

OCTOBER 2017 NEWSLETTER & CALENDAR

Plan Ahead:

Saturday, November 1st - Annual Appeal Begins

Saturday, November 11th - Next Fall Forum

Fundraising: Your Help Is Needed

In early November we will be sending our annual appeal.

How can you assist PD Active?

- Send us the names of people you know who might want to support you and others in the community.
- We can prepare letters for you to send or you can add a personal note on the letter written by Mary Pat Boersma, President of the Board of Directors.
- If you prefer to send an email rather than a letter, we can prepare an email for you to send.

PD Active will only continue with YOUR help.

Contact Judith Lubman at development@pdactive.org

Outreach: Collecting the Names of PTs & OTs and other Medical Providers

Do you have a PT (Physical Therapist), or OT (Occupational Therapist), or a doctor who you think has been helpful or who would be willing to advise patients about PD Active?

A question we always ask newcomers is "How did you hear about PD Active"? If they say "my PT", we contact the provider to ask if they would like copies of our brochures and lists of activities and classes.

Here is a particularly nice response:

*"Thank you for reaching out! I learned about your organization last spring and have been passing along information and the website to several patients. We would be happy to put hard copies of a brochure in our waiting room where we have other resources for our patients. ...I already keep your schedule up on my wall and show it to patients. I feel so fortunate to live and work in such a resourceful community.
Our clinic is at <http://www.taylorthornburgpt.com/>*

Deedee Savant, PT. "

Send suggestions to: development@pdactive.com

Tell your friends about us, we are on Facebook:
<https://www.facebook.com/pdactive>

► November 11th, 2017 Forum



KATHLEEN PARAFINCZUK PT, DPT, NCS

Katie will speak on "Exercise as Medicine: The Role of Rehabilitation Professionals in Helping to Treat Parkinson's Disease".

She specializes in neurological physical therapy at Kaiser Permanente in Redwood City.

Saturday, November 11th, 2017 from 10:30am-12:00pm
Berkeley Unitarian Fellowship Hall, 1924 Cedar Street (at Bonita), Berkeley

► Salon: Calling All Writers and Artists

Salon is all about sharing your own creative work and about hearing and viewing that of others. Poetry, prose, painting, sculpture, jewelry making—if you created it recently or earlier in your life, we want to hear it or view it.

Salon is held every other month in a private home near Alta Bates Hospital. Partners and caregivers are welcome, but they do not share their work. The house is chairlift accessible, snacks are provided and the meeting is free.

Next Salon is October 15th from 2pm to 4pm.

For information email salohost@pdactive.org or call 510-684-4846



"Phil Miller reading from a piece he brought to a recent Salon"

► Class News

Changes to be noted:

Berkeley Ballet Theater Dance for PD® formerly meeting at the Julia Morgan Theater is now meeting at Christ Church at 2138 Cedar St., Berkeley. The time remains the same. 12:00pm-1:15pm on Monday.

Be Heard formerly meeting on Friday at the JCC at 1414 Walnut St., Berkeley, is now meeting on Thursday. The time remains the same 12:00pm-1:00pm.

Yoga for People with Parkinson's meeting on Thursday at Adeline Yoga at 3220 Adeline St., Berkeley, will have a slight change in schedule. The new time is 2:00pm-3:15pm instead of ending at 3:30pm.

Hula formerly meeting on Mondays has been cancelled at least until the New Year. We will advise if and when the class resumes.

PD Café will be on vacation starting in October and will return in the Spring.

Noteworthy News

. Parkinson's Association of Northern California (PANC)

Annual Education & Information Conference "Into the Future"

Saturday, October 21, 2017 9:30am-3:30pm

Sacramento Convention Center, Sacramento

\$25 (if registered before October 10th)

Visit to register: www.parkinsonsacramento.org

. Webinars on Parkinson's

A list of useful webinars are published monthly by Stanford

<https://parkinsonsblog.stanford.edu/category/events/>

Personal Commentary

I knew climate change was for real, but I wasn't expecting we'd get the East Coast's hot and humid weather here in the Bay Area. It's nice to get it once a year, when we sit on our porches and wax nostalgic about the balmy evenings of old back in Jersey. Add fireflies and cicadas and we could just about have been in Jersey this week, as far as the weather goes.

But we Californians have little to complain about weather-wise. We don't live in Houston, Florida, Cuba, the Virgin Islands, Puerto Rico, St. Thomas, nor Barbuda. All kvetching rights go to them now, in deference to their suffering. (Please, if you can, a donation to your relief agency of choice.)

However, if you have Parkinson's, don't despair. You still get to kvetch at least once a day about something, anything you like. It's healthy to let it out: a scream, a wince, even a cry. Once a day—go on, let it all out—then strap on your resolve and get back on the horse of your life and ride it forward.

No serial kvetching allowed.

Gary Turchin, Former Board Member

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 or call 510-479-6119

Calendar for October 2017

[Click to View Calendar](#)

PD Active Activities, Descriptions & Locations

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PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
Dance for PD @ 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.	dance4pd@pdactive.org 510-479-6119	Thu
The Tremolos Piedmont Gardens, 110 47 th 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 2x/mo
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 Uplanden Fellowship Hall, 1024 Codee St (at Berkele), 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.	pdforum@pdactive.org Ann 510-832-8029	Sat 4x/yr
PD Active Café Cafe Lella, 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.	cafe@pdactive.org	Tue
PD Support Groups 1 st Thursday, 3431 Foothill Blvd., Oakland 2 nd 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 34 th Ave., and street parking available in the area. On 2 nd Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Roslyn Keinstinger, LCSW. Open to anyone with PD.	support@pdactive.org 510-479-6119	Thu
Care Partners Support Group 2 nd Thursday North Berkeley Senior Center, Rm C, 2 nd 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.	carepartners@pdactive.org 510-479-6119	2 nd Thu
Heart Circle 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.	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.	salonhost@pdactive.org 510-684-4846	2 nd Sun every other month

P.O. Box 9246, Berkeley, CA 94719 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. 09/17 v2.0

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://fasn@wix.com/dancemovesme Fasn@comcast.net 510-653-8362	Fri
Mindful Movement Yoga for PD	This Here Space 1914 Oregon St., Berkeley	Perry Chatter Herb Heinz	www.thishere.org_perchat@comcast.net herb@thishere.org	Fri
Parkinson's Disease and the Art of Moving	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	Fasn@comcast.net 510-653-8362	Mon
Parkinson's Disease Movement (based on John Argue's method)	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	http://bas.berkeleyschools.net jan@moves-to-improve.net 510-644-6130	Thu
Water Works (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	www.wefitnessandwater.net kjufferjohnson@gmail.com 510-891-0463	Mon/Fri
Yoga for People with Parkinson's	Adeline Yoga Studio 3220 Adeline St. at Alcatraz, Berkeley	Suzanne Drolet	www.adelineyoga.com/class-levels-Fyoga-for-parkinson info_love_yoga@comcast.net 510-846-8814	Thu

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PDActive 

By and For People with Parkinson's Disease

Berkeley/Oakland

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