



The Shaky Times

-- Online Edition --

August 2017

Here's what's inside:

Carol Fisher writes about Anxiety and Parkinson's Disease

Wendy Henderson weighs in with another article on anxiety and it's causes in Parkinson's

Abraham Raja shows us what's new in the PNMD library

Alan Isaacson reviews John Wolf's book, "Honey, I Sold the Red Cadillac: Learning to Cope with Lewy Body Dementia"

This month we introduce Member Profiles, stories about PNMD members. Our first story is about Howard Zalkin, co-president of PNMD.

The next meeting, announcements and how to reach us



Anxiety and Parkinson's Disease

by Carol Fisher

"Anxiety is the handmaiden of creativity." ~T.S. Eliot

"A crust eaten in peace is better than a banquet partaken in anxiety." ~Aesop

"Neither comprehension nor learning can take place in an atmosphere of anxiety." ~Rose Kennedy

According to the National Parkinson Foundation (www.parkinson.org), there are many ways in which a person with Parkinson's disease (PD) can experience anxiety:

Generalized Anxiety Disorder is characterized by feelings of nervousness and recurring thoughts of worry and fear. This is worrying in excess of what would normally be expected considering the situation and often leaves a person feeling out of control. Physical symptoms that may accompany these feelings include butterflies in the stomach and nausea, trouble breathing or swallowing, racing of the heart, sweating and increased tremors.

Anxiety Attacks usually start suddenly with a sense of severe physical or emotional distress. A person may feel that they are experiencing a medical emergency. These episodes usually last a few minutes to an hour, particularly when associated with "off" periods, though they can often last for longer periods of time.

Social Avoidance involves avoiding everyday social situations because of a fear of embarrassment at having Parkinson's symptoms, such as tremor, dyskinesias or trouble walking.

Obsessive Compulsive Disorder often shows up as persistent, unwelcome thoughts or images (obsessions) and by the urgent need to engage in certain rituals (compulsions) to try to control or rid oneself of these thoughts.

Here are some tips for dealing with stress and anxiety:

- **Take a time out.** Practice yoga, listen to music, meditate or learn some other relaxation techniques.
- **Eat well-balanced meals.** Do not skip meals. Always have healthy, energy-boosting snacks on hand.
- **Limit alcohol and caffeine.** These can aggravate anxiety and trigger panic attacks. Drink water instead.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily.** Perhaps recruit an exercise buddy.
- **Take deep breaths.** Inhale and exhale slowly throughout the day when you feel stressed.
- **Slowly count to 10.** Repeat and count to 20 if necessary.

- **Do your best.** Instead of aiming for perfection, be proud of what is possible for you in that moment.
- **Accept that you cannot control everything.** Put your stress in perspective. Is it really as bad as you think?
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Give back to your community.** Volunteer or find another way to be active in your community. Giving love brings love back to you.
- **Learn what triggers your anxiety.** Try to find a pattern in it so you can recognize it and catch it before it catches you.
- **Talk to someone.** Tell friends or family that you feel overwhelmed and let them know how they can help you. Talk to a therapist or physician for professional help.

There is a lot of opportunity for support within the Parkinson's Network of Mt. Diablo community. Participate in exercise classes or support groups and create a support community that truly understands what it feels like to have PD.

Carol Fisher is a registered Yoga Instructor and a certified Parkinson's Wellness Recovery Instructor. She has been teaching movement to people with PD for the past eight years, and has worked extensively with John Argue. She can be reached by phone at 925-566-4181 or via email at namastecarol@gmail.com. Visit her website at www.innerkeyyoga.com.

New in the PNMD Library



Abraham Raja, the PNMD librarian is always on the lookout for new books, periodicals, medical journals and company information that provide information and insights into Parkinson's Disease, medical research on the disease and other related topics.

This month he shows us the library has many sources of information, not just the latest books. Here are some examples of the handouts:

- 1) Simple Ways to Relax.
- 2) Thinking about New Therapies.
- 3) Impulsive Control Disorder.
- 4) Prevent Falls.
- 5) Urinary Incontinence in Men.
- 6) Depression in Seniors/ Managing your Depression/ Anxiety.
- 7) Parkinson's Disease Symptoms List.
- 8) Sitting Exercises.
- 9) PD Exercise Program.
- 10) Save Our Senses.
- 11) New studies Show how our mood affects our health for better or worse.
- 12) Medication Management.
- 13) Gut to Brain: The Inflammation Connection.
- 14) Lewy Body Dementia/ Puzzle power (LBD).
- 15) Secrets, Myths, and Misconceptions.
- 16) Caregivers Organizer.

Many of the handouts are available to keep so stop by the library table at the next meeting and see what interesting things you might take home for reference. And be sure to ask Abraham for guidance on which materials are best for your needs. He can point you in the right direction.

Member Profiles

Most of you know Howard from our monthly meetings. As co-president of the Parkinson Network of Mount Diablo, he meets people at each event with a smile, a handshake and a pleasant word. But there's a lot behind the scenes of the organization that Howard works on. In fact, he spends about 20 hours a week on PNMD business. And that's along with his own business of resume writing and consulting.

