PARKINSON Pathfinder
Winter 2014

Washington Chapter
American Parkinson Disease Association
# TABLE OF CONTENTS

1. Letter from the Washington APDA Board President
2. Letter from the Coordinator
3. Parkinsonism, Secondary Parkinsonism, and Atypical Parkinsonism Explained  
   *Jennifer Witt, MD*
4. Research Corner
5. Dealing with Bladder and Bowel Dysfunction  
   *Pat Chalk, PT*
6. A Durable Power-of-Attorney may be the most important legal document you execute  
   *Carla Calogero*
7. Dance for Parkinson's
8. Farewell Dr. James Leverenz, Welcome Dr. Ali Samii
9. Support Groups
10. Donations
11. Upcoming Events

*The basics of designating a Durable Power-of-Attorney*  
page 6
I am always amazed when I meet people who aren’t familiar with the name APDA. The American Parkinson Disease Association, Inc. (APDA) was founded in 1961 in New York City to “ease the burden—find the cure” for Parkinson’s disease (PD). The country’s largest grassroots organization serving 1.5 million Americans with the disease and their families focuses its energies on research, patient services, education and raising public awareness about the disease. APDA supports eight Centers for Advanced Research, and a national network of regional Information and Referral (I&R) Centers, chapters, and support groups. APDA’s Scientific Advisory Board reviews grant applications annually, and submits funding recommendations for the most promising research toward discovering the cause(s) and finding the cure for PD. APDA has raised and awarded more than $80 million to patient services and education and has been a funding partner in most of the major PD scientific breakthroughs.

Right here in the Northwest we fund a phenomenally successful program of providing Taxi vouchers to those who have had to give up driving due to their diagnosis; thus allowing people to regain some sense of independence, which is so crucial when you feel your world is getting smaller. We also provide funding for “caregiver’s day off” allowing those of you who care for your loved one at home with PD to have a break, and take care of yourselves—we all know good self-care is imperative in health and wellbeing. The APDA provides professionally run Parkinson’s support groups as well as support group leader trainings. I am always so impressed by the mind boggling number of people we have touched through our patient and provider education, as well as yoga for Parkinson’s classes, the Hope conference, and so much more!

We are here for this community in meaningful, impactful ways. If at any time you or someone you know needs information about Parkinson’s or a referral to a community resource, you can always call or email our Information and Referral Center at coordinator@waparkinsons.org or (206) 277-5516. This community is so fortunate to be full of amazing providers and resources and we want to help the community stay connected. If you want to make a difference you can always contact me at Suzanna@waparkinsons.org, I want to hear from you about what we can do or how you would like to support this amazing cause.

I got involved in the APDA over seven years ago because I wanted to be connected to an organization that not only does great things for people with Parkinson’s and their care circles, but also cares about and is deeply committed to research to better the lives of our community members and eventually find a cure. As our mission states, we endeavor to “ease the burden—find the cure.” I am thrilled to be serving as your newest President for this great organization. I began in APDA as a support group leader and Social Worker, and I joined the board five years ago. I first got involved with the APDA because my father has Parkinson’s, my grandfather had Parkinson’s and my great aunt had Parkinson’s. It’s a cause I am passionate about and I am reminded every day why I began working with the APDA by the amazing people I am so fortunate to work with.

I look forward to serving you and meeting you all at our great events in the months to come!

Sincerely,

Suzanna L. Eller, MA, LMHC
Support Group Leader and Board President
Happy New Year! After the hustle and bustle of the holidays, the New Year brings a welcome peacefulness. It’s a time to slow down and reflect on the past year. Is there something you wanted to do but you just never seemed to get around to it? Maybe it was getting back into an old hobby, trying out an exercise class, or getting involved in the community. It is easy to get caught up in daily responsibilities, doctor appointments, and various other obligations. It can be hard to get motivated if your good days are unpredictable and come intermittently. You may feel too tired, unable, or uninterested. Despite all the obstacles, it is important to remember that each year that passes is one we will never get back. Take the time to focus on yourself, set goals, write out a schedule, and make the good days count. It’s never too late, and yes, you can do it! We all have to take into consideration our own personal limitations, but they do not define us. Take the New Year as an opportunity to accept the things you cannot change and change the things you can!

At APDA, we are here to help you along your journey. Give me a call at our Information & Referral Center and we’ll work together to find something that fits your interests, lifestyle, and abilities. Whether you enjoy biking, singing, or just getting together to talk with folks who might be going through the same things, I can help point you in the right direction. You might have Parkinson’s, but it does not have you.

Let’s make this the best year yet!

Zeljka Jurcevic
206.277.5516
WHAT IS “PARKINSONISM”?
The word, “PARKINSONISM” is a descriptive term, not a specific disease like Parkinson Disease (PD). It refers to a group of four signs on a neurological examination: bradykinesia, rigidity, resting tremor, and postural instability. Bradykinesia is slowness and smallness of movement, as well as lack of normal spontaneous movement (e.g. blinking, swinging arms when walking, gesturing while talking). Rigidity is an involuntary resistance to passive movement, so would be detected when your doctor is telling you to relax while he/she moves your limbs. Resting tremor is a rhythmic oscillatory involuntary shaking that occurs when the affected limb is not resisting gravity (e.g. when your hand is resting in your lap or hanging at your side). Postural instability is the inability to regain balance rapidly after being perturbed and is tested in clinic by pulling you backwards and seeing if you can take a step back to stop yourself from falling. Just because someone has “parkinsonism” does not mean they definitely have Parkinson Disease (PD). There are other causes of parkinsonism that can be broadly categorized as “secondary” or “atypical”.

WHAT IS SECONDARY PARKINSONISM?
Secondary parkinsonism is caused from injury to certain areas of the brain. For example, infections such as meningitis or encephalitis, physical trauma to the brain tissue, strokes, tumors, or particular toxins could cause parkinsonism in some cases. There are also some medications that can have parkinsonism as a side effect. These include anti-psychotic medications, which are also known as neuroleptics or dopamine receptor blocking drugs. Some anti-nausea medications such as metoclopramide (aka Reglan), promethazine (aka Phenergan), and prochlorperazine (aka Compazine) can also cause parkinsonism. Parkinsonism due to these drugs may persist for several months even after the drug is discontinued. People with Parkinson Disease should also avoid these drugs as it can also worsen their PD symptoms.

