Eye Vision Issues

Alcohol and Marijuana use with Parkinson's

Every Step You Take a Poem

PARKINSON Pathfinder

SPRING 2015

Washington Chapter American Parkinson Disease Association
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Parkinson’s Awareness Month

Spring is finally here and April is Parkinson’s awareness month! This is our time to spread the word about Parkinson’s, raise funds for research, programs, and services, and encourage each other to get involved. There is no shortage of events for people of all interests and abilities! Prefer to kick-back and relax? Join us for a low-key educational program; learn about new developments in Parkinson’s, have lunch on us, and meet some wonderful people. Nightlife more your style? Plan a date night, put on your dazzling duds, and join us for our annual Magic of Hope Auction on May 9th. We promise good food, good wine, and lots of fun and excitement! Like a good challenge? Lace up those tennis shoes, create a team, and compete against others in the annual Adventure Race scavenger hunt in Ballard on May 30th. Favor staying behind the scenes? Volunteer with us, and help us bring programs and services to even more people with PD this spring. Whatever your style, make a commitment this April to get involved in a way that is meaningful to you.

For the most up-to-date info on upcoming events, check out the Events Calendar on our website at www.waparkinsons.org or give us a call, we love to hear from you!

Until next time!

Zeljka Jurcevic
Information & Referral Coordinator
(206) 695-2905 ext.1
THE WASHINGTON STATE PARKINSON DISEASE Registry (WPDR) connects people with Parkinson disease to the research community. The registry is a database of individuals with PD and healthy controls that are interested in participating in, or learning about, local research trials. WPDR is currently looking for individuals to participate in the following studies:

**Technology Use for People with Parkinson Disease**
The University of Washington Department of Rehabilitation Medicine is conducting a study examining how people with PD use technology. The study consists of a short survey followed by a 1-hour focus group discussing how you use technology and brainstorming problems that need to be resolved. You may qualify for this study if you have PD and are between 40-90 years of age, and experience tremors on a daily basis. This study requires travel to the University of Washington. However, there is free parking and a $40 Amazon gift card is offered as compensation for participation.

**Glutathione in Parkinson Disease**
Research has found that glutathione is an important nutrient for brain function, and that a loss of glutathione has been implicated in PD. Dr. Laurie Mischley with Bastyr University is conducting a study to determine if the intranasal administration of glutathione has an effect on symptoms of PD. This study consists of five 1-hour study visits over the course of four months at Bastyr University in Kenmore, WA. Study visits will include questionnaires, physical measurements, and collection of blood and urine samples. A small subset of participants may be asked to undergo two optional MRI’s. You may qualify for this study if you have been diagnosed with PD in the last 10 years, and have been stable with your medications for the past 30 days. Participants will be reimbursed $10 per study visit for time and transportation costs and $100 for each MRI if applicable.

If you are interested in joining the registry, or learning about upcoming research trials contact the WPDR at 206.277.6080 or www.registerparkinsons.org

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The Truth Behind Alcohol and Marijuana Use in Parkinson Disease

Ali Samii, MD

This article is a brief overview of the potential benefits and harms of alcohol and marijuana use in patients with Parkinson disease (PD). A comprehensive initial consultation in most clinics includes a detailed “social history”. Obtaining a “social history” usually involves asking patients about their habits such as tobacco, alcohol, and drug use (including recreational and medicinal use of cannabis).

The beneficial effects of light alcohol consumption (1-2 beverages daily) in reducing the risk of cardiovascular disease such as heart attacks and strokes are well established. However, the beneficial effects of alcohol in PD are less known. Some studies have found a slight reduction in the risk of developing PD with alcohol consumption while others have not. A recent review study suggests that alcohol consumption may slightly reduce the risk of developing PD.

Dr. John Peacock, a neurologist in Reno, NV, summarized the potential beneficial effects of alcohol (specifically ethanol) on dopaminergic neurons (neurons that produce dopamine.) According to a study performed on rats, low doses of ethanol increased the firing rate of dopaminergic neurons by 30-80%. Additionally, resveratrol, an antioxidant found in red wine is found to be potentially neuro-protective and anti-inflammatory.

