

3 Joining the
Circus

5 LSVT
What's the big deal?

7 Singing for
Wellness and Joy

PARKINSON

Pathfinder

SUMMER 2016

Go Green and Save Green!

Join us in our effort to cut back on physical mailings and make the best use of our donors funds.

Simply contact APDA,
info@APDAnorthwest.org or
(206) 695-2905, to receive the
Parkinson's Pathfinder
via email in the future or to
update your address.



American Parkinson
Disease Association
Northwest Chapter

SUMMER 2016

TABLE OF CONTENTS

- 1 Greetings from Jennifer Gillick
Letter from the Program Director
- 2 About APDA Northwest
- 3 Running Away to Join the Circus
John Cornicello
- 5 LSVT? What's the BIG deal?
Nate Coomer, PT, DPT, NCS
- 6 Recent Events
- 7 Spotlight on an APDA Community Grant:
Singing for Wellness and Joy
Carla Carnegie
- 8 The Study of PD Genetics in
Latino Populations
Genevieve Wanucha
- 8 Adventure Race for Parkinsons
- 9 Five Brave People with Parkinson's
Take Off on the Journey of a Lifetime
- 10 Support Groups
- 15 Thank You to Our Donors
- 15 Optimism Retreat
- 17 Upcoming Events



APDA Northwest

150 Nickerson St, Suite 100
Seattle, WA 98109

Phone: 206.695.2905

Fax: 206.455.8980

Hours: Monday–Friday 8:00AM–4:00PM

info@APDAnorthwest.org

www.APDAnorthwest.org

APDA NORTHWEST

EXECUTIVE DIRECTOR

Jean Allenbach

PROGRAM DIRECTOR

Jen Gillick

FINANCE AND DEVELOPMENT

Kirsten Richards

MEDICAL DIRECTOR

Ali Samii, MD

MEDICAL DIRECTOR

Gene Hu, MD

BOARD OF DIRECTORS

CO-PRESIDENTS

Dwight Jones

Stephen Bergenholtz

VICE PRESIDENT

Loryn DeMers

SECRETARY

Jennifer Dike Adams

IMMEDIATE PAST PRESIDENT

Suzanna Eller

BOARD OF DIRECTORS

Carla Calogero

Rosalind Chuang, MD

Bryan Coluccio

Nancy Griese

Jeanne Kieffer

Suzie Schofield

Laurie Thompson

COVER PHOTO

Ken Kisch



*“You lose nothing when fighting for a cause ...
In my mind the losers are those
who don’t have a cause they care about.”*

—MUHAMMED ALI

HELLO! MY NAME IS JENNIFER GILLICK and in May I joined the team at APDA Northwest as the new Program Director. My role is to work directly on programs and services for those affected by Parkinson’s disease and their families.

I am excited to have joined a team that is so dedicated to providing people with Parkinsons and their families help for today and hope for tomorrow! It has always been important to me that my work contribute to the greater good and the above quote by Muhammed Ali is one that resonates with me.

A little about me, I am a native Northwesterner. I was raised in Olympia, went to University of Portland, and have lived in Seattle 15+ years. My non-profit career has spanned a variety of fields—from directing summer camps and school-age childcare programs, to managing a fundraising and patient services office for Muscular Dystrophy to most recently managing Bloodworks Northwest’s extensive volunteer program.

One of the first programs I have worked on is this year’s Optimism Retreat, a one day conference that focuses on movement and well-being. Attendees will have the opportunity to try their hand at juggling or boxing, learn how to quiet their mind through meditation or Tai Chi, and much more. It will be a day full of experiential learning and fun! I hope that you can join us on August 28th at the Mercer Island Community Center.

Please feel free to reach out with your questions, comments, or just to say hello.

Best,

A handwritten signature in black ink that reads "Jennifer E. Gillick". The signature is written in a cursive, flowing style.

Jennifer Gillick
Program Director



APDA Northwest serves thousands of people living with Parkinson's in Washington, Oregon, Alaska, Idaho and Montana. We are a local chapter of the American Parkinson Disease Association (APDA), which is the country's largest grassroots and oldest Parkinson's nonprofit, founded back in in 1961. Since that time APDA has raised and invested millions in patient services, education and research. APDA is serving more than one million Americans with Parkinson's disease and their families.

We are unique to the Northwest, in our dual mission of providing hope for today and help for tomorrow. Our goal is to ensure people living with Parkinson's disease get the help they need today, while at the same time have hope knowing we are also working to fund treatments and a cure.

HELP FOR TODAY

APDA's energy is focused on patient services, education and raising public awareness in order to facilitate a better quality of life for our Parkinson's community. APDA Northwest provides education and access to resources through our Information & Referral Center (call us at 206-695-2905), where we answer questions, make medical provider referrals, and match people up with support groups and exercise programs. We also offer unique education programs to meet the needs of our PD community. Our Good Start program is intended for anyone recently diagnosed with Parkinson's, and attendees can listen and ask questions of local PD experts. Our Take Control program delivers relevant topics to those in the later stages of PD. Our annual Optimism Retreat focuses on movement and wellness, and is an opportunity for attendees to explore activities specifically designed for those with PD.

APDA Northwest funds professional support group facilitators, and trains volunteer leaders across the northwest so they are equipped to communicate the

most current and relevant information and resources to their Parkinson's community.

APDA Ride Repay is our innovative transportation reimbursement program that provides independence and mobility to people with Parkinson's that can no longer drive. We also recognize that caring for a loved one challenged with PD can be all-consuming, and our Caregiver's Day Off program allows caregivers time away to renew and revitalize themselves. When unexpected difficulties arise, we also provide support and mental health services for people with Parkinson's and their family members.

HOPE FOR TOMORROW

APDA has directed more than \$42 million to scientific research and has been a funding partner in almost every major Parkinson's scientific breakthrough over the past 55 years. APDA Northwest has been the primary funding source for the Washington State Parkinson's Disease Registry, with the goal of making research happen faster by connecting people with Parkinson's to the research community.

Connect with the APDA:

Visit our website at
www.APDAnorthwest.org...



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



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

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



Running Away to JOIN *the* CIRCUS

John Cornicello

It all started a few years ago. I was working for a well-known software company. My job had me at a computer, typing, most of the day. I started noticing some “issues.” My left hand was becoming less accurate. Double-caps, repeating letters, things like that. I also noticed that my left arm was pulling in towards my body when at rest and it didn’t move/swing as I walked. My piano playing had actually been getting better for a few years, then all of a sudden started taking a dive, too.

My first thought was that I suffered some sort of mild stroke or something like that. I got a referral to a neurologist and an MRI and things looked good. He had me do some basic movements as he observed me and he suggested that I might have Parkinson’s. I had no tremors or anything like that. Just the stiff left arm and some cogwheel type of movement in my left wrist.

I had already been taking Ropinerole for restless leg, so we didn’t change anything there. My diet has never been that great, so my wife and I tried to go radical (for me) for a few months with no sugar, carbs, or gluten. I did lose about 20lbs very quickly. But I was now starting to get some tremors in my left hand. After 3 months, I went back to dairy and gluten, but have managed to keep away from sugared soft drinks.

Concurrently with all of this I had been photographing for a circus school here in Seattle.

SANCA is the School of Acrobatics and New Circus Arts, one of the largest such schools in the world. I became friends with the owners and at the end of a benefit show in February 2015 I casually mentioned that I had Parkinson’s and asked Jo Montgomery if she had ever worked with Parkinson’s patients. She said she had not,

but that I should stop in at the school the following Monday. And I’ve been there just about every Monday since.

