

# Parkinson Pathfinder

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

Fall 2004

## The Art and Science of Living Well with Parkinson's Disease: 20<sup>th</sup> Annual APDA Symposium of the Washington State Parkinson's Community

Please join the Washington state PD Community at the 20<sup>th</sup> Annual APDA Symposium- a daylong educational event and luncheon with presentations on current Parkinson's treatment and research. This year's event will take place at the Jerry M. Brockey Center on the West Seattle Campus of South Seattle Community College. Afternoon workshops will focus on management strategies for addressing common Parkinson's

symptoms and on issues of particular interest to caregivers and to people with Young Onset PD. Area service providers will be on hand with informational exhibits. Please see the inserted symposium brochure for details and registration. Alternatively, registration material can be accessed at the APDA website at [www.waparkinsons.org](http://www.waparkinsons.org) We look forward to seeing you at this unique and always exciting event.

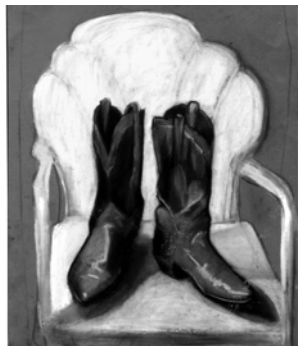
### Art Gallery Exhibits "Beyond Disabilities"

From September 12<sup>th</sup> through October 10<sup>th</sup> the East Shore Gallery in Bellevue, WA is featuring thirty-nine artists, all of whom have a physical and/or mental disability, but also wonderful artistic ability.

The idea for this show came from Mitch Levy, facilitator for the Kirkland-based Young Onset Eastside Parkinson's Network ("YOPEN"). One of YOPEN's monthly gatherings was a "hobby" meeting where everybody talked about what they do to "keep" their dexterity. Mitch discovered so much talent in that support group that he took the idea to the East Shore Gallery where he is a committee member.



The gallery members were extremely enthused about this idea and they asked Mitch to chair this show. Mitch then teamed up with VSA arts of Washington (VSA is an international non-profit organization dedicated to promoting the creative power of people with disabilities and chronic illnesses) to put together a multi media show.



Artwork by Sybrandt Johnston (above) and Shirley Cooper (below) and other artists will be on display at the APDA Symposium on November 6th.

Of the 39 artists featured in the show, 6 have Parkinson's disease, and although the Parkinson's has slowed them down, it has not

stopped the creativity of these people. Dennis Wright (who had DBS surgery two years ago) is exhibiting some absolutely beautiful Adirondack furniture, Peggy Brown has several pieces of her gorgeous beadwork on display, Dorothy Fulton has some very popular pottery in the show, Shirley Cooper and Laura Dean both have beautiful paintings for sale as well as Mitch Levy's unusual computer circuit board clocks.

East Shore Gallery is having an Artist's Reception on October 3<sup>rd</sup> (to kick off National Disability Month) from 1:30 PM to 3:30PM that is open to the public and will include poetry readings and live music as well as refreshments and an opportunity to meet the artists. The reception will be held at the East Shore Gallery, East Shore Unitarian Church, 12700 SE 32<sup>nd</sup> Street, Bellevue WA 98005. For hours and directions, phone 425 747-3780 Or check online at [www.eastshoreunitarian.org](http://www.eastshoreunitarian.org)

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**Information & Referral Center**  
**UW Dept. of Neurology**  
 Box 356465  
 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](http://www.waparkinsons.org)

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 Ali Samii, MD

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1-800-223-2732

[www.apdaparkinson.org](http://www.apdaparkinson.org)

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**

### **Washington APDA Board Member Changes**

The Washington State Chapter of APDA regretfully announces the resignation of Board Member Kate Lanigan. Kate, a person who has lived with Parkinson's Disease since 1989, provided inspirational guidance in keeping the chapter on target in its mission to serve the PD community. In her long-term role as treasurer, she, with the generous help of her mother, voluntarily committed many hours to writing personal notes of thanks to every person who contributed donations to APDA. Her positive attitude is summed up in a 2001 Pathfinder article in which she wrote, "Some of the most positive parts of my life have been the result of having PD. Although everyone would live differently if they knew the future, when you've got Parkinson's you don't need many reminders that things are changing and the incentive to use your health and mobility while you still have them is powerful and not to be ignored". APDA wishes Kate the best in all her future pursuits.

Jennifer Bell has recently joined the Board as a new member. Jennifer, as an attorney, has been involved in pro bono legal services in matters related to immigrants, children and families and environmental issues. We look forward to her involvement in the work of APDA.

