

**3** Stressing  
about Stress

**5** Safety  
at home

**7** Pete Beidler reflects  
on living with PD

# PARKINSON *Pathfinder*

FALL 2015



Washington Chapter  
American Parkinson  
Disease Association

FALL 2015

# TABLE OF CONTENTS

- 1 Greetings from Jean Allenbach  
*Letter from the Executive Director*
- 3 Stressing about Stress  
*Kristoffer Rhoads, PhD*
- 5 Tips to Live Safely at Home  
*Ron Porter, OT*
- 6 Research Corner
- 7 What Works for Me with PD  
*Pete Beidler*
- 8 Donations
- 9 Support Groups
- 12 Recent Events
- 13 Upcoming Events



Page 5  
*Tips to Live Safely  
at Home*



## Washington APDA

150 Nickerson St, Suite 100  
Seattle, WA 98109

Phone: 206.695.2905  
Toll Free: 844.4WA.APDA  
Fax: 206.455.8980

Hours: Monday–Friday 7:30AM–3:30PM

info@waparkinsons.org

[www.waparkinsons.org](http://www.waparkinsons.org)

---

### APDA WASHINGTON

EXECUTIVE DIRECTOR  
Jean Allenbach

FINANCE AND DEVELOPMENT  
Kirsten Richards

### BOARD OF DIRECTORS

CO-PRESIDENTS  
Suzanna Eller, MA, LMHC  
Stephen Bergenholtz, JD

VICE PRESIDENT  
Loryn DeMers

TREASURER  
Dwight Jones

SECRETARY  
Carly Hilkin

Jennifer Adams, JD  
Carla Calogero, JD  
Rosalind Chuang, MD  
Bryan Coluccio, JD  
Nancy Griese  
Jeanne Kieffer  
Laurie Thompson  
Ann Zylstra, PT

ADVISORY COUNCIL  
Dick Almy  
Suzanne Cameron  
Cyndi Cook  
Wendell Matas  
EJ Kim  
Sandi Ruedt  
Suzie Schofield

MEDICAL DIRECTOR  
Ali Samii, MD

CO-MEDICAL DIRECTOR  
Gene Hu, MD



WHEN CONSIDERING A CAREER CHANGE, my top priorities were to seek out my passion for promoting charitable giving, find an organization I believed in, and a cause I was passionate about. Then my research began. What organizations were out there, where could my 22 years of experience in non-profit leadership be best utilized, and who had a mission I could get behind?

APDA rose to the top of my list because the organization is well respected and has room for growth. Many people I know and love have struggled with Parkinson's, parents of friends, my neighbors, former board members and past teachers. Taking an opportunity to help families like theirs and offer hope as we make progress

towards a cure became irresistible. APDA's mission To Ease the Burden, To Find the Cure became mine. It quickly became clear to me that American Parkinson Disease Association was the place!

Next I had a chance to meet APDA volunteers, the backbone of this chapter. I have never met a more dedicated and inspiring group of volunteers. We were founded in 1984 by volunteers to support the needs of over 25,000 people with Parkinson's in Washington and surrounding states, and still rely heavily on volunteers today. Our staff is small, just 2.5 employees. This may have sent some seasoned non-profit professionals running for the hills, but not me. This is where I needed to be, along with a legion of volunteers, because together I know we can make a difference.

Then I looked at what APDA did in the community. What did this organization believe in? Were they reactive to the needs of clients and caregivers? Were they raising money to be able to support and grow their local programs to better serve this community? Were they raising funds for cutting edge research? Were they a good steward of donors' money? Was the APDA Washington Chapter funding important programs such as support groups, educational programs, information and referral lines, Washington State Parkinson's Disease Registry and direct services such as Caregivers Day Off and Ride Repay? The answer was yes and I was hooked.

While we have a big job ahead of us to raise more funds than ever before so we can grow our services and fund more research, I am confident that with the army of people reading this newsletter, the thousands of people who have been touched by Parkinson's both directly and indirectly, and the incredible community that I have been a part of for three generations, we will accomplish amazing things.

I will leave you with one of my favorite quotes by Anne Frank, "How wonderful it is that nobody need wait a single moment before starting to improve the world." On behalf of the 25,000 Parkinson's patients in our community, I invite you to reach out and join me in accomplishing the mission to Ease the Burden and Find the Cure, and for those of you with Parkinson's disease know we are here to support you every step of the way.

Best,

A handwritten signature in black ink that reads "Jean Allenbach".

Jean Allenbach  
Executive Director

## Upcoming Events



*Come Join Us!*

The **Optimism Walk** will be held on  
**Sunday April 17, 2016** from 10am–1:00pm  
at the Ship Canal Trail.  
[waparkinsons.org/walk](http://waparkinsons.org/walk)



**SAVE THE DATE!**

The **Magic of Hope Gala** will be on  
**May 7, 2016** at the Seattle Design Center.

## Connect with the APDA:

Visit our website at

[www.waparkinsons.org...](http://www.waparkinsons.org...)

...and like us on **facebook**.



Visit our  
website by  
scanning this  
QR code,  
and sign up for  
our emails



on Twitter  
[@WaParkinsons](https://twitter.com/WaParkinsons)



on Instagram  
[apdawa](https://www.instagram.com/apdawa)



# Stressing *about* Stress

Kristoffer Rhoads, PhD

AS THE SEASONS CHANGE AND the holidays approach, a variety of emotions and thoughts tend to arise, especially for those with Parkinson's and their families. Holidays are a wonderful time to gather and celebrate and, especially for the PD community, are also typically one of the most stressful times on top of an already stressful situation. How can we take on even more demands when we're already overextended and feeling overwhelmed?