I was 57 and pretty sedentary. Jo started slowly with stretching exercises and then gradually asked me to try more activities. My initial reaction to most of these was, “you want me to do what??” OK, I can bounce on a trampoline and do some jumping jack type of movements. But now you want me to do a seat drop? And then come back to a standing position? I dreaded the

trampoline for about 2 weeks. Then it clicked and has become a favorite part of our routine. Next came walking on a balance beam. About 3” wide and 6” off the ground. More difficult than expected, but not so bad. I could do that one. Until one day she suggested a tight wire instead. A steel cable about 1/2” or so wide. Barefoot. Jo would be holding one wrist as I walked back and forth across the wire. I never measured it, but I’m guessing it is a 12 foot distance. Amazingly I did it. And I enjoyed it.

All of this has built good core strength and improved my confidence. So next came jug-



gling. I've never been able to juggle. Maybe it is from lack of discipline and practice. But I try. Balls, clubs, rings. On my own, I'm really bad. But I found that I can toss 2, 3, or even 5 rings with another person. I believe that this is helping make new brain connections that might help with Parkinson's.

Then back to stretching. When I first started I couldn't move my left shoulder. I would hold my left arm out to the side and grab a bar and tell it to move up/down and forward/back. And nothing would happen. I could tell my right shoulder to make all sorts of movements and it would. But the left shoulder would just sit there, completely ignoring my commands. I don't know if it is the medications (I started seeing a movement specialist in June, 2015, and started Carbo/Leva in September), or all the other exercises, or a combination, but my left shoulder is finally starting to follow instructions and move around in circles when I want it to.

We also do some strength training by doing pull-ups on a trapeze bar and an exercise where I grab a bar above my head against a wall and pull my knees up to my chest 20 times.

Outside of circus school I have set up my home "triathlon" routine. I do a 30 minute routine that consists of a mile on a treadmill, then spinning at 80-90 rpm on a stationary bicycle, and then I take a shower.



All of this has helped me maintain a healthy and positive attitude. I consider myself lucky that my tremors are mostly mild and confined to my left hand so they don't affect my photography. Yes, I've started using a tripod more often, but not all the time. I do worry that my left hand tremor might be a distraction to my subjects (I'm a portrait and headshot photographer) if my hand starts banging against my tripod. But I do explain the situation if that happens and all seems good.

Recently I found out that one of the members of SANCA's board of directors has been diagnosed with Parkinson's and she has joined in on the Monday class. Our first try at juggling rings with each other went remarkably well.

Some days I wonder if I should be more concerned with my Parkinson's. But so far I have managed to maintain a very upbeat attitude. I really look forward to both the SANCA and the home workouts. And I am somewhat amazed as I learn about more and more friends and colleagues who have some sort of tremors, be they essential tremors or Parkinson's. This makes me have hope that more people will be learning about these issues leading to more research and the possibility of cures and even prevention.

In the meantime, I am now starting to think about boxing lessons with a program like Rock Steady Boxing.

*Interested in running off to the circus yourself??
You can give it a try at the 2016 Optimism Retreat!*

LSVT? What's the BIG deal?

Understanding why amplitude training is important.

Nate Coomer, PT, DPT, NCS

THE EVIDENCE IS GROWING THAT exercise provides many benefits to those with Parkinson's Disease. As a physical therapist working primarily with neurologic disorders I see many patients with Parkinson's. These individuals know the value of exercise and are frequently asking about LSVT BIG Training. It seems a lot of people have heard of this exercise program and know it is good for Parkinson's symptoms, but most don't know exactly what it is and why it is valuable.

Most patients I see are experiencing some difficulty getting out of bed or standing up from a chair. They may be shuffling and going slower when they walk. Strength, range of motion and balance may also be an issue. This is where amplitude training through LSVT BIG can help.

Studies have shown that working on exercises that focus on amplitude of movement can benefit people with Parkinson's. Not only can people improve their ability to perform daily tasks better and with less fatigue; but balance and speed of walking also improves. This all leads to improved quality of life and independence with mobility.

HOW DOES IT WORK?

When you have Parkinson's, your brain is telling your body that the size—or amplitude—of movement needed to perform tasks like standing up from a chair or getting out of bed is less than it actually needs to be. To explain this concept, I try to relate it to speed limits on the interstate. Your brain believes the speed limit is 45 mph when everybody else is moving at 60 mph. Because of this, it often takes multiple attempts to perform the intended movement and the result is more fatigue.

Now, if you were driving on a highway and consistently being passed, you would get the hint and step on the gas to keep up with all the other cars. With LSVT BIG training, your therapist acts as your "speedometer" and shows you how big your movements actually need to be in order to complete those tasks that are most difficult.

LSVT BIG is an exercise program focused on amplitude training. The acronym LSVT stands for Lee Silverman Voice Training. LSVT BIG is delivered by a certified occupational or physical therapist and revolves around 7 standard exercises in sitting and standing positions that require the patient to give more effort and size than they feel is normal. The goal

is to get the patient to 60 mph rather than 45mph, and research has shown practice makes perfect! Patients have shown increased speed, balance, and size of movement after LSVT BIG training.

The training is intensive and requires some dedication to complete. Patients are seen for one hour, 4 days per week for 4 weeks. Patients perform the exercises under the guidance of a therapist to make sure they are doing them safely and correctly. The idea is that the frequent and repetitive nature of performing the exercises under therapist guidance causes the patient's brain to adjust so that moving with greater amplitude becomes a natural habit. As a result, daily tasks are performed with less effort and more independence. Therapists can also modify the exercises and work with caregivers to ensure the exercises are appropriate for each individual's ability.

Once the training is complete, patients continue performing the LSVT BIG exercises on their own to maintain the gains they have made. The great thing about this training is that the exercises can be performed without any expensive equipment and in the comfort of your own home.

Every person with Parkinson's should make exercise an important part of their daily routine. The evidence clearly shows that exercise for balance, strength, flexibility, posture and coordination are all beneficial for fighting the symptoms of Parkinson's. Amplitude training with LSVT BIG is another great exercise program option that has been shown to have a significant impact on maintaining normal function and is easy to perform without any special equipment, in the comfort of your home.

If you would like to know more or are interested in performing the LSVT BIG training, you can go to LSVTglobal.com to get more information and find a certified therapist in your area.



You can also try out LSVT LOUD at this year's Optimism Retreat.

Nate Coomer, PT, DPT, NCS,
LSVT BIG certified clinician

Recent Events

APRIL IS PARKINSON'S AWARENESS MONTH, so on April 17, APDA Northwest proudly hosted a gathering of enthusiastic PD supporters at our 3rd annual Optimism Walk.

On a gorgeous sunny day, Optimism Walk chairman Matt Wood kicked off the 1.5 mile walk, and over 300 participants walked along the Ship Canal Trail waving homemade signs, wearing Optimism t-shirts, team buttons and huge smiles. The walk ended at the Nickerson Street Saloon where everyone enjoyed a festive gathering of the local PD community, talking with friends and meeting new ones.

Thanks to an amazing effort by team leaders, walkers, sponsors, volunteers and generous supporters, APDA Northwest surpassed our goal by raising over \$65,000 to benefit Parkinson disease research, patient services and education programs!



WE RAISED OVER
\$270,000!



OUR MOST SUCCESSFUL MAGIC OF Hope Gala & Auction to date was held on May 7. Nearly 400 attendees dressed up for a night at the Seattle Design Center to try their hand at games of chance like cornhole, Restaurant Row and liquor toss. Guests bid on exciting silent and live auction items, including vacations to exotic locations, an exclusive Seafair cruise aboard a yacht, and signed Russell Wilson and Felix Hernandez jerseys.

We honored Peggy Newsom and her late husband Hal for their outstanding commitment to ease the burden and find the cure for Parkinson's disease over the past 20 years. The Newsom's unwavering support of the Parkinson's community provided hope and optimism to countless people impacted by PD.

APDA Northwest thanks all of our sponsors, guests and supporters who helped us raise over \$270,000! The proceeds will be used towards our mission of providing help for today and hope for tomorrow for those challenged by Parkinson's.

