

SANTA BARBARA NEWS-PRESS



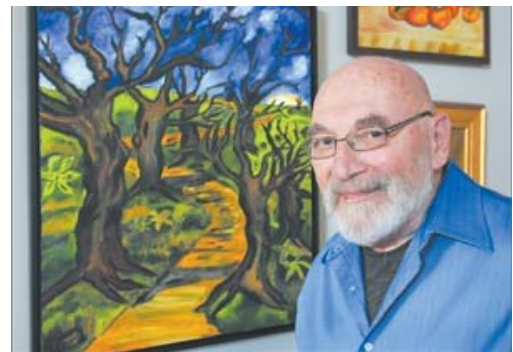
LIFE / D1

ART EXHIBIT AT HOSPICE OF SANTA BARBARA DISPLAYS PAINTER'S 'PATH THROUGH THE PARKINSON JUNGLE'



A clearing in the jungle : Exhibit coincides with Parkinson's Awareness Month

MARILYN McMAHON, NEWS-PRESS STAFF WRITER

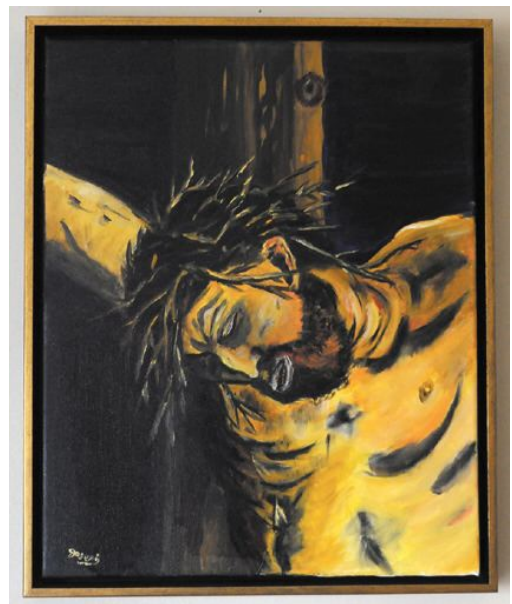


Symbolizing the theme of his one-man art exhibition, "Painting a Path Through the Parkinson Jungle," is this piece of work by Dr. Daniel Joseph, who was diagnosed with Parkinson's disease in 1999. The show will be on view from Friday through June 30 at

Hospice of Santa Barbara.
STEVE MALONE/NEWS-PRESS PHOTOS



As Dr. Daniel Joseph began to realize that his illness had something to teach him, he began to paint brightly colored flowers and fruit. "Change, acceptance and patience became my new mantra. I was now on a new path, a path of hope," he said.



Paintings of Christ suffering on the cross and a shackled man lying on a beach represent Dr. Daniel Joseph's frustration

April 6, 2010 5:02 AM

when dealing with the early stages of Parkinson's disease.

Dr. Daniel Joseph says there's a simple reason he chose "Painting a Path Through the Parkinson Jungle" as the title for his one-man show at Hospice of Santa Barbara.

"It felt like a jungle in my brain with little hope of escape when I was diagnosed with Parkinson's disease in 1999 just as I was about to retire from a busy gynecological practice of 35 years," he recalled. "I still remember that sick feeling in my gut. I retreated into my cave and went into denial. Not much happened at first, but gradually the symptoms increased — more tremors in my hands and feet, weakness in my legs, slight imbalance, decreased mental acuity and slight depression.

"Where once I had held lives in my hands, I now had trouble holding a glass without fear of dropping it," Dr. Joseph, 77, said.



He was aware of the progressive nature of the disease, and his thoughts turned to anger, especially when finding the right medicines turned out to be a game of trial and error, and most of the medications had side effects.

A chance meeting with a friend in a local shopping center soon after the diagnosis introduced Dr. Joseph to the world of painting, something he had never done before.

"When I told the friend, who is an artist, I had Parkinson's disease, she suggested I come and paint with her," said Dr. Joseph, who began to take classes from the woman about a week later.

"It wasn't long before painting became part of my new daily routine," he said during an interview in his home on North San Marcos Road.

One of the three bedrooms is now his studio.

