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*For the Caregiver: Maintaining Healthy Relationships  page 5*
Here in the Pacific Northwest, April showers don’t necessarily bring May flowers (often they just bring more rain), but April does always bring Parkinson’s Awareness Month. We may not be able to count on the weather warming or the rain being put on hold, but we can count on one another. In April, Parkinson’s Awareness Month, we can rally together and help spread the word on Parkinson’s disease.

What can you do this month? You can write a letter to your local newspaper, or reach out to a local radio or TV station. Tell them your story of living with Parkinson’s, and what has been impactful along the way. Request your local mayor declare April as Parkinson’s Awareness Month. Share your story with someone new, a friend, neighbor, or family member. Share your story with us. Attend a local support group or education program. Write. Be creative. Be active.

What are we doing here at the APDA? We continue on, working to provide the resources, programs, and services to our community that help to “ease the burden, and find the cure.” We are holding education programs around the state, check out the calendar on page 13 for the next one nearest you. We are providing a sympathetic listener and access to resources through our Information and Referral Center. We are helping people stay mobile with our Taxi Voucher program, and helping caregiver’s prevent burnout with our Caregivers Day Off program. We are strengthening the support group network, by funding professional facilitators for support groups, and providing individual counseling for those in need. We are bringing people together, by funding activity classes, such as yoga, singing, and dance. And we are funding research—looking to understand the cause(s) of Parkinson’s, develop better treatments, and one day, a cure.

Consider making a donation to us in April, in honor of Parkinson’s Awareness month. For donations $25 and above, we will send you a PD tulip pin, to proudly display in support of the Parkinson’s community. The red tulip is the universal symbol for Parkinson’s disease. Donate today to support our community and receive your pin online at www.waparkinsons.org/give or by returning the donation form in the back of the newsletter.

As always, don’t hesitate to reach out to me with your questions, comments, or just to say hello. You can reach me at kristi@waparkinsons.org or 206.419.7872.

Sincerely,

Kristi Murphy
Executive Director
Hello everyone,

With warmer weather right around the corner, it’s the perfect time to do a little Spring cleaning! What I am referring to is not cleaning your house, car, or even your garage—but your mind.

Naturally we all tend to hang on to old patterns and bad habits which preoccupy our minds and keep us from looking at how we could change and make ourselves happier. It is easy to dwell on the things that are not going well in our lives and blame our state of mind on our circumstances. The truth, and the secret of perpetually happy people, is that circumstances have very little to do with it! You alone are in charge of your own mind. It will take conscious effort to focus on the positives in your life, but once you do you will begin to notice all of the other positive things happening around you—and to you. So how about doing a little spring cleaning and taking stock of the beliefs you have about yourself and the world; do your thoughts contribute positively to your life or weight you down with burden and worry? Take a moment to remember things that used to bring you joy—to remember that you once loved music, dancing, art. Finding out what you once loved and set aside enables you to bring it out again and make it part of your current life. Maybe you can no longer do those things in the same way you used to, but you can still enjoy them in a different way. Focus not on what you can’t do but what you can, and fill your life with positive, productive energy. The time we have in life is short and will pass anyway, why spend it centered on the negative? So be mindful of your thoughts, revisit a favorite pastime, ditch a bad habit, reconnect with an old friend, or get involved with something else that is meaningful to you. I urge you to “spring” into the new season (pun intended!) with a fresh outlook, a renewed optimism, and a determination to be a happier, healthier, you.

Zeljka Jurcevic  
206.277.5516
FATIGUE IS A COMMON REASON that people visit their doctors. It is especially common in people with Parkinson’s disease (PD). When it is mild, fatigue is annoying; when severe, fatigue can be disabling. Fatigue in PD has many causes, including medication, sleep disorders, depression, inactivity, low blood pressure, vitamin deficiencies, and PD itself.

Many of the medications used to treat PD can potentially cause fatigue or sleepiness, though not in every person. Dopamine agonists (ropinirole, pramipexole, rotigotine) can cause sleepiness throughout the day in certain individuals. They may even cause sudden “sleep attacks,” when a person falls asleep in the middle of another activity. Sleep attacks are dangerous because a person can fall asleep while driving. Trihexyphenidyl can cause sleepiness or mental fog- iness as well. Carbidopa/levodopa may cause sleepiness for about 45 minutes after taking the medication, but rarely causes all-day fatigue. Amantadine does not cause fatigue, and sometimes can be used to treat fatigue.

Sleep disorders are common in people with PD. These include sleep apnea (even in healthy-weight people), restless leg syndrome, and REM sleep behavior disorder (when people act out their dreams while asleep). All of these conditions may reduce sleep quantity and quality. They are all treatable, when properly diagnosed. You may need to have a sleep study for diagnosis. In this procedure, you spend the night sleeping in a special lab, with multiple monitors attached to you.

Depression can cause fatigue too. Depression is a common problem in PD because of changes to brain chemicals, including dopamine, serotonin, and norepinephrine. This commonly appears as fatigue, poor sleep or excessive sleep, appetite changes, and a sad or blue mood. People with depression commonly say they cannot enjoy themselves. In its severe form, depression may cause people to want to hurt themselves or end their life. Depression may be successfully treated with medications, talk therapy, or both.

People with PD may become inactive. This inactivity often leads to fatigue, which in turn leads to more inactivity. The way to break out of this cycle is to force oneself to become more active. This will make the

continued on page 6
WHEN A CHRONIC ILLNESS JOINS a family, unexpected challenges can consume and create conflict among family members. Some individuals feel overwhelmed with their role as a caregiver while others feel guilty their family members are having to care for them. Processing the emotions together, and focusing on maintaining healthy relationships with your loved ones can offer some much needed comfort and ease in coping with the illness.