Want to support APDA Northwest? Go to www.apdanorthwest.org and click on our red donate button!

Spotlight on an APDA Community Grant

Singing for Wellness and Joy

Carla Carnegie



OUR BODIES RUN ON RHYTHM: the heart beats to a rhythm, the digestive system has a rhythm, movement and speech have rhythm, wake and sleep cycles have a rhythm. Using rhythm in music—and actively participating in music through a Music Therapy program—has recognized benefits to those living with Parkinson's disease.

What makes music so neurologically interesting is that unlike speech, rhythm and music are both globally processed in the brain. Which means while there is a definite area of the brain to process speech and language, there is no one specific place where music is processed. How does this help with Parkinson's? Music stimulates motor neurons—even activating neurons to release dopamine—allowing muscles to move in a fluid manner.

Physiologically, being engaged in music can reduce stress, anxiety, and depression, while increasing feelings of well-being and improve motor movements and articulation of speech. It is not simply the act of listening to music, it is about being completely engaged. In music therapy, participants engage in the motor movement activities involved in singing and playing an instrument.

Singing increases respiration, releases endorphins, reduces anxiety, stress, and depression. It addresses swallowing issues, drooling and masking, and can boost the immune system. Vocal warm-ups and songs can address specific needs of articulation and volume.

Playing the drums is effective as well. Rhythm is brain food—it is the driver of firing motor neurons—so playing the drums helps the brain organize and

sync both hemispheres, resulting in more intentional movements, gait, velocity, and stride length.

A credentialed, qualified professional can design music interventions according to the non-musical goals and needs of music therapy participants. For nearly four years, thanks in part to an APDA community grant, Carla Carnegie, certified music therapist has been leading “Singing for Wellness and Joy” in the Coeur D’Alene area. She reports that participants in these classes have noticed positive changes in mood, a decrease in depression, and an improvement in their motor movements.

A FEW STORIES OF SUCCESS FROM CARLA:

After singing-based therapy, a participant reported that she now can be heard and understood when talking on the phone, and as a result she is speaking with her loved ones more regularly because it isn't so arduous to communicate.

Another gentleman had such diminished walking fluidity that he was afraid to walk his dog in fear of falling. During his Neurologic Music Therapy sessions he practiced with rhythm and then song to increase his gait, stride length, and velocity. Over time, he was able to just sing the song and the stimulus was then enough to fire those motor neurons. He now walks his dog around the block with little fear of falling.

Carla has seen how quality of life and function can be increased despite PD. This is what makes her work as a Music Therapist so rewarding. “I get to help people live their best lives, despite their challenges; or in other words, I help people sing their song in this symphony of life.”

For more information about Music Therapy or to find a board-certified Music Therapist in your area go to: The American Music Therapy Association, www.musictherapy.org; Washington Association of Music Therapists, www.musictherapywa.org; Willow Song Music Therapy Services, www.willowsongmusictherapy.com

For more information about the APDA Community Grant program please visit APDAnorthwest.org

The Study of PD Genetics in Latino Populations

Genevieve Wanucha, University of Washington

IGNACIO FERNANDEZ MATA, PHD, ACTING Assistant Professor at the University of Washington, has just returned from Bogota, Columbia, where he created another site for his project to identify genetic risk factors for Parkinson's disease in the Latino population.

Researchers have found about 40 genetic risk factors for Parkinson's disease. The identification of these genes can point the way to targeted drugs and more effective clinical trial enrollment criteria. However, the majority of this research has focused on European populations and because human DNA varies considerably between ethnic groups or geographic regions, these known genes explain only a small fraction of PD in Latinos.

"Euro-centric research puts Latinos, who will comprise 22% of the US population by 2050, at risk for research and health disparities," says Dr. Mata. "If we don't have this genetic information, we won't be able to provide useful genetic counseling or enroll them in clinical trials of drugs targeted to genetic profiles."

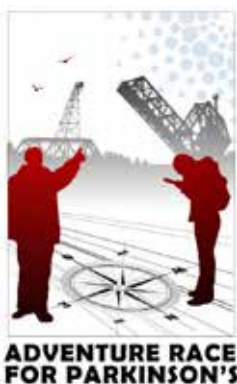
Over the last decade, Dr. Mata has worked to increase the research in Latino communities by

bringing together research groups in six South American countries to amass a DNA collection from almost 5,000 subjects.

Now, Mata and his team will use new forms of genotyping technology and biostatistical methods to detect associations between genetic variants and Parkinson's disease in people with mixed ancestry, such as Latinos, who carry DNA from indigenous Americans, Africans, and Europeans. To help fund this endeavor, Mata was awarded a Stanley Fahn Junior Faculty Award of \$300,000 from the Parkinson Disease Foundation.

"This award should help establish Dr. Mata in the field and allow him to focus on this project," says Dr. Owen Ross, Associate Professor of Neuroscience at the Mayo Clinic College of Medicine. "For the first time, the field will get an understanding of the DNA changes that drive Parkinson's in these communities."

The University of Washington's Memory and Brain Wellness Center is home to the Pacific Northwest Udall Center of Excellence in Parkinson's Disease Research (PANUC). To learn more, please visit depts.washington.edu/mbwc



Calling all scavenger hunt fans, Ballard aficionados and those interested in raising money in support of Parkinson's.

Join us for the **Adventure Race for Parkinson's** on Saturday, September 17 in Ballard. This scavenger hunt style race requires participants to accumulate points by answering clues and completing challenges, with the top three teams winning prizes.

While the race itself is a blast, at the end of the day we're dedicated to supporting Parkinson's research and patient care. The Adventure Race benefits APDA Northwest. Funds are raised through registration fees, a raffle, sponsorships, donations and participant fundraising.

The Adventure Race for Parkinson's will be here before you know it so start getting your team together and register today! You will also want plenty of time to fundraise, because each team that raises \$500 or more will receive bonus points added to their total score—see website for details.

Sign up now for the Adventure Race for Parkinson's! <http://adventureraceforparkinsons.org>



Five Brave People with Parkinson's Take Off on the Journey of a Lifetime



TWO YEARS AGO BILL MEYER, who was diagnosed with Parkinson's in 2009 at age 57, was looking for a way to continue his love of hiking without having to carry a heavy backpack, which was becoming harder to do because of his PD. Bill had always been active in the outdoors; he logged over 1000 miles of the Pacific Crest Trail and rafted many rivers in the Pacific Northwest, Colorado and Alaska.

Bill learned early on in his diagnosis that activity can reduce symptoms of PD. With his family and Pedaling for PD coach reminding him to keep moving and enjoy life with a positive attitude, he became inspired to turn his love for the outdoors into something much bigger. In early February he teamed up with a fellow hiker, Ken Kisch, who was diagnosed with PD four years ago, and Pass to Pass was no longer just an idea, it became their passion.

Today there are five Living Large with PD hikers—Bill Meyer, Ken Kisch, Patty Harrold, Dave Jarnes

and Cathy Mayhew; a support team of five—Jo Ann Fjellman, Gary Jarnes, Marcus Brotnov, Alison Kilroy and Frank Hagen; and Spokane movement disorder neurologist Dr. Jason Aldred who will be joining the final two days.

As hiker Patty Harrold, who was diagnosed with PD 3.5 years ago, says “Exercise helps slow down the progression but we need your donations so we can find a cure.” The goal is to raise \$45,000, so let's show these amazing hikers that the

community at large is supporting them by donating to their effort.

- \$1 per mile = \$72
- \$2 per mile = \$144
- \$5 per mile = \$360
- \$10 per mile = \$720

For more information on the hike, or to contact the team about joining the 2017 Pass to Pass hike visit <http://passtopass.org>.

