Dear PD Active Community,

Ever watched the Professional Bull Riding (PBR) circuit on TV? It’s become one of my secret pleasures on Sunday mornings, as I wait for the latest golf tournament to tee off (another secret pleasure, shhh!). If you have watched those angry bulls – with names like *Bushwhacker, Smackdown, Quiet Riot or Perfect Poison* (as opposed to angry golfers with names like *Tiger, Bubba, or Phil* – then you’ve no doubt seen 150-pound seemingly sane young men riding these 1500 pound tornados of bucking beasties. It’s called “the most dangerous 8 seconds in sport,” and who’s to doubt that?

Still, living with PD is like riding a dangerous bull every day. Every medication cycle can be a wild ride through the corral. Some of the same skills are required, like staying balanced in an unbalanced body, holding on for dear life with one hand (on your walking stick) while the world spins around you. Sometimes you’re bucked off, and still the bull kicks you on the head while you’re down. PD will do that too, kick you when you’re already down. And like any self-respecting bull rider, the PWP (person with Parkinson’s) has no choice but to pick him or herself up, slap the dust off our jeans, and get up on that dern bull again.

The difference between the bull rider and the PWP, however, is the bull rider gets to go to his hotel room, leaving the bull happily fed in the barn, whereas we PWPs take the bull wherever we go, and there is no down time (unless you call a few miserly hours of sleep down time). Our bulls are always with us, ready to knock us off our perches, or kick us when we’re down. That make us PWPs all tough hombres and hembras. That makes us cowboys and cowgirls of the highest order.

See you on the ranch!

∗ Gary Turchin

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**July 2016 newsletter: (click on a heading to go straight to the topic)**

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**click here for July calendar**
**PD Active Support Group**

The PD Active Support Group meets the third Thursday of the month from 2 - 4 pm at the Berkeley Library West Branch meeting room located at 1125 University Avenue just above San Pablo Avenue.

Our facilitator, Roz, is exceptionally qualified to sort through and organize our chaos, as she is a retired social worker. She challenges us, reins us in if necessary, and even role-plays; all which help immensely. She is knowledgeable about PD, generally remembers our twenty-plus names, and is an all-around kind and gentle sweetheart.

We start by introducing ourselves, telling how long ago we were diagnosed and whatever is on our mind. A question or topic can be put on the agenda at this time or at any time during the meeting for same-day discussion.

Participants support each other by sharing their experiences and their knowledge about PD. For example, what are the pros and cons of telling your employer that you have PD? Or you may have a remedy for restless leg syndrome or a hint on how to overcome freezing. Items for discussion are numerous: When should you stop driving? Are you happy with your neurologist? Is it time for an assisted living facility? Are particular symptoms due to Parkinson’s, the side effects of medication, or age? What’s Deep Brain Stimulation (DBS) all about? What benefits do you get from exercise?

One of the most touching was the parent of a young child who requested advice on how to explain having a “wiggly” hand without scaring or upsetting the child.

It’s an honor and a privilege to be among these brave and caring individuals. It’s encouraging to have our concerns out in the open without fear of repercussion or judgment. There is a common goal among us – to make life with PD a little more tolerable.

The next meeting is Thursday, July 21st from 2 - 4 pm. Come and join us, if only to listen!

Sarah Hardesty
**Calendar adjustments**

No **Hula** class on July 4th.

Last **Dance** class for the summer on July 7th.

The next **PD Active Forum** will take place on September 10th.

Due to a scheduling conflict, **The Tremolos** will not meet again until July 20. **Tremolos** will meet on the 20th and 27th, but not on the 6th or 13th.

Below is a complete Tremolos summer schedule:

* JULY 20 and 27 – See September (below) for tentative makeup session.
* AUGUST 10, 17, and 24
* SEPTEMBER 28 >>>Tentative: Ordinarily, we would not have a session this month but, due to scheduling conflicts, a July makeup session is tentatively scheduled for September 28th (more info will be provided as we get closer to the date).

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**Save the Date – September Forum**

Dr. Maya Katz is our speaker for the Saturday, September 10th PD Active Forum.

Dr. Katz is a Neurologist at the **UCSF Parkinson’s Disease Supportive Care Clinic**. She specializes in treating patients with Parkinson’s disease, essential tremor, dystonia, and other movement disorders.

Stay tuned for details in August.

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**Mark your Calendars for the Annual PD Active Picnic!**

Save the date for Sunday, September 25, 12:30 - 3:30
Live Oak Park Picnic Area #2, Berkeley (same location as last year).
Details to follow. For more information contact Donna Mickleseon: email her at donna(at)lmi(dot)net or call 510-684-4846.
**First Session of New Oakland Support Group Meets August 4th**

- First Thursdays of the month • 2 - 4 pm • Rose Room
- Mercy Retirement and Care Center • 3431 Foothill Boulevard, Oakland

Regular readers of the newsletter know that we have worked to expand the awareness of PD Active programs this year. As resources and opportunities permit, we work to increase accessibility as well. We are grateful and delighted that Mercy Retirement and Care Center offered to host our new Oakland support group. The Rose Room venue is lovely.

If Oakland is more accessible than the Berkeley support group location, or if you want to attend two support group meetings a month rather than one, or if you like the idea of you becoming part of an intimate start-up group, we hope to see you there. Need further enticement? Refreshments will be served!

The original support group will continue to meet in Berkeley as usual on the 3rd Thursday of the month. PD Activists are welcome to attend either or both support group meetings.