Often when someone becomes a caregiver for someone they previously had another type of relationship with (i.e. parent, child, spouse), a role reversal happens. Spouses who have had intimate and romantic connections in the past may now find themselves helping their loved one get dressed, take a bath, or get to medical appointments. An adult child who is now caring for a parent whom they were raised by, might now find themselves feeling more like the parent; needing to guide their loved one through important decisions, or even take over the decision making for them. These role reversals can create confusion, frustration, and power struggles in previously healthy relationships and can leave the parties involved feeling overwhelmed and burdened. No one wants to feel incapable, and often being cared for can be a reminder for the care partner of the things one can no longer do for themselves. Similarly, those who are providing the care may now have more burden of the family’s responsibilities, leading to feelings of anger and resentment.

Communicating openly before, and when, you begin to feel negative about the caregiving relationship can allow for both individuals to acknowledge the challenges of living with a chronic illness and decrease these feelings of frustration. Being able to say, “I’m frustrated that you can’t help out around the house” or “I’m tired of being sick” can go a long way in letting the other party know how you’re feeling that day. This makes it okay to talk about not only the happy times, but the challenging ones as well. One might also say “I’m feeling overwhelmed about dealing with my illness and all of the changes that are happening to our family as a result of my being sick, and I’m wondering if you’re also feeling this way.” This allows for families to share together in their frustrations and to know that they are not alone. Using “I” statements, as demonstrated above, can be particularly helpful in communicating feelings. The goal of open communication is neither to fix or take away other’s emotions, nor to make others feel bad that you are feeling bad. The goal rather, is to lay the
The goal is to lay the challenges out on the table and begin to work together to find solutions that create less stress and burden.

be helpful to not only acknowledge that the chronic illness is a part of your lives, but also find ways to focus on each other without the illness. Setting aside a special time each week for spending time together outside of the caregiving role can allow the relationship to still feel normal, despite the added demands of the chronic illness. Scheduling fun activities or outings can create a sense of normalcy that is often lacking for those both coping with, or caring for, someone with illness. Alternatively, it can also be helpful to set aside a special time each week for talking about the chronic illness. This check-in can serve as a time to share about new health challenges or new struggles in caregiving. Knowing that there is a special check-in time each week to discuss the most recent frustrations of living with chronic illness can allow for these discussions to feel normal, and for the remainder of the week to not feel as pressured around these conversations.

Living with chronic illness can be an unwelcome challenge in our lives, but knowing it can be possible to maintain healthy relationships with loved ones can release some of the burden felt by all involved.

TIPS FOR THE CAREGIVER
Here are some additional tips for the caregiver to assist in developing a self-care routine:

Breathe  Breathing can assist in calming the body and mind during stressful times.

Sometimes You Just Need a Little Break...

Taking care of a loved one with Parkinson’s isn’t easy.

Often there doesn’t seem to be time to get everything done. The challenge of Parkinson’s can add stress to your already busy days.

Taking care of you is important too.

Spend an afternoon with a friend, enjoy a long walk, get your hair cut. Recharge your batteries and make sure you are doing OK.

Caregiver’s Day Off gives you the time you need.

We provide 20 hours of care per year, contracting with local agencies that offer home and companion care or care from a certified nursing assistant. Care in your home or for an outing gives you many options.

To qualify all you need to do is fill out a simple application and obtain a doctor’s signature confirming your loved one’s diagnosis.

Let us help. Contact us for more information or for your application.

Washington Chapter
American Parkinson Disease Association
(425) 243-2732
www.waparkinsons.org
info@waparkinsons.org
Exercise Staying active can increase the endorphins in the brain which keep us happy. Taking a short walk every day, or even following an exercise program on the television or internet can increase positive emotions.

Take breaks No one can completely give of themselves 100% of the time. Ask other family and friends for help when needed. Seek assistance from social service agencies offering respite care or hire some extra help from a home care agency.

Spend time with loved ones Spending time with friends and loved ones who are not your care partner can be an important way to take the above mentioned break. Keeping up with the people who are most important in your life can offer you support in your caregiving role as well as the fun and socialization that we all need and deserve.

Practice positive self-talk Much research has been done on positive psychology and the importance of healthy perspectives. We don’t always have control over our circumstances, but we do have control over how we think about or react to them. When you notice yourself getting stuck in a negative mindset, think about how you might view your situation differently.

Become mindful Mindfulness allows us to take our heads out of the “what-ifs” and “whens” and focus on the present moment.

Do unto yourself This gives new meaning to the old teaching of treating others as you would like to be treated. Often caregivers are wonderful at taking care of others, but not always great at taking care of themselves. Make sure you give yourself some of the kindness and compassion you so easily give to those around you.

Allison Fine, MSW, LICSW is a clinical social worker and private practice counselor in Seattle, WA

Dr. Lissa Brod is a movement disorder specialist at Franciscan Neurology Associated at St. Joseph Medical Center in Tacoma, WA.

fatigue worse initially, but will eventually give the person more energy. Exercise is particularly important for people with PD, since it may actually change brain chemistry, in addition to its many other benefits.

Low blood pressure sometimes occurs as a result of PD or medications for PD. This can cause lightheadedness or even fainting spells. Rarely, it can cause a sense of general fatigue.

People with PD may not eat well because they cannot smell their food. This can create nutritional deficiencies that may cause fatigue. Furthermore, almost everyone in the Pacific Northwest is deficient in Vitamin D due to our relative lack of sunlight. Talk to your primary care provider or neurologist about your Vitamin D intake, as well as whether you might benefit from seeing a nutritionist to address any imbalances in your diet.