### **Support Group News**

In addition to support groups specifically designed for people with PD and their families, support groups exist that are designed for people dealing with the common concerns faced by families dealing with a variety of chronic illnesses and disability. One such group is now forming in Seattle.

Monday October 14<sup>th</sup> marks the initial meeting of new group forming in Seattle for spouses and partners of individuals with chronic, long-term illnesses. Carin Mack, an experienced professional facilitator of support groups in the Seattle area (including several focusing on Parkinson's Disease) will be facilitating this new group.

Sponsored by the national Well Spouse Foundation, the group will meet at the Greenwood Activity Center, 525 N 85<sup>th</sup> Street, Seattle. Monthly meetings will be held on the 3<sup>rd</sup> Monday of the month at 4pm beginning October 18, 2004.

For information on the Seattle group, contact Carin at 206-230-0166 or [socialwkr@earthlink.net](mailto:socialwkr@earthlink.net) for information on the Well Spouse Foundation call 800-828-0879 or see their website at [www.wellspouse.org](http://www.wellspouse.org).

### **Parkinson's Disease Resources**

**Recommended Books:** *Walking With the Tiger*, author Ruth Wittenberg, a person with PD, who was previously primary caregiver to her mother who also had PD. Described as "an easy-to-read book that is filled with emotions and stories we can all relate to and an excellent source of information on living with Parkinson Disease". To have a copy sent to you send a check for \$20 to AR Chapter APDA, PO Box 22445, Hot Springs, Arkansas 71903-2445.

*Parkinson's Disease: 300 Tips for Making Life Easier*, by author Shelly Peterman Schwarz and *Insurance Solutions-Plan Well, Live Better: a Workbook for people with Chronic Illnesses or Disabilities*, author Laura Cooper, Esq.

Both books cost about \$20 and are available through Demos Publishing, Inc., NY, NY. Call 800-683-0072

A comprehensive 32 page free *Guide to Dealing with Death: Understanding the problems and processes surrounding a death* is available through the Consumer Resource Centers of the Office of the Attorney General of Washington State. It contains information on wills, trusts, funerals and much more. Call 800-833-6384; or see [www.wa.gov/ago/consumer](http://www.wa.gov/ago/consumer)

## Ask the Doctor

*Phil Swanson, MD, PhD  
Neurology, University of Washington  
APDA - Co Medical Director*



**Question:** I am taking medicine for my PD. Are there other medications that I should avoid or be concerned about?

**Answer:** This is an important problem for many parkinsonian patients, as many are taking medications for blood pressure and other problems. PD medications such as carbidopa/levodopa can themselves bring about lower blood pressure, so it might happen that a drug given to reduce blood pressure might have to be lowered in dosage.

Other medicines to be cautious about would be those used to treat nausea, and those to treat urgency of urination. Most of the anti-nausea drugs used in the U.S. have some blocking effect on the dopamine system and can thus interfere with the action of levodopa or other dopamine-stimulating drugs. Compazine or Reglan would be the most commonly used of these, but others could have the same effect. If nausea is a big problem, it might be possible to obtain a drug from Canada called domperidone, which is probably the best anti-nausea drug for someone with PD.

Drugs used for treating hallucinations or other psychiatric

symptoms such as Risperdol, Zyprexa, Haldol, Thorazine or Stelazine are also dopamine-blocking drugs and should be avoided. When a PD patient develops psychiatric symptoms that are not controlled by lowering the doses of PD medications, the drugs Seroquel or Clozaril are likely to be better tolerated.

Medications that have so-called anticholinergic effects are used for various reasons. They can, in sufficient dosage, cause or worsen hallucinations. Drugs such as Artane, used to treat PD, Ditropan, used to treat bladder problems, amitriptyline, used for treating headache, pain, and depression, all have anticholinergic properties.

It is a good idea to bring a list of medications with their doses, or even better, to bring the pill bottles themselves to your PD doctor if you have any questions about issues of this sort.

*A wallet card which lists the drugs to be avoided by persons with Parkinson's Disease can be obtained from Anne at the APDA I&R Center (for contact info, see page 2)*

## PD Tips from Real Experts

### Gadget Junkie's Gadget of the Month *By Mitchell Levy*

Photography has been my hobby since I was in Jr. High School when I got my first Pentax Single Lens Reflex camera. Sometime after I was diagnosed with Parkinson's disease, I noticed that I wasn't always walking around with a camera like I used to.

