

## **April 2018 NEWSLETTER & CALENDAR**

**Forum: Saturday, April 14th, 10:30am-12:30pm**

**We added extra time. Stay longer for tea, coffee & conversation.**

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### **Forum: Dr. Anthony Santiago**



#### **The Road Most Traveled: The Gut-Brain Connection in Parkinson's Disease**

Dr. Anthony Santiago is the newly appointed Chief Medical Officer at Parkinson's Institute and Clinical Center, Sunnyvale, CA. He is an expert in neurodegenerative disorders and most recently served as the Chief Medical Officer and a member of the Board of Directors, for Pathways Group, Inc.

Before joining Pathways Group, Inc., Dr. Santiago was Associate Professor and Vice-Chair of the Department of Neurology at the University of Minnesota School of Medicine. Prior to teaching at Minnesota, he was Associate Professor of Neurology and National Parkinson Foundation Center Director at the Muhammad Ali Parkinson Center of the Barrow Neurological Institute.

Dr. Santiago is a graduate of the Albany Medical College in Albany, NY, where he completed his post-graduate training in neurology, a Fellowship in Movement Disorders/Neuromodulation, and was an Assistant Professor in the Neurology Department.

**Saturday, April 14th, 10:30am-12:30pm. We added extra time.  
Stay longer for tea, coffee, & conversation.**

**Location: Berkeley Unitarian Fellowship Hall  
1924 Cedar Street at Bonita, Berkeley**

To reserve a seat please email [pdaforum@pdactive.org](mailto:pdaforum@pdactive.org)

## ► In The News

### Parkinson's Peer Connect Mentoring Project Goes Live!

PD Peer Connect, a pilot mentoring project sponsored by PD Active, launched on March 10th with the formation of a dozen peer mentoring pairs. Thirty people convened in the North Berkeley Public Library Community Room for a primer on Parkinson's Disease by movement specialist John Argue, and then there was an opportunity for people recently diagnosed with PD to be matched with someone who has had experience with the disease.

Each of the pairs (of mentors and "newcomers") formed at the gathering will connect three times over the next two to three months under the auspices of Peer Mentoring Team. They will then provide feedback to help improve the program going forward. The purpose is to provide empathy, emotional support, and information on resources for people new to PD on a personalized but short-term basis.

If you are recently diagnosed and would like to have a peer mentor, or if you have had PD for some time and would like to help newcomers through a challenging time, please contact PD Active (mentoring@pdactive.org or 510-479-6119) to request a signup form for the mentoring program. We will form new pairs once we have enough volunteers to make good matches.

John Argue and Karen Garrison, the peer mentoring program team, will form new pairs once they have enough volunteers to make good matches.



### Parkinson's Foundation "Moving Day®" - Sunday, May 6th

**Justin Herman Plaza at the Embarcadero, San Francisco**

**The walk starts at 10:30am**

**Registration begins at 9:00am and events end at 12:30pm**

#### Join PD Active's Team and our captain, Ernie Scosseria

Visit PD Active's booth or, even better, take a short shift at the booth when you can talk to people about PD Active. It is fun to be behind the table.

Meet at PD Active's Booth before the march starts and walk with the PD Active Team.

- You can walk for 1 mile, or 2 or 3 around the Embarcadero
- You can participate in or watch movement exercises like dance, yoga, pilates, Tai Chi, RockSteady Boxing and more
- You can talk with the other exhibitors and service providers
- Ernie needs our help. If you can give 20 minutes of your time  
email: [administrator@pdactive.org](mailto:administrator@pdactive.org)

## Join the PD Dance performance

You are invited to dance on stage or watch from the audience.

To practice your moves to Jackie Wilson's R&B song "Baby Workout" (1963), watch this video prepared by Debbie Sternbach:

<https://youtu.be/u70log36No4>

To register and join the PD Active Team 2018 go to:

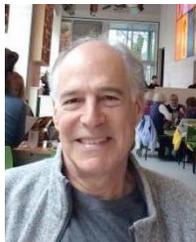
<https://movingdaywalk.org/event/moving-day-san-francisco/team/44923/>

If you have difficulty, contact Gena Lennon, the Parkinson's Foundation Coordinator, at 415-963-0304 or email her at [glennon@parkinson.org](mailto:glennon@parkinson.org)

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## ► Newsworthy

### PD Active Welcomes Mike Gabel to the Board of Directors



Mike Gabel is founder and former owner of the leading building energy consulting firm, Gabel Energy LLC, located in Castro Valley, California. He served on the Board of Directors and was twice State Chair of the California Association of Building Energy Consultants (CABEC), a non-profit professional group. He also served for five years as President of his Villa Mira Vista Homeowners' Association in Richmond, California. Mike was diagnosed with Parkinson's in 2013 and believes strongly in the positive mission of PD Active.

