

**HAPPY NEW YEAR!**

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## **JANUARY 2018 NEWSLETTER & CALENDAR**

**Plan Ahead:**

**Saturday, January 20th - Forum**

**Saturday, February 10th - Post Holiday Party and Mini-Info Fair**

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### **Forum: Andreea Seritan, M.D.**

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#### **Topic: Addressing Anxiety & Depression in Parkinson's Disease**

**Saturday, January 20th, 2018 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](mailto:pdaforum@pdactive.org). For information call **510-832-8029**

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Dr. Seritan is a professor of psychiatry at UCSF School of Medicine. She is a geriatric psychiatrist who specializes in treating patients with movement disorders and associated psychiatric symptoms.

Dr. Seritan divides her time between the outpatient psychiatry clinic, where she directs the Psychiatric Assessment and Brief Intervention Program, and the Movement Disorders and Neuromodulation Center, where she sees patients and conducts research.

Before joining UCSF, Dr. Seritan was part of the Department of Psychiatry and Behavioral Sciences at UC Davis School of Medicine, where she also served as Associate Dean for Student Wellness. Her research focuses on understanding the psychiatric and cognitive aspects of Parkinson's Disease and other movement disorders.

Dr. Seritan received her medical degree from the Carol Davila University of

Medicine and Pharmacy in Bucharest, Romania. She completed a psychiatry residency at Baylor College of Medicine in Houston, Texas, followed by a geriatric psychiatry fellowship at the University of California, Los Angeles.

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## Special Read

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### PD ACTIVE FEATURED IN BERKELEYSIDE

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## Berkeleyside

COMMUNITY

### Berkeley organization helps those with Parkinson's use exercise to slow symptoms

By Karen Garrison, Dec. 5, 2017, 12:30 p.m.

On December 5th Berkeley's on-line paper published an article by Karen Garrison titled "**Berkeley organization helps those with Parkinson's use exercise to slow symptoms**".

Karen, an engaged member of PD Active, lives in Berkeley. She was 61 in 2011 when she first developed major symptoms. She attends Dance for PD® class, Rock Steady Boxing® class and occasional yoga and PWR!Moves® classes. Karen and John Argue are in the process of starting a mentoring program to assist the newly diagnosed.

Click [Here](#) to read the article.  
It is also on PD Active [website](#).

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## In The News

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### PD ACTIVE TO LAUNCH PARKINSON'S PEER MENTORING PROGRAM MID-MARCH 2018

Are you experienced at navigating PD and willing to provide perspective to a newcomer? Or are you a person recently diagnosed with Parkinson's –or a care partner– who wants to talk one-on-one with someone who has faced similar challenges?

If so, you would be welcomed to **PD Peer Connect**, an exciting new peer-mentoring pilot program. At an inaugural meeting in mid-March, volunteers with PD or care partners who want to help newcomers meet the challenges of the disease will have the opportunity to come together with those newly diagnosed. PD movement expert, John Argue, will present a primer on Parkinson's and participants will be able to link up with a peer mentor or mentee.

Look for the PD Peer Connect table at the PD Active's Post Holiday Party and Mini-Info Fair on February 10th to meet Karen Garrison and John Argue. For

## ► Noteworthy News

- **PILOT RESEARCH STUDY ON HOW PEOPLE WITH PD WALK**

Occupational Therapy students at Samuel Merritt University in Oakland are conducting a pilot research study under the supervision of Professor Drew Smith of the Motion Analysis Research Center. The goal is to study the effects of a specific type of training involving both audio instructions and simple physical movements on how people with Parkinson's Disease walk.

Following a short screening questionnaire, eligible participants will commit to attending two 1½-hour sessions at the Center two weeks apart and practice the training at home once a day. The sessions will involve walking along a 26' long walkway that records how participants walk. There will be some simple tasks to perform while walking. One should have access to equipment which would enable them to listen to an audio recording on YouTube or on CD (access to the internet, CD player, or smartphone, etc.).

Each participant will receive a \$10 Target gift card each time they complete a session. For more information or to join the study, please contact Professor Smith via [asmith3@samuelmerritt.edu](mailto:asmith3@samuelmerritt.edu) or 925-876-5378.