Yes, you guessed it! As my tremors increased, my photography decreased. I'm not a snob, and use a tripod when I can, but, sometimes you just have to hand hold the camera. Trying to maneuver with my cane in my left hand, my tripod in my right hand and a camera around my neck, whoa... way too much effort.

Then, one day, sitting in front of my computer, doing research on digital cameras (I advise my friends what to buy, I get a vicarious thrill out of spending their money) I came upon the Minolta A1 with ANTI SHAKE control.

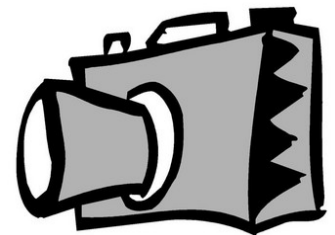
I read the following: "Anti-Shake Konica Minolta's Anti-Shake function provides a highly effective way to deal with camera shake – a major cause of substandard images, especially with telephoto shots and when shooting in dim lighting. Users can expect better images in low light conditions without relying on a higher ISO setting or a tripod. The DiIMAGE A1 features a CCD-shift mechanism to stabilize images by offsetting the shaking pattern of the user's hand. This gives unrivaled

stability at up to 3 shutter speeds slower than on digital cameras without an Anti-Shake function."

A sly smirk emerged on my face as I placed an online order for a Minolta A1 and said to myself, "oh yeah, we'll see just how good their ANTI-SHAKE feature is!"

I'm a believer! And I think you will be too. Want proof? OK, check out : [http://www.eastshoreunitarian.org/Comedy\\_Tonight.htm](http://www.eastshoreunitarian.org/Comedy_Tonight.htm) and see for yourself. I took pictures of actors, on stage, moving, using only the natural stage lighting which was low, all pictures were taken hand held with Anti-Shake powered on. Oh, yeah, by the way, half way through the photo shoot my Requip and Sinemet had worn off. And my photos still came out sharp, clear, and in focus.

Minolta has two versions of this camera, the A1 (5 mega pixel) and the A2 (8 mega pixel). Both cameras are a bit spendy, however the A1 is significantly lower in price and I recommend saving your money and going with the 5 mega pixel camera which is probably more than you will ever need.



## What you can do about:

### ***Finding Parkinson's Friendly Support and Housing***

Sometimes Parkinsonians and their families find they need others to supplement the daily support provided by a spouse or other family members. Such support needs may range from finding occasional in-home support, to the need to move to a residence that provides greater health care assistance. Unfortunately in most areas there are no home health care service providers or living facilities that specialize in PD care, so generic service providers must be utilized. When considering local providers, how can you judge how knowledgeable and experienced a potential care provider or facility is in Parkinson's Disease? Fortunately, there is now a way that professional caregivers can learn how to best assist a person with PD. As a consumer, you can help more caregivers and their agencies educate themselves about PD.

#### **The Parkinson's Educator**

Last year the first online educational program for caregivers of people with Parkinson's disease (PD) was introduced. It is called the Parkinson's Educator and can be found at [www.ParkinsonsEducator.org](http://www.ParkinsonsEducator.org). This program was funded by the Administration on Aging and developed by the Northwest Parkinson's Foundation (NWPf) and Total Living Choices (TLChoices).

NWPf and TLChoices further developed the program and received approval from the National Association of Boards of Examiners for Nursing Home Administrators (NAB) for 4 clock hours and 4 participant hours for professional caregivers who complete the program. The program is called Parkinson's Friendly and can be found at [www.ParkinsonsFriendly.org](http://www.ParkinsonsFriendly.org). It is low cost, and half of the net revenues are donated to NWPf.



Lessons cover PD characteristics, stages, treatment including specific medication (see page from program), ADL's, mobility and safety, digestion and bladder problems, communication, and sleep/mood/thinking.

It is a comprehensive program and makes you a better caregiver of residents/people with PD.

#### **Parkinson's Friendly Facility Finder**

Through Total Living Choices, facilities whose caregivers complete the course are designated as "Parkinson's Friendly" and can connect with potential residents with PD from a unique online referral program called Facility Finder. Facility Finder is free to families and can be found at [www.TLChoices.com](http://www.TLChoices.com) or at a number of other websites including the Assisted Living Federation of America ([www.ALFA.org](http://www.ALFA.org)), Puget Sound Healthcare Professionals ([www.PugetSoundHP.org](http://www.PugetSoundHP.org)), Swedish Medical Center (<http://www.Swedish.FacilityFinder.org>), and others. Total Living Choices can also be contacted through their Seattle offices at (206) 709-2801.