Finally, many of the symptoms of PD itself may cause a feeling of fatigue. For instance, rigidity may make a person feel stiff, which makes movement difficult. Bradykinesia makes movements slower, while tremor may be tiring. The gait changes of PD may make walking feel more tiring as well.

If you suffer from fatigue, discuss it with your doctor. Keep track of what time of day the fatigue is better or worse, and any other factors making it better or worse. Does it occur after you take your medications (for PD and other conditions)? Ask your partner if you might have a sleep disorder. Consider whether you might be depressed, noticing your mood, appetite, and sleep. Are you active enough? Do you get light-headed? How is your diet? Overall, do you feel that your PD symptoms are adequately controlled? The answers to these questions will point you and your doctor in the right direction!
As we age we commonly have posture changes. Degenerative or arthritic changes in the spine can cause loss of height and increased back stiffness. With aging, spinal posture becomes more rigid causing a slight forward bent position. Frequently there is rounding of the shoulders, a forward head, an increased thoracic kyphosis (forward curve around ribcage) and decreased lumbar lordosis (low back curve). These changes tend to occur more quickly in persons who have Parkinson’s disease. The spine can also change shape with arthritis and degenerative changes that affect the bones or vertebral disk. Degenerative changes in the spine are normal, however there are advanced changes that cause pain and are not part of the normal aging process. These include bulging or herniated disc diseases, spondylosis, stenosis and spondylolisthesis.

Postural changes are very common, a hallmark feature of Parkinson’s disease. A tendency to bend or flex forward is the most common change in posture seen, but bending to one side also can occur. This change in posture may be due to many factors, including muscle stiffness known as rigidity. Our body is designed as if we were to climb vines. Very large muscles are found in the front of our chest, our abdomen, and the inside and back of our legs. With Parkinson’s disease these muscles are working overtime and can overpower the smaller muscles of our shoulder girdle and spine; drawing the spine forward more quickly than with normal aging.

As with many motor symptoms there can also be a change in postural awareness, or your own perception of the change. Postural changes occur over time so the brain will often compensate and accept this new forward bent posture as being normal; perceiving the posture as straight and upright, when in fact the spine is flexed forward or sideways. This is similar to what happens with speech - you feel like you are talking at a normal volume when others are constantly asking you to speak louder. Standing straight may make you feel like you are falling backwards.

There is another severe, but less common, postural change that can occur with Parkinson’s called camptocormia; a severe bending of the mid to lower spine during standing and walking that disappears when lying down. This may be severe enough that the upper back is parallel to the floor making it hard to look up or see what’s ahead.

How does postural change affect mobility?
With normal posture our weight is well centered over the middle of our feet making it much easier to balance. When our spine is bent forward, the head also comes forward and our center of mass shifts ahead of the feet. To keep from falling, the forward flexed person tends to bend his or her knees and hips. This leads to difficulty in taking big steps and requires more energy to walk. Falls are more
likely to happen due to the reduced foot clearance, or shuffling, that occurs while walking with knees bent. Also forward slouching limits arm swing which can cause shoulder and neck problems, and can reduce lung volume leading to shortness of breath and/or softness of speech. Benefits of a straighter spine include better balance, improved breathing and less energy expended for daily activities.

What are the treatments?
A good exercise program with a focus on increasing FLEXIBILITY in the stronger muscles, and STRENGTH in the smaller muscles in the spine, and back of the shoulder, will help to delay postural changes and help maintain a more upright stance. Muscles to target include stretching of the abdominal, hip flexors, and pectoral muscle groups as well as the hamstrings. Strengthening exercises should focus on the spine muscles, rhomboid muscles (between the shoulder blades), the lateral and posterior hip muscles, and the quadriceps muscles. Increasing endurance is very important because our posture tends to worsen when we get tired. Swimming and walking with hiking poles are two excellent endurance activities that encourage a straighter back. A back brace is also sometimes helpful to remind you to straighten up your spine.

How can I get started?
Physical Therapy can assist with improving your posture by instructing you in a comprehensive exercise program to increase your flexibility including spine motion, instruction in strengthening exercises, and normalizing the strength/length of your muscles.

Ann Zylstra is a Physical Therapist at Booth Gardner Parkinson’s Care Center in Kirkland, WA.

Complementary and Alternative Care in Parkinson’s Disease

RESEARCH OFTEN FOCUSES ON DISEASE: its progression, symptoms, and manifestation within the body. Laurie Mischley, ND, MPH, a Clinical Research Assistant Professor at Bastyr University Research Institute, is taking a different approach and focusing on health rather than disease. In her new study, Dr. Mischley explores the commonalities shared between those who managed the disease most successfully, in an effort to answer the question: ‘Among those with Parkinson’s who are doing unusually well, what are they doing differently?’

The study uses an online survey to collect a broad range of data from patients with Parkinson’s and related diseases. Participants will complete a survey every six months, answering questions about medications, diet, herbal supplements, exercise, meditation and an array of other factors. This information will allow Dr. Mischley to build an ever-growing data set to analyze, searching for common traits among those who maintain their health despite the disease. Their discoveries could lead to new clinical trials on Parkinson’s therapies. “It’s just taking advantage of what we can now do with statistics,” says Dr. Mischley.

Rather than investigating one variable at a time through double-blind placebo-controlled trials, Dr. Mischley’s study uses the “positive deviance” model of focusing on those who deviate from the norm in their success. “We have this really diverse disease in Parkinson’s, and it’s just not likely we’re going to come up with one single agent that’s going to stop the whole thing... for a complex disease like Parkinson’s, an unconventional approach makes sense” says Dr. Mischley.

The study needs participants from anywhere in the world at all stages of Parkinson’s, regardless of whether they use alternative therapies. The data becomes especially powerful once researchers have tracked people for two years or longer, Dr. Mischley says. Researchers can also adjust the survey over the course of the project, letting them hone in on promising trends.