The Pass to Pass hike is a 72 mile hike from Stevens to Snoqualmie Pass on August 20-28, 2016.
The purpose is three fold:

1. Increase awareness of Parkinson's disease
2. Demonstrate activity can reduce PD symptoms
3. Fundraise for Parkinson's research

TO DONATE:

Go to: <http://APDAnorthwest.org/events/pass2pass>
or send a check made out to APDA to
Attn: Pass to Pass c/o APDA Northwest,
150 Nickerson Street, Ste 100, Seattle, WA 98109

Support Groups

in the Northwest, listed by state

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

If you're involved in a group that is not listed, please let us know!

WASHINGTON					
	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
BELLEVUE	General	Bellevue Family YMCA 14230 Bel-Red Rd.	1st Monday of the month at 2:45 pm	Allison Fine, MSW	(206) 226-1097 balancemaintains@gmail.com
BELLEVUE	Young Onset	North Bellevue Community Center 4063 148th Ave NE	1st Wednesday of the month at 7:00 pm	Suzanna Eller, MA, LMHC	(206) 320-2084 suzanna@waparkinsons.org
BOTHELL	General	North Shore Senior Center, room 203 10201 E Riverside Dr	3rd Tuesday of the month at 10:00 am	Janet Zielasko	(425) 286-1035 janetz@mynorthshore.org
COVINGTON	General	St. John the Baptist Catholic Church 25810 156th Ave SE	3rd Tuesday of the month at 10:30 am	Stephanie Lawson	(206) 579-5206 steph.pdgroup@gmail.com
FEDERAL WAY	General	Foundation House 32290 1st Ave S	3rd Tuesday of the month at 1:30 pm	Gail Allen	(253) 252-2258 gballen@comcast.net
ISSAQUAH	General	Our Savior Lutheran Church 745 Front St. S	2nd Monday of the month at 1:30 pm	Allison Fine, MSW	(206) 226-1097 balancemaintains@gmail.com
KIRKLAND	Caregiver	Evergreen Health, Room: TAN-134 12040 NE 128th St	2nd & 4th Tuesday of the month at 1:00 pm	Maria Cole, MSW	(206) 946-6517 mariac@nwpf.org
KIRKLAND	Men's Group	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 (Ross) / (425) 821-9807 (Bob), webbslrld@msn.com, bobcarolejohnson@frontier.com
MERCER ISLAND	General	Mercer Island Community Center 8236 SE 24th St	1st Tuesday of the month at 2:00 pm	Debbie Hanson, PT	(206) 275-7609 thehansonfive@hotmail.com
REDMOND	General	Emerald Heights 10901 176th Circle NE	3rd Thursday of the month at 1:00 pm	John Waltner	(425) 556-8140 johnw@emeraldheights.com
SEATTLE	Caregiver	Greenwood Senior Center 525 N 85th St	2nd Tuesday of month at 2:30pm	Carin Mack, MSW	(206) 230-0166 socialwkr@comcast.net
SEATTLE	General	Horizon House 900 University St	4th Tuesday every month, 1:30 pm	Allison Fine, MSW	(206) 226-1097 balancemaintains@gmail.com
SEATTLE	General	Providence Mt St Vincent 4831 35th Ave SW	1st Tuesday of month at 2:30pm	Kristine Kumangai, MSW	(206) 937-3701 ext 28345 Kristine.kumangai@providence.org
SEATTLE	General	The Hearthstone 6720 E Green Lake Way N	2nd Tuesday of the month 2:00 pm	Jane Sepede	(206) 517-2266 jsepede@hearthstone.org
SEATTLE	General	Arrowhead Gardens 9200 2nd Ave SW	3rd Thursday of the month at 10:00 am	Dagmar Cronn	(206) 327-1818 cronn@oakland.edu
SEATTLE	General	University House Wallingford 4400 Stone Way Ave N.	2nd Monday of the month, 3:00 pm	Ann DeMaris Davids	(206) 545-8400 Demaris.davids@eraliving.com
SEATTLE	Mindfulness for Parkinson's	Skyline's Mt Baker Room 725 9th Ave	3rd Monday of month at 6:30pm	B Bartja Wachtel, MSW	(206) 250-9166 emfmbartja@gmail.com
SEATTLE	Veterans—Older Adult Veterans with Cognitive Impairment/Chronic Mental Health or Medical Conditions	Seattle VA, 1660 S Columbian Way Mental Health Dept, Bldg 1, Room 186	1st and 3rd Tuesday	Clair Rummel, PhD	(206) 764-2188 kris.fredrickson@va.gov
SEATTLE	Veterans: Caregivers of Veterans/Veterans who are Caregivers	Seattle VA 1660 S Columbian Way Mental Health Dept, Bldg 1, Room 185	1st and 3rd Tuesday	Kris Fredrickson, LICSW	(206) 764-2188 kris.fredrickson@va.gov
SEATTLE	Atypical	Swedish Cherry Hill 500 17th Ave	Call to attend	Suzanna Eller, MA, LMHC	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE	Caregiver	Swedish Neuroscience Institute 550 17th Ave, Casey Room	Call to attend	Suzanna Eller, MA, LMHC	(206) 320-2084 suzanna@waparkinsons.org
SEATTLE	Young Onset	Call to attend	2nd Tuesday of every month at 7:00 pm	Suzanna Eller, MA, LMHC	(206) 320-2084 suzanna@waparkinsons.org
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
VASHON	General	Vashon Lutheran Church: Fellowship Hall, 18623 Vashon Hwy SW	1st Friday of the month at 1:00 pm	Steve Steffens	(206) 567-5976 steve_steffens@yahoo.com
ANACORTES	General	Island Hospital 1211 24th St.	3rd Thursday of the month at 1:30 pm	Nola Beeler	(360) 982-2359 njbeeler@yahoo.com
BELLINGHAM	General	Parkway Chateau 2818 Old Fairhaven Pkwy	2nd Monday of the month at 2:00 pm	Deb Ivancovich	(360) 961-5168 deb.ivancovich@gmail.com
EDMONDS	General	Edmonds Senior Center 220 Railroad Ave	2nd Wednesday of the month at 1:00 pm September-May	Carol Aguayo	(425) 743-6029 agua549@frontier.com
EVERETT	Caregiver (Lewy Body Dementia)	Carl Gipson Senior Center Everett 3025 Lombard Ave	*Contact Facilitator for date/time*	Joy Walker	(206) 457-4793 joyincaregiving@yahoo.com
EVERETT	General	Providence Medical Center: Medical Office Building, Rainier Room, 14th & Rockefeller	4th Saturday of the month at 2:00 pm	Helen Hopkins	(425) 327- 3348 helenphopkins@gmail.com