Researchers have reliably demonstrated that too much stress has harmful effects on the heart, cardiovascular system, and brain. Stress hormones, including cortisol, impair the chemical messengers in the brain and chronic stress may shrink parts of the brain over time. Stress also increases Parkinson's symptoms, including tremors, slowness, imbalance and inattention, disorganization, and short term memory problems. From this comes the imperative to rid our lives of stress, which is an impossible task. We even start stressing about stress. However, more recent research has indicated that some degree of stress is a good motivator and can improve attention and concentration via other chemicals called neurotrophins. So, what's the right amount of stress?

*So,  
what's  
the right  
amount  
of stress?*

Part of the answer is knowing where you are on the stress tolerance continuum. This is also related to a foundational pillar of stress coping, which is the ability to step back and take careful stock of how we're feeling, how we're holding up, and how stressed we feel. This is deeply informative in terms of knowing when you need to say no to that extra ask, ask for help,

or practice some extra self-compassion. Some people are born with a strong set of skills around self-reflection, others have to work hard to slow down and step outside of the swirl of activity, demands and tasks that keep us operating out of habits, some of which may not be ideal. A helpful skill in this process is to ask yourself some basic questions, such as "How am I feeling right now?" or "When I'm stressed, what in my body or mind tells me that? Where am I at with that right now?" Even the act of naming

emotions and looking for signs that we're stressed helps take us out of it enough to make some changes and engage in some more positive self-care and self-preserving actions.

Our expectations for ourselves are also powerful players in the experience of stress. These include the stories we tell ourselves about how things "should" go,

wanting things to be perfect, or feeling like we can't make mistakes for fear of upsetting others or letting them down. We end up saying things to ourselves like, "Even though I'm exhausted from caregiving, I should be able to host the perfect holiday dinner because the family will be disappointed if I don't," or "Even though my tremor is bad today and my balance is off, I have to help my son build the deck because it's what I would do if I didn't have Parkinson's." Keep an eye on the "shoulds," "musts," "have tos," and other imperatives. Try substituting "It would be nice if I could" or "I would like to" instead and see how that fits. It can also be helpful to ask ourselves where it is written that these things should be so, and if the world will really end if doesn't really all go like it "should."

In addition to these deeper, more foundational skills that can help us change the way we relate to our stressors (remember, we can't, and maybe shouldn't, get rid of them entirely), there are some more concrete ways to manage stress:

**Be organized.** This includes having good systems and places for things as well as decreasing clutter. More importantly however, it includes having an accurate view of the timeline, time needed to prepare, materials, people involved, and other demands of an event. Also, assessing the time between events and how long you'll likely need to recover. If you decide you do want to take something on, take stock of your comfort asking for help, delegating, and being ok with things being less than perfect. Or if you're willing to accept the costs of going all out, perhaps think of your recovery strategy when it's over, and practice some self-compassion and awareness when you're in the throes of it. Knowing we chose to take something on makes it less stressful than if it's imposed or done out of habit.

**Make time for exercise.** Even though it's a physical stressor (in a good way), exercise is critical for the release of hormones and neurochemicals that combat stress and elevate our mood and thinking abilities. Even getting out for a walk around the block (or half the block, if that's more realistic) counts. Exercise seems to have the most benefit when it's regular, done with a partner and involved changing our environment. It also tends to happen when it's scheduled (we typically don't find time to exercise, we have to make time) and we have someone to whom we're accountable. Ideally, we're accountable to ourselves and self-motivate, but a

friend, personal trainer or physical therapist could help get us there. And, it's nice to have the gentle nudge to go do it when other things could easily take priority.

**Take breaks.** Ideally this involves some form of a regular practice that activates your parasympathetic nervous system (i.e., the "rest and relax" system) to help quiet down the "fight or flight" pathways that get activated when we're stressed. Breathing can do this, typically after a few deep, slow inhaled with exhaleds that are as long or longer. More effective is to couple this with a quick scan of the body to see where you may be holding any tension and allowing those areas to relax as fully as possible. Pay special attention to the area around the eyes, forehead, jaw and shoulders. When these are tense they serve as a kind of feedback loop to our nervous system that there is something we need to be tense or on guard about. Even more effective is to add in a dedicated component of meditation, ideally mindful self-compassion. Christopher Germer, PhD has a wonderful three step self-compassion break that can be found on his website ([www.mindfulnesscompassion.org](http://www.mindfulnesscompassion.org)). This takes practice but is profound in quieting down the internal critic and cultivating resilience.

**Cultivate a gratitude practice.** Even the act of searching for things we're thankful for activates the reward system in the brain and helps combat stress. Each day, make some internal contact with three things for which you're truly and deeply grateful and appreciative. These don't have to be profound, but it's more effective if they're meaningful and resonate with you. Writing them down in a gratitude journal is even better.

Most of all, remember that stress is inherent in life and especially in the context of life with Parkinson's. Consider rethinking stress as something that can be helpful in the right amount and freeing yourself from the push to get rid of it entirely. One of our biggest challenges is to learn to manage and cope well, which is true for Parkinson's, stress and life in general. Be kind to yourself in the process. **P**

---

**Kristoffer Rhoads** is a neuropsychologist at Virginia Mason Medical Center in Seattle, WA.



# Tips to Live Safely at Home

Ron Porter, OT

CURRENTLY, THE TREND IN OUR population is to remain independent at home as long as possible. According to a study conducted by AARP in 2012, fully 90% of seniors plan to “age in place” and 85% believe they are able to do so without major modifications to their existing home. The same study also found that 2 out of 10 seniors over the age of 70 found it difficult to accomplish daily tasks without help. For people living with Parkinson’s, this can be even more difficult. Despite the best efforts towards a healthy eating habits, vigilance with medications, and getting regular exercise, accidents at home are bound to happen. So, how does one remain safe at home, and if an accident does happen, what can be done?