However, alcohol certainly has its drawbacks. The worldwide prevalence of alcoholism approaches 100 million persons based on a large 2010 study. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), up to 25% of adults in the US report either having alcohol-related problems or drinking patterns that put them at risk for developing problems. In a study published in 2003, alcohol use and Parkinson disease were each significant independent risk factors for falls leading to hospi-
talizations in patients aged 65 and older. In another study specific to PD; duration and severity of PD symptoms, freezing of gait, involuntary movements, postural instability, orthostatic hypotension (low standing blood pressure), and daily intake of alcohol were all associated with increased risk of falls in PD patients.

Now, what about marijuana (also known as cannabis)? The first report on the medical use of cannabis was published in 1843 in Britain. In the United States, 23 states and the District of Columbia now allow medical marijuana use, but only Washington and Colorado allow recreational use. A recent paper reviewed the potential benefits of cannabis in movement disorders, including theoretical neuro-protective effects in PD. However, large controlled studies have not been done in PD and the benefits of marijuana use are unclear. A small study of 21 PD patients found some benefit in quality of life measures in those who used high dose cannabidiol (one of dozens of active cannabinoids identified in cannabis.)

A larger, more comprehensive effort was made by the American Academy of Neurology to look at all previously published studies on medical marijuana use in selected neurologic disorders. After a systematic review, they made several conclusions:

• For spasticity (continuously tight, or stiff muscles) oral cannabis extract (OCE) is effective, and nabiximols and tetrahydrocannabinol (THC) are probably effective, for reducing symptoms.

• For painful spasms (including spasticity-related pain, but excluding neuropathic pain), OCE is effective, and THC and nabiximols are probably effective.

• For urinary urgency and frequency, nabiximols is probably effective, but THC and OCE are probably ineffective for reducing bladder complaints.

• For tremor, THC and OCE are probably ineffective and nabiximols is possibly ineffective.

• For treating levodopa-induced dyskinesia (squirmy involuntary movements) in patients with Parkinson disease, oral cannabinoids are of “unknown efficacy”.

The authors emphasized that the risks and benefits of medical marijuana should be weighed carefully. Risk of serious adverse psychopathologic effects was nearly 1%.

Now, I will share my personal opinion on the use of alcohol and cannabis in PD. I tell my patients that one drink per day may be good for cardiovascular health. We do not have any agent that is confirmed to be neuro-protective in PD, including alcohol and cannabis. If the patient has low standing blood pressure, freezing of gait, or postural instability, I suggest that they avoid alcohol altogether. In PD patients without postural instability freezing or low blood pressure, if the patient or his/her caregivers see that even a small amount of alcohol (half a glass of wine) makes them unsteady, they should avoid alcohol. Driving can be impaired with a much smaller amount of alcohol in PD patients than those without PD.

As for cannabis use, my suggestion is that if there is cognitive impairment, significant depression, or psychosis (hallucinations), cannabis should not be used. There are patients who swear by the beneficial effects of cannabis on anxiety, sleep quality, bladder urgency, dyskinesia, and many other symptoms of PD. I urge my patients who insist on using marijuana, to know their source, to use the smallest amount possible (preferably in the evening only) and not to drive after use until the next day. Again, driving can be impaired with a much smaller amount of cannabis in PD patients than those without PD. They also need to be monitored by their families and caregivers for psychosis, behavioral and cognitive changes.

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The risks and benefits of medical marijuana should be weighed carefully.

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Dr. Ali Samii is a movement disorder specialist at VA Puget Sound and University of Washington Medical Center in Seattle, WA.
Eye Vision Issues in Parkinson’s

Andrew A. Berman, MD

DR. ANDREW A. BERMAN DISCUSSES the eye and vision problems that people with Parkinson’s disease may experience, what causes these conditions, and how they can be treated.