For more information about this study and eligibility requirements, please e-mail neuroresearch@bastyr.edu or call 425-602-3306.
A Personal Experience...

“I was diagnosed with Early Onset Parkinson’s Disease in 2009 at the age of 50. I have been doing Yoga for Parkinson’s disease since January, 2013. At first, I was attending classes only twice a week. Then, since the offering of a third class in April of 2013, I have been faithfully attending all three of the sessions three times a week.

Bill Curr

In the beginning, I did not know if the class was going to provide any benefits. My wife kept encouraged me to attend, and she accompanied me to all of the sessions. In doing so, it has helped keep me interested, engaged and committed to practicing.

It took a while, but slowly my body became more flexible, my pain subsided, and my balance, as well as my outlook, improved. During my last appointment with my neurologist, she was genuinely amazed at my progress. There had been no changes in medication since my prior visit; the only difference was the yoga. Even though I knew that I felt a lot better, somehow having a medical authority that you trust verify how much your symptoms have improved was a wonderful feeling!

Yoga for Parkinson’s disease is not as easy as one might assume. Peter Lynch, the instructor, makes it clear that the challenge is within yourself. He emphasizes to put forth all that is available to you at the moment, but not to push yourself to the point of risking injury or strain.

He is extremely careful in his guidance and support, and has a special expertise and experience with people who have Parkinson’s.

Peter Lynch’s style is also informative and engaging. Each position is refined, addressing the individual limitations and concerns of each participant, and providing each individual with one-on-one attention.

I feel that not only do I get the knowledge, support and encouragement from a great instructor, but from the Yoga for Parkinson’s disease group as a whole. It consists of fantastic people who support one another; bringing humor and kinship to the experience – both trials and tribulations of living with Parkinson’s, and the rewards of doing something about it!”

