



Parkinson Pathfinder

THE NEWSLETTER OF THE AMERICAN PARKINSON DISEASE ASSOCIATION
INFORMATION AND REFERRAL CENTER OF WASHINGTON

Winter 2003

Keep Moving!

One of the most important strategies in combatting the symptoms of Parkinson's Disease is keeping physically active. To help our readers find ways to build regular exercise into their days, the Pathfinder will be offering information about exercise in each issue. We are fortunate to have two Physical Therapists on the APDA board. One of those, Laurel Campell, helps us inaugurate this new column with an introduction to the importance of exercise for everyone- especially people with Parkinson's.

Exercise for Everyone!

The dictionary defines exercise as the performance of physical exertion for improvement of health. Some people think this just applies to the young and athletic. In fact, everyone can benefit from some type of exercise. General benefits of exercise include decreased risk of heart disease, diabetes, osteoporosis, and falls. Exercise can also diminish some of the secondary complications of Parkinson's Disease (PD).

Often people with PD become more kyphotic (bent over). These changes in posture impact breathing, swallowing, pain levels, efficiency of movement, balance, and walking. Practicing diaphragmatic breathing is one way to address this. Also, working on flexibility, strength, and cardiovascular fitness are vital. Exercise takes many forms, such as aerobics, dance, golf, hiking, swimming, tai chi, weight training, and yoga. People that have a harder time moving may focus more on relaxation techniques and stretching.

Try to identify a type of exercise that is realistic and that you'd enjoy. Most people find it helpful to schedule in specific times for their practice. Work during peak dose as much as possible. It is not helpful to try to struggle through one's off period. Find that window for best performance, for exercise or your more challenging daily activities. Avoid pain and over exhaustion. If you like to socialize, use the buddy system and exercise together. Enjoy an improved quality of life!

Laurel Campbell, PT, Virginia Mason Medical Center

Parkinson's Disease and the Art of Moving

John Argue, a theater art teacher and drama therapist in San Francisco, has been teaching movement and voice classes for people with Parkinson's Disease since 1985. In 2000 he published a book about his technique and recently completed a companion video series to guide people through the exercises found in the book.. He has presented at a number of APDA seminars throughout the country, including a meeting this summer attended by several members of the Washington State APDA. To learn more about *Parkinson's Disease and the Art of Moving* call New Harbinger Publications at 1-800- 748-6273 Information can also be found at www.parkinsonsexercise.com.

Check out our new regular columns! In our ongoing effort to provide material that is helpful and informative to the readers of the Parkinson Pathfinder, the APDA Information and Referral Center and the Chapter Education Committee are introducing some new regular features to this and upcoming editions. Please let us if you find them helpful. As always, we welcome your ideas, as well as your own written contributions to the Pathfinder. Contact information for APDA is found on page 2.

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 Seattle, WA 98195
 Phone: (206) 543-5369
 1-888-400-2732
 apda@u.washington.edu

For information packets, literature, or other Parkinson related issues, please contact the Information and Referral Center at the above address or visit our website at

www.waparkinsons.org.

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If you have any comments or suggestions regarding this Newsletter, please contact the I & R Center at (206) 543-5369.

The material in this Newsletter is solely for the information of the reader and should not be used for treatment purposes, but rather for discussion with the patient's own physician. It does not necessarily reflect the opinion of the Seattle APDA I&R Center or that of the Washington State Board.

News from your Washington State APDA

Mind, Motion and Hope: 19th Annual Parkinson's Symposium

On Saturday November 1st nearly 250 members of the Washington State Parkinson's community gathered at the Shoreline Conference Center north of Seattle to benefit from a full day of presentations by top researchers, neurologists and other experts. The most current information on topics of concern to persons with Parkinson's and their family members was provided along with opportunities to visit with exhibitors of area goods and services.

