

SEPTEMBER 2017 NEWSLETTER & CALENDAR

September is a busy month, check out these events:

Saturday, September 9th 10:30am-12pm for the Fall Forum
Sunday, September 24th 12:30pm-3:30pm for the Picnic in the Park

Forum: Dr. Maxwell Merkow

Topic: Deep Brain Stimulation for Parkinson's; rationale, evaluation, and emerging technology

Saturday, September 9, 2017 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. For information call **510-832-8029**



Dr. Merkow is a neurosurgeon at East Bay Brain and Spine Medical Group (a BASS Medical Group affiliate) in Walnut Creek. His expertise includes functional neurosurgery, including the implantation of deep brain devices for the treatment of Parkinson's disease and essential tremors.

He also specializes in minimally invasive/endoscopic approaches for common and complex spinal disorders as well as brain and pituitary tumors.

Dr. Merkow believes in educating his patients to help them make well-informed decisions, maximize function, avoid surgery when possible, and to minimize recovery time so that his patients get back to their activities as quickly as possible.

He received his medical degree from Columbia University's College of Physicians and Surgeons and then completed a seven-year residency in neurological surgery at the University of Pennsylvania. As a postdoctoral research fellow, he studied the brain rhythms that underpin human memory and the effect of deep brain stimulation on memory.

His research appeared in the journals *Science* and *The Proceedings of the National Academy of Sciences*, among others.

He has privileges at John Muir Medical Center's Walnut Creek Campus.

▶ PD Active Picnic - A Purely Social Event

SUNDAY, SEPT. 24, 2017 12:30pm- 3:30pm
LIVE OAK PARK - BERKELEY PICNIC AREA #2 (enter from Walnut St.)

**COME SHARE GOOD COMPANY, GOOD FOOD AND HAVE A GOOD TIME
TOGETHER WITH OTHERS WHO ARE AFFECTED BY PARKINSON'S**

Bring your family & friends
A tasty dish to share (with a serving utensil please)
Something to put on the grill if you like
A lawn chair if you prefer a seat with a back

PD Active will provide: cold beverages, paper plates, cups, napkins, forks, hot coals for grilling, and fun!

Volunteer? Questions? Contact Donna Mickleson donna@lmi.net
510-684-4846

Donations to defray costs will be welcome
PD Active info@pdactive.org **510-479-6119**

▶ PD Active Welcomes John Argue to the Board of Directors



John Argue has had a long career: actor, director, theater arts teacher, and from 1985 through 2016 he taught movement and voice classes to People with Parkinson's.

Many of our members have been his students. His book, "Parkinson's Disease and the Art of Moving" and his videos are readily available.

John was teaching three classes each week until last December when he decided to retire. His students miss him and he misses his students.

PD Active is very honored to welcome John to the Board. He will bring a unique perspective and enormous experience.

Please welcome John!

▶ PD Active Continues To Give Seed Assistance to PWR!® and Chair Yoga Classes

PD Active will continue to give seed funding to the two classes Murthy Jarugumilli (pictured here) teaches at the Yoga Room in Berkeley: PWR!(Parkinson Wellness Recovery) movement class and Chair Yoga. It is a goal of PD Active to give modest support to help establish new classes or activities.



PWR! has been met with enthusiasm and the Chair Yoga class, for those who prefer not to get down on the floor, is developing as more people learn about it. Both classes are fee based.

In addition to paying for the studio space for both classes, PD Active has set aside funds to train another instructor for the PWR! class to assist Murthy so that the program can accommodate more people.

If you want to try PWR!® or Chair Yoga please contact Murthy at murthy.yt@gmail.com



PWR!® meets on Tuesday 11:15-12:30pm
Chair Yoga meet on Tuesday 1:00-2:00pm
The Yoga Room, 2530 San Pablo Ave., Berkeley

► Rock Steady Boxing Albany



Rock Steady Boxing East Bay will now be known as **Rock Steady Boxing Albany**

We are pleased to advise that because the program in Albany has grown successfully, there has been a decision to create a separate Rock Steady Boxing affiliate for the Albany location.

Daniel Burkhardt, who is the lead coach, owns and will run the affiliate. There will be no changes in the program.

Kathy Ginocchio-Hill, who has been volunteering and assisting Daniel since the Albany location was opened, has just been certified to be a coach.

To explore the Rock Steady Boxing Albany program you are always welcome to observe the class that meets 3 days a week.

www.rocksteadyboxingalbany.com

info@rocksteadyboxingalbany.com

Daniel Burkhardt **925-471-5432**

► Thank You To Our Donors

Dorian Bartley in honor of Stanley Lubman
Bruce Gorman
Ira Hirschfield
Ben Hong & Annette Floystrup
Rebecca Janski in honor of Paul Hathaway
Michael McGrath
Linda Newman-Buckle in honor of Deborah Putman
Katherine Shea
Ellen Strong
Lana Wilson

▶ 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 September 2017

Save the dates:

Saturday, September 9th for the Fall Forum.

Sunday, September 24th for the Picnic in the Park.

[Click To View Calendar](#)

PD Active Activities, Descriptions & Locations

[Click to Enlarge or Print](#)

PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
Dance for PD ® Dancespace, 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
Hula for PD North Berkeley Senior Center, Rm C, 2 nd Fl., 1901 Hearst Ave, Berkeley	Hawaiian Hula dance class for PW's involves, calm, gentle movements of the arms & hands, legs & hips, and is danced to the rhythms of traditional, flowing music. Taught by master teacher Kumu Analu.	hula@pdactive.org Lorraine McAlister 510-854-1949	Mon
The Tremolos Picninet Gardens, 110 4 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 bi-weekly
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 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.	pdforum@pdactive.org Ann 510-832-0029	Sat 4x/yr
PD Active Café Café Lella, 1724 San Pablo Av., Berkeley 2 nd Tuesday of each month	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 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, 3411 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 Thursday 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 Kleinsinger, 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 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.	heart@pdactive.org Scott Holloway 510-967-8414	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.	saloonhost@pdactive.org 510-684-4846	2 nd 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.

Local Classes for People with PD

Click to Enlarge or Print

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	Kaile 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	Bridgescourt Building, 3990 Harlan St., Emeryville	Debbie Sternbach	http://fasn8n.wix.com/dancemovesme Fasn8n@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	Fasn8n@comcast.net 510-653-8362	Mon
Parkinson's Disease Movement (based on John Augus'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.wellnessandwater.net katejohnson@gmail.com 510-891-0463	Mon/Fri
Yoga for People with Parkinson's	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Drolet	www.adelineyoga.com/class-levels/#yoga-for-parkinson life_love_yoga@comcast.net	Thu

v3.0

PDActive 

By and For People with Parkinson's Disease

Berkeley/Oakland

www.pdactive.org | 510-479-6119 info@pdactive.org
PD Active P.O. Box 9246 Berkeley, CA 94709