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Dealing with Motor Fluctuations page 5
This quote has resonated with me lately, as we are dreaming big and taking exciting new steps to better serve you. The biggest by far is that we will soon be moving into a new office! Located on Nickerson Street in the North Queen Anne neighborhood of Seattle, we are so pleased to be putting down roots and invite you to come visit us at an Open House and other events soon. Be on the lookout for announcements with dates and updated contact information.

This edition of the Parkinson Pathfinder may be my favorite so far, full of interesting articles and useful information, from both new and familiar faces. I’m particularly excited about the piece by one of our new board members, Jennifer Adams, as she shares her personal journey of having a loved one touched by Parkinson’s, entitled “The Parkinson’s Secret.” Be sure to check it out on page 4.

I must also recognize two of our long-standing board members who have recently rotated off at the end of 2014 term, and welcome three new members. A bittersweet farewell to Wendell Matas and Peggy O’Neil Shortt, who both have served as Board Presidents and left a lasting legacy of strong leadership, positivity, and truly exemplified the above quote of boldly pursuing our dreams of a world without Parkinson’s. I’d also like to extend a very warm welcome to Jennifer Adams, Teresa Cronin, and Carla Calogero, each of whom comes to us with fresh ideas, perspectives, and enthusiasm.

As always, I look forward to connecting with you soon, at the upcoming HOPE Conference, by phone, email, or even in person in our new space!

Until next time,

Kristi Murphy Mitchell
kristi@waparkinsons.org
206.419.7872
Hello Everyone!

Summer is officially behind us, and the cooler weather has made its debut! Although we are still a few months away from the New Year, the fall season always feels like the start of something new for me. Maybe it stems from countless years of “first days’ of school” or the excitement for another holiday season! With our Optimism Walk taking place just last month, and the Hope Conference coming up in a few weeks, this year in particular seems to carry an air of positivity.

I recently heard a talk given by Bartja Wachtel, a clinical social worker at Virginia Mason Medical Center, which really stuck with me. He emphasized the power of wellbeing on our health, relationships, and general satisfaction in life. He broke it down into components of wellbeing that would lead you to thrive. The top of that list was positive emotion. I’ll let that sink in.

What that essentially implies, is that our wellbeing is principally influenced by our own outlook and response to situations. Although everyone can let their emotions get the best of them, we all ultimately have power over our own emotions. By choosing how we react, we can control our own happiness despite the circumstances, and ultimately live happier, healthier, and more fulfilling lives. That is a powerful statement!

I am excited to learn what else Bartja has in store for us at the Hope Conference on November 1st. I think we can all benefit from a little positivity. After all, unlike medication it’s free of cost and side-effects! As Dr. Shaw’s article on page 7 states, laughter really is the best medicine!

Wishing you a happy and healthy season!

Zeljka Jurcevic
206.277.5516
Welcome to our new Board Members!

The American Parkinson Disease Association is a national, not-for-profit organization with Chapters around the country, serving their respective local communities. Our Washington Chapter is made up of a group of dedicated volunteer Board Members, who truly are the driving force behind everything that we do. Their dedication and undeniable passion is inspiring, and we are beyond excited and honored to welcome our new Board Members to the family!

Jennifer Adams

Born and raised in Seattle, Jennifer is an attorney with The Nature Conservancy, a global conservation charity with over 50 U.S. Chapters and 30 international programs. She became involved with the Parkinson’s community two years ago, when her husband Chris was diagnosed with early onset Parkinson’s disease. With this life changing turn of events, Jennifer decided to dedicate herself to helping members of the Parkinson’s community live life to its fullest, and find a cure. Last year with the help of some friends, she organized the Adventure Race, a scavenger hunt raising funds for Parkinson’s and is looking forward to getting even more involved this year.