Dr John Nutt, Director of the Parkinson's Center of Oregon at Oregon Health Sciences University, opened the day with "Current Parkinson's Research", followed by his colleague and Associate Director Julie Carter, RN, MS, ANP who provided a wealth of information about "Those Symptoms You Didn't Know Were Parkinson's". The final morning speaker, Dr John P. Myers, CEO of Environmental Health Sciences (San Francisco) provided some striking findings in his talk "Midstream in a Revolution Linking Environment and Health". Afternoon workshops focused on a array of information presented by prominent area providers of medical care, legal assistance and technology expertise. These workshops and their presenters were:

Mobility and Parkinson's: Laurel Campbell, PT

Estate Planning and Medicaid: (A) Sean Bleck (B) Evelyn Zeller

Medication Management: John Roberts, MD

Ask The Doctor: (Panel A) Phillip Swanson, MD & Alida Griffith, MD
 (Panel B) Ali Samii, MD & Anthony Mosley, MD

Employment and Disability: Peter McKee, Brooks Mackey, MD
 & John Schofield

Deep Brain Stimulation: Anthony Mosely, MD, Robert Goodkin, MD
 & Ali Samii, MD

Behavioral Complications of Parkinson's Disease: Debby Tsuang, MD, MSc
 Technology for Independence: Kurt Johnson, Ph.D

During the lunchtime program, awards were given to individuals who have contributed greatly to the PD community. Celia Grether, President of the Washington Chapter of APDA presented The Maria Linde Service Excellence Award to a very surprised Alisa Malloch in acknowledgement of her dedication to Parkinson's projects and programs both with APDA and elsewhere. Alisa has been a tireless advocate first as a Coordinator of the APDA I&R Center and as a volunteer in the years since leaving that role. The Harry Benton Leadership Award was awarded posthumously to Mr. Harry Benton for his local and national involvement with APDA. Mr. Benton served as Board President from 1985-1997 and remained on the board until his recent death in September 2003. His wife Joy, also an active PD advocate, received the award on his behalf.

As an added feature this year, throughout the day participants were able to speak with staff from the Parkinson's Genetic Research Group (PaGeR). By day's end the group was excited to report that 31 people signed up as control subjects for their current study on risk factors for Parkinsonism.

The APDA Information and Referral Center is grateful to the many volunteers who made the annual symposium a smooth running, informative and enjoyable event.

Symposium Materials Available: For those of you who were unable to join us, handouts are available from many of the presentations given at this year's symposium. Videotapes of the presentations by Dr Nutt, Julie Carter, RN and Dr Myers will be available for loan starting early next year. For information on acquiring any of these symposium materials, please contact the APDA Information and Referral Center at (206) 543-5369 or toll-free at (888) 400-2732 or via email at apda@u.washington.edu.

Ask the Doctor ~ Phil Swanson, MD

Q *How can I best work with my doctor to develop an effective drug management program that will improve my quality of life?"*

A. This is an interesting question that may imply that the questioner is somewhat hesitant to bring up questions to his or her physician about the present medication schedule. I think it is pretty clear that most people with PD should be very cautious before making significant changes in meds without first talking with the physician either in the office or by telephone. There is significant danger of serious side effects if a person keeps increasing doses of antiparkinson drugs. The side effects especially include hallucinations, and severe excessive movements (dyskinesias). Stopping a drug suddenly has also caused problems in some cases. Problems can also occur if medicines are added by other treating physicians that might change the effectiveness of the PD meds. Drugs that might block the effects of levodopa or dopamine agonists (Mirapex or Requip) include anti-nausea agents such as Compazine and Reglan, and psychiatric drugs such as Haldol, Zyprexa and Risperdal.

So I would say that it is best to talk with your physician before making significant changes in your drug schedule. When you next meet, bring with you either a complete list of medicines you are taking, or the pill bottles themselves. Bring up concerns that you have about which medicines you are on and whether the dose should be changed or another medicine added or substituted for what you are taking. Remember, that no two neurologists are likely to prescribe medications in

the exact same way. Moreover, no two PD patients have exactly the same medication needs. Some people do great on a small dose of a single drug. Others require more complicated schedules and more than one drug. Further, there is no set time that a patient should wait before returning to see the doctor. Someone who is stable with few problems, might only need to be seen every six months to a year. A person who is having side effects, or is on an ineffective medication schedule may need to be seen every month or two until stable. The occasional person may even need to be hospitalized for medication adjustment.

Those things said, I see no great harm with sometimes trying small experiments to see if better improvement in symptoms is possible. For example, if you are taking your levodopa tablets spaced five hours apart and find the benefit is wearing off an hour before the next dose, you might be better off moving the doses closer together. Or if dyskinesias are particularly bothersome at certain times of the day, you might try to reduce the amount of levodopa you take at the dose that comes just before the restless movements appear. If you can record your observations on paper it may help you and your physician to sort out the best strategy. The fortunate patient who has a spouse with a background in engineering may be able to provide charts that correlate symptoms with time and medication schedule.