WHAT IS ATYPICAL PARKINSONISM?
Atypical parkinsonism refers to other diseases that share similarities to Parkinson Disease, but come from different pathology. This means that the types of neurons (brain cells) that are affected, the location of these neurons, and the types of abnormalities in these cells are different than what happens in Parkinson Disease, though there is some overlap. This group of diseases used to be referred to as “Parkinson plus syndromes” but most movement disorders neurologists have adopted the term “atypical parkinsonism” instead. The reason is that these diseases are not simply “Parkinson Disease plus other stuff,” but they have different courses (meaning what happens when), progression, responsiveness to medications, and severity of certain symptoms. Many people who have an atypical parkinsonism disease are initially diagnosed with Parkinson Disease. But when their signs and symptoms follow an atypical course and do not respond to the medications for PD the way that we expect, their diagnosis is changed. The main examples of atypical parkinsonism diseases include diffuse Lewy body disease (DLB), multiple system atrophy (MSA), progressive supranuclear palsy (PSP), and corticobasal syndrome (CBS). Unfortunately, none of these diseases currently have known cures or disease slowing treatments.

WHAT ARE SOME RED FLAGS FOR POSSIBLE ATYPICAL PARKINSONISM?
There is no single diagnostic test that can differentiate different forms of atypical parkinsonism from...
continued from previous page

each other, or from PD, so the diagnosis is made based on a clinical impression from your neurologist. Some of the red flags that may alert your neurologist include: early falls, early or rapid cognitive decline, rapid progression in loss of mobility (e.g. requiring a wheelchair within 5-7 years of symptom onset), hyperactive reflexes on exam, large drops in blood pressure while standing, early bladder incontinence, and lack of sustained (e.g. 5 years or more) positive responsiveness to levodopa. Sometimes people with atypical parkinsonism can respond to levodopa positively, but the degree of response is not as robust as what we see with PD patients, and it may not continue to help for as long as it does with PD patients. It is common for patients to be told they have “parkinsonism” when the neurologist is not totally certain whether they have PD, secondary parkinsonism, or atypical parkinsonism. This is often because they must follow the patient for a longer period of time to be more certain, or to assess response to medication. Currently, we need more objective tools for diagnosing these diseases earlier and with more certainty, which would also improve clinical trials for treatments. For now, the American Academy of Neurology recommends that people with PD have their diagnosis re-evaluated at least annually by their neurologist.

It may be possible to detect early changes in the brain even before the typical motor symptoms of Parkinson’s disease occur. For many people, loss of a sense of smell is a symptom that may occur years before they are diagnosed with Parkinson’s disease. While most people with a reduced sense of smell will not develop Parkinson’s disease, the majority of Parkinson’s patients have reduced sense of smell. The PPMI study aims to learn more about the link between the sense of smell and PD. This study could help researchers detect or prevent PD, before the onset of motor symptoms, in future generations. The study is looking for volunteers who are over the age of 60 and do not have Parkinson’s disease to participate in a short survey about their sense of smell. Volunteers can complete the survey online or by mail, and eligible participants will be mailed a scratch-and-sniff smell test. Individuals may be asked to participate in additional assessments based on the results of this test.

If you are over the age of 60, and do not have Parkinson’s disease you can get involved by completing the smell survey at www.michaeljfox.org/takethesmellsurvey or by calling 1-877-525-7764.

The Washington State Parkinson Disease Registry (WPDR) connects people with Parkinson disease to the research community. If you are interested in the above studies, or learning about upcoming research trials contact the WPDR at 206.277.6080 or www.registerparkinsons.org

Dr. Jennifer Witt is a movement disorder specialist, and the medical director of movement disorders, at Swedish Medical Center in Seattle, Washington.
LIVING WITH PARKINSON’S

Dealing with Bladder and Bowel Dysfunction

Pat Chalk, PT
Booth Gardner Parkinson’s Center

Bladder and bowel problems plague many people, men and women alike. About 25 million Americans have difficulty with urination and/or bowel function. Of these, 2/3 are women and 1/3 are men. Bladder and bowel dysfunction is very common for those with Parkinson’s disease, though there are many other causes as well. Bladder and bowel problems can present in multiple ways. Some of these problems, such as over-active bladder syndrome may be treated with medication, however for most of the problems, improving the function of the pelvic floor muscles and changing some daily habits can greatly improve many urinary and bowel problems.

The pelvis is a ring of three bones held together by very strong ligaments and muscles. The pelvic floor is a group of nine muscles in three layers covering the bottom of the pelvis. The muscles create a moveable sling which supports the organs and structures above it. The pelvic floor muscles also assist in pelvic stability which is needed for balance and mobility. When they contract, the pelvic muscles pull up and in as if closing an upside down umbrella. The muscles move forward and up closing off the urinary and anal sphincters, thus stopping urination and the passage of gas or fecal leakage.

With Parkinson’s disease, common urinary problems include urinary urgency, urge incontinence, stress incontinence, overactive bladder and incomplete emptying. Bowel difficulties are usually constipation and inability to defecate. Constipation problems can begin years before other Parkinson symptoms occur and bladder problems may show up later in the disease process.

Urinary urgency is the need to urinate frequently and is usually caused by bladder irritation from increased acidity or over active nerves. Stress incontinence occurs when increased pressure on the bladder from coughing, sneezing or impact such as jumping or jogging pushes urine out of the urethra and the pelvic floor muscles are not closing off the sphincter properly. If you are not able to get to the bathroom and have urine leakage on the way, we call that urge incontinence. Incomplete bladder emptying and failure to fully evacuate the bowels is usually due to the pelvic muscles failing to relax sufficiently. Constipation can have many causes, from decreased fiber or fluid in the diet, to slowed movement of material through the colon, or to medications.

Normal bladder function is urinating every 2-4 hours during the day and awakening to urinate no more than one time at night. If you urinate more frequently is it a NEED or a HABIT? Do you urinate every time you awaken at night or leave your house or leak urine whenever you put your key in the door? These are not normal and may be habits that you need to break. Often we teach our bladder to feel the need to urinate more frequently than normal by “JINC’s” just in case urination. IF you don’t urinate at least 8-12 seconds whenever you put your key in the door? These are not normal and may be habits that you need to break.

continued on page 9
What is a Durable Power-of-Attorney?