Howard was diagnosed with Parkinson's in 2012—almost two years after a serious bout of viral encephalitis that lasted nearly a year. That battle included 5 weeks hospitalized in a semi-conscious state, another 5 weeks in a rehab hospital, then a year of rehab which included learning to walk again. But soon the walking became more difficult. After a year of unsuccessful testing, a neurologist suggested trying Sinemet to see if it would help. It did help, and this led to Howard's Parkinson's diagnosis.



The PD diagnosis was a shock, coming so soon after the viral encephalitis. Howard's brother and sister-in-law were a big help. But they live on the East Coast. So, with no family nearby to provide support, Howard found the Parkinson Network of Mount Diablo.

Howard joined the organization initially for camaraderie and support, but soon realized he could give back by helping with the library. Later, he was asked to join the PNMD board. Then in 2014, he became co-president. He said the rewarding thing about participating in the organization is to be of service and make a contribution.

Howard says it's comforting to know that he's not alone, and that other PDers face similar problems, such as tremor, dystonia, lack of stamina, and occasional depression. But Howard has found ways to stay busy and not dwell on the negative. When not doing PNMD-related work, he writes fiction, participates in various clubs at Rossmoor, exercises, does volunteer work at a job networking organization called Experience Unlimited, and earns extra income as a resume consultant.

Over the years, Howard has worked as a farm hand, a professor of Russian, and a software sales engineer. He was employed at the United Nations, and has lived all over the world, including six years in Russia—right after the fall of the Soviet Union. He says that, in some ways, he feels he's on borrowed time. He can feel his Parkinson's progressing. But he takes great pleasure in being of service to the members of PNMD.

What Causes Anxiety in Parkinson's Disease

By Wendy Henderson SOURCE: [Parkinson's News Today](#)

Anxiety is a state of mind which can give the sufferer feelings of agitation and nervousness. Moods can often be foreboding and difficult to snap out of. People who live with Parkinson's disease may also suffer from anxiety for several reasons.

According to the National Parkinsons Foundation, chemical changes occurring in the brain due to Parkinson's disease can trigger mood disorders such as anxiety and depression. People living with Parkinson's often have extremely low levels of the chemical GABA, which has been linked to the onset of anxiety and depression. If this is the case, then medication can help rebalance the brain's chemicals and reduce anxiety.

Intermittent bouts of anxiety can occur due to the effects of motor changes, which can often be extreme and result in severe anxiety attacks.

As well as biological factors, psychological factors can also play a role in the onset of anxiety for Parkinson's disease patients. The effects of coping with a chronic disease can often have an adverse effect on a person's mental health. In addition, patients may experience anxiety attacks when their medication has worn off and is no longer working.

Alan Isaacson reviews Bob Wolf's "Honey, I Sold the Red Cadillac: Learning to Cope with Lewy Body Dementia"

This is one of the newer books to have arrived at the Parkinson Network of Mt. Diablo (PNMD) library. It was written by Bob Wolf and concerns the trials and tribulations that confronted him when his wife, Carol, was diagnosed with Parkinson's disease—a diagnosis that was later changed to Lewy body dementia. Carol and Bob are presently members of PNMD.



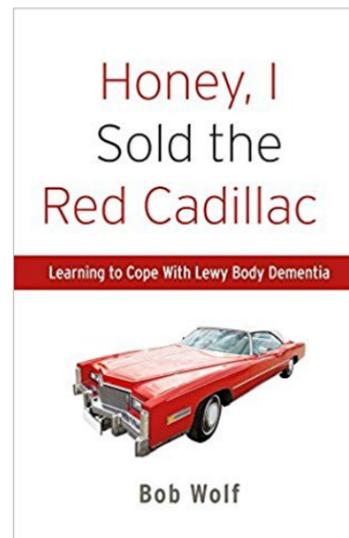
For those who want to know the technical details of how Lewy body dementia differs from Parkinson's disease, you'll have to find another book and another author. But if you would like to know what it's like living with or caring for someone with Lewy body dementia, then this book will interest you.

For example, Carol was hallucinating that she and Bob owned a red Cadillac, and this troubled her. Bob set her mind at ease by telling her he had sold the red Cadillac. Problem solved!

The book ends with Carol happily ensconced in an assisted living facility in Lafayette.

This book is an example of the diverse resources in the PNMD library that Abraham Raja has built. Please stop by the library display at our monthly meetings and take a look at what's available. Do you know of a book on Parkinson's that you think should be in the library? Tell Abraham!

If you would like to review a book from our library, please contact Howard Zalkin via email at hzalk510@gmail.com



Announcements, Meetings and How to Reach Us

Donations

In memory of Barbara Kingshill:
Marianne M. Poppas

Is There Treasure In Your Driveway?

You can stop paying insurance and registration—and get a tax deduction.
Donate your car to PNMD. Just call: 877-999-8322

Important:

Be sure to tell the operator that you wish to donate your car to Parkinson Network of Mount Diablo. Or just use this link for our dedicated online donation form: <http://www.v-dac.com/org/?id=943297100>.

