

Santa Cruz Parkinson=s Support Group programs, 2010-2023

2010

January Dave, Ted, Darrell, and others described their responsibilities to the group
February Damara Ganley, Merritt Tucker, David Winters, Cabrillo Stroke Center —music and dance
March Foster Andersen—Shared Adventures
April Neng Huang, MD, neurologist with group members--DBS
May Roundtable Discussion
June Merritt Tucker, speech pathologist-- Cabrillo Stroke Center
July PwPs and Caregivers—separate groups led by Ted Louv and Darrell McLeod
August Charmaine Eng, Steven Russell, Robin Riddle—PPSG & APDA, Stanford
September Debra Houston—Del Mar Caregivers
October Valerie Corral—WAMM; also PD Symposium
October Parkinson’s Symposium, Elk’s Club, Santa Cruz
November Thomas Butz, PhD—clinical psychologist
December Holiday Party

2011

January Julie Bergman, RN—emergency room admissions and hospitalization of PwPs
February Roundtable Discussion
March Cathy Rivera—music therapist
April Susan Harlan, MA—geriatric care manager
May Melanie Brandabur, MD--Parkinson’s Institute
June Marilyn Basham, PT--Parkinson’s Institute
July William Hart, MD-- PAMF Sleep Disorders Center, Capitola
August Carol McGuire, Helping Hands--making safety modifications in the home
September Shawn Cramer—speech pathologist—swallowing problems
October Group leaders will describe their responsibilities to the group
November Brandon Nguyen, LCSW-- Parkinson’s Institute (end-of-life decision making)
December Holiday Party

2012

January Living with Parkinson’s—PwP and caregiver
February Dr. Allan Dorosin, neurologist
March Dr. Ruth Bar-Shalom, naturopathic physician
April John Daugherty, METRO Accessible Services Coordinator
April 9 Field trip to the Parkinson’s Institute open house
May Living with Parkinson’s-- PwP and caregiver
June Ruby Straehley, PT
July picnic, Anna Jean Cummings Park, 11 am-3 pm. July 17
August Living with Parkinson’s — PwP and caregiver
September Annica Rose—adaptive yoga
October Leah Santos, PT—Dominican rehab center
November Roundtable Discussion
December Holiday Party

2013

January Living with Parkinson’s-- PwP and caregiver
February Dr. Michael Gansaeuer, neurologist
March helpful tools and gadgets for PwP
April Living with Parkinson’s panel discussion--PwP living alone or without a caregiver
May Becky Peters, geriatric case manager, Lifespan—“Tried and true ways to stay at home sweet home”
June The Tremolos (our new singing group)
July picnic, Anna Jean Cummings Park, 12:00-2:30 pm

2013 (cont'd)

August Daniel Silvernail (architect), Casey Lewis (aging in place specialist with Talmadge Construction), Larry Favor, general contractor)

September Nancy Magee, RN, Senior Director of Inpatient Relations, Dominican Hospital--What people living with Parkinson's Disease can expect when hospitalized

October Dorie Melville, speech pathologist, Dominican Hospital—communication issues

November Pharmacists from CVS--drug interactions with Parkinson's meds

December Holiday Party

2014

January Megan Bowers, RN, Parkinson's Institute--Clinical Research Studies

February Beth Hyytinen, HICAP—Medicare and the Affordable Care Act

March Canine Companions for Independence—demonstration by two people and their service dogs

April Deborah Malka, MD—Medical Marijuana

May Thomas Butz, PhD, clinical psychologist—Communication Issues in PD

June Fr. Luke Dingman—program on humor

July Josh Novic, MD, neurologist

August picnic, Anna Jean Cummings Park, 12:00-2:30 pm

September Melanie Brandabur, MD--Parkinson's Institute

October Gary Edwards, Advocacy, Inc.

November Roundtable—When it comes to PD, What works? What Doesn't

December Holiday Party

2015

January Leah Santos, PT, Dominican Hospital

February Panel discussion: Lessons learned from losing a loved one with Parkinson's

March Drs. Neng Huang and Fahd Khan—the new DBS implanting center at Good Samaritan Hospital in Los Gatos

April Complementary modes of transportation

May Safe driving for seniors and people with disabilities

June Roundtable discussion: Parkinson's medications

July Dr. Rita Gandhi, Parkinson's Institute

August picnic, Anna Jean Cummings Park, 11:30-2:30 pm

September DBS panel (arranged by Mike Tossy)

October General discussion of topics related to PD

November Dorie Melville, speech pathologist, Dominican Hospital—communication issues

December Holiday Party

2016

January Steven Roberts, MD, PAMF urologist

February William Hart, MD, medical director, PAMF Sleep Disorders Center

March Living with Parkinson's-- PwPs and Care Partners

April "Travel Options for Seniors and People with Disabilities"--Foster Anderson (Shared Adventures) & Theresa Loback-Campbell (AAA)

May Lucille Des Jardins, Attorney at Law --"Practical Estate Planning: Peace of Mind for You; a Gift for Your Survivors"

June "How to Stay Sharp, Improve Memory, and Boost Creativity" through games and brain boosters

