

## **FEBRUARY 2018 NEWSLETTER & CALENDAR**

### **Plan Ahead:**

**Saturday, February 10th**  
**Post-Holiday Dessert Party and Mini-Info Fair**

**Saturday, March 10th**  
**PD Peer Connect Mentoring Launch**

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### **Post-Holiday Dessert PARTY and Mini-Info Fair**



**Saturday, February 10th, 2018 from 2:30-4:30pm**  
**Location: Berkeley Unitarian Fellowship Hall**  
**1924 Cedar Street at Bonita, Berkeley**

We can't count the number of desserts but we do know there will be more than ten (10!) tables staffed by people who want to keep you informed.

You can learn about new classes and programs as well as older ones.

**\* Dance \* Voice \* Boxing \* Yoga \* Movement \* Home Care**  
**\* Mentoring Program \* Neighbor-to-neighbor Program**

This is a party—a cocktail party without the cocktails. No speeches, no talks.

We welcome friends and family and we hope everyone will have time to see people you know and meet the ones new to you.

**No reservations. Just join the party, and learn while you have dessert.**

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### **Special Read**

Dr. Adreea Seritan, Professor of Psychiatry at UCSF School of



Medicine, gave a most interesting talk at PD Active's January 20th Forum on "Addressing Anxiety and Depression in Parkinson's Disease". She was an engaging speaker and attuned to her audience's needs.

She emphasized that PD is a neuropsychiatric disease which has many non-motor symptoms and she stressed that psychiatric symptoms are among the most common. She identified and explained the characteristics of anxiety, depression and apathy, and then discussed treatment, various forms of psychotherapy and medications. The session ended with a spirited Q&A.

Dr. Seritan has graciously made her slides available with the caveat that you not share the slides with anyone else and honor the Confidentiality Notice that precedes the slide presentation. To access the slides please contact Judith at [development@pdactive.org](mailto:development@pdactive.org)

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## ► In The News

- **Launch of a new program: PD Peer Connect Mentoring**

PD Active is starting a peer mentoring program on March 10th. The program will link newcomers to Parkinson's (and their care partners) with volunteers who have had PD for a few years, to help better meet the challenges of the disease. At the meeting, PD movement expert John Argue will present a primer on Parkinson's, and participants will be able to link up with a peer mentor, newcomer or care partner.

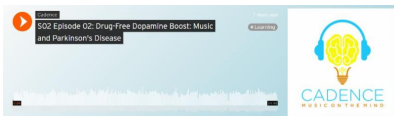
Look for their table at the PD Active Post-Holiday Dessert Party and Mini-Info Fair on February 10th.

Attend the launch party on March 10th 10:30am-12:00pm at the North Branch Berkeley Public Library.

For more information email [mentoring@pdactive.org](mailto:mentoring@pdactive.org)

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- **Podcast : "Can Music be Medicine?"**



"Drug-Free Dopamine Boost: Music and Parkinson's Disease"

Cadence is a podcast about music: how it affects your brain, your life, and the community in which you live. Cognitive neuroscientist and classically trained opera singer Indre Viskontas has been conducting a series of interviews with scientists, musicians, musicologists, and composers to find answers to some of the biggest questions still surrounding the intersection of music and science. How much can

we learn about the mind with music as the lens?

In this segment Viskontas interviews Mike Gabel, a dance for PD student, and Susan Weber, an instructor from the Berkeley Ballet Dance for PD® program in Berkeley. Cadence is produced by Inquiring Minds and sponsored by the Germancos Foundation.

Click [here](#) to listen to the podcast.

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## ► Noteworthy News

- **PWR!Moves®: A Newly Certified Instructor**



PD Active sponsored Petra Fibrichova to attend the training for new instructors at the PWR! Parkinson Wellness Recovery's® Arizona headquarters. Petra is now the newest certified instructor in the East Bay. She will start co-teaching with Murthy in the PWR!® class on Tuesdays at 11:15am at the Yoga Room. She is already a familiar face to the class having assisted Murthy over the last months. We welcome and congratulate Petra!

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- **Dance for PD®**



PD Active wishes to thank Dance for PD® in Brooklyn, which during the company's residency at UC's Zellerbach Hall provided guest teachers from the Mark Morris Dance Group to both PD Active's Thursday class at Danspace (founding teacher John Heginbotham and Sam Black) and to Berkeley Ballet Theater's Monday class (Lesley Garrison).

The guest teachers adapted fun movement material from The Hard Nut, and dancers were inspired and challenged as they tried on the movements of party-goers, flowers, and snowflakes. Our community is fortunate to have a strong vibrant association with the Dance for PD® "motherhood."

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- **San Francisco Ballet School's dance class for people with PD**

San Francisco Ballet School, in partnership with Kaiser Permanente, is starting a yearlong dance class designed specifically for people who are affected by PD. The classes will be taught by Cecelia Beam who was recently trained with the Dance for PD® program developed by the Mark Morris Dance Group in Brooklyn.