WHAT IS A NEURO-OPHTHALMOLOGIST?
A neuro-ophthalmologist is either an ophthalmologist or a neurologist who has additional post-residency training in neuro-ophthalmology. Neuro-ophthalmologists attempt to bridge the gap between the two disciplines by diagnosing and treating the ophthalmic or vision manifestations of neurological disease. As we know, Parkinson’s disease (PD) is a neurological disorder caused by the death of dopaminergic neurons in the substantia nigra and therefore depletes dopamine in a part of the brain called the putamen as well as the visual cortex and some cells in the retina. Therefore people with PD may have ophthalmic complaints such as blurred vision, trouble reading, double vision and dry eyes. For these reasons it is the neuro-ophthalmologist who is frequently asked to care for the PD patient.

EYE MOVEMENTS
There are three fundamental types of eye movements; saccadic, pursuit, and vergence. The saccadic eye movements are the rapid eye movements that redi-
rect our gaze to pick up an object of interest. They are also important in following the lines of a printed page. Pursuit eye movements stabilize the object on our retina and follow it as it moves slowly through space. Vergence eye movements serve to move the eyes in different directions (either together, which is convergence, or apart, which is divergence), keeping an image stable on our retina as it moves toward or away from our eyes. This type of eye movement helps us avoid double vision.

In Parkinson’s disease, saccadic movements tend to be slow (or hypometric) and show delayed initiation. Some people with PD require a blink to change their saccadic position (this is called Wilson’s sign). As you can imagine, this makes it hard to fixate changing targets in the environment and to read as well. Often these can be normalized with Levodopa, but if a person has Levodopa-induced dyskinesias, the saccadic eye movements can become affected as well.

When pursuit movements become decreased, this can produce what is called cog-wheel (jerky) slow eye movements. Insufficient convergence of the eyes can cause insufficiency of accommodation, which is the eye’s response to a near stimulus. This inadequacy or slowness of accommodation can result in eyestrain, headaches and double vision (diplopia) when working on near tasks. Unfortunately, this condition can be exacerbated by medications used to treat the tremors and the spasms often seen in PD.

EXTERNAL EYE DISEASE
The blink reflex, which is normally about 16 to 18 times per minute, may decrease to 1 to 2 times per minute in Parkinson’s. This causes the eye surface to become dry in a setting of already reduced and abnormal tear film production, creating a condition called “dry eyes.” Dry eyes can often lead to a sensation of a foreign body in the eye, blurred vision, or itching and burning. Some theorize that this may contribute to excessive blinking and lid spasms, called benign essential blepharospasm. Occasionally, people with PD may experience apraxia of eyelid opening, which is an inability to open the eyes voluntarily. As a result of the dysfunction of the autonomic nervous system, seborrheic blepharitis and dermatitis may occur, which can cause irritation and inflammation of the upper and lower lid. Inflammation of the cornea and ocular surface may also occur. This condition exacerbates the symptoms of dry eyes.

SENSORY DEFICITS
There are dopaminergic receptors in the retina. The dysfunction of these receptors can lead to a loss of contrast sensitivity for some people. There can also be color vision deficits, usually along the blue-yellow axis. If a person experiences hallucinations, visual disturbances may be a contributing factor in addition to medications.

MANAGEMENT
As physicians, we always have to be aware of our patients’ medications— their dosages, effects and side effects. A good history of medications is paramount. It is important to know how the person’s symptoms are affected by the medication dosages and by their schedule. For instance, a patient may need different types of glasses depending upon where they are in their medication cycle. First and foremost, the management of eye problems requires an accurate and thorough eye examination and correction of refractive errors. Most of the time, when eye movement abnormalities are found, it is best to prescribe one pair of glasses for distance and another for reading in preference to a

With proper attention to the particular problems, as well as routine eye care, patients with Parkinson Disease can protect and improve their vision and can enjoy a fine quality of life.
Every Step You Take

by Anne E. Beidler

For Peter and his friends with Parkinson's

Every step you take, every move you make,
Is harder than it used to be.

Every step you take, every move you make,
Makes you wonder,
Is it getting worse?
What if I fall?
Why is it so hard to turn my head?

Every step you take, every move you make,
While your foot drags,
While your wrists get stiff,
While you keep track of all your pills,
While your hand shakes more,
While you try so hard to speak clearly, but sometimes people can’t hear you.