Carla Calogero

Carla is an attorney in Seattle, WA specializing in elder law and estate planning. Her interest to get involved was inspired by a few remarkable individuals affected by Parkinson’s disease who she has had the pleasure of knowing and serving as attorney for. With a master’s degree in Bioethics and an interest in scientific research and healthcare delivery, she found herself resonating with the mission of the Washington APDA to ease the burden of Parkinson’s through innovative services and programs, and funding research for a cure. Carla’s background includes providing pro bono legal representation at the King County Bar Association Elder Law Clinic, as well as serving as Chair of a local AIDS service organization earlier in her career.

Teresa Cronin

Teresa is the Vice President of the Pacific Rim and Spain region suppliers to Costco, acting both as a liaison and a regional program coordinator. With additional background experience in family law and whitewater rafting, Teresa has many passions. Her hard work and community involvement have been recognized throughout the years, naming her Volunteer of the year in 2006 and nominated as Coordinator of the year in 2009 and 2010. When she is not managing her team she enjoys hiking, skiing, golf, travel and photography.
The following story was submitted by Jennifer Adams, a fellow reader and Board Member of the Washington APDA.

ROBIN WILLIAMS’ SUICIDE HIT ME hard. At first it was hard to believe that this man, who brought so much happiness to the world, was so unhappy. Then I found out he was dealing with a Parkinson’s diagnosis and it really hit home. When my husband Chris was diagnosed with Parkinson’s two years ago it was crushing news, and I wasn’t even the one with Parkinson’s.

There are many reasons why people like Robin Williams keep Parkinson’s a secret. There is a stigma that comes with the disease. People fear losing their job. If you aren’t fired, you might lose opportunities at work because people may think about you differently -- even if the Parkinson’s doesn’t impact work performance. There are laws that prohibit employers from discriminating against people with Parkinson’s, but they don’t always work and winning a lawsuit is little consolation when you lose your job.

At the beginning, when we hadn’t told friends about the diagnosis, it was a heavy weight I carried with me throughout each day. It was hard to think about anything else. It was the small and large acts of kindness by friends, family, co-workers and strangers that got me through this difficult period. Other parents stepped in to coach my daughter’s soccer practice and co-workers helped with projects. They did not know the burden I was carrying. When I think back to this period, it reminds me of the saying ‘Everyone you meet is fighting a battle you know nothing about. Be kind, always.’

It was a huge relief when we started talking to family and friends about the Parkinson’s diagnosis. Walking around with the Parkinson’s secret was so hard. Not being able to share what I was feeling was isolating and this added to the stress of the diagnosis. Sharing the Parkinson’s secret went a long way to easing the burden for me. In the end, what really pulled me out and still sustains me is hope. Every week I read about a new advance in Parkinson’s research. They are getting so close to finding a cure. In the meantime, I try to live in the here and now because Chris is not letting the disease slow him down. He remains active and optimistic. I am able to stash away the worry about what the future will bring because I have hope they will find a cure.

You can support the search for the cure at the American Parkinson’s Disease Association http://www.waparkinsons.org/edu_research/funding.html or by joining me in the Adventure Race for Parkinson’s this spring at http://www.adventureraceforparkinsons.org/
BEGINNING WITH THE DISCOVERY of levodopa in the 1960’s, the treatment of Parkinson’s disease has focused on dopaminergic therapy for the symptoms of rigidity, slow movement, and tremor. A neurologist may start the dopamine agonists; ropinirole (Requip) or pramipexole (Mirapex) when symptoms are milder and carbidopa/levodopa (Sinemet) when symptoms worsen. The benefit from these medications may continue for several years without much noticeable change.

The “ON” and “OFF” states
Typically when levodopa is started, the effect lasts most or all day. This long duration effect enables patients to miss an occasional dose of medication and not notice wearing off. Regularly dosed medication may control the symptoms of tremor, rigidity, and slow movement through the entire day. This is known as the long duration response, and it may last for several years. Over time, the long duration response is replaced by a short duration response. In this situation, the duration of benefit from levodopa is reduced and “motor fluctuations” may occur, where one may fluctuate between states of more smooth movement without tremor and the parkinsonian state of tremor, rigidity, and slow movement. The noticeable reduced effect of medications between each

What You Need to Know about Motor Fluctuations

Jason Aldred, MD

According to the National Institutes of Health, 68% of people with Parkinson’s have motor fluctuations as a result of treatment-induced dyskenesias or wearing off periods.