A DURABLE POWER-OF-ATTORNEY is a document in which you (the “Principal”) give another person (your “Attorney-in-Fact”—also termed your “Agent”) the legal authority to act on your behalf, should you be unable or unwilling to do so. A “Durable” Power-of-Attorney remains in effect when you are incapacitated, and must expressly state so. By law, all Powers-of-Attorney terminate upon the death of the Principal.

Typically, the two broad types of authorities designated in Power-of-Attorney documents pertain to either finances and property, or health care.

You can execute a single Durable Power-of-Attorney for both finances and health care, but the document must expressly authorize your Attorney-in-Fact to make health care decisions for you.

The remainder of this article focuses on Durable Powers-of-Attorney for Health Care.

Who will make health care decisions for me if I don’t have a Durable Power-of-Attorney for Health Care?

Washington law (RCW 7.70.065) establishes a hierarchy of persons who health care providers will ask to make decisions on your behalf if you are incompetent. If there are two or more individuals in the same class, e.g., adult children, consensus is required. If there are no willing or able individuals designated by statute, or if there is substantial conflict between individuals, a guardianship proceeding may become necessary.

Why is it important to have a designated Health Care Attorney-in-Fact?

By designating an Attorney-in-Fact to make health care decisions on your behalf, you increase the likelihood that decisions about your care are made by someone you trust and who is willing to make such decisions on your behalf. In your Durable Power-of-Attorney for Health Care, you not only give your Attorney-in-Fact authority and guidance to make health care decisions on your behalf when you are unable to do so, but you also give him or her permission to make, what can be, difficult decisions. Finally, having a designated Attorney-in-Fact can avoid a costly and invasive guardianship proceeding (guardianships can be of the person and/or the estate, so it is important to designate an Attorney-in-Fact for finances and property as well as for health care).

What kinds of decisions can I authorize my Health Care Attorney-in-Fact to make for me?

- Access your confidential health care information and records
- Consult with physicians and other health care providers
- Consent to, refuse or withdraw medical treatment
- Employ and discharge care providers
- Make arrangements for your care at home, a hospital, nursing home or other facility

How is my Health Care Attorney-in-Fact supposed to make decisions on my behalf?

Your Attorney-in-Fact should use “substituted judgment”—that is, make the choices and decisions that you would make about your care, if you had capacity, based on your previously expressed values and preferences, and your previous decisions. If your Attorney-in-Fact is unsure what decision you would make in a particular circumstance, then she is to make decisions based on what she believes to be in your “best interest.”

continued on page 9,
The typical image that comes to mind when most people think of a dance class designed for those with neurological disorders, is a watered-down version of the fine art; a mundane, unchallenging and uncreative activity that resembles dance only by its name. Walking into Corrie Befort’s Dance for PD class in Anacortes, WA you certainly won’t find any of that.

The class is held in a fully equipped, professional dance studio at Fidalgo Dance Works, a non-profit school of dance offering classes for all ages and activity levels. Instructor and professional dancer, Corrie Befort, completed specialized training from the Mark Morris “Dance for PD” program in Brooklyn, New York and has been teaching classes for people with PD for the past several years. The program, which has been featured on countless media outlets such as CNN, PBS Frontline, and The Seattle Times, focuses on creating an “aesthetic experience that uses the elements of narrative, imagery, live music, and community, to develop artistry and grace while addressing such PD specific concern as balance, flexibility, coordination, isolation, and depression.”

Corrie leads the class through complex movements of classic and modern ballet, accompanied by live music played on keyboard by Jim Weaver, who never seems to miss a beat. He intuitively follows along with the ever-changing rhythm of the group’s movements and even writes music specifically for the class, inspired by the day’s lesson. With each movement, Corrie shares her inspiration behind the choreography, and teaches her students about the history of music and dance.

Corrie’s passion for her work radiates through every tendu and plié. Long time student Nola Beeler comments, “you can’t not have fun when you see how much fun she is having.” Although Corrie emphasizes that her class is about dance, not therapy, her students seem to take away much more than that.

Along with her friend, Deborah Magallanes, Corrie teaches classes in the Seattle Dance for Parkinson’s Program, as well as Port Angeles and Chimacum throughout the year, and welcomes people with MS and other neuromuscular conditions to try the class as well.

The Dance for Parkinson’s class in Anacortes, WA is sponsored by Fidalgo Dance Works. For more information call 360.299.8447 or dance@fidalgodanceworks.org

Information for Seattle area classes, sponsored by Northwest Parkinson Foundation, can be found at http://www.stgpresents.org/education/parkinsons

For a complete list of exercise and dance classes in your area visit the “Classes & Events” tab on our website www.waparkinsons.org
Farewell…

DR. JAMES LEVERENZ

For over 10 years, Dr. Leverenz has been an integral part of research, education, and care for the Parkinson’s community in the Pacific Northwest. After receiving his medical degree from the University of Washington, where he graduated with Honors, Dr. Leverenz went on to complete his neurology residency at the Cornell Medical Center in New York, and his neuropathology fellowship at the University of Chicago. In 1992 he returned to the Seattle area, where he has since played many different roles. In addition to his work at the University of Washington as professor of the departments of Neurology, and Psychiatry and Behavioral Science, he has worked as a neurologist and researcher at VA Puget Sound Health Care System. An expert in his field, Dr. Leverenz has led various influential studies in both Parkinson’s and Alzheimer’s research for which he was presented the Research Award for Geriatric Neurology from the American Academy of Neurology in 2002, and numerous other honors.

Since 2007, the Washington Chapter of the American Parkinson Disease Association has had the honor of having Dr. Leverenz as the Medical Director of the Information and Referral Center in Seattle, WA. His expertise has aided the center in providing exceptional education about Parkinson’s disease, raising awareness, supporting research, and connecting the community to local resources. His undeniable compassion for his patients and devotion to his work, are evident in all that he has done. Although he will be greatly missed, there is no doubt that the contributions he has made will continue to benefit the Parkinson’s community. We wish him the best of luck in his future endeavors.