Falls are perhaps the most common accident occurring at home among people with Parkinson’s (PD). Up to 80% of falls happen in the home from balance problems such as freezing, festinating, and retropulsion during walking. Oftentimes, people with PD are in an “off” state during the night because their medications are not in effect. This can make trips to the bathroom, or around the home, much more hazardous. However, there are many precautions that can be taken to help prevent falls from happening, include having good

lighting in the home (particularly at night) and at times avoiding ambulation altogether. In extreme cases, it may be necessary to consider bedside equipment such as commodes and urinals. While not particularly palatable or considered attractive home decor, they may save a call to the fire department at 3:00 am to be picked up from the floor.

The latest trends in home safety now incorporate technology. Low tech devices, such as grab bars in the bathroom, are still useful and employed, but how do you know if your loved one with PD may be about to find themselves in a dangerous household situation? Many “smart homes” incorporate sensors that can detect motion and send an alert to a mobile device such as a smart phone or tablet. These same sensors can be added to any existing home at low cost with simple installation. An occupational therapist may be able to assess your home or living space and recommend the right device for your application, whether high or low-tech.

Below are key areas of the home to consider for safety modification.

## Entrances

Entrances to the home should be well lit, and ideally have no architectural barriers. If barriers such as stairs are present, it is important to have sturdy accessible railing

on both sides. Painted wood stairs should have non-skid surfaces added to reduce slip hazards when wet, and thresholds to all entrances should ideally be less than two inches. Often overlooked, welcome mats may become “unwelcome” if they wrinkle or the corners begin to turn up, causing extra tripping hazards.

## Living Spaces

Living areas may include living rooms, family rooms, and recreation rooms. As with other rooms in the home, good lighting and open space free from clutter are key to attaining safe mobility. Throw rugs should have double sided carpet tape on the edges to reduce catching a toe or the foot of a walker on them. If one is not particularly attached to them, rolling them up and putting them in storage is even safer. Chairs and couches should be at a high enough level that when seated the knees are not held above the hips. Solid chairs with arms and high backs are most safe to sit and rise from.

## Kitchens

In kitchens it may be necessary to place the often used items at chest/neck height at their highest and knee height at their lowest. This reduces losses of balance that could happen to the rear when attempt-

ing to reach overhead, or falls forward if attempting to reach too low. A good solid bar stool may come in handy for a perch if you find yourself standing too long preparing a meal. Meal prep can then be done at a countertop or cutting board in the seated position.

## Bathrooms

Typically the smallest room of the house with the most opportunity for hazards is the bathroom. When water meets small, tiled, spaces and there's a high degree of activity, slips and falls can occur. Having a reliable place to hang onto is more than handy, it's necessary. The trusty bathroom grab bar is your go to tool to make stepping in and out of a shower a safer bet. Grab bars should be placed wherever you typically reach to hang on; vertically at the entrance of your shower, horizontally on the opposite wall, and at the front. Placing the grab bar at chest-level when seated is generally the most convenient location where it can be used effectively in both seated and standing positions. A shower seat, or tub transfer bench, may also provide added safety in the shower when coupled with use of a hand-held shower head. This

reduces the turns many people need to make when standing in the shower. Having a seat also reduces the energy necessary for taking a shower. Around the toilet, modular armrests can be easily added to reduce sudden sitting on the toilet and assist in coming to a safe standing posture.

## Bedrooms

Many times in the bedroom the major piece of furniture in the room causes the most problems. Turning over in bed, and getting into and out of bed can be a chore for some people with PD. Ideally, the bed height should be about mid-thigh to allow for safe seating at the edge of the bed and easier mobility into bed. Mattresses should also be firm to help with rolling. When this is not sufficient, a short bed rail can easily be added and offers a good option to pull or push on.

However, sometimes a fall may happen even with all the latest and greatest gadgets for safety at our disposal. If that happens, the first thing to do is remain calm. Scan yourself for possible injuries and then call for help from whoever may be at home. When giving or receiving assistance to someone who

may have fallen, communication is key. If you're assisting someone, tell them what you're attempting to do, for instance "I'm rolling you to your side so I can move your leg to a more comfortable position." If you're the one receiving the assistance, guide your caregiver on where best to place his or her hands to help you. A gait belt is a good device to have around as it adds extra security and handles by which to move someone. Having a phone nearby is always handy and there are cell phone bags and holders for most walkers and wheelchairs. If you are injured from a fall, then absolutely call 911.

There are many things you can do to ensure you or your loved one will be safer at home. However, the above scenarios are certainly not a comprehensive list of home challenges and solutions. It's always best to consult your physician about ordering a consult with an Occupational Therapist to assess specific home safety needs, possible equipment solutions, and training. **P**

---

**Ron Porter** is an Occupational Therapist at Virginia Mason Medical Center in Seattle, WA.

---

## RESEARCH CORNER

**Bastyr University is recruiting participants** for a research study exploring the relationship between serum iron levels and diseases such as Parkinson's. The study requires one morning study visit after overnight fasting where the participant will answer a lifestyle questionnaire and donate a blood sample. Participants will be compensated \$30 for their time and transportation costs after completion of the visit.

For more information or to join the study above please call the study line at (425) 602-3315.

