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## May 2018 NEWSLETTER & CALENDAR

Coming Soon - PD Active Town Hall  
When: Sat., June 9th, 10:30 a.m. - 12:30 p.m.  
Where: Berkeley Unitarian Fellowship Hall  
Who: Members, care partners, family, friends  
\*If you have trouble registering online, please [e-mail us](#).

[Register Today!](#)

### In The News

#### PD Active Welcomes Our New Executive Director



PD Active is excited to introduce our first Executive Director, Areca Smit. PD Active is growing up and Areca is set to help.

Areca worked for almost six years in a range of management and operations positions at Berkeley Law (Boalt Hall) moving up to a senior management role before departing in 2014. She took a three-year break between U.C. positions to serve as a Foreign Service Officer for the State Department. Three years ago while back at the law school, she had her daughter, Elia, and during that period she worked independently as an operations consultant.

Now that Elia is starting preschool, Areca is ready to work with PD Active. She has an MBA in sustainable enterprise and a BFA in conceptual art. She studied music for many years and says she is "currently playing ukulele when time and child allow."

Areca started on April 3rd. She looks forward to meeting members at upcoming PD Active events and classes. If you wish you to contact her, she can be reached at [executivedirector@pdactive.org](mailto:executivedirector@pdactive.org).

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#### Anna Rabkin's Reading Event Benefits PD Active

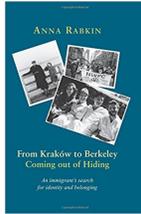
Anna Rabkin is well known in the Berkeley community but few knew her story and how she got here. PD Active knows Anna because her



husband, Marty, who died in 2013, was one of the early founders of the organization. Marty danced, practiced yoga and helped keep the non-profit, which was an infant at that time, vibrant.

On a recent Saturday, Anna invited 100 friends to her house to introduce her just published memoir *Coming out of Hiding: From Krakow to Berkeley*. She stood resplendent in a bright yellow jacket and a PD Active pin as she read from her book. All sales of the book benefited PD Active and we say thank you to Anna for this generous gesture.

Click [here](#) to read one of the last pages in Anna's book in which she describes her remarkable journey, and her connection with Parkinson's Disease and PD Active.



*From Krakow to Berkeley: Coming Out of Hiding*  
Published by Vallentine Mitchell, London, 2018

~ A recent Berkeleyside [review](#)

~ Until July 21, 2018, you can obtain a 20% discount from the publisher, [VM books](#). Use the code RABKIN18 at checkout.

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## ► Newsworthy

### PD Players Go Live on YouTube



The seven PD Players of Berkeley became acquainted while dancing together at the Monday Dance for PD® class at the Berkeley Ballet Theater. They have met together every two weeks after class to develop creative projects, have fun and give each other support. Over the last three years the group, which had no previous experience in producing or editing, experimented as their production evolved and developed. Now we have the opportunity to see the results of their efforts. Don't miss the PD Players' engaging video of song and personal narrative:

[Doctor, I Have What?! Living With Parkinson's](#)

©2018 PD Players

The Players urge you to share the video.



## Town Hall is Back - Sat., June 9th, 10:30 a.m. - 12:30 p.m.

LEARN - BE HEARD - LISTEN - EXCHANGE IDEAS - IT IS YOUR TURN

Please attend the Town Hall and help PD Active meet the needs and concerns of our members. Each year we meld a civic opportunity with a spirited social event. PD Active has been growing—growing up some say—and we need to join forces to move forward.

Newcomers, old timers, care partners, family and friends are all welcomed and included. Refreshments are guaranteed. Table seating will make for more comfort.

Please [register](#) today! Town Hall will be at the Berkeley Unitarian Fellowship Hall.

Volunteer to help set up or to be a table scribe! E-mail [Areca](#) to let her know.

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## Cancelled Forum Did Not Stop Members From Meeting



Regrettably, the speaker for our most recent Forum was unable to give his talk due to an emergency. We know many of you were looking forward to this topic and we hope to schedule a similar talk at a future Forum.