If I had to deal with all the surprises of Parkinson's,
I would probably just sit on the sofa all day
And watch TV,
And complain about the TV,
And complain about the weather,
And complain about Parkinson's.

But you don’t.

Instead, every step you take, every move you make,
No matter what,
You keep moving.
Yoga, dance, and walking, walking, walking.
Singing, bicycling, and walking, walking, walking.
Working out in the gym, working down in your workshop, and walking, walking, walking.

Every step you take, every move you make,
Is beautiful to me.
Every step you take, every move you make,
Is full of courage.

Thank you, each one of you, for all you do
To keep on moving.
What I get from Washington APDA

“Thank you so much for offering [the Ride Repay] program! Of all the things that PD has taken from me, being unable to drive has been one of the most difficult to adjust to. This program has helped me in so many ways and has given me some peace of mind and restored some of the independence I have lost by not driving. I have told doctors and members of a Tai Chi for PD class that I attend about this program. Thanks for all of the wonderful work you do!”

—Diane Hutchins
Thank you
for your generous donations

Donations received October 2014 – March 2015

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Pinky’s Passion for a Parkinson’s Cure
The Seattle Foundation
Sound Detail & Interiors
Truist
United Way
Wilderness Electric
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<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALASKA</td>
<td>General</td>
<td>923 W 11th Ave Anchorage</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) 982-2359 <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 Eiler</td>
<td>(206) 320-2084 <a href="mailto:suzanna@waparkinsons.org">suzanna@waparkinsons.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 <a href="mailto:allison@waparkinsons.org">allison@waparkinsons.org</a></td>
</tr>
<tr>
<td>BELLINGHAM</td>
<td>General</td>
<td>Parkway Chateau 2818 Old Fairhaven Pkwy</td>
<td>2nd Monday of the month at 2:00 pm</td>
<td>Deb Ivancovich</td>
<td>(360) 724-3382 <a href="mailto:deb.ivancovich@gmail.com">deb.ivancovich@gmail.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 10:00 am</td>
<td>Joanne Blum, MS, LMHCA</td>
<td>(425) 488-4821 <a href="mailto:joanneb@seniorservices.org">joanneb@seniorservices.org</a></td>
</tr>
<tr>
<td>BREMERTON</td>
<td>General</td>
<td>St. Paul's Episcopal Church (Oliver room) 700 Calahan Drive</td>
<td>1st Tuesday of the month at 1:30 pm</td>
<td>Jen Edwards</td>
<td>(360) 744-6220</td>
</tr>
<tr>
<td>CHEHALIS</td>
<td>General</td>
<td>Bethel Church 132 Kirkland Rd., Napavine, WA</td>
<td>2nd Thursday of the month at 1:00 pm</td>
<td>Ken Beckwith</td>
<td>(360) 520-4889 <a href="mailto:beckwithangels@aol.com">beckwithangels@aol.com</a></td>
</tr>
<tr>
<td>CLARKSTON</td>
<td>General</td>
<td>Tri-State Hospital 1221 Highland Ave, Clarkston, WA</td>
<td>2nd Monday of the month at 1:30 pm</td>
<td>Doris Berry and John Molohon</td>
<td>(206) 743-3947 and (509) 758-3758</td>
</tr>
<tr>
<td>COVINGTON</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 1916 N Lakewood Dr.</td>
<td>1st Friday of the month at 10:00 pm</td>
<td>Beth Hatcher</td>
<td>(208) 635-5243 <a href="mailto:cdpgroup@hotmail.com">cdpgroup@hotmail.com</a></td>
</tr>
<tr>
<td>DES MOINES</td>
<td>General</td>
<td>Wesley Homes, 815 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:rlbalmart@wshospitals.org">rlbalmart@wshospitals.org</a></td>
</tr>
<tr>
<td>EDMONDS</td>
<td>Deep Brain Stimulation</td>
<td>&quot;group meets quarterly; date, time and location to be determined&quot;</td>
<td></td>
<td>Michelle Bauer</td>
<td>(206) 320-2883 <a href="mailto:michelle.bauer@swedish.org">michelle.bauer@swedish.org</a></td>
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<tr>
<td>EDMONDS</td>
<td>General</td>
<td>Edmonds Senior Center 220 Railroad Ave</td>
<td>2nd Wednesday of the month at 1:00 pm</td>
<td>Carol Aguiya</td>
<td>(425) 743-6029 <a href="mailto:aguiya549@frontier.com">aguiya549@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 Moer</td>