*If you are interested in hearing about other research opportunities, please contact the Washington Parkinson Disease Registry (WPDR). The registry is a database of individuals with PD and healthy controls that are interested in participating in, or learning about, local research trials. The Registry connects people with Parkinson disease to the research community, and helps critical research towards treatments and a cure for Parkinson's happen faster! You can learn more about the Washington Parkinson Disease Registry by calling (206) 277-6080 or visiting [www.registerparkinsons.org](http://www.registerparkinsons.org).*

*With the help and support of people invested in research, we can continue the search for the causes and treatments of Parkinson's disease!*



# What Works for Me with PD

**Pete Beidler**

*Pete Beidler was diagnosed ten years ago with Parkinson's Disease, just as he retired after forty years of teaching English at Lehigh University in Bethlehem, Pennsylvania. He and his wife Anne, both seventy-five, live in Ballard. We invited him to tell us about what he has found to be especially helpful to him in his journey with PD. We invite others to offer one-page statements about what works for them.*

LIKE MOST OF US WITH Parkinson's I was devastated by my diagnosis. My older sister Jo had been diagnosed with PD five years earlier, so I knew something about the disease. I was angry, distraught, and lonely. Why me? Why we? What had my sister and I

ever done to deserve such a miserable disease?

Now, ten years later, I have discovered that Parkinson's is not such a miserable disease after all. Or, more precisely, I have discovered that I do not need to be made miserable by

it. I have several strategies for coping with PD. I get lots of exercise. I try to walk a mile every day. I go to the local gym several times a week, work the machines, go to exercise classes, ride stationary bikes, dance zumba. I listen to my team of neurologists at Swedish Hospital, Cherry Hill. I take the meds they recommend. I also go to a naturopathic doctor and follow her suggestions. I take

a lot of pills, knowing that they supply the chemicals that Parkinson's keeps my brain from producing.

Perhaps what has helped me as much as the pills and the exercise is the knowledge that I have the support not only of an amazing wife and family but also of the wonderful support groups that are available in the Seattle area. Typically these groups meet once a month. Typically they have a speaker or a presentation of some sort, but sometimes they are discussion meetings.

My first support group was the one started in Edmonds by Nola Beeler. She and the others who attended — some with walkers, some in wheelchairs, some with spouses or other care partners — made me feel immediately that I was not alone with this disease. Others knew from experience what I was feeling, what frightened me, what amused me. We all helped each other with suggestions, with information, with empathy and — let's admit it — with love. Nola has since moved away from Edmonds, but the support group, now facilitated by Carol Aguayo, continues to attract around fifteen participants to each meeting. Not all support groups persist. The one at Swedish Hospital Cherry Hill was brilliantly facilitated by Peggy Shortt, but dissolved after a few years. A larger support group meets once a month at Horizon House in downtown Seattle. Facilitated by social worker Carin Mack, it attracts as many as forty to sixty participants. I go whenever I can, and always come away feeling wiser, more mellow, and less alone.

*continued on page 11 ►*

I have discovered  
that I do not  
need to be made  
miserable  
by Parkinson's



# Thank you

*for your generous donations*

Donations from April–September 2015

## **INDIVIDUAL**

Creigh Agnew  
Wendell & Jeanne Alexander  
Donna Allred  
Marne Baca  
Stephen Bergenholtz  
Robert & Alberta Beveridge  
Collin Binder  
Ellen Blackstone  
Jane Bogle  
Mark Bombara  
Paul & Debbie Brainerd  
Barbara Brassfield  
Keith Brook  
Julie Bunting  
Joel Cohn  
Gregory Coluccio  
Donn Coonrod  
Donald & Marilyn Covey  
Sara Crippin  
Bob & Dagmar Cronin  
Russel Decaire  
Francis Doman  
Maryel Duzan  
Marilyn & Derry Emery  
Irene Fury  
Mike & Claire Golshanara  
Linda Green  
Nancy Griese  
Rick & Julie Griese  
Sharon Groves  
Steve & Ann Haberl  
Rick & Jill Hancock  
Mary Jane Hansen  
Angela Harbaugh  
Jeffery Harbaugh  
Judith Herrigel  
Kimberly Hickey  
Richard & Sally Hile  
Wendy Holman  
Janet Isaksen  
Anthony Jacob  
Richard Johnson  
Dwight & Amy Jones  
Heidi Kuipers  
Wayne Lott  
Carin Mack  
Aaron Macmillin  
Mary Mailloux

Ken & Alisa Malloch  
Tanya McCormick  
Roy & Linda McIntosh  
Erin Medved  
Paul Michelson  
Tan Phu Bui & Uyen Nguyen  
Dr. Peter and Tricia Nora  
Christine Ota  
Andrea Padilla  
Bellamy Pailthorp  
Bob & Jacqueline Peckinino  
Willie & Annette Peters  
Daniel Popoff  
Kathryn Rhodes  
Sarah Rice  
Julie Rubinstein  
William Schuerman  
Glen Smith  
Rene & Dianne Spatz  
Jm & Diane Stump  
William Sutcliffe  
John Thelan  
Peggy Toepel  
Gail Tsuboi  
Mike & Claire Vitolo  
Bartja Wachtel  
Jennifer Witt  
John & Susan Wrigley

## **IN HONOR OF (AND DONOR)**

Christine Thorson  
(Duane Thorson)  
Robert Timar  
(Katherine Timar)

## **IN MEMORY OF (AND DONOR)**

Rev. David Alkins  
(Charles & Doreen Miller,  
Mary Lynn Schmand)  
Roger Berghoff  
(Employees of PUD No. 1 of  
Kitsap County)  
George Chappell  
(Ravenna Taylor)  
Pat Coluccio  
(Kevin Coluccio)