Since we already had the space, we still had a social gathering. It was great to have this time for members, new and old, to meet, catch up and speak with our new executive director, Areca Smit.

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## Young-Onset? Share Your Ideas

Those with Young-Onset Parkinson's Disease (YOPD) have needs and interests that differ from those of the rest of the PD community. Chad Zucker, a new PD Active member, is leading PD Active's effort to expand services and activities for people with YOPD. If you were diagnosed with PD in your early fifties or younger we would love to chat with you to exchange ideas and perspectives.

Please e-mail us at [yopd@pdactive.org](mailto:yopd@pdactive.org).

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## Moving Day San Francisco - Sunday, May 6th



Registration begins at 9 a.m. and the walk begins at 10:30 a.m. at Justin Herman Plaza at the Embarcadero, San Francisco. Exhibits and performances go until 12:30 p.m.

Dance for PD's Debbie Sternbach is Moving Day's Dance Chair. She'll be leading a PD dance performance and all are welcome to join in. View her [Baby Workout](#) routine before you go.

[Register and join](#) the 2018 PD Active Team. Questions? [E-mail us](#).

If you have difficulty with the Moving Day website, [e-mail Gena Lennon](#), the Parkinson's Foundation Coordinator, or call her at (415) 963-0304.

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## Danspace - Possible Saturday Class

Danspace Studio is considering adding a Dance for PD® class on Saturday afternoons at 2:30 p.m. They would like to offer a class for those who might have a busy weekday schedule and would like to attend a weekend activity.

Danspace would like to hear from you if you are interested. E-mail the studio at [info@danspace.com](mailto:info@danspace.com) or call (510) 420-0920.

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## UCSF Parkinson's Center Seeking Care Partners

The Center has received a grant from the Parkinson's Foundation to develop programs for caregiver groups. For more information, you can view the [flyer](#) and/or contact Aaron Daley at [Aaron.Daley@ucsf.edu](mailto:Aaron.Daley@ucsf.edu).

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## Thank You Donors

Car Donation: Grant Bennett

Suzanne Calpestri

Richard Feachem

Gretchen Greene

Judith Huerta in honor of Vickie's Assistants

in Wednesday yoga

Carol Kusmierski

Robb Lazarus

Midori & Don Louie

Stanley & Judith Lubman in honor of Lee Shapiro's  
Birthday

Stanley & Judith Lubman in memory of John  
Hammerman

Lincoln Pain

Hank Sanchez-Resnik

Alan Tobey

Ann Van Steenberg

## Donations made at Anna Rabkin's Reading

Maria Johanna Alger

Joan Allen

John Argue

Tom Bates

Kate Berenson

Elaine Binger

Judith Bloom

Eloise Bodine

Helen Burke

Karen Grassle

Kenneth Gray

Claire Greensfelder

Bonnie Grossman

Ilona Hancock

Ruth Hanham

Diane Hedler

Claire Heinzelman

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Michael Fullerton	Erica Nietfeld	Gail Wread
Tim Gordon & Donna Mickelson	Linda Northrup-Sondheimer	Ranko Yamada
Marianne Graham	Karen Paget	

Dion Aroner in memory of Marty Rabkin  
 Brenda Berlin in memory of Marty Rabkin & Seth Curlin  
 Stanley & Judith Lubman in memory of Marty Rabkin  
 Ethel Ruymaker in honor of Neal Sellars  
 Stephen & Frances Tobriner in honor of Anna Rabkin

## How To Donate

[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 family members, for our core financial support. It's easier than ever to help:

- To donate by [credit card](#)
- To donate by postal mail: PD Active, P.O. Box 9246, Berkeley, CA 94709
- To donate by [PayPal](#)

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

## Calendar for May 2018

The calendar includes classes initiated with financial support from PD Active.

\*\*\*Last minute update: Yoga is cancelled on May 5th.