WASHINGTON					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
LOPEZ ISLAND	General	The Gathering Place 229 Village Rd	4th Monday of the month at 1:00 pm	Jacki Ashe	(360) 468-2435 jackieashe@centurytel.net
LYNNWOOD	Caregiver	Verdant Community Wellness Center 4710 196th St. SW	1st and 3rd Thursday of the month, 1–2:30pm	Karen Anderson	(425) 248-5156 kanderson@stillycenter.org
MT. VERNON/BURLINGTON	General	Logan Creek Retirement Community 2311 East Division, St.	1st Monday of the month 10:00 am	Lynn Costello	(360) 770-4038 lynncostello1@hotmail.com
STANWOOD	General	Stanwood Sr Ctr, 1st floor social room building B, 7340 276th Street NW	2nd Monday of the month at 10:00 am	Tori Kelly	(425) 422-1067 kellytori7@gmail.com
WHIDBEY IS. (SOUTH)	General	South End/Bayview Senior Center	2nd Tuesday of the month at 10:00 am	Carolyn Hansen	(360) 279-1785 wchansen192@comcast.net
WHIDBEY IS. NORTH—OAK HARBOR	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
ELLENSBURG	General	The Moose Lodge 206 N. Main st.	2nd Monday of the month at 1:00 pm	Erica Batchelder James Champie (co-facilitator)	(518) 742-9593 ericahbatchelder@gmail.com
MOSES LAKE	General	Samaritan Healthcare Hospital: Masto Health Library, rm 402 801 E Wheeler Rd.	2nd Monday of the month at 1:00 pm	Sandee Estoos	(509) 765-6283
SPOKANE	Caregiver	Please Contact Facilitator	3rd and 4th Wednesday of the month at 2:00 pm	Linda Lysne	(509) 473-2490 center@spokaneparkinsons.org
SPOKANE	General	Parkinsons Resource Center 613 S. Washington, Ste 105	2nd Wednesday of the month at 2:00 pm	Cyndi Cook	(509) 443-3361, Cyndi@nwfp.org, center@spokaneparkinsons.org
SPOKANE	Women's Group (WWPD)	Contact group leader for details	1st Thursday of the month 1:00 pm	Julie Willis	(509) 467-2240, Cyndi@nwfp.org, center@spokaneparkinsons.org
SPOKANE	Young Onset	Locations change— Contact Facilitator	Last Tuesday of the month at 5:30 pm	Cyndi Cook	(509) 443-3361, Cyndi@nwfp.org, center@spokaneparkinsons.org
WALLA WALLA	General	First Congregational Church 73 Palouse St. *contact to confirm*	4th Saturday of the month at 4:00 pm	Debbie Lynch-Christian	(509) 529-3234 (preferred) / (509) 301-8625 debxian@yahoo.com
WENATCHEE	General	Sleep Center 1000 N Miller	3rd Tuesday of the month at 1:30 pm (takes 3 month summer hiatus)	Janet Bibby and 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
YAKIMA	General	Yakima Covenant Church 6015 Summitview Ave	2nd Thursday of the month at 2:00 pm	Kathy Kidd	(509) 865-4869 thekids@msn.com
BREMERTON	General	Harrison Medical Center: North Dining Room 2520 Cherry Ave	1st Tuesday of the month at 3:00 pm	Jen Edwards, PT, DPT	(360) 744-6220 Jennifer.edwards@harrisonmedical.org
PORT ANGELES	General	Port Angeles Sr. Ctr.; 328 E. 7th Street (On the corner of Peabody and 7th)	4th Wednesday of the month at 10:30 am	Darlene Jones	(360) 457-5352 djones@olypen.com
POULSBO	General	North Point Church 1779 NE Hostmark St.	1st Monday of the month at 1:00 pm	Lana Gillis	(360) 779-7178 lanagale@earthlink.net
GIG HARBOR	Caregiver	St. Anthony's Hospital 11567 Canterwood Blvd. NW	3rd Tuesday of month at 10am	Vernetta "Joy" McCraw	(253) 265-3897 vjmcrcraw@hotmail.com
GIG HARBOR	General	St. Anthony's Hospital 11567 Canterwood Blvd. NW	2nd Wednesday of the month at 4:00 pm	Bob Maimbourg	BobMaimbourg@icloud.com
GIG HARBOR	General/Exercise	Harbor Place at Cottesmore, dining room, 1016 29th St NW	4th Thursday of the month at 11:30 am	Glenn Anderson, PTA	(253) 853-8466 glennplaysguitar@yahoo.com
HOQUIAM	General	Hoquiam Library 420 7th St.	Last Tuesday of the month at 6:00 pm *Meets for meal at 5:00, call facilitator for details	Betsy Seidel	(360) 533-5968 betsycamel@yahoo.com
OLYMPIA	General	Olympia Senior Center 222 Columbia Street NW	Every Wednesday at 11:00 am	Joyce Beckwith	(360) 586-6181 admintemp@southsoundseniors.org
PUYALLUP	Caregiver	Life Care Center of Puyallup 511 10th Ave SE	1st Thursday of the month at 11:00 am	Glenn Anderson, PTA	(253) 845-7566 glennplaysguitar@yahoo.com
PUYALLUP	General	Life Care Center of Puyallup 511 10th Ave SE	Every Thursday of the month at 11:00 am	Glenn Anderson, PTA	(253) 845-7566 glennplaysguitar@yahoo.com
PUYALLUP	Lunch & Learn	Life Care Center of Puyallup 511 10th Ave SE	3rd Thursday of the month at 12:00 pm	Glenn Anderson, PTA	(253) 845-7566 glennplaysguitar@yahoo.com
PUYALLUP	Vocal Training	Life Care Center of Puyallup 511 10th Ave SE	2nd Thursday of the month at 12:00 am	Glenn Anderson, PTA	(253) 845-7566 glennplaysguitar@yahoo.com
SHELTON	General	Alpine Way Assisted Living 900 W Alpine Way	2nd Tuesday of the month at 12:30 pm	Kathy Burbidge	(360) 426-2600 Kathyb@cascadeliving.com
TACOMA	General	Joeseppi's Restaurant 2207 N Pearl St.	Last Wednesday of the month at 6:00 pm *call to confirm	Sharon Cagle	(253) 565-3679 smcagle47@gmail.com
CHEHALIS	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
LONGVIEW	General	Canterbury Inn: Chateau Dining Room 1324 3rd Ave	3rd Wednesday of the month at 1:30 pm	Barbara Sudar	(360) 423-7012 bnsudar@msn.com
VANCOUVER	Carepartner	contact group	2nd Tuesday of the month at 11:30 am	Kim Lehmann	(360) 433-6400 kal@touchmark.com