PD Active is honored to welcome Mike to the Board. He will bring us technical and aesthetic expertise as well as music on his guitar.

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### Lee Shapiro Joined John Argue To Lecture At UC Berkeley

For the second year in a row John Argue, one of PD Active's Board Members, was invited to talk to a class of 16 students who have been admitted to the UC Berkeley-UCSF Joint Medical Program. This elite group of students, after attending UC Berkeley for three years, will write a master's thesis. After graduating with a master's degree, the students will join the medical students at UCSF to complete their last two years of medical school to become MDs.

Jennifer Breckler is responsible for arranging a weekly enrichment speaker's series to assist the students in their case-based curriculum. In late January the students were learning about Parkinson's Disease, and Jennifer invited John Argue to talk about his "Dancing with Parkinson's" movement program.

John asked Lee Shapiro, a loyal PD Active member, former student in John's class and a man devoted to movement and exercise, to join him at UC. John talked about the importance of exercise in the treatment of PD and about the work that PD Active does to ease the burdens borne by people with PD and their families. We have been told that Lee charmed the students with his wit and

cheerfulness as he outlined his long experience with PD.

Lee's talk to the students titled "How Parkinson's Has Affected My Life" can be read [here](#).

For more information about UC Berkeley-UCSF Joint Medical Program (JMP), click [here](#).

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## Howard Martin Confronts his DBS...and He Wins

In late February one of our long-time members, Howard Martin, started attending Kaitie Warren's "Be Heard" class at the JCC in Berkeley. He had enjoyed the first class and came back the next week when John Argue substituted for Kaitie.

Howard was feeling so invigorated that he thought he could walk and adjust his DBS at the same time. Therein lies a story that Howard wants to share. Please see Howard's email letter to Kaitie, read [here](#).

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## ► In The News

### Rock Steady Boxing® Albany Expands the Class Schedule



One year ago PD Active helped Rock Steady Boxing® (RSB) Albany establish its first classes in the Oakland-Berkeley area. Until that time, anyone with PD in the East Bay who wanted to participate in the RSB program had to travel to San Francisco. PD Active heard the call of our members who wanted their own local classes.

In March 2017, with the RSB Coach Daniel Burkhardt, classes started at the MMA gym at 544 Cleveland Ave, Albany. Attendance has continued to grow over the year and starting April 1st more classes will be offered.

Monday: 12:00pm-1:30pm

Tuesday: 9:30am-11:00am

Wednesday: 12:00pm-1:30pm

Thursday: No Class

Friday: 9:30am-11:00am

Saturday: 1st and 3rd Saturday of the month: 9:00am-10:30am

<https://rocksteadyboxingalbany.com/>

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## ► How To Donate

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

## Calendar for April 2018

[Click to Enlarge or Print Calendar](#)

## PD Active Activities, Descriptions & Locations

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PD ACTIVE ACTIVITIES OF INTEREST FOR PEOPLE WITH PARKINSON'S DISEASE 2018 - Check monthly calendar for meeting times.

PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
<b>Dance for PD</b> ® Danceplace, 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> Redmont Gardens, 110 41 <sup>st</sup> St. at Redmont 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 Zetmo
<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 Uptown Fellowship Hall, 1854 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. Reservation requested.	<a href="mailto:pdforum@pdactive.org">pdforum@pdactive.org</a> Ann 510-832-8029	Sat 4x/yr
<b>PD Active Cafe</b> Cafe Lela, 1724 San Pablo Av., Berkeley **Suspended until Spring	A no-host social gathering, coffee Match. 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="http://cafe@pdactive.org">cafe@pdactive.org</a>	Tue
<b>PD Support Groups</b> 1 <sup>st</sup> Thursday 2431 Fourth Blvd., Oakland 3 <sup>rd</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 of the month, we meet at Merely Retirement & Care Center's Rose Room. Parking lot entrance on 34 <sup>th</sup> Ave., and street parking available in the area. On 3 <sup>rd</sup> Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Roslyn Kleinsinger, LCSW. Open to anyone with PD.	<a href="mailto:support@pdactive.org">support@pdactive.org</a> 510-479-6119	Thu
<b>Care Partners Support Group</b> 2 <sup>nd</sup> Thursday North Berkeley Senior Center, Rin C. 2 <sup>nd</sup> Fl., 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.	<a href="mailto:carepartners@pdactive.org">carepartners@pdactive.org</a> 510-479-6119	2 <sup>nd</sup> Thu
<b>Heart Circle</b> 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.	<a href="mailto:heart@pdactive.org">heart@pdactive.org</a> Scott Holloway 510-903-5414	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

PO. 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 v1.0

## 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>Balance &amp; Posture for PD</b>	Cancelled			
<b>Be Heard</b> (Holistic speechwork for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Katie Ty Warren	<a href="mailto:kwarren@gmail.com">kwarren@gmail.com</a>	Thu
<b>Chair Yoga for People with PD</b>	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy.j@gmail.com">murthy.j@gmail.com</a> 925-864-2890	Tue
<b>PWR! Moves!</b> (PD Specific Exercise)	The Yoga Room 2530 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 Burkhardt	<a href="mailto:rocksteadyboxing@albera.com">rocksteadyboxing@albera.com</a> <a href="mailto:info@rocksteadyboxingalbera.com">info@rocksteadyboxingalbera.com</a> 925-471-5433	Mon/Tue/Wed/ Fri 1 <sup>st</sup> and 3 <sup>rd</sup> Sat of the month
<b>OTHER CLASSES</b>				
<b>Dance for PDII</b>	Berkeley Ballet Theater 1370 Tenth St. Berkeley	Susan Weber	<a href="http://berkeleyballet.org/dance-for-pd/">http://berkeleyballet.org/dance-for-pd/</a> <a href="mailto:susanw@berkeleyballet.org">susanw@berkeleyballet.org</a> 925-457-8175 Free of charge, donations accepted.	Mon & Thu
<b>Dance Moves Me for PD</b>	Bridgecourt Building, 3980 Harlan St., Emeryville	Debbie Sternbach	<a href="http://www.me.com/dancemovesme">http://www.me.com/dancemovesme</a> <a href="mailto:debbie@comcast.net">debbie@comcast.net</a> 510-553-8362	Fri
<b>Mindful Movement: You, Yoga &amp; Parkinson's</b>	This Here Space 1914 Oregon St., Berkeley	Alison Kim Pamela Perry	<a href="mailto:aliskim@gmail.com">aliskim@gmail.com</a> <a href="mailto:perryal@pennstateberkeley.net">perryal@pennstateberkeley.net</a>	Fri
<b>Parkinson's Disease and the Art of Moving</b>	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	<a href="http://www.me.com/dancemovesme">http://www.me.com/dancemovesme</a> <a href="mailto:debbie@comcast.net">debbie@comcast.net</a> 510-553-8362	Mon
<b>Parkinson's Disease Movement</b>	Berkeley Adult School 3701 San Pablo Av., Berkeley	Jan Hetherington	<a href="http://www.berkeleyadultschool.net">http://www.berkeleyadultschool.net</a> <a href="mailto:jan@berkeleyadultschool.com">jan@berkeleyadultschool.com</a> 510-444-6130	Thu
<b>Water Works</b> (aquatic fitness)	Belmont Club 525 Bellevue Av., Oakland	Kate Johnson	<a href="mailto:kjohnson@gmail.com">kjohnson@gmail.com</a> 510-911-0463	Mon/Fri
<b>Yoga for People with Parkinson's</b>	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Drollet	<a href="http://www.adelineyoga.com/classes.html">www.adelineyoga.com/classes.html</a> <a href="mailto:info.yoga@parkinsons.org">info.yoga@parkinsons.org</a> <a href="mailto:fr_love_yoga@comcast.net">fr_love_yoga@comcast.net</a> 510-846-8814	Thu



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