[Click to Enlarge or Print Calendar](#)

# PD Active Activities, Descriptions & Locations

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PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
<b>Dance for PD</b> @ Dartspace, 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 41 <sup>st</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. <b>There is a wait list.</b> Use email to get on the wait list.	<a href="mailto:chorus@pdactive.org">chorus@pdactive.org</a>	Wed Jaxmo
<b>Yoga for PD</b> You and the Mat (Mondays) Oakland The Yoga Room (Wednesdays) Berkeley	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 Lifelong Fellowship Hall, 1924 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. Registration required.	<a href="mailto:pdforum@pdactive.org">pdforum@pdactive.org</a> Ann 510-632-8023	Sat 4:45p
<b>PD Active Café</b> Café Italia, 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 (or 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 3431 Foothill 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 Mercy Retirement & Care Center's Rose Room. Parking for 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 Bridget Koenig, 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, 2 <sup>nd</sup> Fl., 1601 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 510-967-5414	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:pdsalon@pdactive.org">pdsalon@pdactive.org</a> 510-634-6646	2 <sup>nd</sup> Sun every month

PO, Box 9246, Berkeley, CA 94709 510-479-6119 info@pdactive.org www.pdactive.org 12/17 v1.6  
 PD Active is a 501(c)(3) non-profit organization and accepts contributions that support its mission and programming. Contributions are tax deductible.

## 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> (Hologic speechmark 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 2520 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy.vj@gmail.com">murthy.vj@gmail.com</a> 925-864-2890	Tue
<b>PWR (Mwezi)</b> (PD Specific Exercise)	The Yoga Room 2520 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy.vj@gmail.com">murthy.vj@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:rocksteadyboxingalbanys.com">rocksteadyboxingalbanys.com</a> <a href="mailto:info@rocksteadyboxingalbanys.com">info@rocksteadyboxingalbanys.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 PDI</b>	Berkeley Ballet Theatre 1370 Tenth St. Berkeley	Susan Weber	<a href="http://berkeleyballet.org/dance-for-pd">http://berkeleyballet.org/dance-for-pd</a> <a href="mailto:pd@berkeleyballet.org">pd@berkeleyballet.org</a> 925-453-8115 Free of charge, donations accepted.	Mon & Thu
<b>Dance Moves Me for PD</b>	Bridgeway Building, 3901 Hater St., Emeryville	Debbie Sternbach	<a href="http://facilitator.com/dancemovesme">http://facilitator.com/dancemovesme</a> <a href="mailto:facilitator@comcast.net">facilitator@comcast.net</a> 510-553-8362	Fri
<b>Mindful Movement: You, Yoga &amp; Parkinson's</b>	This Here Space 1914 Oregon St., Berkeley	Alicia Kim Pamela Perry	<a href="mailto:alickim@gmail.com">alickim@gmail.com</a> <a href="mailto:perry@thisherespace.net">perry@thisherespace.net</a>	Fri
<b>Parkinson's Disease and the Art of Moving</b>	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	<a href="http://facilitator.com/dancemovesme">http://facilitator.com/dancemovesme</a> <a href="mailto:facilitator@comcast.net">facilitator@comcast.net</a> 510-553-8362	Mon
<b>Parkinson's Disease Movement</b>	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	<a href="http://baa.berkeleyschools.net">http://baa.berkeleyschools.net</a> <a href="mailto:jan@baa.berkeleyschools.net">jan@baa.berkeleyschools.net</a> 510-844-6130	Thu
<b>Water Works</b> (aquatic fitness)	Belvedere Club 525 Belvedere Av., Oakland	Kate Johnson	<a href="mailto:katejohnson@gmail.com">katejohnson@gmail.com</a> 510-851-0463	Mon/Fri
<b>Yoga for People with Parkinson's</b>	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Driest	<a href="http://www.adelineyoga.com/classes/for-parkinsons">www.adelineyoga.com/classes/for-parkinsons</a> <a href="mailto:info.yoga@adelineyoga.com">info.yoga@adelineyoga.com</a> 510-846-8814	Thu



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