You have options!
If you are experiencing motor fluctuations, talk to your neurologist. He/she can determine the most appropriate changes to optimize your treatment.
What you can do to maximize your “ON time”
The main message in the current treatment of motor fluctuations is to keep it steady. First, the dose of levodopa must be high enough to result in improved symptoms. Then, levodopa should be given often enough to keep the clinical response smooth throughout the day, and sometimes night. Drugs like entacapone and tolcapone can increase “ON time.” These medications are given with each dose of carbidopa/levodopa. Pramipexole and ropinirole have a weaker but longer duration of effect than levodopa. These are often started before carbidopa/levodopa. However, a clinician may try to continue them even after a patient starts carbidopa/levodopa to fill in the gap when wearing off occurs. Selegiline may be used early in Parkinson’s disease to reduce the severity of wearing off in between doses of carbidopa/levodopa.

It is important to take carbidopa/levodopa regularly since this is the best way for a neurologist to determine the medication response and make the most appropriate changes. Taking levodopa 30 to 60 minutes before meals may speed the absorption and result in more quickly achieving “ON time.” Eating a few crackers with medication is a good way to settle the stomach if this is a problem. Another strategy to get quicker “ON time” is to crush up regular release carbidopa/levodopa. This may shorten the amount of time needed for digestion.

When medications aren’t enough
Deep brain stimulation (DBS) can be particularly effective for people with Parkinson’s disease who have severe motor fluctuations and the abnormal involuntary movement known as dyskinesia. This is something a neurologist may bring up if the medication options have been exhausted. For the right patient at the right time DBS is a good compliment to medications.

Dr. Jason Aldred is a movement disorder specialist at Northwest Neurological in Spokane, WA.
Laughter is the Best Medicine!
Coping with Challenges and Adversity

Dr. Jeff Shaw

“SAY THE OPPOSITE OF WHAT you were really thinking,” was advice given in a Seinfeld episode. Although it sounds silly, effective coping is all about controlling our perspective shifts. Although depression is no laughing matter, for many laughter holds the key to relief at so many levels. In fact, a sense of humor is one of the most effective ways to deal with circumstances that are beyond our control. Humor often requires us to consider the extreme opposite side of our automatic reaction to a situation, and helps us find a middle ground. The simple act of laughing is actually not so simple. Have you ever seen someone so happy that he or she cries? Have you ever experienced that it was just as easy to laugh versus cry at a situation?

Human beings are both blessed and cursed by our imaginations. We have a wonderfully strong ability to think and over-think matters. One of the tricks in coping with challenges and adversity, such as Parkinson’s disease, is to re-focus and distract ourselves away from some of the tougher aspects of the condition. The more we dwell on the sadness, loss, and the unfairness of the situation, the worse we feel and less motivated we will be.

So how do we laugh when things are tough? First, we understand that laughing at ourselves and our situation makes circumstances less awkward and tense for ourselves, as well as those around us. As it turns out, a sense of humor is one of the most effective defense mechanisms a person can have. By contrast, denying that an event happened or ignoring a tense situation, are the least helpful defense mechanisms. Second, we find that laughter is a common bond between ourselves and others. Often, humor involves reminiscing about embarrassing or stressful occasions in the past. Many people find that they can mentally escape a distressing event by imagining how it might be told later as a funny story. Third, we pay attention to how others use a sense of humor to cope and communicate. Do they exaggerate, tell stories, use sarcasm or surprise? Was that fall due to poor balance, or maybe a “fluctuation in gravity” that day? Did you spill soup on your clothes because of the tremor, or was it a “defectively designed spoon?”

The point is not to lie about matters, or blame others for our problems but that a bit of absurdity actually acknowledges the reality of the situation and dispels some nervous tension. Both laughing and crying are effective at reducing this tension, so why not laugh? It is important to remember however, that some matters are serious and require serious discussion, but daily annoyances can almost always be dealt with a light-hearted attitude!