Families check the "Parkinson's Care" box and their information are sent to those facilities whose caregivers have passed the Parkinson's Friendly certification program.

1.0 million people have PD (as compared to 4.0 million with Alzheimer's disease). Yet only a few facilities have realized the advantage of being Parkinson's Friendly.

### **Sources for information about in-home support and housing in Washington**

*A Place for Mom* 1-425-898-8523 [www.aplaceformom.com](http://www.aplaceformom.com)

*AXA Foundation Family Care Resource Connection* [www.caregiving.org](http://www.caregiving.org)

Senior Information and Assistance: **King County- 206-448-3110 / Snohomish County 425-513-1900**

**Total Living Choices** [www.TLChoices.com](http://www.TLChoices.com) (206) 709-2801.

**Adult children of parents with Parkinson's Disease:** Do you have difficulty balancing your many roles as parents, working people, and concerned children providing support to aging parents? If you are one of these members of the "sandwich generation" and would be interested in helping form an online network to share concerns with peers, please contact the I&R Center (contact info on page 2)

## Focus on the Caregiver

### Caregivers: Take Care of Yourself Too!

by Ann Zylstra PT

Day to day routine challenges are enough to keep us from taking care of ourselves. When you add the commitment of helping someone who is suffering from a progressive neurological disease, often we find that there is no time or energy left for taking care of ourselves.

It is important to yourself, and to those you are helping, that you take time each and every day to do things to keep healthy. You know what these things are, but just to reinforce the issue, here are some tips to help keep the caregiver healthy:

- Get enough sleep (rest). If you are up frequently during the night then take a power nap during the day once in a while. This will help you catch up on that lost rest time.
- Eat a balanced diet. When helping those with special dietary needs we often forget our own needs. Keep the calories balanced with plenty of fruit, fiber and fluids. Avoid those quick fix snacks that are full of unhealthy calories.
- Exercise! This is the hardest thing for all of us. If you don't keep yourself flexible, strong and conditioned you will find yourself getting in positions using poor body mechanics and then you are the patient with a back or shoulder injury. Do you really have time to add physical

therapy for yourself into your schedule? It takes much less time to keep in shape than regain it. Often you spend time helping someone else stretch; do you stretch? Conditioning exercise is a great tool for stress release, and it helps prevent many medical problems. It also helps with prevention of depression. Keeping your back and legs strong helps when you are needed to assist someone else in their daily activities.

- Don't hesitate to get emotional relief. This can be in many forms. Support groups can help with learning new ideas, approaches, and to know you are not alone. Respite care or day centers are available to allow you time for yourself. We all need that. Some people have contacted local, churches, senior centers or colleges for people to come and help with some of the various daily needs, allowing the primary support person to tend to his or her own needs.
- Have fun! So often as we get older we get too serious. Life is so much more meaningful when we are able to have some levity. Find things that bring back the smiles and giggles, or that add new ones. Being positive can help keep life on the positive road, which is so much easier to travel.

### A way to share your knowledge with the newly diagnosed

Do you have favorite Parkinson's resources that have been helpful to you? If so, please consider sharing them with people newly diagnosed with Parkinson's Disease through "Straight Talk About Parkinson's", a DVD under development by the Washington Chapter of APDA. Beginning with an introduction by former US Surgeon General C. Everett Koop, a first rate lineup of regional and national advocates and health care professionals are included in this exciting new educational project. When completed the DVD will be made available nationally and free of charge to newly diagnosed patients and their families, as well as to others in the Parkinson's community. Please take a moment to contribute your ideas by sending the form below, or contacting the WA Chapter at [apda@u.washington.edu](mailto:apda@u.washington.edu)

*I recommend the following as helpful resources to provide persons newly diagnosed with Parkinson's Disease: (please attach additional paper if needed)*

Type of Resource (book, website, video)	Title/Name	Author or source	Comments on content

Your name \_\_\_\_\_ Contact# \_\_\_\_\_

Mail to: APDA, PO Box 75169  
Seattle, WA 98175-0169

*Thank you for your help!*  
RESOURCE CONTRIBUTIONS NEEDED BY 10/22/04

## 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  
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  
ewalshop@juno.com

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 Gardens

P.D. Young at H.E.A.R.T. Group  
Contact Steve Bohannon  
206.842-1385 sbhannon@msn.com

