

**4** The Parkinson's  
Secret

**5** Motor  
Fluctuations

**7** The value of  
Laughter

# PARKINSON *Pathfinder*

FALL 2014



Washington Chapter  
**American Parkinson  
Disease Association**

FALL 2014

# TABLE OF CONTENTS

- 1 Letter from the Executive Director
- 2 Letter from the Coordinator
- 3 Welcome to our new Board Members!
- 4 The Parkinson's Secret  
*Jennifer Adams*
- 5 What You Need to Know about  
Motor Fluctuations  
*Jason Aldred, MD*
- 7 Laughter is the Best Medicine!  
Coping with Challenges and Adversity  
*Dr. Jeff Shaw*
- 8 Why I Give...  
*Nancy Griese*
- 8 Research Corner
- 9 Donations
- 10 Support Groups
- 12 Recent Events: 2nd Annual  
Optimism Walk
- 13 Upcoming Events: Hope Conference



*Dealing with Motor Fluctuations*

page 5



## Washington APDA

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*“The future belongs to those who believe  
in the beauty of their dreams.”*

- ELEANOR ROOSEVELT

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,

A handwritten signature in black ink that reads "Kristi Murphy Mitchell". The script is fluid and cursive.

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

## 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



# 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 health-care 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 some people in the Parkinson's community who don't tell their children because they worry the secret will leak back to their work. 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

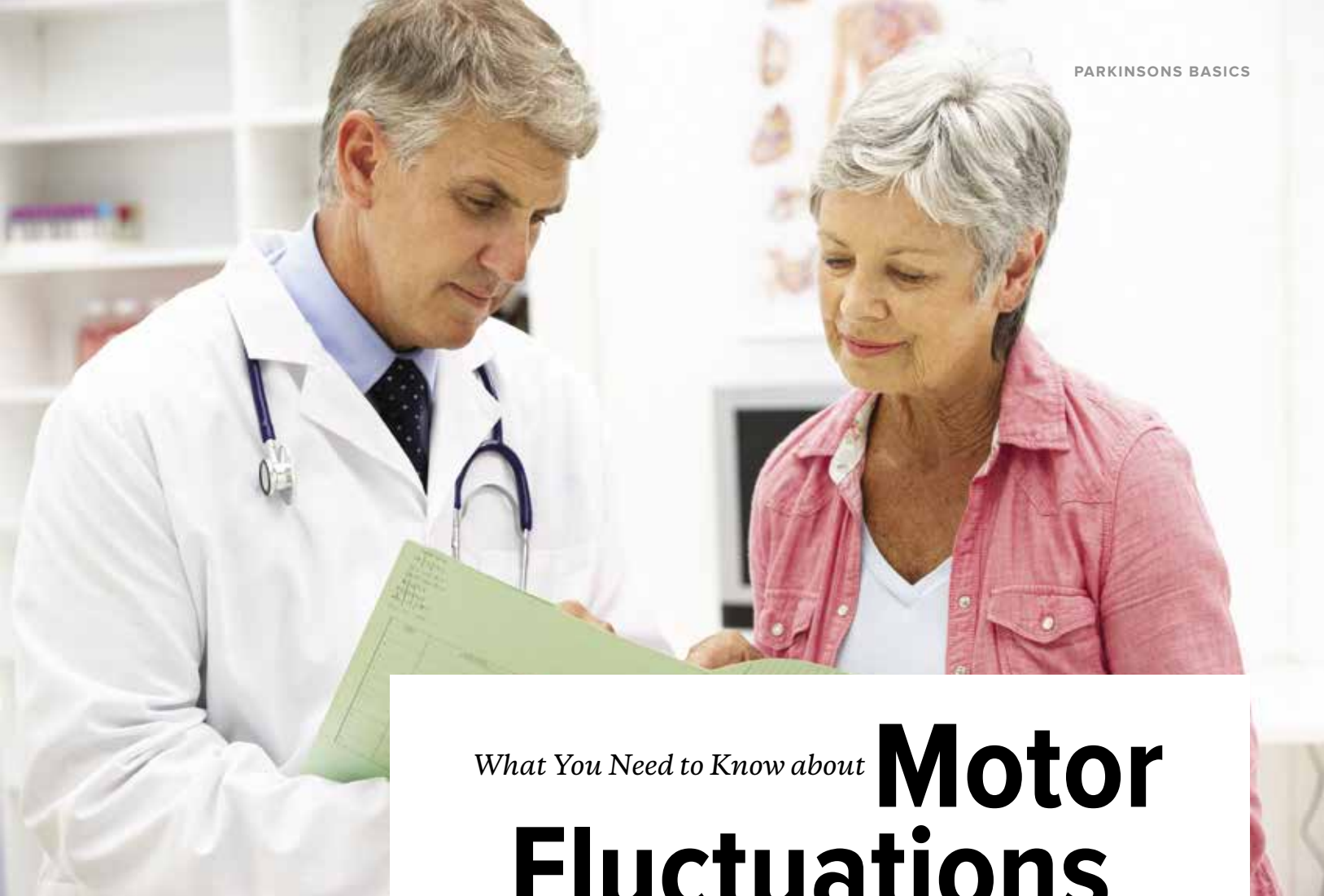
strangers that got me through this difficult period. Other parents stepped in to coach my daughter's soccer practice and co-workers helped with projects. They did not know the burden I was carrying. When I think back to this period, it reminds me of the saying 'Everyone you meet is fighting a battle 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. P