The Yoga for Parkinson’s class, taught by Peter Lynch, is sponsored by the Washington Chapter APDA and is located at Northwest Hospital in Seattle, WA. For more information on classes in your area please visit the “Classes & Events” tab on our website www.waparkinsons.org or call 206.277.5516.
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<tr>
<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
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<tr>
<td>ALASKA</td>
<td>General</td>
<td>923 W 11th Ave</td>
<td>3rd Saturday of the month at 3:30 pm</td>
<td>Peter Dunlap-Shohl</td>
<td>(907) 350-9691 <a href="mailto:dunlapshohl@gmail.com">dunlapshohl@gmail.com</a></td>
</tr>
<tr>
<td>ANACORTES</td>
<td>General</td>
<td>Island Hospital, 1211 24th St.</td>
<td>3rd Thursday of the month at 1:00 pm</td>
<td>Jerry Ramsey and Nola Beeler</td>
<td>(360) 293-2185 <a href="mailto:njbeeler@yahoo.com">njbeeler@yahoo.com</a></td>
</tr>
<tr>
<td>BELLEVUE</td>
<td>Young Onset</td>
<td>North Bellevue Community Center 4063 148th Ave NE</td>
<td>1st Wednesday of the month at 7:00 pm</td>
<td>Suzanna Eller</td>
<td>(206) 938-8298 <a href="mailto:suszana.eller@providence.org">suszana.eller@providence.org</a></td>
</tr>
<tr>
<td>BELLEVUE</td>
<td>General</td>
<td>Bellevue Family YMCA 14230 Bel-Red Rd.</td>
<td>1st Monday of the month at 2:45 pm</td>
<td>Allison Fine</td>
<td>(206) 226-1097</td>
</tr>
<tr>
<td>BLAINE</td>
<td>General</td>
<td>Blaine UCC, 885 4th Street</td>
<td>2nd Friday of the month at 5:00 pm</td>
<td>Inge Reuter</td>
<td>(360) 332-4564 <a href="mailto:blaine-pdsg@hotmail.com">blaine-pdsg@hotmail.com</a></td>
</tr>
<tr>
<td>BOTHELL</td>
<td>General</td>
<td>North Shore Senior Center 10201 E Riverside Dr.</td>
<td>3rd Tuesday of the month at 1:00 pm</td>
<td>Susan Quinn</td>
<td>(425) 488-4821 <a href="mailto:susanq@seniorservices.org">susanq@seniorservices.org</a></td>
</tr>
<tr>
<td>BREMERTON</td>
<td>General</td>
<td>Canterbury Manor 703 Callahan Dr.</td>
<td>1st Tuesday of the month at 1:00 pm</td>
<td>David Hull</td>
<td>(360) 895-6220</td>
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<td>CHEHALIS</td>
<td>General</td>
<td>Tri-City Church</td>
<td>2nd Thursday of the month at 10:00 pm</td>
<td>Jan Erickson</td>
<td>(360) 273-9987</td>
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<tr>
<td>CLARKSTON</td>
<td>General</td>
<td>St. John the Baptist Catholic Church 25810 156th Avenue SE</td>
<td>3rd Tuesday of the month at 10:30 am</td>
<td>Stephanie De Leon Lawson</td>
<td><a href="mailto:steph.pdgroup@gmail.com">steph.pdgroup@gmail.com</a></td>
</tr>
<tr>
<td>COEUR D'ALENE</td>
<td>General</td>
<td>Lake City Senior Center</td>
<td>1st Friday of the month at 10:00 pm</td>
<td>Beth Hatcher</td>
<td>(208) 635-5247 <a href="mailto:cdapsg@hotmail.com">cdapsg@hotmail.com</a></td>
</tr>
<tr>
<td>DES MOINES</td>
<td>General</td>
<td>Wesley Homes, B15 S. 216th St.</td>
<td>3rd Wednesday of the month at 10:00 am</td>
<td>Rita Lambert</td>
<td>(206) 870-1302 <a href="mailto:riambert@wesleyhomes.org">riambert@wesleyhomes.org</a></td>
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<td>EDMONDS</td>
<td>Deep Brain Stimulation</td>
<td><em>group meets quarterly; date, time and location to be determined</em></td>
<td>2nd Wednesday of the month at 1:00 pm</td>
<td>Michelle Bauer</td>
<td>(206) 320-2883 <a href="mailto:michelle.bauer@swedish.org">michelle.bauer@swedish.org</a></td>
</tr>
<tr>
<td>EDMONDS</td>
<td>General</td>
<td>Edmonds Senior Center 220 Railroad Ave</td>
<td>2nd Monday of the month at 1:00 pm</td>
<td>Carol Agueyo</td>
<td>(206) 743-6029 <a href="mailto:ague549@frontier.com">ague549@frontier.com</a></td>
</tr>
<tr>
<td>ELLensburg</td>
<td>General</td>
<td>Rosewood Senior Park Club House</td>
<td>2nd Monday of the month at 1:00 pm</td>
<td>Delores Moerer</td>
<td>(509) 933-3801 <a href="mailto:wd40rose@charter.net">wd40rose@charter.net</a></td>
</tr>
<tr>
<td>EVERETT</td>
<td>Caregiver (Lewy Body Dementia)</td>
<td>Carl Gipson Senior Center 3025 Lombard Ave</td>
<td><em>contact facilitator for date/time info</em></td>
<td>Joy Walker</td>
<td>(425) 457-4793 <a href="mailto:joyincaregiving@yahoo.com">joyincaregiving@yahoo.com</a></td>
</tr>
<tr>
<td>GIG HARBOR</td>
<td>General</td>
<td>St. Anthony’s Hospital 11567 Canterwood Blvd. NW</td>
<td>2nd Wednesday of the month at 4:00 pm</td>
<td>Doug Manuel</td>
<td>(253) 858-8741 <a href="mailto:manuel@harbornet.com">manuel@harbornet.com</a></td>
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<td>GIG HARBOR</td>
<td>General/ Exercise</td>
<td>Harbor Place at Cottessme (Dining Room), 1016 29th St NW</td>
<td>4th Thursday of the month at 11:30 am</td>
<td>Glenn Anderson</td>
<td>(205) 853-8466</td>
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<td>HOQUIAM</td>
<td>General</td>
<td>Hoquiam Library, 420 7th St.</td>
<td>Last Tuesday of the month at 6:00 pm</td>
<td>Betsy Seidel</td>
<td>(360) 533-5968 <a href="mailto:betsyseidel@yahoo.com">betsyseidel@yahoo.com</a></td>
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<td>IDAHO</td>
<td>General</td>
<td>Good Samaritan Village Moscow, ID</td>
<td>Last Wednesday of the month at 2:00 pm</td>
<td>Phyllis Vetrus</td>
<td>(208) 882-5770 <a href="mailto:dpvet@turbonet.com">dpvet@turbonet.com</a></td>
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<td>ISSAQUA</td>
<td>General</td>
<td>Our Savior Lutheran Church 745 Front St. S</td>
<td>2nd Monday of the month at 2:00 pm</td>
<td>Suzanna Eller</td>
<td>(360) 938-8298 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td>KIRKLAND</td>
<td>Caregiver</td>
<td>EvergreenHealth room TAN-121 12040 NE Riverside Blvd. NE</td>
<td>2nd &amp; 4th Tuesday of the month at 1:00 pm</td>
<td>Amy Cole</td>
<td>(425) 899-3122 <a href="mailto:alecole@evergreenhealth.org">alecole@evergreenhealth.org</a></td>
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<td>LONGVIEW</td>
<td>General</td>
<td>Canterbury Inn/Chateau Dining Room 1324 3 Ave</td>
<td>3rd Wednesday of the month at 1:45 pm</td>
<td>Barbara Sudar</td>
<td><a href="mailto:bnbsudar@msn.com">bnbsudar@msn.com</a></td>
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<tr>
<td>LOPEZ ISLAND</td>
<td>General</td>
<td>The Gathering Place Lopez Village</td>
<td>3rd Monday of the month at 4:30 pm</td>
<td>Jackie Ashe</td>
<td>(360) 468-2435 <a href="mailto:jackieashe@centurytel.net">jackieashe@centurytel.net</a></td>
</tr>
<tr>
<td>LYNNWOOD</td>
<td>Caregiver</td>
<td>Center for Healthy Living 4100 Alderwood Mall Blvd Suite 1</td>
<td>1st &amp; 3rd Wednesday of the month at 2:00 pm</td>
<td>Carmen Rasmussen</td>
<td>(253) 670-8984 <a href="mailto:crasmussen@lcsnw.org">crasmussen@lcsnw.org</a></td>
</tr>
<tr>
<td>MT VERNON / BURLINGTON</td>
<td>General</td>
<td>Logan Creek Retirement Community 2311 East Division St., Mt Vernon</td>
<td>1st Monday of the month at 10:00 am</td>
<td>Ginger Dollarhide and Tori Kelly</td>
<td>(360) 629-8426 (425) 422-1067 <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
<tr>
<td>OLYMPIA</td>
<td>General</td>
<td>Olympia Senior Center 222 Columbia Street NW</td>
<td>Every Wednesday at 11:00 am <em>membership required</em></td>
<td>Joyce Beckwith</td>
<td>(360) 586-6181 <a href="mailto:admintemp@southsoundseniors.org">admintemp@southsoundseniors.org</a></td>
</tr>
<tr>
<td>CITY/REGION</td>
<td>FOCUS</td>
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<tr>
<td>OLYMPIA</td>
<td>Exercise</td>
<td>Lacey Senior Center 6757 Pacific Ave SE, Olympia</td>
<td>Every Tuesday at 11:15 am</td>
<td>Joyce Beckwith</td>