Welcome…

DR. ALI SAMII

With the start of the New Year, we are pleased to announce Dr. Ali Samii as the Medical Director of the Washington APDA Information & Referral Center. Dr. Samii serves as a leading expert in movement disorders at the University of Washington Medical Center and VA Puget Sound Health Care System, where he is also the Director of Clinical Care. He has acted as Co-Director of the Washington APDA Information & Referral Center since 1998, and has recently accepted the role of Medical Director. Dr. Samii completed his medical degree at McGill University in Montreal, Canada and additional training in neurology, specializing in movement disorders. Throughout his career he has received numerous awards, including the Michael J. Fox Foundation for Parkinson’s Research recognition award, and “Top Doctors of Seattle” by Seattle Magazine for three consecutive years. In addition to his contributions to research and clinical responsibilities, Dr. Samii has trained many of the region’s top doctors, including neurologists, pharmacists, and fellow movement disorder specialists. His remarkable work has been widely recognized and featured in hundreds of publications. It is a true privilege to welcome Dr. Ali Samii as the Medical Director of the Washington APDA Information & Referral Center.
Do I give up my right to make decisions for myself if I execute a Power-of-Attorney for Health Care?
No. As long as you have decision-making capacity and are willing and able to communicate your preferences, even in a rudimentary manner, your oral instructions will override those of your Attorney-in-Fact and any written instructions you have previously provided.

How do I choose whom to designate as my Health Care Attorney-in-Fact?
Your Attorney-in-Fact for health care decisions should be a person who:
- You trust
- You are comfortable discussing your values and preferences
- Is willing to serve as your Health Care Attorney-in-Fact
- Is capable of carrying out your preferences, even if they are different from his or her own
- Will be a strong advocate for you
- Will be able to get along with your Attorney-in-Fact for finances (if they are not the same person).

In addition, you should appoint an alternate Attorney-in-Fact, in the event that your first-named Attorney-in-Fact is unable or unwilling to serve. If there is not a suitable family member or friend to appoint as your Attorney-in-Fact, you may consider designating a professional fiduciary to serve as your Attorney-in-Fact.

Do I have to have an attorney prepare my Power-of-Attorney?
There is no requirement that an attorney draft your Power-of-Attorney document(s) in order for the document to be legally valid. However, an elder law or estate planning attorney will be able to draft a Power-of-Attorney that reflects your individual circumstances and preferences. A Durable Power-of-Attorney may be the most important legal document you execute, making consultation with an attorney a prudent and wise investment of time and money.

Are there other advance care planning documents I should consider completing?
Yes, a Health Care Directive ("Living Will"), a POLST form, a Disposition of Remains instructions, and, perhaps, a Mental Health Advance Care Directive. Consult with your physician and your elder law or estate planning attorney about which of these advance care documents may be appropriate for you.

Carla Calogero is an elder law and estate planning attorney at Aiken, St. Louis & Siljeg, P.S. in Seattle, Washington.
### Support Groups in the Pacific Northwest