WASHINGTON					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
VANCOUVER	General	contact group	1st Wednesday of the month at 1:00 pm	Kim Lehmann	(360) 433-6400 kal@touchmark.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	Men's PD Breakfast	contact group	3rd Friday of the month at 9:00 am	Kim Lehmann	(360) 433-6400 kal@touchmark.com
VANCOUVER	Women's Chat n' Chew	contact group	4th Wednesday of the month at 12:15 pm	Kim Lehmann	(360) 433-6400 kal@touchmark.com
OREGON					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
ALBANY	General	Mennonite Village, Quail Run Building, 2180 54th Ave. SE	1st Tuesday of the month at 2:00 pm	Lynn	(541) 936-6154
ASHLAND	General	Mountain Meadows 905 Skylark Place	3rd Wednesday of the month at 3:00 pm	Bill	(541) 201-0954
ASTORIA	General	Peace Lutheran Church Library 565 12th St.	2nd Monday of the month at 1:00 pm	Darlene	(503) 440-1970
BAKER CITY	General	Eastern Oregon Medical Associates 3950 17th St., Baker City	3rd Tuesday of the month at 2:30pm	Richard	(541) 523-0013
BEAVERTON	General	Beaverton Community Center 12350 SW 5th Street	4th Thursday of every month at 1pm	Ron and Mary	(503) 579-2792
BEAVERTON	Lunch Group	Various Locations	Call for details	Roger	(503) 579-7615
BEND	Caregiver	Partners in Care, 2075 NE Wyatt Court	2nd W of the month, 1:30pm	Phyllis	(541) 317-1188
BEND	General	Partners in Care 2075 NE Wyatt Court	3rd Wednesday of the month at 2:00 pm	Julie	(541) 633-7436
COLUMBIA COUNTY	General	Avamere at St. Helens 2400 Gable Rd. St. Helens	1st Wednesday of the month at 3:00 pm	Mary Jo	(503) 543-7090
COOS BAY/NORTH BEND	General	"Baycrest Village 3959 Sheridan, North Bend	2nd Monday of the month at 2:00 pm	Jeff	(541) 200-4632
CORVALLIS	General	Corvallis Senior Center 2601 NW Tyler Ave.	2nd Wednesday of the month at 12:15 pm	Roger and Iris	(520) 456-9799
COTTAGE GROVE	General	Trinity Lutheran Church 675 S 7th. Street	4th Thursday of the month at 10am	Libby	(541) 345-2988
EUGENE	MSA/PPD Plus Diseases	PRO Eugene Conference Room 207 E 5th St	2nd Wednesday of the month at 1:30pm	Libby	(541) 345-2988
SPRINGFIELD	Young Onset	Riverbend Hospital, Conference Rm. 12, 3333 SW Riverbend	3rd Wednesday of the month at 6:30pm	PRO Eugene Office	(541) 345-2988
EUGENE	Caregiver	PRO Eugene Conference Room 207 E 5th St	4th Tuesday of the month at 1:30pm	Sherab	(541) 461-8052
EUGENE/SPRINGFIELD	General	Westminster Presbyterian Church 777 Coburg Rd., Springfield	2nd Tuesday of the month at 10:30 am	Dave and Judie	(541) 686-8615 (541) 485-2304
FLORENCE	General	Shorewood Senior Apartments 1451 Spruce St., Florence	4th Wednesday of the month at 1:30 pm	Carole	(805) 587-3394
FOREST GROVE	General	Brookdale of Forest Grove 3110 19th Ave., Forest Grove	1st Monday of the month at 10:00 am	Charles	(503) 359-5820
GRANTS PASS	General	Lovejoy Hospice 939 SE 8th St., Grants Pass	1st Tuesday of the month at 1:00 pm	Jeff	(541) 479-2578
GRESHAM	General	Legacy Mt. Hood Medical Center Cascade Room, Cascade Building	3rd Tuesday of the month at 2:00 pm	Patty	(503) 761-2792
GRESHAM	Young Onset	East Hill Church 701 N Main St., Rm A	4th Monday of the month at 7:00pm	Donna	(503) 805-2478
HAPPY VALLEY	General	Clackamas Town Center Village 8609 SE Causey Ave	2nd Thursday of the month at 1:30pm	Lynn	(503) 594-2215
HERMISTON	General	Desert Lanes Bowling Alley 1545 N 1st St., Hermiston	1st Monday of the month at 1:00 pm	Carol and Charles	(541) 720-4256 (541) 567-9420
HOOD RIVER/THE DALLES	General	Water's Edge 551 Lone Pine Blvd.	1st Wednesday of the month at 2pm	Chad	(541) 340-0142
KLAMATH FALLS	General	Elmer's Restaurant 3030 S. 6th, Klamath Falls	3rd Tuesday of the month at 1:00 pm, non-hosted lunch at 12pm	Ron	(541) 591-0686
LAGRANDE	General	Grande Ronde Hospital 900 Sunset Dr., LaGrande	3rd Monday of the month at 4:30 pm	Wendy	(509) 946-4217
LAKE OSWEGO	General	PRO Conference Room 3975 Mercantile Dr, Lake Oswego	1st Thursday of the month at 9:00 am	Charlene	(503) 421-5058
LAKE OSWEGO	Community Information Session on Deep Brain Stimulation	PRO Conference Room 3975 Mercantile Dr, Lake Oswego	Quarterly, call for details	PRO Office	(800) 426-6806
LAKE OSWEGO	Newly Diagnosed	PRO Conference Room, 3975 Mercantile Dr, Lake Oswego	1st Saturday of the month	Carol and Tom	(301) 237-0476 (503) 303-4871
SPRINGFIELD	Alternative Treatment	Willamalane Adult Activity Center 215 W C St., Springfield	3rd Tuesday of the month at 1:30pm	Carolyn and Cork	(541) 556-1444 (541) 995-8060

OREGON					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
MCMINNVILLE	General	McMinnville Senior Center 2250 NE McDaniel Lane	1st Thursday of the month at 1:00pm	Charles	(503) 359-5820
MEDFORD	General	Smullin Health Ed. Center 2825 E Barnett Rd., Medford	3rd Saturday of the month at 11:00am	Larry	(541) 772-0599
MILWAUKIE	General	Willamette View 12705 SE River Rd., Milwaukie	3rd Monday of the month at 10:00am	Doug	(503) 652-6519
NEWBERG	General	Friendsview Retirement Community 1301 Fulton St., Newberg	3rd Thursday of the month at 10:00am	Louise and John	(971) 344-4384 (503) 487-6390
NEWPORT	General	Samaritan Health Education Center 740 SW 9th St.	2nd Tuesday of the month at 3pm	Faye	(541) 336-2481
OREGON CITY	General	Providence Community Center 519 15th St., Rm B	1st Tuesday of the month at 10:00am	Greg	(541) 912-0972
PORTLAND	Multiple System Atrophy/Progressive Supranuclear Palsy	Marquis Assisted Living 319 NE Russet	3rd Saturday of the month at 10am	PRO Office	(800) 426-6806
PORTLAND	Young Onset Happy Hour Group	Varying locations	3rd Friday of the month at 4:30pm	Kathie	(971) 344-3473 kathieshill@gmail.com
PORTLAND	General	Summerplace Assisted Living 15727 NE Russell St., Portland	2nd Thursday of the month at 10:00am	Kevin	(503) 278-0516
PORTLAND	General	Laurelhurst Village, ICF Bldg 1st floor 3060 SE Stark Street, Portland	1st Friday of the month at 10:00am	YuWen	(612) 356-8164
PORTLAND	General	Holladay Park Plaza 1300 NE 16th Ave.	2nd Saturday of the month at 10am	Marge	(503) 252-6480
PORTLAND	General	Avamere at Bethany 16360 NW Avamere Ct., Portland	2nd Wednesday of the month at 3:30pm	Cathy	(503) 690-8317
PORTLAND	Alternative Treatment	National College of Natural Medicine 049 SW Porter St. (W. door)	2nd Tuesday of the month at 7:00pm	Carol	(503) 233-4075
PORTLAND	General	Russellville Park Retirement Community 20 SE 103rd Ave.	3rd Wednesday of the month at 12:00pm	Barbara	(503) 754-1072
PORTLAND, SE	Caregiver	Beautiful Savior Lutheran Church 9800 SE 92nd Avenue	1st Thursday of the month at 4:00pm	Janet	(503) 516-5917
REDMOND	General	Hospice of Redmond 732 SW 23rd	3rd Thursday of the month at 1pm	Liz	(541) 639-5989
ROSEBURG	General	Mercy Community Education Center 2700 Stewart Parkway, Roseburg	2nd Monday of the month at 1:30pm	Carolyn	(541) 673-7352
SALEM	General	Trinity Covenant Church 5020 Liberty Rd. S, Salem	2nd Tuesday of the month at 2:00pm	Jim and Dana	(503) 930-6514 (503) 588-1596
TIGARD	Men's Caregiver Group	Gentog 11535 SW Durham Rd #C5	1st Friday of the month at 10:30pm	Chuck	(408) 373-9875
TIGARD	Women's Caregiver Group	Our Redeemer Lutheran Church 13401 SW Benish St	1st and 3rd Wednesdays of the month at 3:00pm	Karen and Nancy	(503) 754-6088 (503) 642-3213
TIGARD	Lewy Body Dementia	Gentog 11535 SW Durham Rd #C5	2nd Saturday of the month at 1:00pm	Kathy	(503) 244-4714
TILLAMOOK	General	Tillamook United Methodist Church 3808 12th Street, Tillamook	2nd Thursday of the month at 1:00pm	Michael and Joanne	(503) 355-2573
TUALATIN	General	Juanita Pohl Community Center 8513 Tualatin Rd., Tualatin	3rd Saturday of the month at 9:30am	Trudy	(503) 692-7988
WALLOWA CO.	General	Please call for details	Please call for details	Mike	(541) 426-8604
WELCHES	General	Hoodland Senior Center 65000 E Highway 26	4th Tuesday of the month at 11am	Senior Center Staff	(503) 622-3331
WILSONVILLE	General	Spring Ridge Court at Charbonneau 32100 SW French Prairie Rd, Wilsonville	2nd Thursday of the month at 11:00am	Cindy	(503) 694-2700
IDAHO					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
BOISE	Young Onset	Boise Public Library, Gate's Room 715 South Capitol Boulevard	Last Sunday of the month at 3:30 pm	Brad Perry	(248) 259-6896 TreasureValleyYOPD@gmail.com
BOISE	General	Plantation Assistant Living Center 3921 N Kessinger Land	3rd Wednesday of each month at 2:00 pm	Mary Jo Campbell and Betty Boone	(208) 283-1656 / (208) 336 7137 maryjoinidaho@hotmail.com
CLARKSTON	General	Tri-State Hospital 1221 Highland Ave	2nd Monday of the month 1:30pm	Doris Barry	(208) 743-3947
COEUR D'ALENE	Tai Chi, Music Therapy and more	Lake City Senior Center 1916 N Lakewood Dr.	1st Friday of the month at 1:00 pm	Beth Hatcher (or Karen Goods 208-689-5595)	(208) 635-5243 cdapsg@hotmail.com
EMMET	General	Emmet Bible Church	2nd Monday of the month at 9:30am	Yvonne Dannison	(208) 365-5595
JEROME	General	Jerome Community Library	2nd Wednesday of every month at 1:30pm	Nancy Turley	(404) 695-0003
LEWISTON	General		4th Wednesday of the month at 3:00pm	Sister Janet Marie Barnarad	(208) 962-3251 x8239
LEWISTON/CLARKSTON	General	Cancer Institute and Outpatient Rehab 1250 Idaho Street	1st Tuesday of the month at 1:30 pm	David Keene	(208) 799-5330 dkeene@sjrmc.org