<td>(360) 586-6181</td>
</tr>
<tr>
<td>ORCA ISLAND</td>
<td>General</td>
<td>Orcas Senior Center 62 Henry Rd., Eastsound, WA 98245</td>
<td>Tuesdays at 1:00 pm</td>
<td>Ted Grossman</td>
<td>(360) 376-4979 <a href="mailto:tfgrossman@yahoo.com">tfgrossman@yahoo.com</a></td>
</tr>
<tr>
<td>PORT ANGELES</td>
<td>General</td>
<td>328 E. 7th Street (On the SW corner of 7th &amp; Peabody)</td>
<td>4th Wednesday of the month at 10:30 am</td>
<td>Darlene Jones</td>
<td>(460) 457-5352 <a href="mailto:djenies@olypen.com">djenies@olypen.com</a></td>
</tr>
<tr>
<td>PORT ANGELES</td>
<td>General/Dance</td>
<td>Sons of Norway, 131 West 5th St.</td>
<td>3rd Saturday of the month</td>
<td>Darlene Jones</td>
<td>(460) 457-5352 <a href="mailto:djenies@olypen.com">djenies@olypen.com</a></td>
</tr>
<tr>
<td>POULSBRO</td>
<td>General</td>
<td>North Point Church 1779 NE Hestmark St.</td>
<td>1st Monday of the month at 10:00 pm</td>
<td>Lana Gils</td>
<td>(360)779-7178 <a href="mailto:lanagale@earthlink.net">lanagale@earthlink.net</a></td>
</tr>
<tr>
<td>POULSBRO</td>
<td>General/Exercise</td>
<td>Poulsbo Athletic Club 9611 7th Avenue NE</td>
<td>3rd Monday of the month at 1:30 pm</td>
<td>Lana Gils</td>
<td>(360)779-7178 <a href="mailto:lanagale@earthlink.net">lanagale@earthlink.net</a></td>
</tr>
<tr>
<td>PUYALLUP</td>
<td>General</td>
<td>Life Care Center of Puyallup 511 10th Ave SE</td>
<td>3rd Thursday of the month at 11:45 am</td>
<td>Karen Williams</td>
<td>(253) 845-7566 <a href="mailto:karen_williams@lcca.com">karen_williams@lcca.com</a></td>
</tr>
<tr>
<td>PUYALLUP</td>
<td>Caregiver</td>
<td>Life Care Center of Puyallup 511 10th Ave SE</td>
<td>1st Tuesday of the month at 1:30 pm</td>
<td>Karen Williams</td>
<td>(253) 845-7566 <a href="mailto:karen_williams@lcca.com">karen_williams@lcca.com</a></td>
</tr>
<tr>
<td>REDMOND</td>
<td>General</td>
<td>Emerald Heights 10901 176th Cir NE</td>
<td>3rd Weds of the month at 1:00 pm</td>
<td>John Waltner</td>
<td>(425) 556-8140 <a href="mailto:johnw@emeritalheights.com">johnw@emeritalheights.com</a></td>
</tr>
<tr>
<td>RICHLAND</td>
<td>General</td>
<td>Kadlec Neurological Resource Center 560 Gage Blvd, Ste 106</td>
<td>3rd Monday of the month at 1:30 pm</td>
<td>Heidi Hill</td>
<td><a href="mailto:Heidi.hill@kadlecmed.org">Heidi.hill@kadlecmed.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Young Onset</td>
<td><em>please contact facilitator for current location</em></td>
<td>2nd Tuesday of the month at 7:00 pm</td>
<td>Suzanna Eller</td>
<td>(206)938-8298 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregivers of Veterans</td>
<td>Seattle VA Medical Center 1600 S. Columbian Way Room 1D-146g (near the West Clinic</td>
<td>Every Monday at 1:00 pm</td>
<td>Kris Fredrickson</td>
<td>(206) 764-2188 <a href="mailto:kris.fredrickson@va.gov">kris.fredrickson@va.gov</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregiver</td>
<td>Studio Evolve Pilates and Bodywork 333 Wallingford Ave N</td>
<td>2nd Monday of the month at 10:00 am</td>
<td>Joy Walker</td>
<td>(206) 457-4793 joyin <a href="mailto:caregiving@yahoo.com">caregiving@yahoo.com</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregiver</td>
<td>Greenwood Senior Center 525 North 85th Street</td>
<td>2nd Tuesday of the month at 1:00 pm</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwkr@earthlink.net">socialwkr@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>Horizon House 900 University Street</td>
<td>4th Monday of the month at 1:30 pm</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwkr@earthlink.net">socialwkr@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Atypical PD (MSA, PSP, CBD)</td>
<td>Exeter House 720 Seneca Street</td>
<td>4th Monday of the month at 1:00 am</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwkr@earthlink.net">socialwkr@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>University House Wallingford Northwest Conference Room, 1st Fl 4400 Stone Way N</td>
<td>2nd Thursday of the month at 2:30 pm</td>
<td>Ryan Patterson</td>
<td><a href="mailto:Ryan.Patterson@eraliving.com">Ryan.Patterson@eraliving.com</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>The Hearthstone 6720 East Green Lake Way N</td>
<td>2nd Tuesday of the month at 2:00 pm</td>
<td>Erica Campbell</td>
<td>(206) 774-5173</td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>Providence Mt. St. Vincent 4831 35th Ave SW</td>
<td>1st Tuesday of the month at 2:30 pm</td>
<td>Suzanna Eller</td>
<td>(206) 938-8298 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>The Kenney Retirement Community 7125 Fauntleroy Way SW</td>
<td>4th Monday of the month at 2:00 pm</td>
<td>Michael Byus</td>
<td>(206) 937-2800 ext. 5232 <a href="mailto:MBYus@TheKenney.org">MBYus@TheKenney.org</a></td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>Arrowhead Gardens 9200 2nd Ave SW</td>
<td>3rd Thursday of the month at 10:00 am</td>
<td>Dagmar Cronn</td>
<td><a href="mailto:cronn@oakland.edu">cronn@oakland.edu</a></td>
</tr>
<tr>
<td>SHELTON</td>
<td>General</td>
<td>Alpine Way Assisted Living 900 W Alpine Way</td>
<td>2nd Tuesday of the month at 12:30 pm</td>
<td>Rebecca Jackson</td>
<td>(360) 426-6194 <a href="mailto:jackson_rebecca06@gmail.com">jackson_rebecca06@gmail.com</a></td>
</tr>
<tr>
<td>SHORELINE</td>
<td>General</td>
<td>Shoreline Senior Center 18560 1st Ave NE</td>
<td>4th Tuesday of the month at 11:00 am</td>
<td>Scott Theisen</td>
<td>(206) 268-6761 <a href="mailto:scott@seniorkinservices.org">scott@seniorkinservices.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>General</td>
<td>Deaconess Health &amp; Education Center 800 West 5th Ave</td>
<td>2nd Wednesday of the month at 1:30 pm</td>
<td>Cyndi Cook</td>
<td>(509) 473-2490 <a href="mailto:center@spokaneparkinsons.org">center@spokaneparkinsons.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>Young Onset</td>
<td><em>contact group leader for time and location information</em></td>
<td></td>
<td>Cyndi Cook</td>
<td>(509) 473-2490 <a href="mailto:center@spokaneparkinsons.org">center@spokaneparkinsons.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>Women’s Group</td>
<td><em>contact group leader for location information</em></td>
<td>1st Thursday of the month at 1:00 pm</td>
<td>Julie Willis</td>
<td>(509) 467-2240</td>
</tr>
<tr>
<td>STANWOOD</td>
<td>General</td>
<td>Stanwood Senior Ctr; ctr social room 7340 276th Street NW</td>
<td>2nd Monday of the month at 10:00 am</td>
<td>Victoria Kelly and Ginger Dollarhide</td>
<td>(425) 422-1067 / (360) 629-8426 <a href="mailto:kellytoy7@gmail.com">kellytoy7@gmail.com</a> / <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
<tr>
<td>TACOMA</td>
<td>General/Voice</td>
<td>Tacoma Lutheran Home 1301 N Highlands Parkway</td>
<td>3rd and 4th Friday of the month at 11:30 am</td>
<td>Sharon Jung</td>
<td>(253) 752-7112 <a href="mailto:pshogan@aol.com">pshogan@aol.com</a></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>General</td>
<td>The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave</td>
<td>2nd Tues. of the month at 12:15 pm <em>bring brown bag lunch, snacks and drinks provided</em></td>
<td>Maria Jokela</td>
<td>(360) 944-6000 office/ (503) 290-4443 cell <a href="mailto:mjokela@thequarryliving.net">mjokela@thequarryliving.net</a></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>General</td>
<td>Touchmark at Fairway Village 29th SE Village Loop</td>
<td>1st Wednesday of the month at 10:00 pm</td>
<td>Kim Lehmann</td>
<td>(360) 433-6400 office/ (360) 609-4045</td>
</tr>
</tbody>
</table>
Thank you
for your generous donations