<table>
<thead>
<tr>
<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALASKA</strong></td>
<td>General</td>
<td>923 W 11th Ave Anchorag</td>
<td>3rd Saturday of the month at 3:30 pm</td>
<td>Peter Dunlap-Shohl</td>
<td>(907) 350-9691 <a href="mailto:dunlapshohl@gmail.com">dunlapshohl@gmail.com</a></td>
</tr>
<tr>
<td><strong>ANACORTES</strong></td>
<td>General</td>
<td>Island Hospital, 1211 24th St.</td>
<td>3rd Thursday of the month at 1:00 pm</td>
<td>Jerry Ramsey and Nola Beeler</td>
<td>(360) 293-2185 <a href="mailto:njbeeler@yahoo.com">njbeeler@yahoo.com</a></td>
</tr>
<tr>
<td><strong>BELLEVUE</strong></td>
<td>Young Onset</td>
<td>North Bellevue Community Center 4063 148th Ave NE</td>
<td>1st Wednesday of the month at 7:00 pm</td>
<td>Suzanna Eiler</td>
<td>(206) 323-4564 <a href="mailto:susanaj50@hotmail.com">susanaj50@hotmail.com</a></td>
</tr>
<tr>
<td><strong>BLAINE</strong></td>
<td>General</td>
<td>Blaine UCC, 885 4th Street</td>
<td>2nd Friday of the month at 5:00 pm</td>
<td>Inge Reuter</td>
<td>(360) 332-4564 <a href="mailto:dbdesign@gmail.com">dbdesign@gmail.com</a></td>
</tr>
<tr>
<td><strong>BOTHHELL</strong></td>
<td>General</td>
<td>North Shore Senior Center 1023 E Riverside Dr.</td>
<td>3rd Tuesday of the month at 10:00 am</td>
<td>Susan Quinn</td>
<td>(425) 488-4821 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td><strong>BREMERTON</strong></td>
<td>General</td>
<td>Canterbury Manor 703 Callahan Dr.</td>
<td>2nd Thursday of the month at 10:00 am</td>
<td>David Hull</td>
<td>(360) 895-6220 <a href="mailto:bremertonpluss@gmail.com">bremertonpluss@gmail.com</a></td>
</tr>
<tr>
<td><strong>CHEHALIS</strong></td>
<td>General</td>
<td>132 Kirkland Rd., Napavine, WA</td>
<td>2nd Thursday of the month at 1:00 pm</td>
<td>Jan Erickson</td>
<td>(360) 273-9987</td>
</tr>
<tr>
<td><strong>CLARKSTON</strong></td>
<td>General</td>
<td>1221 Highland Ave, Clarkston, WA</td>
<td>2nd Monday of the month at 1:30 pm</td>
<td>Doris Berry and John Mohlohn</td>
<td>(208) 743-3947 (509) 758-3758 <a href="mailto:steph.pdg@gmail.com">steph.pdg@gmail.com</a></td>
</tr>
<tr>
<td><strong>COEUR D’ALENE</strong></td>
<td>General</td>
<td>Lake City Senior Center 1916 N Lakewood Dr.</td>
<td>1st Friday of the month at 1:00 pm</td>
<td>Beth Hatcher</td>
<td>(208) 363-5243 <a href="mailto:cdpapg@hotmail.com">cdpapg@hotmail.com</a></td>
</tr>
<tr>
<td><strong>DES MOINES</strong></td>
<td>General</td>
<td>Wesley Homes, 815 S. 216th St.</td>
<td>3rd Wednesday of the month at 1:00 pm</td>
<td>Rita Lambert</td>
<td>(206) 870-1302 <a href="mailto:rlambert@wesleyhomes.org">rlambert@wesleyhomes.org</a></td>
</tr>
<tr>
<td><strong>EDMONDS</strong></td>
<td>Deep Brain Stimulation</td>
<td>&quot;group meets quarterly; date, time and location to be determined&quot;</td>
<td>Michelle Bauer</td>
<td>(425) 320-2883 <a href="mailto:michelle.bauer@swedish.org">michelle.bauer@swedish.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>ELLensburg</strong></td>
<td>General</td>
<td>Edmonds Senior Center 220 Railroad Ave</td>
<td>2nd Wednesday of the month at 1:00 pm</td>
<td>Carol Agueyo</td>
<td>(509) 762-8283 <a href="mailto:aqua549@frontier.com">aqua549@frontier.com</a></td>
</tr>
<tr>
<td><strong>EVERETT</strong></td>
<td>Caregiver (Lewy Body Dementia)</td>
<td>Carl Gipson Senior Center 3025 Lombard Ave</td>
<td>2nd &amp; 4th Tuesday of the month at 10:00 am</td>
<td>Amy Cole</td>
<td>(425) 899-3122 <a href="mailto:alcole@evergreenhealth.org">alcole@evergreenhealth.org</a></td>
</tr>
<tr>
<td><strong>FEDERAL WAY</strong></td>
<td>General</td>
<td>Life Care Center of Federal Way 1045 S. 30th St.</td>
<td>3rd Tuesday of the month at 1:30 pm</td>
<td>Sandra Machado</td>
<td>(206) 334-8440 <a href="mailto:sandramachado@lcca.com">sandramachado@lcca.com</a></td>
</tr>
<tr>
<td><strong>GIG HARBOR</strong></td>
<td>General</td>
<td>St. Anthony’s Hospital 11567 Canterwood Blvd. NW</td>
<td>2nd Thursday of the month at 4:00 pm</td>
<td>Doug Manuel</td>
<td>(253) 858-8741 <a href="mailto:manuel@harbordnet.com">manuel@harbordnet.com</a></td>
</tr>
<tr>
<td><strong>HOQUIAM</strong></td>
<td>General</td>
<td>Hoquiam Library, 420 7th St.</td>
<td>Last Tuesday of the month at 1:00 pm</td>
<td>Betsy Seidel</td>
<td>(360) 533-5968 <a href="mailto:betsy@e-mail.com">betsy@e-mail.com</a></td>
</tr>
<tr>
<td><strong>ISSAQUAH</strong></td>
<td>General</td>
<td>Our Savior Lutheran Church 745 Front St. S</td>
<td>2nd Monday of the month at 2:00 pm</td>
<td>Suzanna Eller</td>
<td>(206) 336-1328 <a href="mailto:susanaj50@hotmail.com">susanaj50@hotmail.com</a></td>
</tr>
<tr>
<td><strong>KIRKLAND</strong></td>
<td>Caregiver</td>
<td>Evergreen Health room TAN-121 12040 NE 128th St</td>
<td>2nd &amp; 4th Tuesday of the month at 1:00 pm</td>
<td>Suzanna Eller</td>
<td>(206) 336-1328 <a href="mailto:susanaj50@hotmail.com">susanaj50@hotmail.com</a></td>
</tr>
<tr>
<td><strong>LONGVIEW</strong></td>
<td>General</td>
<td>Canterbury Inn/Chateau Dining Room 1324 3rd Ave</td>
<td>3rd Wednesday of the month at 1:45 pm</td>
<td>Barbara Sudar</td>
<td>(360) 273-9987 <a href="mailto:barbsudar@msn.com">barbsudar@msn.com</a></td>
</tr>
<tr>
<td><strong>LOPEZ ISLAND</strong></td>
<td>General</td>
<td>The Gathering Place Lopez Village</td>
<td>3rd Monday of the month at 4:30 pm</td>
<td>Jackie Ashe</td>
<td>(360) 670-8994 x 22 <a href="mailto:crasmussen@lcsnw.org">crasmussen@lcsnw.org</a></td>
</tr>
<tr>
<td><strong>LYNNWOOD</strong></td>
<td>Caregiver</td>
<td>Center for Healthy Living 4100 Alderwood Mall Blvd Suite 1</td>
<td>1st &amp; 3rd Wednesday of the month at 2:00 pm</td>
<td>Carmen Rasmussen</td>
<td>(360) 629-8426 (425) 422-1067 <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
<tr>
<td><strong>MT VERNON / BURLINGTON</strong></td>
<td>General</td>
<td>Logan Creek Retirement Community 2311 EAST DIVISION ST., MT Vernon</td>
<td>1st Monday of the month at 11:00 am</td>
<td>Ginger Dollarhide</td>
<td>(360) 629-8426 (425) 422-1067 <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
<tr>
<td><strong>OLYMPIA</strong></td>
<td>General/Exercise</td>
<td>Olympia Senior Center 222 Columbia Street NW</td>
<td>Every Wednesday at 11:00 am</td>
<td>Joyce Beckwith</td>
<td>(360) 586-6181 <a href="mailto:admi@gmail.com">admi@gmail.com</a> southsoundseniors.org</td>
</tr>
<tr>
<td><strong>OLYMPIA</strong></td>
<td>General/Exercise</td>
<td>Olympia Senior Center 222 Columbia Street NW</td>
<td>Every Wednesday at 11:00 am</td>
<td>Rozanne Rants</td>
<td>(360) 705-8520</td>
</tr>
<tr>
<td>CITY/REGION</td>
<td>FOCUS</td>
<td>MEETING SITE</td>
<td>TIME</td>
<td>LEADER</td>
<td>CONTACT INFO</td>
</tr>
<tr>
<td>-------------</td>
<td>-------</td>
<td>--------------</td>
<td>------</td>
<td>--------</td>
<td>--------------</td>
</tr>
<tr>
<td>ORCAS ISLAND</td>
<td>General</td>
<td>Orcas Senior Center</td>
<td>Tuesdays at 1:00 pm</td>
<td>Ted Grossman</td>
<td>(360) 376-4979 <a href="mailto:tfgrossman@yahoo.com">tfgrossman@yahoo.com</a></td>
</tr>
<tr>
<td>PORT ANGELES</td>
<td>General</td>
<td>328 E. 7th St (On the SW corner of 7th &amp; Peabody)</td>
<td>4th Wednesday of the month at 10:30 am</td>
<td>Darlene Jones</td>
<td>(460) 457-5352 <a href="mailto:djones@olypen.com">djones@olypen.com</a></td>
</tr>
<tr>
<td>PORT ANGELES</td>
<td>General/Dance</td>
<td>Sons of Norway, 131 West 5th St</td>
<td>3rd Saturday of the month</td>
<td>Darlene Jones</td>