How do we develop our sense of humor? Spending time around those that make us laugh, watching comedies and comedians, and reading jokes and cartoon books are some easy ways. Learn a few jokes and practice telling them, tell stories about embarrassing situations from your past, and listen to good story tellers. The bottom line is that laughter reduces stress, which really does make us healthier. Stress reduction lessens tremor, lessens freezing, and Parkinson’s related rigidity. As a human, you are equipped with the ability to choose how you respond to a situation, and if you don’t control your thinking—who does?

Dr. Jeff Shaw is a Neuropsychologist at Booth Gardner Parkinson’s Care Center in Kirkland, WA.
Helping Us Help You

Why I give to Washington APDA...
About three years ago I received an email from our Community Relations Department at Costco, that a spot was available on the Board for the American Parkinson Disease Association’s Washington Chapter. I had been thinking about joining a board, the timing was perfect, and it was something that I am very passionate about. My father, Richard, was diagnosed with Parkinson’s about six years ago. We suspect that he had it much longer than that, but doctors had a hard time diagnosing him. I have seen firsthand what this terrible disease has done to my father. He is a shell of a man he used to be. It has stripped him of his ability to live his life the way he would like to; no more trips to Palm Springs, riding his bike, dancing, driving a car, being independent - the list goes on and on. APDA offers wonderful programs and services to help others who are living with Parkinson’s disease. They give people the opportunity to retain some of their independence and a sense of normalcy. That is why I give to APDA!

Nancy Griese

What I get from Washington APDA...
Patty and Sally attend a monthly support group sponsored by Washington APDA. Below they share their experience with you.

We love how much we learn from the speakers at the discussion group and from each other. It is wonderful being in a group with people who have had Parkinson’s a long time yet lead active and exciting lives. We like the positive atmosphere and the encouraging support we get and give each other. Suzanna runs a group where we are always laughing, learning and supportive of each other’s trials and achievements. We have truly become a community!

Thank you Suzanna for your skills as a facilitator.

Patty Harold and Sally Friedman

RESEARCH CORNER

The Booth Gardner Parkinson’s Care Center is conducting a study (MAESTRO) for a new medication to treat overactive bladder in Parkinson’s disease (PD). The purpose of the study is to test the effects of the medication Mirabegron on overactive bladder symptoms in people with Parkinson’s disease (PD). The medication will be used in combination with pelvic floor exercises and behavioral modification education. If you are over 30 with PD and urinate frequently, have sudden urges to urinate, or lose control of your urine (incontinence), you may be eligible. The study will consist of four visits to the Booth Gardner Parkinson’s Care Center in Kirkland, WA and two study phone calls over 10-12 weeks. Study participants will be reimbursed for their time.

The Center is also conducting a study (MYSTICOL) to test the effectiveness of the medication called Myobloc to prevent excess saliva production and spillage caused by Parkinson’s disease (PD) and other disorders. The study will consist of multiple doses of the medication and follow up study visits at Booth Gardner Parkinson’s Care Center in Kirkland, WA. The medication, or a placebo, will be inserted into the salivary glands of the research participants. If you are between the ages of 18-85, diagnosed with PD and seeking treatment for troublesome drooling or excess saliva production, you may be eligible. Study participants will be reimbursed for their time and travel.

For more information, or to participate in the above studies, please contact the Washington State Parkinson’s Disease Registry at 888.365.9901.
Thank you for your generous donations