July Jerry Solomon, Ph.D., clinical psychologist-- "Don't Worry, Be Happy: Understanding Anxiety and Depression"

August picnic, Anna Jean Cummings Park, 11:30-2:30 pm

September Living with Parkinson's-- PwPs and Care Partners

October Kathleen Poston, MD, Stanford neurologist—"Memory, Mind, and Other Non-Motor Symptoms in Parkinson's Disease"

November Reflections from group members on the World Parkinson Conference in Portland

December Holiday Party

2017

January Jerry Solomon, Ph.D., clinical psychologist-- "Understanding Anxiety in PD"

February Maya Katz, MD, neurologist, UCSF—"The Complexities of Medication Management for PD"

March Maria Bellumori, PhD, kinesiologist, CSUMB—"sPeEDy - Speed Training for Parkinson's Disease"

March Parkinson's Symposium—"Living Well with Parkinson's", Twin Lakes Church, Aptos

April Dr. Rex Hsei, ophthalmologist-- "With an Eye to the Future: The Effect of Aging and Parkinson's on Vision"

May Panel on finding outside help with daily activities

June Jenifer Armstrong, pharmacist, "PD: Inside and out of the prescription bottle"

July Ruby Straehley, PT—"Practical Solutions to Everyday Challenges Facing PwP"

August picnic, Anna Jean Cummings Park, 11:30-2:30 pm

September Dr. Salima Brillman--Parkinson's Disease Psychosis

October Supportive Services for Seniors: Senior Network Services & Volunteer Center of Santa Cruz County--
Steve Matzie and Tara Ireland

November Cannabis (medical marijuana) and Parkinson's

December Holiday Party

2018

January Jeff Lester, DO-- "How to Create and Maintain a Good State of Health and Slow the Progression of Parkinson's Disease Using Homeopathic Medicine in Combination with Western Medicine"

February Dr. Peter Lin, neurologist, Valley Parkinson Clinic, Los Gatos—"New Developments in Parkinson's Disease"

March "Putting Teeth in the Subject: Dental Health in Seniors and People with Parkinson's"-- group member (retired dental hygienist)

April "Help is a Four-Legged Word: Is there a service dog in your future?" Speakers (and dogs!) from Canine Companions for Independence

May David Zimmerman, Family Therapist—"How Parkinson Disease Impacts the Family"

June Panel discussion: "When it Comes to Parkinson's, What Works (and What Doesn't)"

July "It's Important to Know Your Parkinson's Community"--Small group discussion

August picnic, Anna Jean Cummings Park, 11:30-2:30 pm

September "Tricks and Tips of Health Care: How to set up affordable care at home"—Miriam Tutman & Holly Blue Hawkins

October Robin Riddle, Coordinator Parkinson's Information & Referral Center, Stanford-- "If it's not PD, what is it? - an overview of the atypical parkinsonism syndromes."

November Dr. Emmanuel Rohani, pharmacist

December Holiday Party

2019

January Brian Dunniway—Rock Steady Boxing

February Kristin Andruska, MD, Parkinson's Institute—"Parkinson's, We're In This Together, Causes, Treatments, Current Research"; Brian Coulter, CEO, Parkinson's Institute

March Parkinson's Symposium—"My Life is Bigger than Parkinson's", Twin Lakes Church, Aptos

March (no monthly meeting)

April Gena Lennon, the Parkinson's Foundation-- "Hospital Safety for PwP: Aware in Care"

May "Getting to Know You" program

June Dr. Casey Halpern, neurosurgeon, Stanford—"What to do for Parkinson's when the meds stop working"

July "We're All in This Together" –small group discussion on topics of interest

August potluck picnic, Anna Jean Cummings Park, 11:30-2:00 pm

September Daniel Greene, MD, Dignity Health urologist-- Parkinson's disease: Urinary and Sexual Function"

October Salima Brillman, MD—"Non-Motor PD Symptoms

November Brian and Lily Reedy--"Positivity in the Face of Adversity"

December Holiday Party

2020

January “Getting to Know You” program (PD-friendly games)

February Carol Chupka topic—“A Journey with Parkinson’s”

March Dr. Michael Gansaeuer, neurologist, answers questions about PD

April-August (canceled due to COVID)

September Dr. Ray Dorsey, Professor of Neurology, University of Rochester—“Ending Parkinson’s Disease”(Zoom)

October Dr. Peter Lin, neurologist, Valley Parkinson Clinic, Los Gatos-- “A New Paradigm of Rescue Medications” (Zoom)

November Dr. Brillman “Off Again, On Again: A New Treatment for PD (Zoom)

December A Virtual Holiday Celebration of Peace with music by Glenn & Ellen from NextStage Productions (Zoom)

2021

January physical therapist, Elisabeth Brown& speech therapist, Jocelyn Lagier--"The Role of Physical and Speech Therapy in Early Intervention in Parkinson's Disease" (Zoom)

February panel discussion with group members: "Life With Parkinson's Before and After DBS surgery" (Zoom)

March Michael Odun, MD—The Latest on the COVID Pandemic (Zoom Presentation)

April "Aware-in-Care: Safety of the Hospitalized PwP" Helena Fox, Parkinson's Foundation Ambassador (Zoom)