For additional details, and transit & parking information, see the flyer on page 5, or download it from our website: [https://pdactive.files.wordpress.com/2016/06/new-support-group_flier.pdf](https://pdactive.files.wordpress.com/2016/06/new-support-group_flier.pdf)

Also available in Spanish: [https://pdactive.files.wordpress.com/2016/06/new-support-group-flier_spanish.pdf](https://pdactive.files.wordpress.com/2016/06/new-support-group-flier_spanish.pdf)

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**PD Active Brochures for Your Neurologist**

You can help PWP’s and their families discover PD Active’s programs and services with one simple action. Take some PD Active brochures with you on your next visit to your neurologist. Ask if she/he will make them available to his/her patients. Voilá!

Several of your fellow PD Activists have done this. They’ve found their neurologists to be receptive and pleased to learn about the programs that will help their patients become engaged, informed, and active.

PD Activist Sarah Hardesty tells us, “Don’t forget the front office staff. They appreciate being able to help patients by providing them with PD information. When I was diagnosed six years ago, my neurologist said he didn’t know about any support groups. Now he has PD Active brochures in the waiting area AND in the exam rooms.”

For more information and to acquire brochures, email info(at)PDActive(dot)org

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New Support Group for People with Parkinson's Disease

DATE: The first Thursday of each month starting Thursday August 4, 2016
TIME: 2:00 – 4:00
PLACE: The Rose Room
Mercy Retirement and Care Center
3431 Foothill Blvd, Oakland, CA

Do you have Parkinson's Disease? A support group is a safe place to share information, questions, ideas, and feelings with other people who have Parkinson's.

Sponsored by PD Active: A community of people with Parkinson's supporting one another. www.pdactive.org

There is no charge for this program. Refreshments will be served.

TRANSPORTATION:
• AC Transit Line 40
  o from Downtown Oakland at 12th St. BART (mostly on Foothill) to 35th Ave.
  o from Bay Fair BART via Eastmont Transit Center to Foothill & 35th Ave.
• AC Transit Line 54
  o from Fruitvale BART (mostly on 35th Ave). to Foothill
  o from Merritt College to Foothill & 35th Ave.
• AC Transit Lines 20, 21, 39 and 399 all stop at Foothill and Fruitvale. Walk about three blocks on Foothill to 3431 Foothill.
• Taxi from Fruitvale BART, the closest station
• Paratransit comes to Mercy Retirement often. If you use Paratransit, they can get you there.

PARKING: There is a visitor parking lot with entry on 34th Ave. This lot may be full, but there is adequate street parking nearby.

WHERE IS THE ROSE ROOM? There will be signs in the parking lot. If you come into the building at the Main Entrance on Foothill, the person at the front desk will direct you.
Newcomers and long-time PD Activists alike filled every table in the Fellowship Hall at this year’s informative, interactive, and very fun Town Hall.

Town Hall is the only time a large number of us get together – not just to socialize, but to learn about the “State of the PD Active Union” from Board President, Mary Pat Boersma, to talk about how well PD Active is serving our needs, and to share ideas.

Mary Pat spoke of PD Active outreach efforts and how they have lead to program opportunities like the new Oakland Support Group. We participated in “mini-demos” for existing and new movement programs: the Tremolos, Dance for PD, and PWR! (Parkinson’s Wellness Recovery).

During the “Table Talk” segment we met new people and mingled with old friends. We learned about each other’s first PD Active event or program, current favorite programs (Newsletter, Forum, and Yoga topped the list), and exchanged ideas about new programs. The greatest interest was for “higher intensity exercise.” Rock Steady Boxing topped the list, closely followed by PWR! Also mentioned was Peddle for Parkinson’s, a YMCA program.

The two hours flew by. We moved a little, noshed a little, laughed a little, and expanded our PD Active community a lot. We may need a larger venue for Town Hall 2017.
Clinical Trial - Sign Me Up?

I am not a risk taker. You won’t see me signing up for invasive procedures for drug trials. But because I live in the Bay Area with our plethora of fine research institutions, even a risk-averse gal like me can find a trial to participate in.

I registered on the Michael J. Fox Foundation Trial Finder site by entering basic info and preferences. You can find it here: https://foxtrialfinder.michaeljfox.org/register/

They send me emails about trials that fit my criteria. And that’s how I wound up spending an interesting afternoon with Ian Greenhouse, PhD, at UC Berkeley’s Cognition and Action Laboratory and lived to tell about it.

We all know clinical trials are essential to move Parkinson’s knowledge forward. We also know how difficult it is for researchers to attract trial participants.

Give Trial Finders a chance. You might have an interesting adventure close to home too. ❤️ Paula Blasier

Paula at UC Berkeley’s Cognition and Action Laboratory, bravely participating in clinical research with Ian Greenhouse, Ph.D.
Donors since last newsletter ...

Penelope Chase - in honor of Sarah Hardesty
The Cheeseboard Collective
Jorge Del Mazo
Lorraine Force - in memory of Yvette Lehman, and for dance
Claude Hess - for dance
Vivian Hirshen - in memory of Yvette Lehman, and for dance
Evelyn Kawabara - in honor of Paula Blasier
Ernest Scosseria - for yoga

Matching Corporate Gift
GE Foundation

Thank you!

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George Turner

Giving to PD Active

We rely on you – our generous PD Active members, your friends and families for our core financial support. It’s easier than ever to help.

You can make one time and/or recurring donations by:

• Mail – Please make checks payable to PD Active and mail to PD Active, P.O. Box 9246, Berkeley, CA 94709

  - Website – pdactive.wordpress.com/donate
  - PayPal – https://www.paypal.com/

For help setting up a recurring monthly donation via credit card, email Judith at development@pdactive.org or call 510-479-6119

What / How Else Can I Donate?

• Stock or donor advised funds
• Planned Giving - Property or other assets through your will or estate plan

Questions? Contact Judith at development@pdactive.org

• Shop through Amazon Smile! See smile.amazon.com for details

PD Active is a 501(c)3 non-profit organization.
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