Donations received November 2013 – February 2014

INDIVIDUAL
D.C. Acierio
B. Robert and Martha Ann Aigner
Paul and Virginia Almeida
Donald Alward
James Anderson
Marvin and Janine Anselmo
Ryan Barr
William and Joyce Brown
John and Mary Catey
Joel Cohn
Gordon and Myrna Conger
Francis Cosner
Bob and Dagmar Cronn
Peter and Joanne Dale
Elmyra Dalton-Zehner
T. Dean Geraldine DeMarco
Alison and Troy Dershem
Henry and Doris Demko
Frank and Dorothy Duvall
Mr. and Mrs. Stanley Felgar
Michael and Michelle Flotin
Diane Gates
John and Betty Ann Giboney
Julia Heath
Wendy Holman
Shawn Israel
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John and Jean Malmin
James and Marilyn Meucci
David and Allison Neils
Theima and Dick Nies
Donald and Marilyn Olson
Richard and Mildred Olson
Francis Paulsen
Harvey Potts
Dsouzu Radhika
Betty Rehn
Kathryn Rhodes
William Schmidt
Mark and Helen Schaa
Steve Self
Gary and Peggy Shortt
Betty Sullivan
Timm and Suzanne Zimmerman

IN HONOR OF (AND DONOR)
Katherine Carter (Tumwater Middle School)
Brian Goode (Frank and Cheryl Goode)
Mark Hansen (Joanne Hansen, Ann Paterson, John Paterson)
Carin Mack (Ginny and John Ferguson)
Nicky Schatz (Maria Linde)
Miles Stickler (Janice Stickler)
Fred Van Leperen (Peggy Van Leperen)

IN MEMORY OF (AND DONOR)
Robert Bax (Ellen Bax)
Ray and Phyllis Christensen (Tom and Lenora Andres)
Reynold Dickhaus (Anonymous)
Donald Douglass (Shaila Hastings)
William “Bill” Erickson (Suzanna Eller)
Alva Giffin (Dr. Jayne Giffin)
Jack Hanning (Bettie Hanning)
Eloise Holman (Wendy Holman)