May Presentation by a special guest—Michael J. Fox (Zoom)

June Lucille Des Jardins, Attorney at Law "Practical Estate Planning: Peace of Mind for You; a Gift for Your Survivors" (Zoom)

July “Parkinson’s and the Gut”—George Triadafilopoulos, MD (Zoom)

August Panel Discussion: "Unmasking COVID-19: Coping with Pandemic-Induced Isolation" with group members and David Zimmerman, Family Therapist

September Ruby Straehley, PT --"Practical Solutions to Everyday Challenges Facing PwP” and Dance for Parkinson’s demonstration (Zoom)

October Vivek Buch, MD, Stanford—“Parkinson’s Disease: “What to Do When the Medications Stop Working”(Zoom)

November travel program with group members: Mike Tossy, Eliza Linley & David Richardson, Alex & Lou Florimonte (Zoom)

December Holiday Party (Zoom)

2022

January Lauren Spiegel, MD, PMD specialist—“Getting Restful Sleep with Parkinson’s” (Zoom)

February John Tomeny of Pedaling for Parkinson’s-- "Revolutions and Resolutions: Pushing Back Against PD?" (Zoom)

March Susanna Wach, west coast ambassador for the Michael J. Fox Foundation “Research Update with the Michael J. Fox Foundation” (Zoom)

April researchers from the Bronte-Stewart lab at Stanford-- “The Human Motor Control and Neuromodulation Lab’s Ongoing Clinical Trials”

May Rex Hsei, MD, ophthalmologist-- "With an Eye to the Future: The Effect of Aging and Parkinson's on Vision" (Zoom)

June Maya Katz, MD, neurologist, Stanford—“Treating PD: Quality of Life, Wellness, and the Neuro-Palliative Approach” (Zoom))

July Panel Discussion on local options for palliative care (virtual)

August Picnic, Blue Balls Park, 11:30 am – 2:30 pm

September Jay Johnson, MD—“ Getting to the Heart of the Matter: The Effects of PD and Aging on Cardiovascular Health" (Zoom))

October Pinky Agarwal, MD—“Nourianz—a New Treatment for Off Episodes” (in person!)

November Rebecca Hazelton, Nutritionist & Life Style Coach—“Food for Thought: Optimizing Nutrition & Calming Inflammation"

December Holiday party

2023

January Eileen Balian, SLP, Dignity Health; Parkinson’s Associated Swallowing & Communication Issues

February “Getting to Know You” program

March Annelise Schinzinger and Mary Dixon— "Graceful Endings: Hospice and Family Roles."

April Arts Showcase featuring Tremolos, Taiko drumming, and Dance for PD

2023 (cont'd)

May Salima Brillman, MD— Understanding Dementia: a deep dive into the various types

June “Living with Parkinson’s: Looking for the Silver Linings”—a panel discussion with PwP and care partners

July Picnic, Blue Balls Park, 11:30 am – 2:30 pm

August “Depression and Parkinson’s: A Talk for Patients and Care Partners.”—Dimitri Bacos, MD, psychiatrist & Mary Schindler, LMFT, family and marriage therapist

September Fall prevention—“Falling is for Leaves, Not for People!”—Janice Allan, OT, Karen Nauenberg, MPT,

October "Promoting Wellness Through Yoga, and Effective Communication"--Griffin Butler, SLP

November Peter Lin, MD-- “Making Good Decisions During the Early and Middle Stages of Parkinson’s”

December Holiday party

2024

January “Putting Your Best Foot (and Paw) Forward in 2024” Speakers (and dogs!) from Canine Companions

February "Putting Teeth in the Subject: Dental Health in Seniors and People with Parkinson's", Brooke Kondo, DDS, Sepideh Taghvaei, DDS, Tim Znamirowski, DDS, & students from the Cabrillo Dental Hygiene Clinic

March Symposium, March 16, “**Facing Parkinson’s with Gratitude, Optimism, and Resilience**”

April reflections on the symposium and future plans for symposiums and/or fundraising events (small groups)

May Michael Gansaeuer, MD, neurologist

June MJFF research initiatives (Kristen Kovaletz)

July Picnic, Blue Balls Park, 11:30 am – 2:00 pm

August Nicole Nelson—estate planning

September Shall I Stay? (program on housing options, Part I)

October Shall I Go? (program on housing options, Part II)

November—Fahd Khan, MD, neurosurgeon

December Holiday party

Other ideas: tools, tip & tricks for PwP; Medicare coverage or at home therapy (could include PT recommended by Marcia Jue-Pelio); audiologist (Rachel Ersoff) and ENT from SCENT (include loss of smell?); environmental hazards triggering PD including legal issues—panel which includes a person from veteran’s affairs; **identifying caregiver services**; alternative therapies for PwP (e.g., Tai Chi, Qi Gong, acupuncture; DBS, Boston Scientific (Kristine Pedigo, Therapy Awareness Manager); panel of PwP living without a care partner; physician with PD; pain panel; paying for long-term care; (Leilani Vinegas, Abbvie which manufactures Duopa); OT/PT presentation re: helping people navigate safely in an out of the home