Vaughn “Jay” Gordon  
(Richard & Susan Box, Del  
& Jody Carl, Terry & Shan  
Clumpner, Bob & Debi  
Smith, Washington Trucking  
Associations, Pat & Laurie  
Sunnen, Cummings Inc.,  
Beverly Morgan, Michael &  
Patti Peluso, Clayton & Joann  
Fonda, Wayne Carlson,  
Elaine & Melanie Shaner,  
Donald Macquarrie)  
John Harrer  
(Lon & Sheila Inaba)  
Roberta Heineman  
(Stan & Ruth Felgar)  
Arrol LaCoursiere  
(Vern & Jacqueline  
LaCoursiere, Phyllis Mjorud)  
Kent Langabeer  
(Langabeer, McKernan,  
Burnett Co PS, Terry & Debra  
Johnson, Curtis & Gertrude  
Iler, Freda McKernan,  
Andrew & Patricia Bushkin  
Trust, GD & Ellene Zzachry,  
Frank & Jane Cammack,  
Anne Nielsen, Charles &  
Roberta Ross, Harvey &  
Janet Junie, Carol Burger,  
Hugh & Jackie Minor,  
Barbara Lamoureux, William  
& Elaine Lenhart)

Karl Larsen  
(Heidi Kasama)  
Robert Madigan  
(William Madigan)  
Harold “Hal” Minea  
(Dick & Pat McLaren)  
Richard Nies  
(Sue Christianson, Dean  
& Susan Crippe, Kim  
Suchomel, Brian & Patti Nies,  
Anonymous)  
Ted Taketa  
(Curtis Nagai, Gayle Miyake,  
Harry Yoshimura)  
Fred Van Ieperen  
(Peggy Van Ieperen)  
Doris Weeks  
(Dick & Pat McLaren)  
G. Anthony Wolff  
(Nampa Musicale Inc., Joe  
& Penny Masar, Gladys  
Schvetz)  
Leo Yanoff  
(Sally Francis)

## **BUSINESS AND ORGANIZATIONS**

Allstate Giving Campaign  
Beta Sigma Phi  
City of Seattle  
Coluccio Law  
Costco  
Cummins Inc.  
Elliot Bay Marina Inc.  
Langabeer, McKernan,  
Burnett Co PS  
Microsoft  
Nampa Musicale Inc.  
Northwest Marine Trade Assn  
The GE Foundation  
The Polyclinic  
Washington Trucking  
Associations