Daniel Kinnaird (Mr. and Mrs. Sam Affronte, Edward Collins, John and Sharon Drobnick, Lawrence Henshaw, Jeff and Karen Jorgensen, Betty Kildea, Donald and Donna Olsen, Bennett and Fredericka Shapiro)
Robert Lingenfelter (Barbara Dohrn, Henry and Varian Gacek, Donald and Neena Newman, Russell and Carol Potter, Clifford and Florence Rider, Dr. and Mrs. Nicholas Skalabrin)
LB Spurlock (Dick and Pat McLaren)

BUSINESS
Allstate
City of Seattle
Concierge Guild of Seattle
Johnson & Johnson
Microsoft
Pinky’s Passion for a Parkinson’s Cure

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<tr>
<th>CITY/REGION</th>
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<th>LEADER</th>
<th>CONTACT INFO</th>
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<tbody>
<tr>
<td>VANCOUVER</td>
<td>Caregiver</td>
<td>The Quarry Senior Living Private Dining Room (1st floor) 415 SE 177th Ave</td>
<td>2nd and 4th Tuesday of the month at 1:30</td>
<td>Maria Jokela</td>
<td>(360) 944-6000 office/ (503) 290-4443 cell <a href="mailto:mjokela@thequarryliving.net">mjokela@thequarryliving.net</a></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>Caregiver</td>
<td>Touchmark at Fairway Village 2911 SE Village Loop</td>
<td>2nd Tuesday of the month at 10:30 am</td>
<td>Jan Beyer</td>
<td>360.433.6400</td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>Women’s Chat ‘n’ Chew</td>
<td>“contact group for location information”</td>
<td>4th Wednesday of the month at 2:15 pm</td>
<td>Kim Lehmann</td>
<td>(360) 433-6400</td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>Men’s Breakfast Meeting</td>
<td>“contact group for location information”</td>
<td>3rd Friday of the month at 9:00 am</td>
<td>Kim Lehmann</td>
<td>(360) 433-6400</td>
</tr>
<tr>
<td>VASHON</td>
<td>General</td>
<td>Vashon Lutheran Church Fellowship Hall, 18623 Vashon Hwy SW</td>
<td>1st Friday of every month</td>
<td>Steve Steffen</td>
<td>(206) 463-2655 <a href="mailto:steve_steffen@yahoo.com">steve_steffen@yahoo.com</a></td>
</tr>
<tr>
<td>WALLA WALLA</td>
<td>General</td>
<td>“contact support group leader to confirm” First Congregational Church 73 S Palouse St</td>
<td>“contact support group leader to confirm” 4th Saturday of the month at 4:00 pm</td>
<td>Dariene Lambert</td>
<td>(509) 382-4012</td>
</tr>
<tr>
<td>WASHINGTON PENINSULA</td>
<td>General</td>
<td>Ocean Park Lutheran Church 24002 U St.</td>
<td>4th Friday of the month at 1:30 pm</td>
<td>Roy &amp; Patti Pellerin</td>
<td>(360) 665-3284</td>
</tr>
<tr>
<td>WENATCHEE</td>
<td>General</td>
<td>“contact group leader for information”</td>
<td>3rd Tuesday of the month at 2:00 pm</td>
<td>LaVerna Armintrout Sandy Erickson</td>
<td>(509) 884-6833 <a href="mailto:condovikings@gmail.com">condovikings@gmail.com</a></td>
</tr>
<tr>
<td>WENATCHEE (EAST)</td>
<td>Caregiver</td>
<td>Aging and Adult Care Center</td>
<td>4th Tuesday of the month at 2:00 pm</td>
<td>Marilyn Jorgensen</td>
<td>(509) 663-2768</td>
</tr>
<tr>
<td>WHIDBEY IS. (NORTH)</td>
<td>General</td>
<td>Cherry Hill Clubhouse 549 NW 12th Loop</td>
<td>1st Friday of the month at 1:00 pm</td>
<td>Carolyn Hansen</td>
<td>(360) 279-1785 <a href="mailto:wchansen192@comcast.net">wchansen192@comcast.net</a></td>
</tr>
<tr>
<td>WHIDBEY IS. (SOUTH)</td>
<td>General</td>
<td>South End Senior Center</td>
<td>2nd Tuesday of the month at 10:00 am</td>
<td>Carolyn Hansen</td>
<td>(360) 279-1785 <a href="mailto:wchansen192@comcast.net">wchansen192@comcast.net</a></td>
</tr>
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</table>
MIDDLE SCHOOL STUDENTS AND STAFF at Tumwater Middle School (TMS) came together during the week of November 18th–22nd to raise awareness and funds for Parkinson’s disease. This inspirational act of kindness was in honor of beloved teacher, coworker, and friend Katy Carter, who had been recently diagnosed with Parkinson’s disease. Two students, Taylor Reed and Emily Dobson, took charge and organized many of the events in collaboration with the TMS Builder’s Club. In exchange for donations, students made ribbons and wore hats to showcase their support. The Tumwater Middle School Firewolves were able to raise over $300 in just one short week—all of which they donated to the Washington Chapter APDA in Katy Carter’s name.

Thank you Tumwater Middle School for your generosity, compassion, and undeniable spirit!
I want to help “ease the burden, and find the cure” for Parkinson’s Disease.

ENCLOSED IS MY TAX-DEDUCTIBLE GIFT OF: (CHECK BOXES)

☐ $25 ☐ $50 ☐ $100 ☐ $250 ☐ $500 ☐ $1000 ☐ Other amount

☐ My employer will match my gift

☐ Please send me information on wills and how a bequest can support WA APDA.

☐ I’m interested in learning more about Parkinson’s Disease.

Please send me information.

This gift is given in honor of/in memory of

Please notify the individual(s) listed above

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Donor’s name

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<tr>
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Email address

Thank you for your generosity!