Class began on January 20th 1:00-2:15pm at San Francisco Ballet, 455 Franklin Street at Fulton Street. Classes are free-of-charge and are open to anyone with PD and their caregivers; no affiliation with Kaiser Permanente is required. For more information: Contact Cecelia Beam [cbeam@sfballet.org](mailto:cbeam@sfballet.org)

## Thank You To Our Donors

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Cheryl Armstrong

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Joyce Sakai

Gail Schatz

Peter Smith

Paula Spurlock

Gity Tabrizchi-Baxter

Gary Turdin

George Turner

Brenda Webster

Barry Winograd

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Paula Blasier in honor of PD Active Volunteers

Louis Blumberg in honor of Karen Garrison

Timothy Caulfield in honor of Ann Van Steenberg

Lane Darby in honor of Karen Garrison

Gerald Derblich in honor of Kevin Kwok

Ruediger Dilloo in memory of Frieda Dilloo

Dale Freeman in memory of Joel Marsh

Larry Gibbs & Margaret Corrigan in honor of Judith and Stanley Lubman

Gary Sue Goodman in honor of PD Active Founders & Sustainers

William Gordon in honor of Tim Gordon

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Phyllis Hoffman in memory of Ann Chandler

Rise Justman in honor of Carol Fisher

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Barbara Selman in memory of Frieda Dilloo

Ruth Simon in honor of Lee Shapiro

Wesley Sokolosky & Evvy Eisen in honor of Judith & Stanley Lubman

Robert Stein & Jessica Pers in honor of Stanley & Judith Lubman

Molly Sullivan in honor of Mary Sullivan

William Wittmann in honor of Tim Gordon & Donna Mickleson

Harold Zimmerman in honor of Jerry Derblich

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# ▶ 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 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 February 2018

[Click to View Calendar](#)

## PD Active Activities, Descriptions & Locations

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PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
<b>Dance for PD</b> Dancepace, 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:dance@pdactive.org">dance@pdactive.org</a> 510-479-6119	Thu
<b>The Tremolos</b> Piedmont Gardens, 110 47 <sup>th</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.	<a href="mailto:chorus@pdactive.org">chorus@pdactive.org</a>	Wed 3pm
<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 Uptarian Fellowship Hall, 184 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 510-632-8029	Sat 4pm
<b>PD Active Café</b> Cafe Lela, 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 out back if possible. Stay for 10 minutes or the whole 2 hours. Family & friends are welcome. *** Suspended until Spring	<a href="mailto:cafe@pdactive.org">cafe@pdactive.org</a>	Thu
<b>PD Support Groups</b> 1 <sup>st</sup> Thursday, 3431 Foothill Blvd., Oakland 2 <sup>nd</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 lot entrance on 34 <sup>th</sup> Ave., and street parking available in the area. On 2 <sup>nd</sup> Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Regina Kleininger, LICSW. 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, 4th C, 2 <sup>nd</sup> 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.	<a href="mailto:carepartners@pdactive.org">carepartners@pdactive.org</a> 510-479-6119	2 <sup>nd</sup> Thu
<b>Heart Circle</b> 1814 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 Holmway 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:salonthost@pdactive.org">salonthost@pdactive.org</a> 510-684-4846	2 <sup>nd</sup> Sun every other month.

P.O. 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

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LOCAL CLASSES FOR PEOPLE WITH PD 2018				
Classes	Location	Instructors	Contact Info	Day
<b>CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE</b>				
<b>PWR! MoveIt!</b> (PD Specific Exercise)	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jangumilli	<a href="mailto:murthy_vj@gmail.com">murthy_vj@gmail.com</a> 925-864-2890	Tue
<b>Chair Yoga for People with PD</b>	The Yoga Room 2530 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 LMAA 544 Cleveland Av., Albany	Daniel Burkhardt	<a href="mailto:rocksteady@rocksteady.com">rocksteady@rocksteady.com</a> <a href="http://rocksteadyboxingalbany.com">http://rocksteadyboxingalbany.com</a> 905-471-5430	Mon/Wed Fri
<b>OTHER CLASSES</b>				
<b>Be Heard</b> (Holistic speechwork for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Katie Ty Warren	<a href="mailto:kswarred@gmail.com">kswarred@gmail.com</a>	Thu
<b>Dance for PDI!</b>	Berkeley Ballet Theater 1370 Tenth St. Berkeley	Susan Weber	<a href="http://berkeleyballforadance.org">http://berkeleyballforadance.org</a> <a href="http://pdactive.org">pdactive.org</a> <a href="http://www.berkeleyballforadance.org">www.berkeleyballforadance.org</a> 925-867-8170 Free of charge, donations accepted.	Mon & Thu
<b>Dance Moves Me for PD</b>	Bridgeport Building 3900 Hegen St., Emeryville	Debbie Sternbach	<a href="http://sanfrisco.com/dancemovesme">http://sanfrisco.com/dancemovesme</a> <a href="mailto:debbie@turncast.net">debbie@turncast.net</a> 510-653-8362	Fri
<b>Mindful Movement: Yoga, Yoga &amp; Parkinson's</b>	This Here Space 1814 Oregon St., Berkeley	Aileen Kim Pamela Perry	<a href="mailto:aleekim@gmail.com">aleekim@gmail.com</a> <a href="http://www.thisherespace.com">www.thisherespace.com</a>	Fri
<b>Parkinson's Disease and the Art of Moving</b>	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	<a href="http://sanfrisco.com/dancemovesme">http://sanfrisco.com/dancemovesme</a> <a href="mailto:debbie@turncast.net">debbie@turncast.net</a> 510-653-8362	Mon
<b>Parkinson's Disease Movement</b> (based on John Argue's method)	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@parks.parkinson.com">jan@parks.parkinson.com</a> 510-644-6130	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> 510-991-0443	Mon/Fri
<b>Yoga for People with Parkinson's</b>	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Dohet	<a href="http://www.adelinyoga.com/classes/levels/kyoga">www.adelinyoga.com/classes/levels/kyoga</a> <a href="mailto:forparkinson@adelinyoga.com">forparkinson@adelinyoga.com</a> 510-846-6814	Thu

8/23/18

# PDActive

By and For People with Parkinson's Disease  
Berkeley/Oakland

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