Readers who have a question to ask Dr Swanson are invited to send them in writing to the APDA Information and Referral Center at the address found on Page 2.

Medication Assistance Programs

One of the many recent articles and commentaries on the dilemma of the high cost of medicine for Americans highlighted the extraordinary monthly costs of the vital prescription drugs used by persons with Parkinson's disease. The Seattle Post-Intelligencer interviewed Dennis Wright of Issaquah who, at age 51, has many years of medication costs ahead of him. While our government sorts out the best way to address this very real problem, especially in the Medicare program, people have been exploring options available to obtain needed medications at reduced out-of-pocket costs. A recent survey of the programs currently available produced the following list of sources. Although as many methods of contact as possible are included, materials are often most readily available through the internet. Your local library can help you obtain these. If not, please feel free to contact Anne at the APDA Information and Referral Center to have materials sent to you from the office computer. If you have others to add to this list, please contact us with the information.

1. RxHope: Through this program the Pharmaceutical Research and Manufacturers of America (PhRMA) provides help in processing applications to many prescription drug patient assistance programs offered by pharmaceutical companies. Information at (800) 762-4636 or www.rxhope.com. Doctors can obtain applications for patients at www.rxassist.org. A directory of all patient assistance programs offered by drug companies is available from PhRMA also and can be printed from www.phrma.org.

2. The Consumer's Pharmacy Guide is a book which lists resources for obtaining medications at lower costs, including through Canadian sources. It can be ordered by calling (800) 834-3888 and costs about \$13.00.

3. Free Medicine Program: This is another program that helps locate discounted or free prescription medications for patients. Information and forms are at www.freemedicineprogram.com or by calling (646) 205-8000 or through Madison Consulting Solutions, Inc, 1632 York Ave., NY, NY 10028.

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PD Tips from Real Experts

Living with Parkinson's Disease has its challenges. Doing things the "usual way" sometimes becomes impossibly frustrating. Have you discovered little tricks and helpful tools to overcome barriers to accomplishing everyday tasks? Someone else may be very happy to learn about your "PD tips". Please consider submitting your ideas to the Pathfinder so your expertise can be shared. It may seem simple to you.....but it may be a lifesaver to another person! This new column will begin by offering tips from two local men who are known for meeting the challenges of PD head on. To submit your tips, please see the contact information on page 2 for the APDA I&R Center. Thank you!

PD Tip #1 : Handling cash and coins at the checkout

In his book **H.O.P.E.: Four keys to a better quality of life for Parkinson's people**, Hal Newsom talks about his solution for the "case of the fumbling wallet". He found that his poor finger dexterity caused embarrassing delays in the check out line when shopping. The more he hurried, the worse it would get. His solution? "I carry several \$20 bills in my wallet. Most things I purchase are under \$20. If my charge is \$11.32, I hand the clerk one of the \$20's. I don't try and put the change.....into my wallet while checking out. I put the bills and coins in my pocket and then go through the slow process of loading my wallet later while in my car. This avoids a delay in the checkout line and the questioning stares. I wind up with a drawer full of coins and lots of bills that I cash in for twenties at the bank. But it gives me optimism that I will be able to handle what could be a frustrating experience"

PD Tip #2 : Picking up items safely

Mitch Levy, of the Young Onset Parkinson's Eastside Network (YOPEN) in Kirkland- a self-described Gadget Junkie- passes on his enthusiasm with an item he purchased at a local store- a "Gopher Pick Up and Reaching Tool". One of many similar 'grabbers', he said this was "the best \$10 I have spent in a long time....This tool is particularly good if you are a parkie that has a bad back and can't bend. What I really like about this tool is that it also allows me to work in our yard without doing a lot of bending" He provided a link to view one online at www.asseenontv.com/prod-pages/Gopher.html

PD Tip #3: Keeping good pens handy

Mitch also finds many uses for a second gadget. To avoid having to use 'skinny little pens' at stores and doctors offices, he carries a fat and compact "Cross Ion" pen on his keychain. It is ergonomically designed and can also be worn on a neck lanyard. Ink refill cartridges are available to extend the life of the pen. These pens should be available at office supply stores Information is also online at www.cross.com/ionpenpromo.asp.