# Support Groups in the Pacific Northwest

**\*\*Please contact leader in advance to confirm date & time\*\***

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
<b>ALASKA</b>	General	923 W 11th Ave Anchorage	3rd Saturday of the month at 3:30 pm	Peter Dunlap-Shohl	(907) 350-9691 dunlapshohl@gmail.com
<b>ANACORTES</b>	General	Island Hospital, 1211 24th St.	3rd Thursday of the month at 1:00 pm	Jerry Ramsey and Nola Beeler	(360) 982-2359 njbeeler@yahoo.com
<b>BELLEVUE</b>	Young Onset	North Bellevue Community Center 4063 148th Ave NE	1st Wednesday of the month at 7:00 pm	Suzanna Eller	(206) 320-2084 suzanna@waparkinsons.org
<b>BELLEVUE</b>	General	Bellevue Family YMCA 14230 Bel-Red Rd.	1st Monday of the month at 2:45 pm	Allison Fine	(206) 226-1097 allison@waparkinsons.org
<b>BELLINGHAM</b>	General	Parkway Chateau 2818 Old Fairhaven Pkwy	2nd Monday of the month at 2:00 pm	Deb Ivancovich	(360) 724-3382 deb.ivancovich@gmail.com
<b>BOTHELL</b>	General	North Shore Senior Center 10201 E Riverside Dr.	3rd Tuesday of the month at 10:00 am	Joanne Blum, MS, LMHCA	(425) 488-4821 joanneb@seniorservices.org
<b>BREMERTON</b>	General	St. Paul's Episcopal Church (Oliver room) 700 Callahan Drive	1st Tuesday of the month at 1:30 pm	Jen Edwards	(360) 744-6220
<b>CHEHALIS</b>	General	Bethel Church 132 Kirkland Rd., Napavine, WA	2nd Thursday of the month at 1:00 pm	Ken Beckwith	(360) 520-4889 beckwithangels@aol.com
<b>CLARKSTON</b>	General	Tri-State Hospital 1221 Highland Ave, Clarkston, WA	2nd Monday of the month at 1:30 pm	Doris Berry and John Molohon	(208) 743-3947 and (509) 758-3758
<b>COVINGTON</b>	General	St. John the Baptist Catholic Church 25810 156th Avenue SE	3rd Tuesday of the month at 10:30 am	Stephanie De Leon Lawson	steph.pdgroup@gmail.com
<b>COEUR D'ALENE</b>	General	Lake City Senior Center 1916 N Lakewood Dr.	1st Friday of the month at 1:00 pm	Beth Hatcher	(208) 635-5243 cdapsg@hotmail.com
<b>DES MOINES</b>	General	Wesley Homes, 815 S. 216th St. *contact group leader before attending*	3rd Wednesday of the month at 10:00 am	Rita Lambert	(206) 870-1302 rlambert@wesleyhomes.org
<b>EDMONDS</b>	General	Edmonds Senior Center 220 Railroad Ave	2nd Wednesday of the month at 1:00 pm	Carol Aguayo	(425) 743-6029 agua549@frontier.com
<b>ELLENSBURG</b>	General	The Moose Lodge 206 N. Main St.	2nd Monday of the month at 1:00 pm	Erica Batchelder James Champie	(518) 742-9593 ericahbatchelder@gmail.com
<b>EVERETT</b>	General	Providence Medical Center, Medical Office Building – Rainier Room 14th & Rockefeller	4th Saturday of the month at 2:00 pm	Helen Hopkins Terry & Kathy Martinson	(425) 327-3348 (360) 435-8049 kate5254@msn.com
<b>EVERETT</b>	Caregiver (Lewy Body Dementia)	Carl Gipson Senior Center 3025 Lombard Ave	*contact facilitator for date/time info*	Joy Walker	(206) 457-4793 joyincaregiving@yahoo.com
<b>FEDERAL WAY</b>	General	Foundation House 32290 1st Ave S.	3rd Tuesday of the month at 1:30 pm	Gail Allen	(253) 252-2258
<b>GIG HARBOR</b>	General	St. Anthony's Hospital 11567 Canterwood Blvd. NW	2nd Wednesday of the month 4:00 pm	Doug Manuel	(253) 858-8741 manuel@harbornet.com
<b>GIG HARBOR</b>	Caregiver	St. Anthony's Hospital 11567 Canterwood Blvd. NW	*contact facilitator for date/time info*	Vernetta "Joy" McCraw	(253) 265-3897 vjmcrcraw@hotmail.com
<b>GIG HARBOR</b>	General/ Exercise	Harbor Place at Cottesmore (Dining Room), 1016 29th St NW	4th Thursday of the month at 11:30 am	Glenn Anderson	(253) 853-8466 glennplaysguitar@yahoo.com
<b>HOQUIAM</b>	General	Hoquiam Library, 420 7th St.	Last Tuesday of the month at 6:00 pm	Betsy Seidel	(360) 533-5968 betsycamel@yahoo.com
<b>IDAHO</b>	General	Good Samaritan Village Moscow, ID	Last Wednesday of the month at 2:00 pm	Phyllis Vettrus	(208) 882-5770 dpvet@turbonet.com
<b>ISSAQUAH</b>	General	Our Savior Lutheran Church 745 Front St. S	2nd Monday of the month at 1:30 pm	Allison Fine	(206) 226-1097 allison@waparkinsons.org
<b>KIRKLAND</b>	Caregiver	Evergreen Health room TAN-134 12040 NE 128th St	2nd & 4th Tuesday of the month at 1:00 pm	Maria Cole, MSW	(425) 899-5383 mariac@nwfp.org
<b>KIRKLAND</b>	Men's	Evergreen Medical Center, De Young Pavilion, Rainier Room 12040 NE 128th St	2nd Tuesday of the month at 3:00 pm	Ross Webb and Bob Johnson	(425) 825-7564 or (425) 821-9807 webbslr@msn.com or bobcarolejohnson@frontier.com
<b>LONGVIEW</b>	General	Canterbury Inn/Chateau Dining Room 1324 3rd Ave	3rd Wednesday of the month at 1:45 pm	Barbara Sudar	bnbsudar@msn.com
<b>LOPEZ ISLAND</b>	General	The Gathering Place 229 Village Rd	4th Wednesday of the month at 1:00 pm	Jackie Ashe	(360) 468-2435 jackieashe@centurytel.net

