MY GIFT OF: \$50 \$75 \$100 \$250 \$500 Other: _____ Donation in honor/in memory of: _____	PAYMENT INFORMATION <input type="checkbox"/> Check payable to PD Active <input type="checkbox"/> Charge my credit card AmEx Visa MasterCard Discover Credit Card #: _____ Exp: _____ DONATE ONLINE AT: pdactive.wordpress.com/donate/
BECOME A MONTHLY DONOR: Email development@pdactive.org	<small>Your gift is tax deductible to the extent allowed by law. PD Active is a 501(c)(3) organization.</small>

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► **Forum: Kathleen Parafinczuk, PT**

Topic: Exercise as Medicine - The Role of Rehabilitation Professionals in Helping to Treat Parkinson's Disease

Saturday, November 11, 2017 from 10:30am-12:00pm

Berkeley Unitarian Fellowship Hall, 1924 Cedar Street (at Bonita), Berkeley

RESERVATIONS: We urge you to reserve a seat.

Please email pdaforum@pdactive.org For information call **510-832-8029**



Kathleen Parafinczuk is a Physical Therapist (PT) who specializes in neurological physical therapy.

Kathleen, PT, DPT, NCS graduated with a B.S. in biology from Emory University in 2007, and received a DPT degree (three-year doctorate) from Arcadia University in 2011. She is a senior therapist on the rehabilitation team at Kaiser Permanente in Redwood City where she has completed a residency to become a clinical specialist in neurology (NCS). She continues working as a faculty member and clinical mentor within the residency program.

As a member of the Kaiser Parkinson Disease Network she teaches an on-going education and exercise class to patients with Parkinson's disease. In 2015 she

was selected as a neurological clinical leader to work on Kaiser's Re-Design Team establishing region-wide practice protocols for neurological therapists in the outpatient setting.

In 2016 she co-designed a balance and fall prevention curriculum for the Evidence In Motion continuing education program. Her volunteer work includes teaching a weekly PWR!Moves® Group class for those with Parkinson's Disease at the Redwood City Veterans Memorial Senior Center.

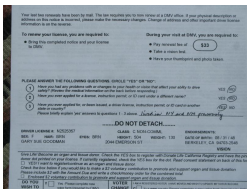
She became a member of the Americare Neurosurgery International (AMCANI) volunteer group in 2013, and traveled to Vietnam on two mission trips where she gave presentations and clinical guidance on early mobility after injury or trauma for neurosurgical patients. In 2015 she became a member of the AMCANI Board of Directors.

► Special Read



OUTING YOURSELF TO THE DMV: OR NOT POSSIBLE COMPLICATIONS OF REPORTING YOUR DIAGNOSIS

By Gary Sue Goodman



Unless you decide to voluntarily relinquish your drivers' license, the next time you apply for a renewal, you will need to choose whether or not to report your PD diagnosis. As you consider what to do, some experiences of other people with Parkinson's may help to clarify the DMV's approach, their processes of evaluating people's driving safety, and your options for handling the dilemma.

Facing this dilemma, Gary Sue Goodman envisioned PD Active having a site where people could share information and experiences on dealing with bureaucracies. A member of PD Active, Gary was diagnosed with PD in December 2014, shortly after she retired from teaching writing at the University of California, Davis.

Click [Here](#) to read and comment on Gary's article written for the PD Active Newsletter.

If you wish to add your own DMV renewal story to the collection of people's experiences that will be posted on the PD Active website, please send it as a Word attachment to gsgoodman@ucdavis.edu.

► In The News

PD Active Debuts on TV

KTUV Channel 2, Christine Wong features PD Active & Rock Steady Boxing® Albany



Click [HERE](#) to watch the video

► A Sunday Picnic In The Park

The weather was perfect, the food was delicious: from grilled meats to ice cream and a pot luck table that overflowed with fresh fruits and vegetables.

A bubble machine made sure to keep people on their toes. Everyone behaved, everyone said it was a wonderful afternoon. There was a great turnout providing the opportunity to meet old friends and meet new ones.

We all must thank Donna Mickelson for her superb organizing and also thank her band of volunteers who made it all look so easy –don't be fooled—it takes work to pull off a flawless event.