*You can support the search for the cure at the American Parkinson's Disease Association [http://www.waparkinsons.org/edu\\_research/funding.html](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/>*





## 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 dyskinesias 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.

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

dose is termed “wearing off” or “OFF time.” This contrasts with the periods of good tremor control and supple and more fluid movement termed “ON time.”

#### **What to expect, and when you should expect it**

Medication wearing off usually begins at the end of each dose and thirty minutes or so before the next dose of levodopa. As Parkinson’s disease progresses, wearing off from levodopa occurs earlier and earlier. Some people notice “sudden OFF’s,” which is switching from ON to OFF in a matter of minutes.

Dyskinesia is the abnormal involuntary movement of the arms, legs, neck, or torso. It often appears as fidgeting. Dyskinesia is a very common side effect of levodopa and tends to go hand-in-hand with “ON time.” Dyskinesia usually shows up around the time motor fluctuations begin. It is most noticeable when the levodopa is at its peak dose, within an hour or two of taking the pill. This is known as peak-dose dyskinesia. For some, dyskinesia is most severe just as levodopa takes effect and when it is starting to wear off. This is called biphasic dyskinesia. Learning to characterize dyskinesia may be difficult for the individual patient and often requires help from an observant family member or neurologist.

#### **The mechanism behind motor fluctuations**

Clinical research has shed light on possible mechanisms of motor fluctuations. As Parkinson’s disease progresses, the brain’s ability to store dopamine decreases. The brain then relies on a steady supply of the dopamine precursor, levodopa, from the blood. Numerous

studies have shown the improvement in parkinsonian symptoms reflects the minute to minute concentration of levodopa in the blood. Other research suggests a more complex process may result in motor fluctuation. One leading hypothesis suggests that the pathway stimulated by dopamine receptors changes over the course of Parkinson’s disease. This may depend on whether dopamine receptors are stimulated continuously throughout the day or in short bursts. So when levodopa reaches the brain in surges from oral medications, instead of more continu-

**Learning to characterize dyskinesia may be difficult for the individual patient and often requires help from an observant family member or neurologist**

ously, this may change dopamine receptors in a way that predisposes to motor fluctuations.

Many studies have determined that levodopa absorption may be the most important step in getting a good medication response. Since levodopa is taken orally, the bowel must absorb it into the blood before it is transported to the brain for neurotransmission. When levodopa is taken along with large amounts of protein it may interfere with transport into the brain,

#### **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 tol-

capone 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 complement to medications. **P**

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*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



*A sense of humor is one of the most effective defense mechanisms a person can have.*

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 lighthearted 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? **P**

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**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



*Top: Nancy Griese with her father Richard; bottom: Patty Harold and Sally Friedman*

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, learn-

ing 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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# Support Groups