- **JOSH GALLUP ANNOUNCES A NEW PROGRAM**

A Concert of Songs About and Related to Parkinson's Disease with Humour & Pathos, Written & Performed by Josh Gallup

A benefit for the Michael J Fox Foundation for Parkinson's Research  
Musicians: Kathy Kallick, Chad Manning, Clayton Knight, Stephen Godbe, Harry Robertson, Nate Gallup

SATURDAY, JANUARY 20TH 6:00-8:00pm  
BERKELEY UNITARIAN FELLOWSHIP HALL, 1924 Cedar St. Berkeley  
(corner of Bonita & Cedar)

Tickets: Available in advance (Will Call) or at the door donation: \$25-\$100  
Students, seniors, people living with disabilities: suggested donation: \$0 - \$25  
Reservations, questions, and donations contact: [gallup.josh@gmail.com](mailto:gallup.josh@gmail.com)

- **PD ACTIVE'S POST HOLIDAY PARTY & MINI-INFO FAIR  
SAVE THE DATE**

We are inviting local organizations who have expressed an interest to inform our PD community about their services and programs.

We are also having a dessert party to celebrate the New Year.

SATURDAY, FEBRUARY 10TH 2:30-4:30pm  
BERKELEY UNITARIAN FELLOWSHIP HALL, 1924 Cedar St. Berkeley  
(corner of Bonita & Cedar)

## • **BERKELEY BALLET THEATER'S DANCE FOR PD® MOVES TO NEW LOCATION**

Berkeley Ballet Theater's Dance for PD® classes will begin meeting this month in BBT's new studios at 1370 Tenth Street, Berkeley 94710 (between Gilman and Camelia behind REI).

The new location provides large studios, full ADA accessibility, and unlimited free street parking nearby (or metered parking on the block).

A new weekly class will meet on Thursdays from 2:45-4:00pm, beginning January 4th.

The ongoing 12:00-1:15pm Monday class will continue in the new space, beginning January 8th.

Both classes are open to people affected by Parkinson's disease as well as family members and caregivers, and are offered free of charge.

For questions or to register, please contact Susan Weber:  
[susanw@berkeleyballet.org](mailto:susanw@berkeleyballet.org) or (925) 457-8170.

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## ► **Thank You To Our Donors**

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Frayda Simon in honor of Lee Shapiro  
Henry Weinstein in honor of Stanley Lubman

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## **How To Donate To The Annual Appeal**

[DONATE HERE](#)

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](mailto:development@pdactive.org) or call 510-479-6119

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## **Calendar for January 2018**

[Click to View Calendar](#)

# PD Active Activities, Descriptions & Locations

[Click to Enlarge or Print](#)

PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
<b>Dance for PD</b> Claremont, 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.	<a href="mailto:dance4pd@pdactive.org">dance4pd@pdactive.org</a> 510-479-6119	Thu
<b>The Tremolos</b> Piedmont Gardens, 110 47 <sup>th</sup> 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.	<a href="mailto:chorus@pdactive.org">chorus@pdactive.org</a>	Wed 2x/mo
<b>Yoga for PD</b> You and the Mat (Mondays) Oakland The Yoga Room (Wednesdays) Berkeley	<b>There is a wait list.</b> 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.	<a href="mailto:administrator@pdactive.org">administrator@pdactive.org</a>	Mon & Wed
<b>PD Active Forum</b> Berkeley Unitarian Fellowship Hall, 1024 Cedar St. (at Berkeley), 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. Reservation requested.	<a href="mailto:pdforum@pdactive.org">pdforum@pdactive.org</a> Ann 510-832-8029	Sat 4x/yr
<b>PD Active Café</b> Cafe Leila, 1724 San Pablo Av., Berkeley --- Suspended until Spring	A no-host social gathering, coffee/tea. 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 out back if possible. Stay for 10 minutes or the whole 2 hours. Family & friends are welcome.	<a href="mailto:cafe@pdactive.org">cafe@pdactive.org</a>	Tue
<b>PD Support Groups</b> 1 <sup>st</sup> Thursday, 2411 Foothill Blvd., Oakland 2 <sup>nd</sup> 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 <sup>st</sup> Thursdays we meet at Mercy Retirement & Care Center's Rose Room. Parking lot entrance on 34 <sup>th</sup> Ave., and street parking available in the area. On 2 <sup>nd</sup> Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Roslyn Keirstinger, LCSW. Open to anyone with PD.	<a href="mailto:support@pdactive.org">support@pdactive.org</a> 510-479-5119	Thu
<b>Care Partners Support Group</b> 2 <sup>nd</sup> Thursday North Berkeley Senior Center, Rm C, 2 <sup>nd</sup> Fl., 1901 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.	<a href="mailto:carepartners@pdactive.org">carepartners@pdactive.org</a> 510-479-6119	2 <sup>nd</sup> Thu
<b>Heart Circle</b> 1514 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.	<a href="mailto:heart@pdactive.org">heart@pdactive.org</a> Scott Holloway 510-967-5414	1 <sup>st</sup> Sat of month
<b>PD Salon</b> 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.	<a href="mailto:salonhost@pdactive.org">salonhost@pdactive.org</a> 510-684-4846	2 <sup>nd</sup> Sun every other month