Donations received January 2014 – August 2014

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Kitchen Plus
Pinky’s Passion for a Parkinson’s Cure
Providence Mount St. Vincent
Spokane City United Way
TRUiST
<table>
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<tr>
<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
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<tbody>
<tr>
<td>ALASKA</td>
<td>General</td>
<td>923 W 11th Ave Anchorage, 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 Eller</td>
<td>(206) 938-8298 <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>Canterbury Manor 703 Callahan Dr.</td>
<td>1st Tuesday of the month at 1:30 pm</td>
<td>David Hull</td>
<td>(360) 895-6220</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>Rev. Don Brown</td>
<td>(360) 740-5556 <a href="mailto:Gmbrown33@gmail.com">Gmbrown33@gmail.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 Berri and John Molohon</td>
<td>(208) 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:cdpgp@hotmail.com">cdpgp@hotmail.com</a></td>
</tr>
<tr>
<td>DES MOINES</td>
<td>General</td>
<td>Wesley Homes, BIFS S. 216th St. &quot;contact group leader before attending&quot;</td>
<td>3rd Wednesday of the month at 10:00 am</td>
<td>Rita Lambert</td>
<td>(206) 870-1302 <a href="mailto:rilambert@wesleyhomes.org">rilambert@wesleyhomes.org</a></td>
</tr>
<tr>
<td>EDMONDS</td>
<td>Deep Brain</td>
<td>&quot;group meets quarterly; date, time and location to be determined&quot;</td>
<td>Michelle Bauer</td>
<td>(206) 320-2883 <a href="mailto:michelle.bauer@swedish.org">michelle.bauer@swedish.org</a></td>
<td></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 Aguayo</td>
<td>(425) 743-6029 <a href="mailto:agual549@frontier.com">agual549@frontier.com</a></td>
</tr>
<tr>
<td>ELLensburg</td>
<td>General</td>
<td>Rosewood Senior Park Club Houseboat</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 Langesbeer April Colburn Helen Hopkins</td>
<td>(425) 317-9103 (425) 258-1267 (425) 327-3348</td>
</tr>
<tr>
<td>EVERETT</td>
<td>Caregiver</td>
<td>Carl Gipsen 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</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:glempleysguitar@yahoo.com">glempleysguitar@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:betscamel@yahoo.com">betscamel@yahoo.com</a></td>
</tr>
<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>Phyllis Vettrus</td>
<td>(208) 882-5770 <a href="mailto:dpvet@turbonet.com">dpvet@turbonet.com</a></td>
</tr>
<tr>
<td>ISSAQQUAH</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>(206) 938-8298 <a href="mailto:suzanna@waparkinsons.org">suzanna@waparkinsons.org</a></td>
</tr>
<tr>
<td>KIRKLAND</td>
<td>Caregiver</td>
<td>EvergreenHealth room TAN-134 12040 NE 128th St</td>
<td>2nd &amp; 4th Tuesday of the month at 1:00 pm</td>
<td>Maria Cole</td>
<td>(425) 899-5383 <a href="mailto:mariac@nwfp.org">mariac@nwfp.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:webbsl@msn.com">webbsl@msn.com</a> or <a href="mailto:bobcarolejohnson@frontier.com">bobcarolejohnson@frontier.com</a></td>
</tr>
<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>(206) 598-8909 <a href="mailto:bnsudar@msn.com">bnsudar@msn.com</a></td>
</tr>
<tr>
<td>CITY/REGION</td>
<td>FOCUS</td>
<td>MEETING SITE</td>
<td>TIME</td>
<td>LEADER</td>
<td>CONTACT INFO</td>
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<tr>
<td><strong>LYNNWOOD</strong></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><strong>MERCER ISLAND</strong></td>
<td>General</td>
<td>Mercer Island Community Center</td>
<td>1st Tuesday of the month at 2:00 pm</td>
<td>Debbie Hanson, PT</td>
<td><a href="mailto:thehansonfive@hotmail.com">thehansonfive@hotmail.com</a></td>
</tr>
<tr>
<td><strong>MOSES LAKE</strong></td>
<td>General</td>
<td>Samaritan Healthcare Hosp., Masto</td>
<td>2nd Monday of the month at 3:00 pm</td>
<td>Sandee Estoos</td>
<td>(509) 765-6283</td>
</tr>
<tr>
<td><strong>MT VERNON / BURLINGTON</strong></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><strong>OLYMPIA</strong></td>
<td>General</td>
<td>Olympia Senior Center 222 Columbia Street NW</td>
<td>Every Wednesday at 11:00 am</td>
<td><em>membership required</em></td>
<td>Joyce Beckwith</td>
</tr>
<tr>