*in the Pacific Northwest*

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) 938-8298 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	Canterbury Manor 703 Callahan Dr.	1st Tuesday of the month at 1:30 pm	David Hull	(360) 895-6220
<b>CHEHALIS</b>	General	Bethel Church 132 Kirkland Rd., Napavine, WA	2nd Thursday of the month at 1:00 pm	Rev. Don Brown	(360) 740-5556 Gmbrown33@gmail.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>	Deep Brain Stimulation	*group meets quarterly; date, time and location to be determined*		Michelle Bauer	(206) 320-2883 michelle.bauer@swedish.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	Rosewood Senior Park Club House	2nd Monday of the month at 1:00 pm	Delores Moerer	(509) 201-1074 wd40rose@charter.net
<b>EVERETT</b>	General	Providence Medical Center, Medical Office Building – Rainier Room 14th & Rockefeller	4th Saturday of the month at 2:00 pm	Julie Langabeer April Colburn Helen Hopkins	(425) 317-9103 (425) 258-1267 (425) 327-3348
<b>EVERETT</b>	Caregiver (Lewy Body Dementia)	Carl Gipson Senior Center 3025 Lombard Ave	*contact facilitator for date/time info*	Joy Walker	(425) 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 vmccraw@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 Vetrus	(208) 882-5770 dpvet@turbonet.com
<b>ISSAQUAH</b>	General	Our Savior Lutheran Church 745 Front St. S	2nd Monday of the month at 2:00 pm	Suzanna Eller	(206) 938-8298 suzanna@waparkinsons.org
<b>KIRKLAND</b>	Caregiver	EvergreenHealth room TAN-134 12040 NE 128th St	2nd & 4th Tuesday of the month at 1:00 pm	Maria Cole	(425) 899-5383 mariac@nwpf.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 webbslrd@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

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
<b>LOPEZ ISLAND</b>	General	The Gathering Place Lopez Village	3rd Monday of the month at 4:30 pm	Jackie Ashe	(360) 468-2435 jackieashe@centurytel.net
<b>LYNNWOOD</b>	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
<b>MERCER ISLAND</b>	General	Mercer Island Community Center	1st Tuesday of the month at 2:00 pm	Debbie Hanson, PT	thehansonfive@hotmail.com
<b>MOSES LAKE</b>	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
<b>MT VERNON / BURLINGTON</b>	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
<b>OLYMPIA</b>	General	Olympia Senior Center 222 Columbia Street NW	Every Wednesday at 11:00 am *membership required*	Joyce Beckwith	(360) 586-6181 admintemp@southsoundseniors.org
<b>OLYMPIA</b>	Exercise	Lacey Senior Center 6757 Pacific Ave SE, Olympia	Every Tuesday at 11:15 am	Joyce Beckwith	(360) 586-6181
<b>PORT ANGELES</b>	General	328 E. 7th Street (On the SW corner of 7th & Peabody)	4th Wednesday of the month at 10:30 am	Darlene Jones	(460) 457-5352 djones@olyphen.com
<b>PORT ANGELES</b>	General/ Dance	Sons of Norway, 131 West 5th St.	3rd Saturday of the month	Darlene Jones	(460) 457-5352 djones@olyphen.com
<b>POULSBO</b>	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
<b>POULSBO</b>	Exercise	Poulsbo Athletic Club 19611 7th Avenue NE	Wednesdays at 1:00 pm	Rosy Bennett	(360) 598-4854 tomandrosy@hotmail.com
<b>PUYALLUP</b>	General	Life Care Center of Puyallup 511 10th Ave SE	3rd Thursday of the month at 11:45 am	Karen Williams	(253) 845-7566 karen_williams@lcca.com
<b>PUYALLUP</b>	Caregiver	Life Care Center of Puyallup 511 10th Ave SE	1st Tuesday of the month at 1:30 pm	Karen Williams	(253) 845-7566 karen_williams@lcca.com
<b>REDMOND</b>	General	Emerald Heights 10901 176th Cir NE	3rd Thursday of the month at 1:00 pm	John Waltner	(425) 556-8140 johnw@emeraldheights.com
<b>SEATTLE</b>	Young Onset	*please contact facilitator for current location*	2nd Tuesday of the month at 7:00 pm	Suzanna Eller	(206)938-8298 suzanna@waparkinsons.org
<b>SEATTLE</b>	Caregivers of Veterans	Seattle VA Med. Ctr, 1600 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
<b>SEATTLE</b>	Caregiver	Studio Evolve Pilates and Bodywork 333 Wallingford Ave N	2nd Monday of the month at 10:00 am	Joy Walker	(206) 457-4793 joyincaregiving@yahoo.com
<b>SEATTLE</b>	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
<b>SEATTLE</b>	General	Horizon House 900 University Street	4th Monday of the month at 1:30 pm	Carin Mack	(206) 230-0166 carin@waparkinsons.org
<b>SEATTLE</b>	Atypical PD (MSA, PSP, CBD)	Exeter House 720 Seneca Street	4th Monday of the month at 11:00 am	Carin Mack	(206) 230-0166 carin@waparkinsons.org
<b>SEATTLE</b>	General	University House Wallingford, NW Conf. Room, 1st Fl, 4400 Stone Way N	2nd Thursday of the month at 2:30 pm	Ryan Patterson	Ryan.Patterson@eraliving.com
<b>SEATTLE</b>	General	The Hearthstone 6720 East Green Lake Way N	2nd Tuesday of the month at 2:00 pm	Erika Campbell	(206) 774-5173 hssocialservice@hearthstone.org
<b>SEATTLE (WEST)</b>	General	Providence Mt. St. Vincent 4831 35th Ave SW	1st Tuesday of the month at 2:30 pm	Suzanna Eller	(206) 938-8298 suzanna@waparkinsons.org
<b>SEATTLE (WEST)</b>	General	The Kenney Retirement Community 7125 Fauntleroy Way SW	4th Monday of the month at 2:00 pm	Michael Byus	(206) 937-2800 ext. 5232 MByus@TheKenney.org
<b>SEATTLE (WEST)</b>	General	Arrowhead Gardens 9200 2nd Ave SW	3rd Thursday of the month at 10:00 am	Dagmar Cronn	cronn@oakland.edu
<b>SHELTON</b>	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
<b>SHORELINE</b>	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
<b>SPOKANE</b>	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
<b>SPOKANE</b>	Young Onset	*contact group leader for time and location information*		Cyndi Cook	(509) 473-2490 center@spokaneparkinsons.org
<b>SPOKANE</b>	Women's Group	*contact group leader for location information*	1st Thursday of the month at 1:00 pm	Julie Willis	(509) 467-2240
<b>STANWOOD</b>	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