<td>(460) 457-5352 <a href="mailto:djones@olypen.com">djones@olypen.com</a></td>
</tr>
<tr>
<td>POULSBO</td>
<td>General</td>
<td>North Point Church 1779 NE Hostmark St.</td>
<td>1st Monday of the month at 1:00 pm</td>
<td>Lana Gillis</td>
<td>(360)779-7178 <a href="mailto:lanagale@earthlink.net">lanagale@earthlink.net</a></td>
</tr>
<tr>
<td>POULSBO</td>
<td>General/Exercise</td>
<td>Poulsbo Athletic Club 19917 1st Avenue NE</td>
<td>3rd Monday of the month at 1:30 pm</td>
<td>Lana Gillis</td>
<td>(360)779-7178 <a href="mailto:lanagale@earthlink.net">lanagale@earthlink.net</a></td>
</tr>
<tr>
<td>PUYALLUP</td>
<td>General</td>
<td>Life Care Center of Puyallup 511 10th Ave SE</td>
<td>3rd Thursday of the month at 11:45 am</td>
<td>Karen Williams</td>
<td><a href="mailto:karen_williams@tccca.com">karen_williams@tccca.com</a></td>
</tr>
<tr>
<td>PUYALLUP</td>
<td>Caregiver</td>
<td>Life Care Center of Puyallup 511 10th Ave SE</td>
<td>1st Tuesday of the month at 1:30 pm</td>
<td>Karen Williams</td>
<td><a href="mailto:karen_williams@tccca.com">karen_williams@tccca.com</a></td>
</tr>
<tr>
<td>REDMOND</td>
<td>General</td>
<td>Emerald Heights 10901 176th Cir NE</td>
<td>3rd Weds of the month at 1:00 pm</td>
<td>John Waltner</td>
<td>(425) 556-8140 <a href="mailto:johnwl@emeraldheights.com">johnwl@emeraldheights.com</a></td>
</tr>
<tr>
<td>RICHLAND</td>
<td>General</td>
<td>Kadlec Neurological Resource Center 560 Gage Blvd, Ste 106</td>
<td>3rd Monday of the month at 1:30 pm</td>
<td>Heidi Hill</td>
<td><a href="mailto:Heidi.hill@kadlecmed.org">Heidi.hill@kadlecmed.org</a></td>
</tr>
<tr>
<td>RICHLAND</td>
<td>General</td>
<td>Kadlec Neurological Resource Center 560 Gage Blvd, Ste 106</td>
<td>3rd Thursday of the month at 4:30 pm</td>
<td>Heidi Hill</td>
<td><a href="mailto:Heidi.hill@kadlecmed.org">Heidi.hill@kadlecmed.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Young Onset</td>
<td>&quot;please contact facilitator for current location&quot;</td>
<td>2nd Tuesday of the month at 7:00 pm</td>
<td>Suzanna Eller</td>
<td>(206)938-8298 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregivers of Veterans</td>
<td>Seattle VA Medical Center 1600 S. Columbian Way Room 1D-146g (near the West Clinic)</td>
<td>Every Monday at 1:00 pm</td>
<td>Kris Fredrickson</td>
<td>(206) 764-2188 <a href="mailto:kris.fredrickson@va.gov">kris.fredrickson@va.gov</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregiver</td>
<td>Studio Evolve Pilates and Bodywork 333 Wallingford Ave N</td>
<td>2nd Monday of the month at 10:00 am</td>
<td>Joy Walker</td>
<td>(206) 457-4793 <a href="mailto:joyincaregiving@yahoo.com">joyincaregiving@yahoo.com</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Caregiver</td>
<td>Greenwood Senior Center 525 North 85th Street</td>
<td>2nd Tuesday of the month at 10:00 pm</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwrk@earthlink.net">socialwrk@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>Horizon House 900 University Street</td>
<td>4th Monday of the month at 1:30 pm</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwrk@earthlink.net">socialwrk@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>Atypical PD (MSA, PSP, CBD)</td>
<td>Exeter House 720 Seneca Street</td>
<td>4th Monday of the month at 11:00 am</td>
<td>Carin Mack</td>
<td>(206) 230-0166 <a href="mailto:socialwrk@earthlink.net">socialwrk@earthlink.net</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>University House Wallingford Northwest Conference Room, 1st Fl 4400 Stone Way N</td>
<td>2nd Thursday of the month at 2:30 pm</td>
<td>Susanne M. Rossi</td>
<td>(206) 470-8041 <a href="mailto:susanne.rossi@eraliving.com">susanne.rossi@eraliving.com</a></td>
</tr>
<tr>
<td>SEATTLE</td>
<td>General</td>
<td>The Heathstone 6720 East Green Lake Way N</td>
<td>2nd Tuesday of the month at 2:00 pm</td>
<td>Erica Campbell</td>
<td>(206) 774-5173</td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>Providence Mt. St. Vincent 4831 35th Ave SW</td>
<td>1st Tuesday of the month at 2:30 pm</td>
<td>Suzanna Eller</td>
<td>(206) 938-8298 <a href="mailto:suzanna.eller@providence.org">suzanna.eller@providence.org</a></td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>The Kenney Retirement Community 7125 Fauntleroy Way SW</td>
<td>4th Monday of the month at 2:00 pm</td>
<td>Michael Byus</td>
<td>(206) 937-2800 ext. 5232 <a href="mailto:MBByus@theKenney.org">MBByus@theKenney.org</a></td>
</tr>
<tr>
<td>SEATTLE (WEST)</td>
<td>General</td>
<td>Arrowhead Gardens 9200 2nd Ave SW</td>
<td>3rd Thursday of the month at 10:00 am</td>
<td>Dagmar Cronn</td>
<td><a href="mailto:cronn@oakland.edu">cronn@oakland.edu</a></td>
</tr>
<tr>
<td>SHELTON</td>
<td>General</td>
<td>Alpine Way Assisted Living 900 W Alpine Way</td>
<td>2nd Tuesday of the month at 12:30 pm</td>
<td>Rebecca Jackson</td>
<td>(360) 426-6194 <a href="mailto:jacksonrebecca06@gmail.com">jacksonrebecca06@gmail.com</a></td>
</tr>
<tr>
<td>SHORELINE</td>
<td>General</td>
<td>Shoreline Senior Center 18560 1st Ave NE</td>
<td>4th Tuesday of the month at 11:00 am</td>
<td>Scott Theisen</td>
<td>(206) 268-6761 <a href="mailto:scottth@seniorservices.org">scottth@seniorservices.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>General</td>
<td>Deaconess Health &amp; Education Center 800 West 5th Ave</td>
<td>2nd Wednesday of the month at 1:30 pm</td>
<td>Cyndi Cook</td>
<td>(509) 473-2490 <a href="mailto:center@spokaneparkinsons.org">center@spokaneparkinsons.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>Young Onset</td>
<td>&quot;contact group leader for time and location information&quot;</td>
<td></td>
<td>Cyndi Cook</td>
<td>(509) 473-2490 <a href="mailto:center@spokaneparkinsons.org">center@spokaneparkinsons.org</a></td>
</tr>
<tr>
<td>SPOKANE</td>
<td>Women's Group</td>
<td>&quot;contact group leader for location information&quot;</td>
<td>1st Thursday of the month at 1:00 pm</td>
<td>Julie Willis</td>
<td>(509) 467-2240</td>
</tr>
<tr>
<td>STANWOOD</td>
<td>General</td>
<td>Stanwood Senior Ctr; ctr social room 7340 276th Street SW</td>
<td>2nd Monday of the month at 10:00 am</td>
<td>Victoria Kelly and Ginger Dollahide</td>
<td>(425) 422-1067 / (360) 629-8426 <a href="mailto:kellytori7@gmail.com">kellytori7@gmail.com</a> / <a href="mailto:weewiseginger@gmail.com">weewiseginger@gmail.com</a></td>
</tr>
<tr>
<td>TACOMA</td>
<td>General/Voice</td>
<td>Tacoma Lutheran Home 1301 N Highlands Parkway</td>
<td>3rd and 4th Friday of the month at 11:30 am</td>
<td>Sharon Jung</td>
<td>(253) 752-7112 <a href="mailto:pshogan@aol.com">pshogan@aol.com</a></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>General</td>
<td>The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave</td>
<td>2nd Tues. of the month at 12:15 pm <em>bring brown bag lunch, snacks and drinks provided</em></td>
<td>Maria Jokela</td>
<td>(360) 944-6000 office / (503) 290-4443 cell <a href="mailto:mjokela@thequarryliving.net">mjokela@thequarryliving.net</a></td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>Caregiver</td>
<td>The Quarry Senior Living Private Dining Room (1st floor) 415 SE 177th Ave</td>
<td>2nd and 4th Tuesday of the month at 130</td>
<td>Maria Jokela</td>
<td>(360) 944-6000 office / (503) 290-4443 cell <a href="mailto:mjokela@thequarryliving.net">mjokela@thequarryliving.net</a></td>
</tr>
</tbody>
</table>
Thank you for your generous donations