► Noteworthy News

- **Gary Turchin Announces a New Program**

A reconstituted version of "The Bard & The Balladeer", featuring singer/songwriter Ken Risling, Gary and singer/songwriter Kress Cole ("A local queer femme 26-time award winning songstress") plus guest performers.



Saturday, November 18th @ 7:30pm The Monkey House,
1638 University Ave., Berkeley 94703

Tickets: \$10-\$20 sliding scale.

This program will be a benefit for dNaga Dance for PD Program®.

► Thank You To Our Donors

Wendy Bomberg in appreciation of Care Partners Support Group and Joyce Sakai, facilitator
Gretchen Greene
Carol & Ron Hofmann
Ann Van Steenberg

Namaste Yoga SEVA Mat Rental award

► How To Donate To The Annual Appeal

PD Active is a 501(c)(3) organization. Contributions are tax deductible.

We rely on you, our generous PD Active members, and your friends and families, for our core financial support. It's easier than ever to help.

- To donate by credit card: please [click here](#).
- To donate by postal mail:

PD Active, P.O. Box 9246, Berkeley, CA 94709

- To donate by PayPal: please [click here](#)
- For other types of donations such as:

Recurring credit card donations

Stock or Donor Advised Funds

Planned Giving - Property or other assets through your will or estate plan

Automobile

Contact Judith at development@pdactive.org or call 510-479-6119

► AmazonSmile

Earn Funds for PD Active using www.smile.amazon.com

Is it difficult for you to get out to shop and buy local?

Do you shop online at Amazon?

Would you like to earn donations to help support PD Active while you shop?

How it works:

AmazonSmile (smile.amazon.com) is a website operated by Amazon which lets customers have the same selection of products, prices, and shopping features as amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the price of your purchase price to the charitable organization of your choice.

You pay the same price for your items as you would on amazon.com, and the donations are automatically sent directly to your selected charity.

(Eligible products are marked “Eligible for AmazonSmile donation” on their product detail pages.)

As a registered 501(c)(3) non-profit organization, PD Active is eligible to receive donations from purchases made on smile.amazon.com and PD Active is already recognized by the AmazonSmile Foundation.

To get started:

1. Go to smile.amazon.com from the web browser on your computer or mobile device and log in using your existing Amazon account—you use your same log-on, Prime members get the same Prime benefits. (Or create an Amazon account if you don't already have one.)
2. Before you start shopping, identify PD Active to receive the donations generated by your purchases. (The website will remember your selected charity in the future, so you only do this step one time.)
3. Make your purchases and the donations generated by your purchases will automatically be sent directly to PD Active.
4. Remember to always start on smile.amazon.com site in the future. (Donations are **not** credited to PD Active if you start on the regular amazon.com site.)

Tell your friends and family that they, too, can identify PD Active when they make purchases on smile.amazon.com. We receive a check every month so we know it works.

Calendar for November 2017

[Click to View Calendar](#)