<td>(509) 201-1074 <a href="mailto:wd40rose@charter.net">wd40rose@charter.net</a></td>
</tr>
<tr>
<td>EVERETT</td>
<td>General</td>
<td>Providence Medical Center, Medical Office Building – Rainier Room 14th &amp; Rockefeller</td>
<td>4th Saturday of the month at 2:00 pm</td>
<td>Julie Langabeer</td>
<td>(425) 317-9103 (425) 258-1267 (425) 327-3348</td>
</tr>
<tr>
<td>EVERETT</td>
<td>Caregiver (Lewy Body Dementia)</td>
<td>Carl Gipson Senior Center 3025 Lombard Ave</td>
<td>&quot;contact facilitator for date/time info&quot;</td>
<td>Joy Walker</td>
<td>(425) 457-4793 <a href="mailto:joyincaregiving@yahoo.com">joyincaregiving@yahoo.com</a></td>
</tr>
<tr>
<td>FEDERAL WAY</td>
<td>General</td>
<td>Foundation House 32290 1st Ave S.</td>
<td>3rd Tuesday of the month at 1:30 pm</td>
<td>Gail Allen</td>
<td>(253) 252-2258</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 4:00 pm</td>
<td>Doug Manuel</td>
<td>(253) 858-8741 <a href="mailto:manuel@harbornet.com">manuel@harbornet.com</a></td>
</tr>
<tr>
<td>GIG HARBOR</td>
<td>Caregiver</td>
<td>St. Anthony's Hospital 11567 Canterwood Blvd. NW</td>
<td>&quot;contact facilitator for date/time info&quot;</td>
<td>Vernetta “Joy” McCraw</td>
<td>(253) 265-3897 <a href="mailto:vjmccraw@hotmail.com">vjmccraw@hotmail.com</a></td>
</tr>
<tr>
<td>GIG HARBOR</td>
<td>General/ Exercise</td>
<td>Harbor Place at Cottesmore (Dining Room), 1016 29th St NW</td>
<td>4th Thursday of the month at 11:30 am</td>
<td>Glenn Anderson</td>
<td>(253) 853-8466 <a href="mailto:glemnplaysguitar@yahoo.com">glemnplaysguitar@yahoo.com</a></td>
</tr>
<tr>
<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:betsyccamel@yahoo.com">betsyccamel@yahoo.com</a></td>
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<tr>
<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>Phylis Vettrus</td>
<td>(208) 882-5770 <a href="mailto:dpvet@bortonet.com">dpvet@bortonet.com</a></td>
</tr>
<tr>
<td>ISSAQUAH</td>
<td>General</td>
<td>Our Savior Lutheran Church 745 Front St. S.</td>
<td>2nd Monday of the month at 1:30 pm</td>
<td>Allison Fine</td>
<td>(206) 226-1097 <a href="mailto:allison@waparkinsons.org">allison@waparkinsons.org</a></td>
</tr>
<tr>
<td>KIRKLAND</td>
<td>Caregiver</td>
<td>Evergreen Health Room TAN-134 12040 NE 128th St</td>
<td>2nd &amp; 4th Tuesday of the month at 1:00 pm</td>
<td>Allison Fine</td>
<td>(206) 226-1097 <a href="mailto:allison@waparkinsons.org">allison@waparkinsons.org</a></td>
</tr>
<tr>
<td>KIRKLAND</td>
<td>Men’s</td>
<td>Evergreen Medical Center, De Young Pavilion, Rainier Room 12040 NE 128th St</td>
<td>2nd Tuesday of the month at 3:00 pm</td>
<td>Ross Webb and Bob Johnson</td>
<td>(425) 825-7564 or (425) 821-9807 <a href="mailto:webbstr@msn.com">webbstr@msn.com</a> or <a href="mailto:bobcarolecjohnson@frontier.com">bobcarolecjohnson@frontier.com</a></td>
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<tr>
<td>LONGVIEW</td>
<td>General</td>
<td>Canterbury Inn/Chateau Dining Room 1324 3rd Ave</td>
<td>3rd Wednesday of the month at 1:45 pm</td>
<td>Barbara Sudar</td>
<td><a href="mailto:barbsudar@msn.com">barbsudar@msn.com</a></td>
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<td>CITY/REGION</td>
<td>FOCUS</td>
<td>MEETING SITE</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</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>Karen Anderson</td>
<td><a href="mailto:kanderson@lcsnw.org">kanderson@lcsnw.org</a></td>
</tr>
<tr>
<td>MERCER ISLAND</td>
<td>General</td>
<td>Mercer Island Community Center</td>
<td>1st Tuesday of the month at 2:00 pm</td>
<td>Debbie Hansen, PT</td>
<td><a href="mailto:thehansonfive@hotmail.com">thehansonfive@hotmail.com</a></td>
</tr>
<tr>
<td>MOSES LAKE</td>
<td>General</td>
<td>Samaritan Healthcare Hosp., Masto Health Library rm 402, 801 E Wheeler Rd</td>
<td>2nd Monday of the month at 3:00 pm</td>
<td>Sandee Estoos</td>
<td>(509) 765-6283</td>
</tr>
<tr>
<td>MT VERNON /</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>BURLINGTON</td>
<td></td>