IDAHO					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
MERIDIAN	General	Meadow Lake Village Retirement Community, Selkirk Room 4037 Clocktower Lane	1st Tuesday of the month at 2:00 pm	Teri Denny	(208) 888-2277 TAD@touchmark.com
MERIDIAN	General	TitleOne 1940 S. Bonito Way, conference room at rear of building	2nd Saturday of the month at 10:00am	Lisa Bain and Holly Marsh	(208) 880-3608 (208) 891-7977
MOSCOW	General	Good Samaritan Village 640 N Eisenhower	Last Wednesday of the month at 2:00 pm (Sep.- May)	Phyllis Vettrus	(208) 882-5770 dpvet@frontier.com
TWIN FALLS	Exercise Group	St. Luke Elks Rehab Center	Tuesdays and Thursdays at 12:30 pm	Miranda Autfin	(208) 737-2126
ALASKA					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
ANCHORAGE	General	Anchorage Pioneer Home 923 W 11th Ave, Anchorage	3rd Saturday of the month at 3:30 pm	Peter Dunlap-Shohl	(907) 350-9691 dunlapshohl@gmail.com
HOMER	General	Homer Senior Center	1st Friday of the month at 1:00 pm	Jolee Ellis	(907) 235-6349 jellis24@gci.net
MONTANA					
CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
BILLINGS	General	Mary Alice Fortin Conference Center 2800 10th Avenue N	1st Wednesday of the month at 4pm	Dee Decker	(406) 248-2008 deedecker92@gmail.com
GREAT FALLS	General	First Baptist Church 525 First Avenue North	4th Tuesday of the month at 1:00 pm	Lydia Skoog and Sandy Dick	(406) 455-2154 (406) 454-3530
HAMILTON	General	Saffire Lutheran Home	3rd Monday of the month at 1 pm	Ginny Wigen	(406) 544-9186 jack.eagle2day@gmail.com
HELENA	General	The Waterford 915 Saddle Drive	2nd Monday of every month at 11:30 am	Cindy Baril	(406) 458-4981 cbaril6870@gmail.com or barils@mt.net
KALISPELL	General	The Summit 206 Sunnyview Lane	2nd Wednesday of the month at 3:00 pm	Lois Wagner	(406) 871-3767 loiswagner@gmail.com
MISSOULA	General	Montana First Credit Union North Reserve Street	2nd Thursday of the month at 1:00 pm	Cindy Cone and Judy Kaufman	(206) 728-8283 / (406) 542-2620 jlccone@yahoo.com

BE ACTIVE!

Exercise is now recognized as a vital part of the treatment of PD. There is a growing body of literature describing the benefits of exercise for people with PD. The research reveals the importance of endurance, strengthening, balance, and stretching exercises to optimize function and enhance quality of life.

Find an activity you will enjoy in the Health and Wellness section of APDAnorthwest.org.

*If you are involved in a program that is not listed, please let us know!



Thank you

for your generous donations

Donations from Nov 1, 2015 – June 30, 2016

\$2500 AND GREATER

Abbvie Inc
Bryan & Teresa Coluccio
Cameron Catering
Christopher & Jennifer
Dike Adams
Clint & Teresa Noonan
Dale & Kara Hoisington
Daniel & Paula Minton
Foltz
David Klotz
Dr. Farrokh Farrokhi
Dr. Peter Nora
Dwight & Amy Jones
Linda & Jerry Smedes
Matt & Ann Wood
Medtronic Inc
Nancy & Rocky Griese
Niagara Bottling, LLC
Peggy Newsom
Reed Longyear, Malnati &
Ahrens PLLC
Sean & Heather Lewis
Sue & Gary McConnaha
Trident Seafoods
Corporation
Vince & Anne Ryan
Virginia Mason

\$1000-\$2499

Amy Barnes
Andrea Padilla
Arthur P Oberto
Ashley Jackson
Bill & Monica Smersh
Blaine J Weber &
Julie Biniasz-Weber
Carter Subaru
Charles Ritter
David Wu
Doug & Kristine Ilgenfritz
Dr. Gene Hu
Dr. Ryder & Eileen Gwinn
Dr. Sindhu Srivatsal
EJK Accounting & Tax
Eric & Melissa Jones
Erin Medved
Foushee
Gail Tsuboi
Gordon Buchan
Heidi & Joel Kuipers
Jennifer H Evans & Darin
Kudrna
John & Judy Mills
John & Susan Kaiser
John & Suzie Schofield
Jordan & Jeannie Steed
Joseph Serrone
Julie & Sam Smith
Julie Hodapp & Rick Friar
Kesslee Payne
Kim & Tim Hildebrand

Kim Breznikar
Kristen & Todd Crosley
Laurie Thompson
Lisa Borden
Loryn & Zach DeMers
Maria Marsans
Mark Klauber
Michelle & Karl
Quackenbush
Mimi Lettunich
Moneytree, Inc
Norm Bontje
Peter Ryan & Ann Brice
Rebecca Whitmire
Ren & Susan Dike
Richard & Melinda Bus
Rosalind Chuang &
Douglas Spence
Shauna Swegel
Stephen & Katy
Bergenholtz
Steve & Keely Dailey
Steven & Nancy
O'Sullivan
Suzanne Cameron &
Chris Jewell
Teva Pharmaceuticals
US WorldMeds, LLC

\$250-\$999

Adam Hollander
Alan Czarnecki
Alicia Boaz
Amy Breznikar
Andrew & Heidi Shepherd
Anna & Travis Cronin
Anne & Peter Beidler
Arie Salomon
Barbara E. Hofstad
Barbara Smith
Bobbi & Richard Eller
Brian & Giselle Pavlovec
Brian Nilsen
Bruce Friedman
Carla Calogero
Carol Viydo
Carolyn & Rich Vranjes
Carrie Clark
Carson Diaz
Charles & Dianne Hunter
Cheryl Werner
Chris Flynn & Sandy Low
Chris Kline
Christie Mitchell-Mata &
Ignacio Fernandez
Chuck & Cindy
Henderson
Claire & Mike Vitolo
Clare Henry
Craig & Carla Hogan
Craig & Judy Haines
Dave & Terri Schinkel