Meets 1st Monday, 1 pm

#### Bellingham

Parkway Chateau  
Contact Debra Ivanovich  
360.724.3382

Meets 2nd Monday, 2pm

#### Bellingham Young Onset

Fourth Corner Community Church  
Contact Susie Morrow  
360.384.4634

yopdwc@hotmail.com

Meets 2nd and 4th Wednesday, 7 pm

#### 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, 206.463.3140

#### Port Angeles/Sequim

Sequim Library  
Contact Ralph Oldroyd  
360.681-0901 / rko99ers@worldnet.att.net

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 Jeanne Laviolette  
360.403.8896

Meets 3rd Saturday, 2pm

#### \*Everett / Providence General Medical Center

Contact: Hazel Forbes  
360.403.8896

Meets 4th Saturday, 2pm

Everett Caregiver Group  
Providence General Hospital  
Contact: Bill Coy

425-338-3136

Meets 2nd Monday 2-4pm

### Greater Seattle Area

#### \*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 Rosemary O'Dell, 253.839-1970  
Meets 3rd Monday, 2pm

#### Edmonds

South County 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 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, 1:30 pm

#### Adult Children of Parents with PD

Contact Anne Guthrie, 206.543-5369

#### \*Seattle Caregivers Group

University Congregational Church  
Contact Carin Mack, 206.230.0166  
Meets 2nd Tuesday, 1 pm

#### Caregivers - Eastside

Now combined with Seattle Group (see above)

#### Seattle First Hill

VM Medical Center  
Contact Laurel Beck  
206.625.7373 ext.64553

Meets 1st Tuesday 1:30pm

#### Seattle VA Puget Sound

Restricted to Veterans  
Contact Lois Osborn, 253.835.3144 or  
Romay Franks, 206.277.4560

Meets monthly

**\*Denotes APDA Affiliation**

## Parkinson's Notes: Updates and Upcoming Events

**REMINDER: THURSDAY, October 7, 3:30–6pm, Booth Gardner Quarterly Parkinson's Seminar at the Evergreen Hospital, Kirkland WA.** Presentations by health professionals of the Booth Gardner Parkinson Care Center. Registration is required for this free event. Call Evergreen Hospital at 425-823-3000.

The **Home Sweet Home Fair** will be held at the First Presbyterian Church of Bellevue on Saturday, October 23 from 9:30 a.m. - 12:30 p.m. This fair will feature strategies and resources for staying in your own home as you age. Seattle Times columnist Liz Taylor will offer the keynote address and will be joined by a panel of experts addressing health and well-being, legal and financial planning, and adaptive design. A resource fair will feature over 35 services that can help you stay independent at home. No pre-registration required; Suggested \$5 donation for admission, parking and refreshments. For directions and questions call Overlake Hospital Senior Care at 425-688-5800.

**"Gerontechnology Today and Tomorrow,"** a one-day seminar to explore the relationship between technological innovations and aging in place and designed for professionals working with frail, older adults and their families. Saturday, October 30, 8:30 am - 4:30 pm Glaser Auditorium, Swedish Medical Center. Sessions will showcase products already available and will spotlight the research of the UW and Oregon Health and Sciences University, as well as Intel Seattle and Microsoft. For the agenda and to register contact the UW Institute on Aging, 206-543-8727 or see <http://depts.washington.edu/geron/Gerontech/agenda.htm> \$40 includes handouts and lunch; sponsorships available.

The **Memory Loss Evaluation and Dementia Management Clinic**, located at the Overlake Hospital's Mercer Island Senior Health Center, offers a comprehensive, multi-disciplinary evaluation for diagnosis and treatment of cognitive deficits and other symptoms of reversible and irreversible forms of dementia. Call this Seattle area office at (425) 688-5641 for additional information and appointments.

The **Parkinson's Interdisciplinary Program** located at Seattle's Northwest Hospital Center for Medical rehabilitation, offers a team of medical professionals dedicated to managing the symptoms of PD. Assessments and treatment in areas such as Physical Therapy, Speech-Language Services and Occupational Therapy and other facets of rehabilitation can be arranged through calling (206)368-1769.

Information about a Washington State site for **Brain Donation** can be obtained through the VA Hospital by contacting Christina Walker at 206)277-4631 or (800)329-8387, or via [Christina.walker@med.va.gov](mailto:Christina.walker@med.va.gov)

**University of Washington**  
**Department of Neurology**  
 Box 356465  
 Seattle, WA 98195  
 Attention: Anne, APDA

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 Seattle, WA  
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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!*

*Look inside for your registration form for the  
 20th Annual APDA Symposium of the Washington State  
 PD Community, Saturday, Nov. 6 at South Seattle Community College*