PD Active Activities, Descriptions & Locations

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PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
Dance for PD @ Dancepace, 473 Hudson St., Oakland	Classes combine elements of modern dance, ballet, social dancing & improvisation to create an enjoyable, stimulating non-pressured artistic experience. Presented in association with Mark Morris Dance Group. Open to all, no dance experience is necessary.	dance4pd@pdactive.org 510-478-6119	Thu
The Tremolos Piedmont Gardens, 110 41 st St. at Piedmont Ave., Oakland	Come join our PD Active chorus, The Tremolos, led by Oakland music teacher and director Lauren Carley. Learn breath control, pronunciation and new songs; improve your speaking and sing! We have a lot of fun. Open to all.	chorus@pdactive.org	Wed kino
Yoga for PD You and the Mat (Mondays) Oakland The Yoga Room (Wednesdays) Berkeley	There is a wait list. Use email to get on the wait list. Yoga for people with PD. Advanced registration required. Monday classes are at You and the Mat, and Wednesday at the Yoga Room.	administrator@pdactive.org	Mon & Wed
PD Active Forum Berkeley Johnson Fellowship Hall, 1804 Cedar St (at Bonita), Berkeley	PD Active Forum hosts programs on Saturday mornings, 4 times/year. Guest speakers present informational and educational topics relevant to the PD community. PD Forum is open to anyone impacted by PD.	pdforum@pdactive.org Ann 510-832-8029	Sat kyno
PD Active Café Cafe Lela, 1724 San Pablo Av., Berkeley	A no-host social gathering, coffee klatch. Get to know others affected by PD. Order your goodies in the front and look for the "PD Active" sign on our table - on the patio not back if possible. Stay for 10 minutes or the whole 2 hours. Family & friends are welcome.	cafe@pdactive.org	Tue
PD Support Groups 1 st Thursday 3431 Foothill Blvd., Oakland 3 rd Thursday 1125 University Ave. (at San Pablo) Berkeley	Spaces to share our experiences in a safe setting to learn from each other & become stronger. On 1 st Thursdays of the month, we meet at Mercy Retirement & Care Center's Rose Room. Parking lot entrance on 54 th Ave. and street parking available in the area. On 3 rd Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Bridgette Kestinger, LCSW. Open to anyone with PD.	support@pdactive.org 510-478-6119	Thu
Care Partners Support Group 2 nd Thursday North Berkeley Senior Center, P.O. C. 2759, 1801 Hearst Ave. Berkeley	This is a gathering where participants speak frankly about concerns and challenges in caring for loved ones with PD. Open to family caregivers and care partners only. RSVP if attending for the first time.	carepartners@pdactive.org 510-478-6119	2 nd Thu
Heart Circle 1914 Oregon St., Berkeley	The relief and sweetness of sharing our lives with PD. We join together in a guided meditation, followed by a topic of mutual interest, a social tea & goodies, and then, in friendship, we speak from our hearts. Open to anyone with PD.	heart@pdactive.org Scott Holloway 510-967-5414	1 st Sat of month
PD Salon Please contact for location	An opportunity for those in the PD community to informally share writing, other art forms, and information about living with Parkinson's Disease in a mutually supportive environment. Hosted in a Berkeley private home with refreshments provided. Open to all.	salons@pdactive.org 510-684-0240	2 nd Sun every other month

PD, Box 9246, Berkeley, CA 94709 510-478-6119 info@pdactive.org www.pdactive.org
 PD Active is a 501(c)(3) non-profit organization and accepts contributions that support its mission and programming. Contributions are tax deductible. 8617 v1.8

Local Classes for People with PD

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LOCAL CLASSES FOR PEOPLE WITH PD

Classes	Location	Instructors	Contact Info	Day
CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE				
PWRI Moves ® (PD Specific Exercise)	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	murthy_yf@gmail.com 925-864-2890	Tue
Chair Yoga for People with PD	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	murthy_yf@gmail.com 925-864-2890	Tue
Rock Steady Boxing Albany	Performance Fitness MMA 544 Cleveland Av., Albany	Daniel Burkhardt	rocksteadyboxingalbany.com info@rocksteadyboxingalbany.com 925-471-5432	Mon/Wed/ Fri
OTHER CLASSES				
Be Heard (speech for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Katie Ty Warren	kwarren@gmail.com	Thu
Dance for PD (Mark Morris Dance for PD ®)	Berkeley Ballet Theater Christ Church 2138 Cedar St., Berkeley	Susan Weber	susanw@berkeleyballet.org 925-457-8170 Free of charge, donations accepted.	Mon
Dance Moves Me for PD	Bridgecourt Building, 3990 Harlan St., Emeryville	Debbie Sternbach	http://faan8n.wik.com/dancemovesme faan8n@comcast.net 510-653-8362	Fri
Mindful Movement Yoga for PD	This Here Space 1914 Oregon St., Berkeley	Herb Heinz	www.thishere.org herb@thishere.org	Fri
Parkinson's Disease and the Art of Moving	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	faan8n@comcast.net 510-653-8362	Mon
Parkinson's Disease Movement (based on John Augus's method)	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	http://bas.berkeleyyschools.net pdmoves.to/improve.net 510-644-8130	Thu
Water Works (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	www.waterworkswater.net katejohnson@gmail.com 510-891-0463	Mon/Fri
Yoga for People with Parkinson's	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Drolet	www.adelineyoga.com/class-levels/#yoga-for-parkinson the_yoga_yoga@comcast.net 510-846-8814	Thu

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