<td><strong>PORT ANGELES</strong></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><strong>PORT ANGELES</strong></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:djones@olypen.com">djones@olypen.com</a></td>
</tr>
<tr>
<td><strong>POULSBO</strong></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><strong>PUYALLUP</strong></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@icca.com">karen.williams@icca.com</a></td>
</tr>
<tr>
<td><strong>PUYALLUP</strong></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@icca.com">karen.williams@icca.com</a></td>
</tr>
<tr>
<td><strong>REDMOND</strong></td>
<td>General</td>
<td>Emerald Heights 10901 176th Cir NE</td>
<td>3rd Thursday of the month at 10:00 pm</td>
<td>John Waltner</td>
<td>(425) 556-8140 <a href="mailto:johnwtemeralerde@heights.com">johnwtemeralerde@heights.com</a></td>
</tr>
<tr>
<td><strong>SEATTLE</strong></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@waparkinsons.org">suzanna@waparkinsons.org</a></td>
</tr>
<tr>
<td><strong>SEATTLE</strong></td>
<td>Caregivers of Veterans</td>
<td>Seattle VA Med. Ctr, 1600 S. Columbian Way, Rm TD-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><strong>SEATTLE</strong></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 <a href="mailto:joyincaregiving@yahoo.com">joyincaregiving@yahoo.com</a></td>
</tr>
<tr>
<td><strong>SEATTLE</strong></td>
<td>Caregiver</td>
<td>Greenwood Senior Center 525 North 85th Street</td>
<td>2nd Tuesday of the month at 10:00 pm</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:carin@waparkinsons.org">carin@waparkinsons.org</a></td>
</tr>
<tr>
<td><strong>SEATTLE</strong></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><strong>SEATTLE</strong></td>
<td>Atypical PD (MSA, PSP, CBD)</td>
<td>Exeter House 720 Seneca Street</td>
<td>4th Monday 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><strong>SEATTLE</strong></td>
<td>General</td>
<td>University House Wallingford, NW Conf. 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><strong>SEATTLE</strong></td>
<td>General</td>
<td>The Heartstone 6720 East Green Lake Way N</td>
<td>2nd Tuesday of the month at 2:00 pm</td>
<td>Erika Campbell</td>
<td>(206) 774-5773 <a href="mailto:hssocialservice@heartstone.org">hssocialservice@heartstone.org</a></td>
</tr>
<tr>
<td><strong>SEATTLE (WEST)</strong></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@waparkinsons.org">suzanna@waparkinsons.org</a></td>
</tr>
<tr>
<td><strong>SEATTLE (WEST)</strong></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><strong>SEATTLE (WEST)</strong></td>
<td>General</td>
<td>Arrowhead Gardens 9200 2nd Ave SW</td>
<td>3rd Thursday of the month at 10:00 am</td>
<td>Dagnmar Cronn</td>
<td><a href="mailto:cronn@oakland.edu">cronn@oakland.edu</a></td>
</tr>
<tr>
<td><strong>SHELTON</strong></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:jacksonrebbecca@yahoo.com">jacksonrebbecca@yahoo.com</a></td>
</tr>
<tr>
<td><strong>SHORELINE</strong></td>
<td>General</td>
<td>Shoreline Senior Center 18560 1st Ave NE</td>
<td>4th Tuesday of the month at 1:00 am</td>
<td>Scott Theisen</td>
<td>(206) 268-6761 <a href="mailto:scott@seniorservices.org">scott@seniorservices.org</a></td>
</tr>
<tr>
<td><strong>SPokane</strong></td>
<td>General</td>
<td>Deaconess Health &amp; Education Center 800 West 5th St</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><strong>SPokane</strong></td>
<td>Young Onset</td>
<td><em>contact group leader for time and location information</em></td>
<td>1st Thursday of the month at 10:00 pm</td>
<td>Cyndi Cook</td>
<td>(509) 473-2490 <a href="mailto:center@spokaneparkinsons.org">center@spokaneparkinsons.org</a></td>
</tr>
<tr>
<td><strong>SPokane</strong></td>
<td>Women’s Group</td>
<td><em>contact group leader for location information</em></td>
<td>1st Thursday of the month at 10:00 pm</td>
<td>Julie Willis</td>
<td>(509) 467-2240</td>
</tr>
<tr>
<td><strong>STANWOOD</strong></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:kellytori7@gmail.com">kellytori7@gmail.com</a> / <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
</tbody>
</table>
The 2nd Annual Optimism Walk took place on Sunday, September 14th at Seattle University Park. Thank you to all who joined us on this beautiful day to raise awareness and funds for Parkinson’s care, support, and critical research. With your help, we were able to raise over $28,000 and had a great time doing it!