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<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>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>PORT ANGELES</td>
<td>General</td>
<td>Port Angeles Senior Center 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>(360) 457-5352 <a href="mailto:djones@olypen.com">djones@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:djones@olypen.com">djones@olypen.com</a></td>
</tr>
<tr>
<td>POULSBO</td>
<td>General</td>
<td>North Point Church 1779 NE Hostmark St.</td>
<td>1st Monday of the month at 1:00 pm</td>
<td>Lana Gillis</td>
<td>(360)779-7778 <a href="mailto:lanagale@earthlink.net">lanagale@earthlink.net</a></td>
</tr>
<tr>
<td>POULSBO</td>
<td>Exercise</td>
<td>Poulsbo Athletic Club 19617 7th Avenue NE</td>
<td>Wednesdays at 1:00 pm</td>
<td>Rosy Bennett</td>
<td>(360) 598-4854 <a href="mailto:tomandrosy@hotmail.com">tomandrosy@hotmail.com</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>Daisha Nguyen</td>
<td>(253) 845-7566 <a href="mailto:Daisha_Nguyen@lcca.com">Daisha_Nguyen@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 Thursday of the month at 11:00 am</td>
<td>Daisha Nguyen</td>
<td>(253) 845-7566 <a href="mailto:Daisha_Nguyen@lcca.com">Daisha_Nguyen@lcca.com</a></td>
</tr>
<tr>
<td>REDMOND</td>
<td>General</td>
<td>Emerald Heights 10901 176th Cir NE</td>
<td>3rd Thursday of the month at 10:30 am</td>
<td>John Walthner</td>
<td>(425) 556-8410 <a href="mailto:johnw@emeraldeheights.com">johnw@emeraldeheights.com</a></td>
</tr>
<tr>
<td>RICHLAND</td>
<td>General</td>
<td>Kadlec Neurological Resource Center 1268 Lee Blvd</td>
<td>3rd Monday of the month at 1:30 pm</td>
<td>Heidi Hill</td>
<td>(509) 943-8455 <a href="mailto:Heidihill@kadlecmed.org">Heidihill@kadlecmed.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Young Onset</td>
<td>Greenwood Senior Center 525 North 85th Street</td>
<td>2nd Tuesday of the month at 7:00 pm</td>
<td>Suzanna Eller</td>
<td>(206) 320-2084 <a href="mailto:suzanna@waparkinsons.org">suzanna@waparkinsons.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregivers of Veterans</td>
<td>Seattle VA Medical Ctr, 1660 S. Columbian Way, Rm 1D-146gg (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>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:carin@waparkinsons.org">carin@waparkinsons.org</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:carin@waparkinsons.org">carin@waparkinsons.org</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 11:00 am</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:carin@waparkinsons.org">carin@waparkinsons.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>University House Wallingford 1st Fl, 4400 Stone Way N</td>
<td>2nd Monday of the month at 3:00 pm</td>
<td>Ann DeMaris Davids</td>
<td>(206) 545-8400 <a href="mailto:Demaris.Davids@eraliving.com">Demaris.Davids@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>Erika Campbell</td>
<td>(206) 774-5173 <a href="mailto:hssocialservice@hearthstone.org">hssocialservice@hearthstone.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>Swedish Neuroscience Institute 550 17th Avenue, The Casey Room</td>
<td>4th Monday of the month, 4:30 - 6:00 pm</td>
<td>Suzanna Eller</td>
<td>(206) 320-2084 <a href="mailto:suzanna@waparkinsons.org">suzanna@waparkinsons.org</a></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) 320-2084 <a href="mailto:suzanna@waparkinsons.org">suzanna@waparkinsons.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> (206) 327-1828</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 McGavick</td>
<td>(360) 426-6194 <a href="mailto:jacksonrebecca06@gmail.com">jacksonrebecca06@gmail.com</a></td>
</tr>
<tr>
<td>SHORELINE</td>
<td>General</td>
<td>Shoreline Senior Center 11650 1st Ave NE</td>
<td>4th Tuesday of the month at 1:00 am</td>
<td>Scott Theisen</td>
<td>(206) 268-8761 <a href="mailto:scotth@seniorservices.org">scotth@seniorservices.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>1st Thursday of the month at 1:00 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>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>
</tbody>
</table>
SUPPORT GROUPS