Donations received March 2013–November 2013

INHONOR OF (AND DONOR)
Ryan Gallagher (Anonymous)
Gordon & Coral Lee Johnson (Betsy Lardent)
Hal Newsom (Peggy Newsom)
Justin & Debbie Thenutai (Kathleen Hoarty)
Fred Vanleperen (Peggy Vanleperen)

IN MEMORY OF (AND DONOR)
Arthur Britton (Gordon & Sheila Hastings)
Bessie Clancy (Sheila Haage)
Booth Gardner (Laird Harris)
Ellen Hauge (William & Cora Auerswald)

Henry H. Judson Jr. (Philip Gladfelter)
Daniel Kinnaird (Gayle Joinette, Carin Mack, Jeff & Karen Jorgensen, Donald & Donna Olsen, Edward Collins)
Stell McEnear (Shirley Custer)
Beverly Murphy (Lois & Alan Sands)
Ronald Peluso (Gladyss Hanson)
Evelyn Prewitt (Ivan & Betty Hess)

BUSINESS
AbbVie Matching Gift Program
AllState Giving Campaign
BECU Gift Matching Program
Costco Wholesale
Dell Giving
Employees Community Fund of the Boeing Company
Google
Liberteer World
Microsoft Matching Gifts Program
Microsoft Giving Campaign
Providence Mount St. Vincent
The Seattle Foundation