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
LYNNWOOD	Caregiver	Center for Healthy Living 4100 Alderwood Mall Blvd Suite 1	1st & 3rd Wednesday of the month at 2:00 pm	Karen Anderson	kanderson@lcsnw.org
MERCER ISLAND	General	Mercer Island Community Center	1st Tuesday of the month at 2:00 pm	Debbie Hanson, PT	thehansonfive@hotmail.com
MOSES LAKE	General	Samaritan Healthcare Hosp., Masto Health Library rm 402, 801 E Wheeler Rd	2nd Monday of the month at 3:00 pm	Sandee Estoos	(509) 765-6283
MT VERNON / BURLINGTON	General	Logan Creek Retirement Community 2311 East Division St., Mt Vernon	1st Monday of the month at 10:00 am	Ginger Dollarhide and Tori Kelly	(360) 629-8426/(425) 422-1067 weewiseginger@gmail.com
OLYMPIA	General	Olympia Senior Center 222 Columbia Street NW	Every Wednesday at 11:00 am *membership required*	Joyce Beckwith	(360) 586-6181 admintemp@southsoundseiors.org
OLYMPIA	Exercise	Lacey Senior Center 6757 Pacific Ave SE, Olympia	Every Tuesday at 11:15 am	Joyce Beckwith	(360) 586-6181
PORT ANGELES	General	Port Angeles Senior Center 328 E. 7th Street (On the SW corner of 7th & Peabody)	4th Wednesday of the month at 10:30 am	Darlene Jones	(360) 457-5352 djones@olympen.com
PORT ANGELES	General/ Dance	Sons of Norway, 131 West 5th St.	3rd Saturday of the month	Darlene Jones	(460) 457-5352 djones@olympen.com
POULSBO	General	North Point Church 1779 NE Hostmark St.	1st Monday of the month at 1:00 pm	Lana Gills	(360) 779-7178 lanagale@earthlink.net
POULSBO	Exercise	Poulsbo Athletic Club 19611 7th Avenue NE	Wednesdays at 1:00 pm	Rosy Bennett	(360) 598-4854 tomandrosy@hotmail.com
PUYALLUP	General	Life Care Center of Puyallup 511 10th Ave SE	3rd Thursday of the month at 11:45 am	Daisha Nguyen	(253) 845-7566 Daisha_Nguyen@lcca.com
PUYALLUP	Caregiver	Life Care Center of Puyallup 511 10th Ave SE	1st Thursday of the month at 11:00 am	Daisha Nguyen	(253) 845-7566 Daisha_Nguyen@lcca.com
REDMOND	General	Emerald Heights 10901 176th Cir NE	3rd Thursday of the month at 1:00 pm	John Waltner	(425) 556-8140 johnw@emeraldheights.com
RICHLAND	General	Kadlec Neurological Resource Center 1268 Lee Blvd	3rd Monday of the month at 1:30 pm		(509) 943-8455
SEATTLE	Young Onset	Greenwood Senior Center 525 North 85th Street	2nd Tuesday of the month at 7:00 pm	Suzanna Eller	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE	Caregivers of Veterans	Seattle VA Medical Ctr, 1660 S. Columbian Way, Rm 1D-146gg (near the West Clinic)	Every Monday at 1:00 pm	Kris Fredrickson	(206) 764-2188 kris.fredrickson@va.gov
SEATTLE	Caregiver	Greenwood Senior Center 525 North 85th Street	2nd Tuesday of the month at 1:00 pm	Carin Mack	(206) 230-0166 carin@waparkinsons.org
SEATTLE	General	Horizon House 900 University Street	4th Monday of the month at 1:30 pm	Carin Mack	(206) 230-0166 carin@waparkinsons.org
SEATTLE	Atypical PD (MSA, PSP, CBD)	Swedish Cherry Hill, Seattle	*Call to attend*	Suzanna Eller	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE	General	University House Wallingford 1st Fl, 4400 Stone Way N	2nd Monday of the month at 3:00 pm	Ann DeMaris Davids	(206) 545-8400 Demaris.Davids@eraliving.com
SEATTLE	General	The Hearthstone 6720 East Green Lake Way N	2nd Tuesday of the month at 2:00 pm	Jane Sepede	(206) 517-2266 jsepede@hearthstone.org
SEATTLE	Caregiver	Swedish Neuroscience Institute 550 17th Avenue, The Casey Room	4th Monday of the month, 4:30 - 6:00 pm	Suzanna Eller	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE (WEST)	General	Providence Mt. St. Vincent 4831 35th Ave SW	1st Tuesday of the month at 2:30 pm	Suzanna Eller	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE (WEST)	General	Arrowhead Gardens 9200 2nd Ave SW	3rd Thursday of the month at 10:00 am	Dagmar Cronn	cronn@oakland.edu (206) 327-1828
SHELTON	General	Alpine Way Assisted Living 900 W Alpine Way	2nd Tuesday of the month at 12:30 pm	Rebecca McGavick	(360) 426-6194 jacksonrebecca06@gmail.com
SHORELINE	General	Shoreline Senior Center 18560 1st Ave NE	4th Tuesday of the month at 11:00 am	Scott Theisen	(206) 268-6761 scottth@seniorservices.org
SPOKANE	General	Deaconess Health & Education Center 800 West 5th Ave	2nd Wednesday of the month at 1:30 pm	Cyndi Cook	(509) 473-2490 center@spokaneparkinsons.org
SPOKANE	Young Onset	*contact group leader for time and location information*		Cyndi Cook	(509) 473-2490 center@spokaneparkinsons.org
SPOKANE	Women's Group	*contact group leader for location information*		Julie Willis	(509) 467-2240

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
STANWOOD	General	Stanwood Senior Ctr; ctr social room 7340 276th Street NW	2nd Monday of the month at 10:00 am	Victoria Kelly and Ginger Dollarhide	(425) 422-1067 / (360) 629-8426 kellytori7@gmail.com / weewiseginger@gmail.com
TACOMA	General	Joeseppi's Restaurant 2207 N Pearl St.	Last Wednesday of the month at 6:00 pm	Sharon Cagle	smcagle47@gmail.com
VANCOUVER	General	The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave	2nd Wednesday of the month at 10:00 am	Cathy Lauder	360-944-6000 clauder@thequarryliving.net
VANCOUVER	General	Touchmark at Fairway Village 2911 SE Village Loop	1st Wednesday of the month at 1:00 pm	Kim Lehmann	(360) 433-6400 office/ (360) 609-4045
VANCOUVER	Caregiver	The Quarry Senior Living Private Dining Room (1st floor) 415 SE 177th Ave	2nd and 4th Tuesday of the month at 1:30	Maria Jokela	(360) 944-6000 office/ (503) 290-4443 cell mjokela@thequarryliving.net
VANCOUVER	Women's Chat 'n' Chew	*contact group for location information*	4th Wednesday of the month at 2:15 pm	Kim Lehmann	(360) 433-6400
VANCOUVER	Men's Breakfast Meeting	*contact group for location information*	3rd Friday of the month at 9:00 am	Kim Lehmann	(360) 433-6400
VASHON	General	Vashon Lutheran Church Fellowship Hall, 18623 Vashon Hwy SW	1st Friday of every month	Steve Steffens	(206) 463-2655 steve_steffens@yahoo.com
WALLA WALLA	General	*contact support group leader to confirm* First Congregational Church 73 S Palouse St	*contact support group leader to confirm* 4th Saturday of the month at 4:00 pm	Debbie Lynch-Christian	(509) 529-3234
WASHINGTON PENINSULA	General	Ocean Park Lutheran Church 24002 U St., Ocean Park, WA 98640	4th Friday of the month at 1:30 pm	Roy & Patti Pellerin	(360) 665-3284 prfpa09@centurytel.net
WENATCHEE	General	Sleep Center 1000 N Miller	3rd Tuesday of the month at 3:00 pm	Janet Bibby Pat Taylor	(509) 470-6416 pktaylor2@gmail.com
WENATCHEE (EAST)	Caregiver	Meadow Ridge Park Senior Living 1630 9th St	2nd Wednesday of the Month at 11:00 am	LaVerna Armintrout	(509) 884-6833 fishwife410@gmail.com
WHIDBEY IS. (NORTH)	General	Cherry Hill Clubhouse 549 NW 12th Loop	1st Friday of the month at 1:00 pm	Carolyn Hansen	(360) 279-1785 wchansen192@comcast.net
WHIDBEY IS. (SOUTH)	General	South End Senior Center	2nd Tuesday of the month at 10:00 am	Carolyn Hansen	(360) 279-1785 wchansen192@comcast.net
YAKIMA	General	Yakima Covenant Church 6015 Summitview Ave	2nd Thursday of the month at 2:00 pm	Kathy Kidd	(509) 865-4869 thekidds@msn.com