<table>
<thead>
<tr>
<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
</tr>
</thead>
<tbody>
<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 (425) 422-1067 / (360) 629-8426 <a href="mailto:kellytor7@gmail.com">kellytor7@gmail.com</a> / <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>TACOMA</td>
<td>General</td>
<td>Joeseppi’s Restaurant 2207 N Pearl St.</td>
<td>Last Wednesday of the month at 10:00 am</td>
<td>Sharon Cagle <a href="mailto:smcagle47@gmail.com">smcagle47@gmail.com</a></td>
<td></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 Wednesday of the month at 10:00 am</td>
<td>Cathy Lauder 360-944-6000 <a href="mailto:clauder@thequarryliving.net">clauder@thequarryliving.net</a></td>
<td></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>General</td>
<td>Touchmark at Fairway Village 2911 SE Village Loop</td>
<td>1st Wednesday of the month at 1:00 pm</td>
<td>Kim Lehmann (360) 433-6400 office/ (360) 609-4045</td>
<td></td>
</tr>
<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 (360) 944-6000 office/ (503) 290-4443 cell <a href="mailto:mjokela@thequarryliving.net">mjokela@thequarryliving.net</a></td>
<td></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 (360) 433-6400</td>
<td></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 (360) 433-6400</td>
<td></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 Steffens (206) 463-2655 <a href="mailto:steve_steffens@yahoo.com">steve_steffens@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>WALLA WALLA</td>
<td>General</td>
<td>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>Debbie Lynch-Christian (509) 529-3234</td>
<td></td>
</tr>
<tr>
<td>WASHINGTON PENINSULA</td>
<td>General</td>
<td>Ocean Park Lutheran Church 24002 U St., Ocean Park, WA 98640</td>
<td>4th Friday of the month at 1:30 pm</td>
<td>Roy &amp; Patti Pellerin (360) 665-3284 <a href="mailto:prfpa09@centurytel.net">prfpa09@centurytel.net</a></td>
<td></td>
</tr>
<tr>
<td>WENATCHEE</td>
<td>General</td>
<td>Sleep Center 1000 N Miller</td>
<td>3rd Tuesday of the month at 3:00 pm</td>
<td>Janet Bibby Pat Taylor (509) 470-6416 <a href="mailto:pktaylor2@gmail.com">pktaylor2@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>WENATCHEE (EAST)</td>
<td>Caregiver</td>
<td>Meadow Ridge Park Senior Living 1630 9th St</td>
<td>2nd Wednesday of the month at 1:00 am</td>
<td>LaVerna Armintrout (509) 884-6833 <a href="mailto:fishwife410@gmail.com">fishwife410@gmail.com</a></td>
<td></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 (360) 279-1785 <a href="mailto:wchansen92@comcast.net">wchansen92@comcast.net</a></td>
<td></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 (360) 279-1785 <a href="mailto:wchansen92@comcast.net">wchansen92@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>YAKIMA</td>
<td>General</td>
<td>Yakima Covenant Church 6015 Viewpoint Ave</td>
<td>2nd Thursday of the month at 2:00 pm</td>
<td>Kathy Kidd (509) 865-4869 <a href="mailto:kids@msn.com">kids@msn.com</a></td>
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</tr>
</tbody>
</table>