INDIVIDUAL
Chris Altwegg
Joelle Averbuch
Ellen Blackstone
Bruce & Joyce Baker
Ryan Barr
Peter & Anne Biedler
Barbara & John Brassfield
Camie Bruns
Eric Camplin
Beth Carlyle
Lisa Clausen
Joel Cohn
Gregory Coluccio
Beth Carlyle
lisa Clausen
Joel Cohn
Gregory Coluccio
Suzanne Cowan
Amy & Hannah Decaire
Radhika Dsoouza
Neil & Maxine Duncanson
Kyle Dunn
Marvin & Jean During
Toni Eaton
William Eddy
Mr. & Mrs. Stanley Felgar
Virginia Fergusson
Richard Galanti
Susan Geisler
K. Roger & Martha Gilbert
Jewell Hanna
Jayne Hanson
Angela Harbaugh
Jeffery Harbaugh
Nicole Harris
Larry & Helen Harwood
Margaret Hellyer
Judith Herrigel
Wendy Holman
Paula Houston
Barbara & Roger Howson
Diane Hutchins
Janet Isaksen
Anthony Jacob
Richard Johnson
Thomas Juvik
EJ Kim
Earline LaFreniere
William Larson
Teri Lazzara
Phil Lind
Carin Mack
Aaron MacMillin
Deborah Magallanes
Ken & Alisa Malloch
Thomas Mayer
Rachel McGuire
Roy & Linda McIntosh
Michael McKinlay
Mary Means
James Miller
Leanne Miller
Pam Mitchell
Patti Nies
Deborah O’Brien
David & Barbara O’Sullivan
Mummaneni Padmalatha
William Schuerman
Paul Sherland
Rex & Donna Sines
Samuel & Julie Smith
William Struyk
Jim & Diane Stump
John Thelan
Justin Thenutai
Kerry Thurman
Sandra Timmer
Gail Tsboi
John Ulrich
Glenn & Jean White
Andrew & Barbara Wold
Michael York
Parvin Zabetian
IN hoNoR of (AND DoNoR)
Ryan Gallagher (Anonymous)
Gordon & Coral Lee Johnson (Betsy Lardent)
Hal Newsom (Peggy Newsom)
Justin & Debbie Thenutai (Kathleen Hoarty)
Fred Vanleperen (Peggy Vanleperen)

INmEmoR y of (AND DoNoR)
Arthur Britton (Gordon & Sheila Hastings)
Bessie Clancy (Sheila Haage)
Booth Gardner (Laird Harris)
Ellen Hauge (William & Cora Auerswald)

Business Abbvie Matching Gift Program
AllState The Giving Campaign
BECU Gift Matching Program
Costco Wholesale
Dell Giving
Employees Community Fund of the Boeing Company
Google
Liberteer World
Microsoft Matching Gifts Program
Microsoft Giving Campaign
Providence Mount St. Vincent
The Seattle Foundation

<table>
<thead>
<tr>
<th>CITY/REGION</th>
<th>FOCUS</th>
<th>MEETING SITE</th>
<th>TIME</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>VASHON</td>
<td>General</td>
<td>Vashon Lutheran Church Fellowship Hall, 18623 Vashon Hwy SW</td>
<td>1st Friday of every month</td>
<td>Steve Steffen (206) 463-2655 <a href="mailto:steve_steffen@yahoo.com">steve_steffen@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>WALLA WALLA</td>
<td>General</td>
<td><em>contact support group leader to confirm</em> First Congregational Church 73 S Palouse St</td>
<td>4th Friday of the month at 1:30 pm</td>
<td>Darlene Lambert (509) 382-4012</td>
<td></td>
</tr>
<tr>
<td>WASHINGTON PENINSULA</td>
<td>General</td>
<td>Ocean Park Lutheran Church 24002 U St.</td>
<td>3rd Tuesday of the month at 2:00 pm</td>
<td>LaVerna Armintrou Sandy Erickson (509) 884-6833 <a href="mailto:condovikings@gmail.com">condovikings@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>WENATCHEE</td>
<td>General</td>
<td><em>contact group leader for information</em></td>
<td>4th Tuesday of the month at 2:00 pm</td>
<td>Marilyn Jorgensen (509) 663-2768</td>
<td></td>
</tr>
<tr>
<td>WENATCHEE (EAST)</td>
<td>Caregiver</td>
<td>Aging and Adult Care Center</td>
<td>1st Friday of the month at 10:00 am</td>
<td>Carolyn Hansen (360) 279-1785 <a href="mailto:wchansen192@comcast.net">wchansen192@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>WHIDBEY IS. (NORTH)</td>
<td>General</td>
<td>Cherry Hill Clubhouse 549 NW 12th Loop</td>
<td>1st Friday of the month at 10:00 am</td>
<td>Carolyn Hansen (360) 279-1785 <a href="mailto:wchansen192@comcast.net">wchansen192@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>WHIDBEY IS. (SOUTH)</td>
<td>General</td>
<td>South End Senior Center</td>
<td>2nd Tuesday of the month at 10:00 am</td>
<td>Carolyn Hansen (360) 279-1785 <a href="mailto:wchansen192@comcast.net">wchansen192@comcast.net</a></td>
<td></td>
</tr>
</tbody>
</table>
WE WERE THRILLED by the over 500 attendees who joined us on November 16th for our 8th Annual HOPE for Parkinson’s Conference! We were pleased to welcome an exceptional line up of guest speakers from across the country.

This year the conference was held at the Meydenbauer Center in Bellevue, Washington and we are happy to report lots of positive feedback from attendees with regards to speakers, parking, the venue, and layout of the room.

All of the speakers gave dynamite talks, which you will be able to view soon on our website. Dr. Helen Bronte-Stewart opened the conference and spoke about movement in Parkinson’s, which led into her research on Deep Brain Stimulation. Dr. Anne Udall, advocate with the Parkinson’s Action Network, and daughter of senator Morris K. Udall, spoke about her relationship with her father and her journey to advocacy. Peter Lynch, who leads the APDA supported Yoga for Parkinson’s at Northwest Hospital, led the crowd in some gentle yoga and stretching, accompanied by some of his students. Dr. Paul Short, a neuropsychologist, spoke about relationships, especially between the care-partner and the person with Parkinson’s. And Laurel Beck, a physical therapist, closed the conference by discussing exercise, movement, and the LSVT BIG program.

Thanks to everyone who joined us! We hope that you’ll save the date for next year’s HOPE Conference, which will be held again at the Meydenbauer center on November 1, 2014.

Photo courtesy Ken Kisch
YES! I want to help “ease the burden, and find the cure” for Parkinson’s Disease.

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

☐ $25  ☐ $50  ☐ $100  ☐ $250  ☐ $500  ☐ $1000  ☐ Other amount
☐ My employer will match my gift
☐ Please send me information on wills and how a bequest can support WA APDA.
☐ I’m interested in learning more about Parkinson’s Disease.
Please send me information.

This gift is given in honor of/in memory of

Please notify the individual(s) listed above

<table>
<thead>
<tr>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
</table>

Donor’s name

<table>
<thead>
<tr>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
</table>

Email address

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

Send checks to us at PO BOX 75169 SEATTLE, WA 98175

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!