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
TACOMA	General	Joeseppi's Restaurant 2207 N Pearl St.	Last Wednesday of the month at 5:30 pm	Sharon Cagle	smcagle47@gmail.com
VANCOUVER	General	The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave	2nd Tues. of the month at 12:15 pm *bring brown bag lunch, snacks and drinks provided*	Maria Jokela	(360) 944-6000 office/ (503) 290-4443 cell mjokela@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	Caregiver	Touchmark at Fairway Village 2911 SE Village Loop	2nd Tuesday of the month at 10:30 am	Jan Beyer	360.433.6400
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.	4th Friday of the month at 1:30 pm	Roy & Patti Pellerin	(360) 665-3284 prfpa09@centurytel.net
WENATCHEE	General	*contact group leader for information*	3rd Tuesday of the month at 2:00 pm	Janet Bibby Pat Taylor	pktaylor2@gmail.com
WENATCHEE (EAST)	Caregiver	Aging and Adult Care Center	4th Tuesday of month at 2:00 pm	Marilyn Jorgensen	(509) 663-2768 mlrubia@yahoo.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

## RECENT EVENTS

### 2nd Annual Optimism Walk



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.**





# 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**  
11100 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

Register online at

**PDHOPE.ORG**

or call 206.277.5516

### 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

or

Curry Chickpea Pita with Lemon Yogurt Sauce (vegetarian)

or

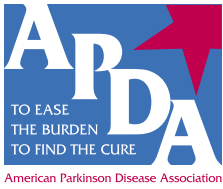
Hazelnut & Blue Cheese Salad with Chicken with Oil and Vinegar Dressing (gluten free)

Attendee Lunch Selection

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O O \_\_\_\_\_



**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](http://www.waparkinsons.org) or emailing [coordinator@waparkinsons.org](mailto: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)**

- \$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.

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This gift is given in honor of/in memory of

\_\_\_\_\_  
Please notify the individual(s) listed above

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Address City State Zip

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Donor’s name

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Address City State Zip

\_\_\_\_\_  
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!**