David & Lory Newsom
David Gonci
Deanna Johnson
Delores Groth
Denise Convento
Dennis & Candie Lambert
Dianne & James Johnston
Dianne & Rene Spatz
Donald Snow
Doug & Nan Little
Dr. Richard Mesher &
Cynthia Lee
Dr. Susie Ro
Drs Daniel & Cynthia
Burdick
Emilie Jones
Eric Delcid
Frank Pierson
Gary Guenther
Gary Raymond
Glenn Rockowitz
Greg & Carolyn Martin
Holland & Mark Peterson
Holli & Morgan Cooper
Isobel & Loren Hostek
Jack S Olsen & James
Lambeth
James & Carol Cameron
James & Leslie Burger
James Bergeholtz
James Waters
Jane Bogle & Paul
Michelson
Janet Swanson
Jean Allenbach
Jean Garber
Jeff & Kristin Brower
Jen Gillick
Jennie & Dave Moore
Jennifer & James Booth
Jill Kesinger
Jim & Sheila Mallahan
Jim Dermody
Jim Newsom
Jodi Olson
Joe & Julie Flick
Joel Aslanian
John & Deborah Roberts
John & Nancy Nyce
John Houllhan
John Roberts
John Sullivan
John Zunick
John Thelan
Jon Adams & Jennie
Novellino
Jon Mark Sano & Karina
Sinclair
Jorge & Lizette Aguilera
Julianna Guillou
Karl & Debra Bissen
Kathleen Dickeman

Kathryn Little
Katie Coluccio & Charlie
Yemm
Kellen Nold & Ashley
Jantzen
Kerry & Cammie Corr
Kevin Coluccio
Kirsten & Keith Richards
Kraig Heeter
LaMonte McGraw & Bart
Cox
Laura Lineberry
Lawrence Asher
Les Boudwin
Linda & Dale McKenney
Linda Black
Lisa & Rick Green
Lorna Schofield
Manny & Sarah Weiser
Margie Duckstad
Marilyn Gustafson
Mark & Eileen Fenick
Mark C. Vohr
Mark Dyce & Mitchell
Dyce-Ryan
Mary (Gigi) & Jock Streidl
Mary Mikkelsen
Matt Christian
Matt Deasy
Matthew & Amber Adams
Maxine Duncanson
Michael & Michele Flotlin
Michael Bergstrom &
Patricia Wilma
Michael Wood
Michelle & Craig Savey
Mike & Renee Lettunich
Mike Kim & Samantha Pak
Mitchell Wood
Nancy & Kaspar Donier
Nancy Foltz
Nancy Jones
Nate & Erin Coomer
Office of the Secretary
of State
Pam Fujimoto
Pam Joneli
Pam Dhanapal
Parnel & Mike Lettunich
Pat & Don Bucy
Patricia Erickson
Patrick & Pattie Donohue
Paul & Chris Johnson
Peggy Shortt
Peggy Van Ieperen
Randy & Cathy Nelson
Rich & Diane Elliott
Rick & Julie Griese
Robert & Leslie Hayton
Robert Frayn
Ron Coe
Ronald Allen

Ronald Nies
Sally Wilma
Scott & Mary Carlsen
Scott & Pam Reilly
Singaravelu "Jag"
Jagadeesan
Stephanie Klainer & Keith
MacKenzie
Steve Adam
Steven Kouris
Susan M Manfredi
Suzanna Eller & Aron
Demsky
The Vitolo Company
Thomas & Michelle
Pierson
Tod & Nina Huey
Truist
Val Motley & David
Warren
Washington Consulting
Corporation
Wendell Matas
Wilma Warshak
Yolanda Longoria

TRIBUTES WERE RECEIVED IN MEMORY OF:

Albert Wu
Bryce Cook
Fred Van Ieperen
Hal Newsom
Henry Krapf
James Hudson
John Bratlee
John Hinkle
Marcella Olson
Marion A. Corbin
Mark Hansen
Marvin Coe
Neil Dickinsen
Raymond Alward
Rev. Robert L. Bethea
Vic Leebby
Walt Henry

TRIBUTES WERE RECEIVED IN HONOR OF:

Benjamin Rosen
Cheryl Scott
Don & Susan Keith
Eric Hanson
Helen Leppard Callison
Herbert Cohen
Jon Malmin
Jock & Gigi Streidl
Kelsi Tillon
Marie Rice
Mary Cropley
Robert Timar
Rudy Smith



Please join us for our second annual
Optimism Retreat!

Breakout	CHOOSE ONE ACTIVITY PER SESSION (There are two lunch times, so be sure to choose LUNCH in either)						
	Session 1 11:00 – 11:45	Rock Steady Boxing	Tai Chi and Qigong for PD	Yoga for PD	Loving-Kind Compassion	Dancing into Greater Wellness	Your Brain on PD
Session 2A 11:50 – 12:30	Rock Steady Boxing	LUNCH	Yoga for PD	Your Brain on PD	Dancing into Greater Wellness	Feldenkrais	
Session 2B 12:55 – 1:30	LUNCH	Tai Chi and Qigong for PD	Loving-Kind Compassion	Think Loud!	Feldenkrais		
Session 3 1:35 – 2:15	Rock Steady Boxing	Tai Chi and Qigong for PD	Yoga for PD	Caregiver Compassion Support Circle	Think Loud!	Center-Ring with the Circus	Smile
Session 4 2:20 – 3:15	Rock Steady Boxing	Tai Chi and Qigong for PD	Yoga for PD	Caregiver Compassion Support Circle	Think Loud!	Center-Ring with the Circus	Smile

A one day conference focusing on movement and well-being for people with Parkinson’s disease, their families, and care partners

Explore various activities specifically developed for people with PD such as yoga, Tai Chi, and boxing. Discover the power of meditation, try your hand at juggling, or channel your inner Fred Astaire with partner dancing. It will be a day filled with movement, optimism and fun designed to help you live your best life.

Sunday August 28, 2016, 11:00–3:30

8236 SE 24th Street, Mercer Island, WA 98040

For more information about breakout selections please visit our website at www.APDAnorthwest.org or call us: (206) 695-2905 ext. 1

Conference fee is \$30 per person. Space is limited in each breakout, so sign up early to get your first choice!

To register, please fill out and return the form below, or register online at www.APDAnorthwest.org

Attendee 1: _____ **Attendee 2:** _____
Address: _____ **Telephone:** _____
City: _____ **Email Address:** _____
State: _____ **Zip:** _____

Attendee 1 Breakout Selections

1. _____
 2a. _____
 2b. _____
 3. _____
 4. _____
 Dietary restrictions? _____

Attendee 2 Breakout Selections

1. _____
 2a. _____
 2b. _____
 3. _____
 4. _____
 Dietary restrictions? _____

To pay by check, mail this registration form with a check made payable to:
 APDA Northwest, 150 Nickerson Street, Suite 100, Seattle, WA 98109

MARK *your* CALENDARS!

Good Start Program

Have you been diagnosed with Parkinson's in the last two years? Join us for an education program designed specifically for you.

Wednesday, September 7th, 6-8pm

Kent Regional Library
212 2nd Ave N, Kent, WA 98032

Take Control: Special Veteran's Edition

An educational program designed specifically for veterans in the later stages of Parkinson's and their caregivers.

Thursday, September 15th, 2016, 10:00am

VA Seattle

Contact us for more information:
info@APDANorthwest.org, or 206-695-2905



Adventure Race for Parkinson's

Saturday Sept 17th, 2016

Ballard, WA

See page 8 for more information on event or sign up now at
adventureraceforparkinsons.org



4th World Parkinson Congress

September 20–23, 2016

Please Join Us in Portland!

More information: <http://www.wpc2016.org/>



Save the Date! Magic of Hope 2017

April 29, 2017

Seattle Design Center

For more information or to join the planning committee contact APDA at 206-695-2906