"I just loved what was happening. I could take a brush and canvas, some paints and magically the pictures in my head began to transfer to the canvas. And when I was painting, my symptoms seemed to go away," said Dr. Joseph. "My art became a meditation, and my studio a sanctuary where the tremors stopped, my mind quieted, and I learned to see as I had never done before."

Through his painting, Dr. Joseph began to realize that his illness had something to teach him.

"Change, acceptance and patience became my new mantra. I was now on a new path, a path of hope," he said.

In his exhibit of 25 paintings, Dr. Joseph said he tries to show the "process that follows my path through what I call the Parkinson Jungle, where confusion, uncertainty and fear lies and how through my art, I've come to experience Parkinson's as a teacher of patience and appreciation for the beauty in life. I think I will paint or draw as long as I'm physically able, and when the time comes for me to go, my wish would be that I could take with me my brush and paints and an empty canvas."

The exhibit in the Leigh Block Room at Hospice of Santa Barbara, 2050 Alameda Padre Serra, Suite 100, will open with a free reception from 4:30 to 7 p.m. Friday and continue through June 30. The exhibit coincides with Parkinson's Awareness Month in April.

The show is dedicated to Gail Rink, who also has Parkinson's disease. She is the former executive director of Hospice and a longtime friend of Dr. Joseph.

"I had been thinking of showing my art for some time and mentioned this to Gail," he said. "I didn't know at that time that Hospice was planning to run artists' exhibits all year long. Gail called me a few days later and told me my wish was granted, and Hospice wanted me to show for the months of April through June."

The paintings, which range in price from \$200 to \$400, will be for sale, with 25 percent of the proceeds going to Hospice.

e-mail: mmcmahon@newspress.com

IF YOU GO

WHAT: "Painting a Path Through the Parkinson Jungle," an exhibit of work by Dr. Daniel Joseph

WHEN: Friday through June 30. Opening reception is from 4:30 to 7 p.m. Friday.

WHERE: Leigh Block Room at Hospice of Santa Barbara, 2050 Alameda Padre Serra, Suite 100. (Because the room is also used for meetings, guests are asked to call Hospice before viewing the exhibit. There are no regularly scheduled hours.)

ADMISSION: Free

INFORMATION: 563-8820

April is Parkinson's Awareness Month

In recognition of Parkinson's Awareness Month in April, two special events have been scheduled locally. Both are free.

"Parkinson's 2010 — Update on Parkinson's Disease: Reasons for Hope" is the title of a symposium from noon to 4 p.m. Saturday in the Thornton Auditorium at the Wake Center, 300 N. Turnpike Road in Goleta.

Santa Barbara Continuing Education is one of the sponsors.

Featured will be talks by Dr. James P. Sutton, a movement disorders specialist at Pacific Neuroscience Medical Group in Ventura, and Dr. Ronald B. Ziman, medical director for the Regional Information and Referral Center of the American Parkinson Disease Association in Northridge.

Dr. Sutton will discuss "Parkinson's Research: A New Decade of Hope," and Dr. Ziman's topic will be "Power Over Parkinson's."

Also speaking will be John Ball of Los Angeles, author and national co-chairman of Team Parkinson, who will discuss "Living Well, Running Hard — Turning Isolation to Leadership in the Patient Community," and Colleen Carroll of Westlake Village, certified yoga therapist, whose topic is "Benefits of Yoga for Parkinson's."

For more information, call 866-499-2732. To register online, go to www.sbccc.edu/adulted.

Sponsored by the Parkinson Association of Santa Barbara, a Parkinson's Disease Seminar will take place from 9 a.m. to noon April 24 at the Braille Institute, 2031 De la Vina St.

John Argue of San Francisco, an expert in the art of moving for those with Parkinson's, will be featured. He

has developed methods to help Parkinson's patients deal with the challenges of daily living such as getting out of a chair or car, turning over in bed and getting up from a fall.

Dance instructor and owner of Leslie Sack Dance Studio, Ms. Sack will demonstrate her "Brain Gym," showing how music and rhythm can improve mobility.

Local neurologist Dr. Philip Delio will answer questions about Parkinson's.

For more information, call 683-1326.