PD, Box 9246, Berkeley, CA 94709 510-479-6119 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. 12/17/16

# Local Classes for People with PD

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Classes	Location	Instructors	Contact Info	Day
<b>CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE</b>				
<b>PWR! Moves 8</b> (PD Specific Exercise)	The Yoga Room 250 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy.j@gmail.com">murthy.j@gmail.com</a> 925-864-2890	Tue
<b>Chair Yoga for People with PD</b>	The Yoga Room 250 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy.j@gmail.com">murthy.j@gmail.com</a> 925-864-2890	Tue
<b>Rock Steady Boxing Albany</b>	Performance Fitness MMA 544 Cleveland Av., Albany	Daniel Bunker	<a href="mailto:daniel@rocksteadyboxing.com">daniel@rocksteadyboxing.com</a> <a href="http://rocksteadyboxing.com">http://rocksteadyboxing.com</a> 925-471-5432	Mon/Wed Fri
<b>OTHER CLASSES</b>				
<b>Be Heard</b> (speech for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Katie Ty Warren	<a href="mailto:ktw@jccberkeley.org">ktw@jccberkeley.org</a>	Thu
<b>Dance for PDIH</b>	Berkeley Ballet Theater 1370 Terth St. Berkeley	Susan Weber	<a href="mailto:susan@berkeleyballet.org">susan@berkeleyballet.org</a> 925-437-8175 Free of charge, donations accepted.	Mon & Thu
<b>Dance Moves for PD</b>	Bridgecourt Building, 2600 Hearst St., Emeryville	Debbie Sternbach	<a href="mailto:debbie@dancemovesforpd.com">debbie@dancemovesforpd.com</a> <a href="http://www.dancemovesforpd.com">http://www.dancemovesforpd.com</a> 510-853-8562	Fri
<b>Miscellaneous Movement: Yoga, Tai Chi &amp; Parkinson's</b>	The Hite Space 1914 Oregon St., Berkeley	Alison Kim Pinnell Perry	<a href="mailto:alisonkim@hitespace.com">alisonkim@hitespace.com</a> <a href="http://www.hitespace.com">www.hitespace.com</a> <a href="mailto:perry@hitespace.com">perry@hitespace.com</a>	Fri
<b>Parkinson's Disease and the Art of Moving</b>	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	<a href="mailto:debbie@jccberkeley.org">debbie@jccberkeley.org</a> 510-853-8562	Mon
<b>Parkinson's Disease Movement</b> (based on John Joseph's method)	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	<a href="mailto:jan@berkeleyadultschool.net">jan@berkeleyadultschool.net</a> <a href="http://www.berkeleyadultschool.net">http://www.berkeleyadultschool.net</a> 510-844-6130	Thu
<b>Water Works</b> (aquatic fitness)	Berkeley Club 525 Bellevue Av., Oakland	Kate Johnson	<a href="http://www.waterworksfitness.com">www.waterworksfitness.com</a> <a href="mailto:katejohnson@berkeleyclub.com">katejohnson@berkeleyclub.com</a> 510-851-0463	Mon/Fri
<b>Yoga for People with Parkinson's</b>	Adhara Yoga Studio 3200 Adeline St. at Alcatraz Berkeley	Suzanne Drolet	<a href="http://www.adharyogastudio.com">www.adharyogastudio.com</a> <a href="mailto:info@adhara.com">info@adhara.com</a> 510-846-8814	Thu

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