Parkinson’s Care Partner Support Group

Swedish Neuroscience Institute
550 17th Avenue, The Casey Room, Seattle, WA 98122
4th Monday of each month, 4:30–6:00 pm

For those caring for a loved one living with Parkinson’s disease, a support group can be an invaluable resource in helping to cope, and connecting with others who are facing similar challenges.

This group welcomes anyone caring for someone with Parkinson’s disease.

If interested please contact:
Suzanna Eller, MA, LMHC
206.320.2084 | suzanna@waparkinsons.org
**UPCOMING EVENTS**

**Thursday June 25**  
**Good Start* For people newly diagnosed with Parkinson’s**

Our Good Start program is designed specifically for those who have been newly diagnosed with Parkinson’s. In this intimate program we partner with local Parkinson’s specialists to answer your questions, address concerns and fears, and connect you to local services.

Thursday June 25, 2015, 6:00 pm–8:00 pm  
*Registration for this program is limited and restricted to those diagnosed with PD in the last two years. Please give us a call to find out if it is a good fit for you.

To register for this and other programs, please contact us:  
Phone: (206) 695-2905 Ext. 1  Email: coordinator@waparkinsons.org  
Website: www.waparkinsons.org

**EVENTS**

**Magic of Hope Auction & Gala**

Join us for our largest annual fundraiser. The evening kicks off at 5:30pm with a champagne preview and features silent and live auctions, a raffle and mystery chest, accompanied with a fabulous dinner and dessert dash.

**Saturday May 9, 2015, Kick-off: 5:30 pm**  
Seattle Design Center, 5701 6th Ave S, Seattle, WA 98108  
Visit www.waparkinsons.org/magicofhope for more info!

**Adventure Race for Parkinson’s**

You don’t want to miss this second annual scavenger hunt-style race where teams compete for awesome prizes while supporting a great cause!

**Saturday May 30, 2015, Kick-off: 1:00 pm**  
Ballard neighborhood of Seattle  
Visit www.adventureraceforparkinsons.org for more info!
**YES!** I want to help “ease the burden, and find the cure” for Parkinson’s Disease.

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<tr>
<th>$25</th>
<th>$50</th>
<th>$100</th>
<th>$250</th>
<th>$500</th>
<th>$1000</th>
<th>Other amount</th>
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</table>

- [ ] 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

<table>
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<tr>
<th>Address</th>
<th>City</th>
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<th>Zip</th>
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Please notify the individual(s) listed above

Donor’s name

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<th>City</th>
<th>State</th>
<th>Zip</th>
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Email address

Please clip and return with your check, made payable to: WASHINGTON APDA

Send checks to us at
150 NICKERSON ST, SUITE 100
SEATTLE, WA 98109

To donate by credit/debit card, please visit our website
WWW.WAPARKINSONS.ORG
or call 425.243.2732

The Washington State Chapter of the American Parkinson Disease Association is a non-profit 501(c)3 organization. Our tax ID number is 13-1962771.

Thank you for your generosity!