Team Bionic came through with flying colors as our top fundraising team, bringing in more than $4,200! Team captain, Bryan Coluccio, took 1st place for the top individual fundraiser and won the replica 2014 Superbowl Russell Wilson jersey! The team got to enjoy pizza on the house, while watching the game in their new Seahawk gear. Coming in close second were Nancy Griese and Lauren Kelly. Congratulations guys!

Thank you to our corporate partners; Niagara Bottling, Teva Neuroscience, and UCB.
UPCOMING EVENTS

9th Annual HOPE Conference for Parkinson’s

Hosted by the American Parkinson Disease Association, Washington Chapter & Northwest Parkinson’s Foundation

Saturday, November 1, 2014  |  Meydenbauer Center
1100 NE 6th Street, Bellevue, WA 98004

PROGRAM SPEAKERS

KEYNOTE
Parkinson’s & Perseverance: The Amazing Race
TIM HAGUE
Winner of The Amazing Race Canada

The Placebo Effect: What You Expect is What You Get
A. JON STOESSL MD
Director, Pacific Parkinson’s Research Center and NPF Center of Excellence; Co-Director, Djavad Mowafaghian Center for Brain Health; Chair, Canada Research in PD; Professor & Head, Neuro Dept. UBC

Food for Thought: Diet, Nutrition & the Future of PD
LAURIE MISCHLEY ND, MPH
Naturopathic Doctor, Seattle Integrative Medicine; Clinical Research Assistant Professor, Bastyr University

Wiring Well Being: The Power to Thrive
BARTJA WACHTEL MSW, LICSW, MHP, CMHS
Clinical Social Worker, Virginia Mason Medical Center

Music Therapy for Parkinson’s Disease
MEGUMI AZEKAWA MM, MT-BC
Neurologic Music Therapist, Puget Sound Music Therapy; Vice President, Music Therapy Association of Washington

REGISTRATION FORM

TO PAY WITH CHECK:
Complete and mail this portion of the form to:
Northwest Parkinson’s Foundation
Attn: Conference Office
400 Mercer Street Ste. 504
Seattle, WA 98109-4641

CONFERENCE FEE:
$35.00 / $40.00 after Oct. 17th (lunch included)

ATTENDEE INFORMATION
Attendee 1:  O Mr.  O Mrs.  O Ms. ____________________________

Attendee 2:  O Mr.  O Mrs.  O Ms. ____________________________

Address _____________________________________________
City ________________________________________________
State _______________________ Zip _____________________
Telephone ___________________________________________
Email address ________________________________________

LUNCHEON SELECTION
Chipotle Chicken Wrap with Quinoa Salad
Curry Chickpea Pita with Lemon Yogurt Sauce (vegetarian)
Hazelnut & Blue Cheese Salad with Chicken with Oil and Vinegar Dressing (gluten free)

Attendee 1  Lunch Selection
O    O
O    O
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)
☐ $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

Address ☐ ☐ ☐
City State Zip

Donor’s name

Address ☐ ☐ ☐
City State Zip

Email address

Thank you for your generosity!

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.