► *continued from page 7*

We all know, of course, that Parkinson's is a highly individualistic disease. There are some symptoms more or less common to most people with Parkinson's — stiffness, slowness, tremors, uncertain balance, soft voices — but we all display slightly different mixes of those symptoms, and we all move along with our disease at slightly different paces. Support groups let us know that, whatever our symptoms and the pace of progression of our disease, we are members of a community that understands what it is like to have this disease.

Of course, any group that brings people with Parkinson's together can become a support group. My own best support group is my Yoga for People with Parkinson's class. Originated a decade ago by Tim Seiwerath, it is now taught by Peter Lynch. I attend the

class twice a week at Northwest Hospital. Some of my closest friends in Seattle I first met in that class. We greet each other, listen to each other, share information with each other, console each other, offer rides to each other, tell stupid jokes to each other.

No support group can cure Parkinson's, but any Parkinson's support group can offer information, comfort, understanding, and solace to those of us who wait, patiently, for the cure that will someday help us or others who will be diagnosed in the months and years to come. It is good to know that we wait not alone but in good company.

It goes without saying, but I say it anyway, how much we waiters appreciate the Washington Chapter of the APDA for its generous support for all of the support groups I mention above. Thank you. P

## RECENT EVENTS



SUMMER WAS A BUSY season for us! We held our first annual Optimism retreat, hosted two facilitator trainings, put on various educational programs,

and had fun every step of the way!

Thank you to the more than 120 people who joined us on August 23, 2015 for our 1st Annual Optimism Retreat! With the help of our many workshop leaders, volunteers, and sponsors we were able to dedicate a day to exploring movement, meditation, and nutrition and celebrating life with or without PD. Check out a few photos below and read what those who joined us had to say! We hope to see you next year!



*“Facility was outstanding. Easy access from various freeways, easy access from the parking lot and easy to move around the facility, including the deck. This is the best conference I’ve been to for PD: I truly felt more optimistic about enduring a future with my husband’s PD.”*

*“I want to thank you for an excellent Optimism event. We went to the Tai Chi session, the Intimacy session and Yoga with Peter, all were very helpful. Lunch was great! Thank you, thank you, thank you!”*

*“Thanks so much for the wonderful day! Everything was wonderful. The highlights for me were the Mindfulness Meditation and Dr. Mischley. I hope to come again next year.”*



Photographs by Ken Kisch and Bill Curr.

Top: Registered Yoga Teacher, Peter Lynch, leading a Yoga for PD class during the Optimism Retreat.

Middle: A delicious and healthy lunch at the Optimism Retreat prepared by Cameron Catering under the dietary recommendations of Dr. Laurie Mischley.

Bottom: Ken Kisch and Stephen Bergenholtz leading a nature walk during the Optimism Retreat with a mini photography lesson on the way!

# MARK *your* CALENDARS!

## Education

### January 17, 2016 **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.

Seattle Pacific University, stay tuned for more information!

\*\*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.

### Spring 2016 **Patient Education Program**

A general patient education program for people with Parkinson's, their care partners, friends, and loved ones. Learn about PD treatments and non-motor symptoms, connect with others, and enjoy lunch on us!

Tacoma, WA, stay tuned for more information!

### August 28, 2016 **Optimism Retreat**

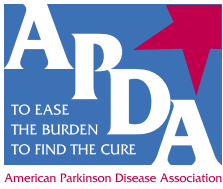
Please join us for our annual Optimism retreat; a one day conference focusing on movement and well-being for people with Parkinson's disease, their families, and care partners.

### September 20–23, 2016 **4th World Parkinson Congress**

More than 3,500 people from 65 countries will attend the WPC 2016 in Portland, OR to learn about cutting edge science, clinical research and comprehensive care from some of the most renowned health professionals, researchers, and advocates globally.

APDA is proud to be a bronze sponsor of this event and hope to have you join us in Portland!

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



Washington APDA
150 Nickerson St, Suite 100
Seattle, WA 98109

SUBSCRIBE TO OUR NEWSLETTER!

Sign up for our newsletter by visiting our website www.waparkinsons.org or emailing coordinator@waparkinsons.org

YES! I want to help "ease the burden, and find the cure" for Parkinson's Disease.

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

- Gift amount options: \$25, \$50, \$100, \$250, \$500, \$1000, Other amount
Employer match: My employer will match my gift
Information request: Please send me information on wills and how a bequest can support WA APDA.
Interest: 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

Address City State Zip

Donor's name

Address City State Zip

Email address



Consider honoring a loved one by donating to APDA for your holiday gift giving!

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 206.695.2905

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!