If you have any questions, call the vehicle donation program at 877-999-8322.
Or contact Howard Zalkin at hzalk510@gmail.com.

The August Meeting Featured Speakers

The August 19th meeting will feature Eloise Theisen, Founder Green Health Consultants and board director American Cannabis Nurses Association and Rebecca and Tim Byers of Agathist Collective presenting **A Panel Discussion on Medical Marijuana: An Education Panel.**



For almost 16 years, Eloise Theisen has been a dedicated and patient-focused nurse specializing in cancer, epilepsy, chronic pain, ALS, dementia, Alzheimers, Parkinsons, PTSD, fibromyalgia, and various auto-immune and neurological diseases. The founder of Green Health Consultants, she started her career at John Muir Medical Center caring for patients suffering from cancer, terminal illnesses, respiratory failure/complaints, drug overdoses, acute alcohol ingestion, gastrointestinal bleeds, traumatic brain injury, and multiple traumas and from there worked her way up to management.

Eloise is a passionate advocate for medical cannabis and cannabis oil alternatives after seeing the positive benefits it has had for patients. In partnership with Dr. R. David Ferrara MD, she started Green Health Consultants (GHC), a clinic dedicated to ensuring patients receive the qualified counseling they need to safely and effectively use cannabinoids to manage a health condition, cure an illness or reduce their intake of pharmaceuticals.



In June 2015, Tim and Rebecca co-founded The Agathist Collective, a cannabis consulting and delivery service that provides members with the information, products, and support that they need for relief from chronic and age-related illnesses.

Tim and Rebecca provide in-home guidance to members who are new to cannabis, and provide detailed and accurate information about products, efficacy, benefits, and adverse effects.

They help you understand your treatment plan, why specific cannabinoids, terpenes, and routes of administration can be effective at treating your disease or condition, and help you understand and apply your dosing instructions. Tim and Rebecca have been active in the cannabis community since 2014. They are both members of the Rossmoor Medical Marijuana Club. Rebecca co-founded Flower Maid in 2014, and Timothy is currently working on cannabis training modules for medical practitioners and dispensary staff.



General Meeting Information:

Board Meeting:

First Monday of each month, 10:15A.M. Hillside Covenant Church, 2060 Magnolia Way, Walnut Creek.

General Support Group Meeting:

The Parkinson Network of Mt. Diablo Support Group Will meet on Saturday, July 15, from 9:00 a.m. to noon at Grace Presbyterian Church, 2100 Tice Valley Blvd., Walnut Creek. All are welcome and there is no charge. No RSVP's needed.

Here is the agenda for July:

9:00 to 10:15 a.m. – Three concurrent Support Group meetings:

1. Men with Parkinson's Disease Only: For men newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the Fireside Room at Grace Church. Contact person is Gregg Riehl (jgriehl@gmail.com) at (925) 254-8349.
2. Women with Parkinson's Disease Only: For women newly diagnosed or who've had PD for years: time to share, laugh, and learn from each other. Meeting location is the Library at Grace Church. Contact person is Sandy Clark (sandchu@aol.com) (925) 944-0769.
3. Caregivers Only: Caregivers discuss issues relating to their roles. Meeting location is the Sanctuary at Grace Church. Contact person is Norman Kibbe (nkibbe@aol.com) (925) 935-9322 .

10:15 a.m. to 10:30 a.m. - Assemble in Oak Room. The PNMD Library, with books, flyers, videos, etc. is open at this time. Sunrise Bistro will provide refreshments that will be underwritten by Acadia Pharmaceuticals 10:30 a.m. to 10:45 a.m. Welcome new members announcements

10:45 a.m. to 11:45 a.m. (In Oak Room) Guest speaker: Dr. Salima Brillman, Parkinson's Institute. See her info above.

11:45 a.m. – noon - Q&A, Wrap up: General questions may be directed to Howard Zalkin at (925) 939-4210 ; Lance Gershen, Program Chair (925) 932-1028; or Sandy Mitchell, Asst. Program Chair (925) 687-3976. Website: <https://pnmd.net>

Contact Us

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Community Outreach: Michael Grupp (925) 451-3389
Administrative Coordinator: Krystin Radke (925) 336-9554
Tremble Clefs: Michael Grupp (925) 451-3389
Board Mtg.: Open to all members.
Caregiver Services: Norman Kibbe (925) 935-9322
DBS: Art Fowler: (925) 314-1875

Donations and Memorials: Please mail to P.O. Box 3127, Walnut Creek, CA 94598.
Newsletter Editor: Randolph Segura (925) 872-1927 Please email submissions by the 15th to: randolphsegura@gmail.com.

Disclaimer: This newsletter is published to increase awareness of problems related to Parkinson's Disease. Neither PNMD nor its members make any warranty or assume any responsibility as to the accuracy, completeness or usefulness of any information presented. The editor's opinions are strictly his own.

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