Taking Care:

Focus on the Caregiver

Providing ongoing care and support to a person with chronic health problems can, over time, cause stress and strain to the caregiver. If you are providing care to a family member with Parkinson's Disease, or if you are a person with Parkinson's caring for an aging parent or other person, you must also care for your own needs to prevent the sometimes debilitating effects of stress. This new Pathfinder column will feature articles focusing on caregiving. Carin Mack, a Certified Social Worker and longtime Parkinson's Support Group Leader, provided the following information to launch this column.

In a report released by the Family Caregiver Alliance* last year (Parkinson's Disease Caregiving: A Descriptive Report), over 300 caregivers of persons with PD were compared to other caregivers in the areas of

- caregiver needs
- health status
- perception of caregiving role

The key findings of the study included:

- the average hours of care provided included 14 hours per day
- a high level of depression
- increased incidence of chronic illness such as High Blood Pressure, diabetes, and heart problems

The needs expressed most often included respite (85%) and emotional support. A long term follow up of spouses caring for a partner with PD was also released in the Parkinson Update from Oregon Health Sciences University. These findings concurred with the FCA report. Both studies emphasize the strain of long term caregiving and the need for emotional support, community resources and respite.

Caregiver Support Groups offer a way to learn about community resources and respite alternatives while receiving emotional support from other group members. They offer coping skills, problem solving and humor while sharing feelings and thoughts with others in common situations.

Carin Mack, MSW

* Family Caregiver Alliance: National Center on Caregiving (800) 445-8106 www.caregiver.org

Support groups for people for persons with Parkinson's

Carin Mack facilitates two monthly groups in the Seattle area- one in the University District and a second on Mercer Island. Other Washington State Caregiver Groups meet in Everett and Puyallup. See Page 7 for further information about all of these groups. Please call the leaders of these groups to learn more about their meetings and check on the schedule before attending.

What you can do about: Holiday Stress

The following list of “tried and true suggestions to C-E-L-E-B-R-A-T-E and make the holidays meaningful (and bearable)” were offered by Paula Sanders McCarron, a writer and poet with many years of experience in the healthcare field in Alaska. It was published in the Caregiver Home Companion Newsletter. (www.caregivershome.com)

Communicate ~ Reach out. You cannot - indeed you must not - do this alone.

In practical terms, this may mean asking friends and relatives to drop by (not just wishing they'd do so)

Enjoy yourself and your loved ones - looking through family photo albums, recalling times past is a pleasant way to pass the time, even with an elder who suffers from memory loss. The fullness of long-term memory is surprising even when short-term recall is shaky. Carols and seasonal music is a powerful memory jogger.

Learn ~ many support groups, senior, counseling, and adult education centers offer programs to help people learn ways to cope with holiday stress. Such agencies also are great places to learn about meal delivery and other home support services.

Evaluate ~ Make a list of your holiday activities and tasks. Now take a look at each item and ask yourself: is this something I want to do? Enjoy doing? Could I do it differently? Does it need to be done? The big family dinner for example ~ could others contribute a dish or host the dinner? Could a friend lend a hand? Can it be catered or at a restaurant this year?

Breathe ~ Don't let the frenzy of the season overwhelm you or your loved ones. Friends may need to be gently informed that two short visits may be better than one extended visit that could be disruptive to needed routines.

Reflect ~ Set aside some specific time for quiet reflection. Take some time to ponder simple questions like “What was the past year like for me and my family? What would I like to see happen in the next few months? What worked for us this year? What should we do differently? The holidays provide a good time marker for reflections and assessment.

Accept ~ Set realistic expectations for the season for your loved ones and yourself. If you are providing care for another, accept the difficulty of the role and give yourself permission to refresh and refuel during breaks to avoid the burn out, resentment and guilt that can occur.

Transform ~ It may not be possible to celebrate the holidays the way you “used to” but it is possible to transform traditions and your attitude. Maybe you've enjoyed making gifts or shopping for those “perfect” gifts but you now don't have the time or energy to do that this year. You could buy knitted caps for folks this year. Instead of handing out gifts with apologies, be ready with a camera to capture a family fashion show. If you embrace the change, it's likely others will as well.

Experiment ~ Traditions can offer comfort in times of change but sometimes they are painful reminders of what no longer is. You can find churches conducting “Blue Christmas” or “Longest Night of the Year” services for people who are grieving or coping with job loss, divorce, illness or death. By participating in a worship service that speaks directly to their feelings, participants say they find relief as well as a feeling of renewed strength.

Above all, trust yourself to know what you need and what is best for you, not only during the holiday season, but the whole year through.

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Medication Assistance Programs

4. Together RX : A group of pharmaceutical companies developed this joint Program to assist lower income Medicare enrollees to purchase drugs at reduced cost (20-40% savings). There is an income limit for eligibility (\$28,000 for individuals of \$38,000 for couples) and the person can have no other public or private drug coverage. Although the list is subject to change, the approximately 150 drugs has included Sinemet, Sinemet CR, Comtan, Requip and Parlodel. Call (800) 865-7211 to learn about eligibility. Detailed information is also available at www.together-RX.com. If your income is very limited, be sure to ask about the indigent patient assistance programs that most drug companies have. Representatives from drug companies will also make presentations to PD Support Groups about these programs.

5. Orange Card: This is a discount card available through GlaxoSmithKline, the manufacturers of Requip. For information call (888) 672-6436 or see the listing on www.rxassist.org.

6. Veteran and Military Benefits: Discount or free medications are available. For veterans, call (877) 222-8387 or check www.va.gov. If you are a military Retiree or dependant, including widowed or divorced spouse, call (800) 538-9552 or see www.tricare.osd.mil.

Washington State Parkinson Support Groups

Eastern Washington

*Okanogin

Valley Care Nursing Home
Contact Sandra Johnson
509.826.0491
Meets 3rd Thursday, 1pm

Wenatchee

Wenatchee Senior Center
Contact Dawn Kelly
509.884.6602
Meets 3rd Monday, 1:30pm

Richland

Richland Lutheran Church
Contact: Neurological Center
509.943.8455
Meets 3rd Thursday, 1:15

Spokane

Riverview Retirement Center
Contact Carol Lewis
509.466.0188
Meets 1st Monday, 7pm

Spokane Parkinson's Educational Group

St Luke's Rehab Institute
Contact Spokane Parkinson's Regional Center, Polly Maxwell
509.473.6740
3rd Monday, 2-4 pm

Walla Walla

Congregational Church
Contact Darlene Lambert
509.382.4012
Meets 4th Saturday, 6pm
509.473.6740
3rd Monday, 2-4 pm

Yakima

Hearing and Speech Center
Contact Ruth or Blanche
509.576-9392
Meets 4th Saturday, 2pm

Western Washington

Puyallup

United Methodist Church
Contact Jennifer Wrye
253.752.7112
General Support Group
Meets 3rd Thursday, 1:30pm
Caregivers Support Group
Meets 2nd Thursday, 1pm

South Sound Young Onset - Tacoma

Group Health Specialty Center
Contact Eileen Walsh, 253.627.7748
or Kathy Swanson, 253.333.8799
Meets 2nd Wednesday, 7pm

Tacoma

Tacoma Lutheran Home
Contact Sharon Jung
253.284.4488
Meets 3rd Friday, 11:30 am

Anacortes

Island Hospital
Contact Pat Grady
360.299.3150
Meets 2nd Friday, 2pm

Bainbridge Island

Winslow Manor Apts
Contact Laura Steimmann
206.855.9321
Meets 4th Wednesday, 10:30am

Bellingham

Parkway Chateau
Contact Debra Ivanovich
360.724.3382
Meets 2nd Monday, 2pm

Bellingham Young Onset

Fourth Corner Community Church
Meets 2nd and 4th Wednesday

Burlington

Homeplace Care Center
Contact Nancy Gentry
360.755.1493
Meets 2nd Tuesday, 2pm

Mill Creek

Merril Gardens
Contact: Bob Detmer
425-316-3958
Meets 2nd Tuesday, 7pm

*North Whidbey Island

Oak Harbor Senior Center
Contact J.C. King
360.675.7695
Meets 1st Tuesday, 1:30pm

Vashon Island

General Group
Contact Robin Stover, 206.463.5173
Young Onset Group
Contact Kate Lanigan, 260.463.3140

Port Angeles/Sequim

Sequim Library
Contact Eugene Andrews
360.582.9076
Meets 3rd Wednesday, 1pm

Bremerton

Green Mountain Rehab. Center
Contact Deb Carpenter
360.373.9119
Meets 1st Tuesday, 1:30pm

Chehalis

Dayspring Baptist Church
Contact Parkinson's Resources/Oregon
800.426.6806
Meets 2nd Tuesday, 2 pm

*Shelton

Alpine Way Retirement Apts
Contact Melissa Barry, 360.426.2600 x16
Meets 4th Tuesday, 1:30pm

Longview

Canterbury Park, Broadway and 7th
Contact Don Taylor
360.636.1375
Meets 3rd Wednesday, 1:30 pm

Olympia

Evergreen Nursing and Rehab Ctr
Parkinson's Education Society
of Puget Sound
360-491-9700
Meets 3rd Tuesday, 11:30

Vancouver

SW Washington Medical Center
Contact Jane Hiebert
360. 0 574-9168
Meets 3rd Saturday, 2pm

Greater Seattle Area

*Everett / Providence General Medical Center

Contact: Hazel Forbes
425.776.1535
Meets 4th Saturday, 2pm

Everett Caregiver Group

Providence General Hospital
Contact: Leona Burgess
425-338-3136
Meets 2nd Monday 2-4pm

*Bothell

North Bellevue Senior Center
Contact Suzie Favaro
425.486.4564
Meets 2nd Tuesday, 9:30am

Bellevue/Eastside

North Shore Senior Center
Contact Carin Mack, 206.230.0166
Meets 4th Tuesday, 2pm

*Federal Way

Federal Way Library
Contact Brenda Vizzini, 253.839.9793
Meets 3rd Monday, 2pm

Edmonds

Country Senior Center
Contact: Merrie Kay Sharar
425.774.5555
Meets 4th Tuesday, 3pm

Young Onset-Seattle

Meets in members homes
Contact Suzanne Cameron
206.286.8149
Meets 2nd Tuesday, 7pm

Young Onset

Parkinson's Eastside Network

Evergreen Medical Center, Kirkland
Contact Mitch Levy res06h12@gte.net
Anne Guthrie 206.543-5369
Meets 3rd Wednesday, 7 pm

North Seattle/Shoreline

Shoreline & Lake Forest Park Senior Center
Contact Scott Tieson
206. 365-1536
Meets 3rd Tuesday 3pm

Mercer Island

Mercer View Community Center
Contact Carin Mack, 206.230.0166
Meets 1st and 3rd Tuesdays, 2-3:30 pm

*West Seattle

Admiral Congregational Church
Contact Anne Guthrie 206.543-5369
Meets 3rd Thursday 1pm

Adult Children

Elderhealth NW - Northgate
Contact Wendy Holman, 206.365.7872
Meets 2nd Wednesday, 7:00pm

*Seattle Caregivers Group

University Congregational Church
Contact Carin Mack, 206.230.0166
Meets 2nd Thursday 3pm

Caregivers - Eastside

Mercer View Community Center
Contact Carin Mack
206.230.0166
Meets 2nd Tuesday 2pm

Seattle First Hill

VM Medical Center
Contact Laurel Campbell
206.625.7373 ext.64553
Meets 1st Tuesday 1:30pm

***Denotes APDA Affiliation**

Short Takes and Upcoming Events

The Booth Gardner Parkinson's Care Center in Kirkland, Washington, is continuing its Quarterly Educational Meeting series with an event in March.

"Learn about innovations and research as experts present state of the art information on interventions for social and emotional pitfalls related to PD, and techniques to enhance mobility in your own home. Please join us Thursday March 4, 3:30- 6 pm at Evergreen Hospital and Medical Center for this informative program. To register call 425-899-3000."



Mark your calendars !!

The Diptones will be rocking and rolling for APDA in an encore performance this spring. Look for details in the next Pathfinder and save Saturday April 17th for a good time !!

Freezing and Motor Initiation Treatment Program

The Booth Gardner Parkinson's Care Center at Evergreen Hospital in Kirkland, WA, offers a 4 week, 8 visit program to address the problems of "freezing" and/or "getting stuck" at the beginning or in the middle of movements. This temporary, involuntary inability to move is experienced by many persons with Parkinson's disease or other movement disorders. This unique program, which was devised by Ann Zylstra, PT, involves a team of occupational and physical therapists. The program's goal is to offer strategies to help reduce the number of episodes of freezing, reduce their duration and help avoid situations that can lead to freezing and falls. A physician's order for therapy is needed to begin. For further information, call the Booth Gardner Center at 425-899-3123.

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Attention: Anne, APDA

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Is your address correct on this mailing?

Returned and duplicate mailings waste valuable funds needed for Parkinson Research and support. Please submit any address or name corrections to APDA by contacting the I & R Center by phone, mail or email at the contact information listed on page 2.

*Please take a minute to do so ~
we will all Benefit!*



*Happy Holidays and
all the best for the coming
year from APDA!*