



Parkinson Pathfinder

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

Winter 2004-2005

What you can do about:

Continuing to do things you like through adaptation

Recently a number of artists with Parkinson's Disease have exhibited their work at Seattle area events. Some of them began creative pursuits in earnest when they had to retire from their jobs prematurely. Others had been artists prior to diagnosis and had to alter their techniques to accommodate the physical challenges brought on by PD. Following is a one such story - a lesson in passion, determination and flexibility.

Parkinson's Effect on My Art *by Penny Brown*

I've been weaving, spinning, knitting and producing beadwork for the past 15 years. I'm a rather compulsive knitter. I can't seem to sit without having something in my hands to do. I knit socks during meetings, while having coffee with friends....

I first noticed a problem with my right leg in February of 2001. As the year passed, my limp got worse. Eventually, I needed a cane just to walk from my cubicle to the copy machine. Sitting became very difficult for me. I went on family leave from my position in November of 2001, and have not returned to regular employment.

When my leg tremor started, I only had a problem at night. It continued to progress.... This really caused me a problem for my spinning and weaving. Treadling my spinning wheel caused my leg to just go berserk! The tremor got so bad I could only treadle for 15 minutes at a time. Luckily, I know how to spin on a drop spindle, so I could keep on spinning with my friends anyway. For over 3 years, a drop spindle was my closest friend. In the spring of this year, I finally gave in. I traded in my favorite wheel for an electric spinner. It works just like my wheels, but doesn't have a treadle. So I now can enjoy sitting in my chair spinning without that treadle that makes my leg go crazy.

My loom has been a bit more of a problem. I'm not sure how familiar you are with the operations of a floor loom. As the weaver, I have to step on a treadle for each pass of the thread. That means that on some fabric, I may have to step on a treadle (my loom has 10 different treadles) 20 times for each inch of weaving. To weave a long piece of fabric might involve 100,000 passes of the shuttle! This is really a problem for me. I had my husband calculate how much weight I had to lift with each treadle and it's about 12 pounds. My left leg has no problem with this, but my right leg is very unhappy! As a result, I could only weave for about an hour at a time. It's become such a chore that I bought a portable loom that I

can use while reclining in my chair. It's much easier to use & has NO treadles. I can't make the complicated fabric I used to, but I can still weave.

At some point in the not too distant future, I need to find a home for my floor loom. I can't bring myself to give in. I know it's true, but I just can't imagine that space in my home without my loom. It will be a very sad day for me when I do finally submit and find it a home.

Beadwork has been less of a problem. I used to do all my work sitting at the kitchen table. But again, my leg is really not happy with that arrangement. I found a "TV tray" with a pillow bottom & non-skid pad. Now I can recline in my chair, do my beadwork & just put the whole thing aside when I'm tired. I can get a lot more work done & my leg is much happier with that arrangement.

Since I began taking sinemet in March, my symptoms have improved greatly. Until recently, I was still having a problem with the "on/off" periods. Mirapex has been helping with that. I can treadle my wheel for about 2 hours now, and weave for about the same amount of time. But, my leg still gets very unhappy when I try to push for more. My cane has taken up residence in the umbrella stand.... I'm really feeling better than I have in years. But I know that while the symptoms are under control, my problem has not gone away. I've resolved to practice my arts as long as I can. If that means getting new equipment, then I will. And when I need to learn a new skill to accommodate my situation, I will.



Penny spinning, with her cat Lacey

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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

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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

The 2004 Build a Benefit Campaign Raises Funds for PD Research

The Washington APDA Build a Benefit Campaign raised a magnificent total of \$33,286 to send to the National APDA Office in support of research towards a cure for Parkinson's Disease.

Eight unique benefits were held throughout Washington State between September 11 and October 30. In the Seattle area, Suzanne Cameron opened the series by hosting a gourmet Mexican dinner party with mariachi musicians. Jeanne Kieffer and Alisa Malloch held buffet parties and Celia Grether hosted an English Tea. Wendy Holman organized a challenging bike ride while Marilyn Gustafson ended the season by throwing an Open House.

In other parts of the state, Susie Morrow pioneered the first APDA fundraiser in Whatcom County by holding a Spaghetti Feed and Silent Auction, while Alicia Phaneuf, a high school senior from the Tri-Cities, held APDA's first ever Bowl-a-thon. (see the following story)

The APDA Chapter Board is thrilled by the generosity and enterprise of our eight hosts and hopes that more people will choose to follow their example in 2005. Please remember that a benefit can be as simple as a garage sale or a group walk in the local park. And note that there is no rule that benefits have to be hosted by women! One simple idea is to gather one's friends to watch a football game on TV, serve refreshments and take up a collection. The possibilities are only limited by our imaginations.

Our thanks go to Suzanne, Jeanne, Alicia, Susie, Alisa, Marilyn, Celia and Wendy. You did an outstanding job filling the APDA research pot this year.

Pasco High School Senior Raises Research Funds For Senior Project

My name is Alicia Phaneuf, I am 17 years old, and I am a 12th grader at Pasco High School in Pasco, WA. Every graduating senior at my school is required to do a "senior project". This includes a written paper and then we have to complete at least 15 hours of independent work.

In the spring semester of my junior year, I had to decide what my paper was going to be about. I always had an interest in medicine, and different diseases, so I chose to research Parkinson's Disease, since I didn't know much about it before. I also knew that I needed to start thinking about my experience portion of this project, so I decided that I would do a fundraiser for PD and I contacted Anne Guthrie, from the APDA Center in Seattle. She gave me ideas of fundraisers that have been done in that area, but the problem was she is in such a large city and could have a large turnout, whereas I am in a small town in Eastern Washington.

I finally decided to do a bowl-a-thon. I talked to Go-Bowl, and they allowed me to reserve the bowling alley for two hours on Saturday, October 16, 2004. Now I needed to find local businesses to donate raffle prizes, money, or both, and I also needed to find bowlers. Over 20 different businesses helped with either donating raffle prizes, or they helped me promote my project. Beginning in early September, I was out almost every day after school asking different businesses for help, and in the evenings, I would call friends to see if they could either donate money, bowl, or do both. I received a lot of help from our local Parkinson's Disease Support Group, led by Loreta Brown and Fern Kelly, of which I began attending in March of 2004.

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The Art and Science of Living Well with Parkinson's Disease

The 20th Annual Symposium of the Washington State Parkinson's Community was held on November 6th at the Jerry Brockey Center, South Seattle Community College. The event's participants benefited from lectures and workshops delivered by representatives from the abundant number of PD experts working in the Puget Sound area. Presenters included professionals affiliated with area medical and research centers, many of whom are part of the developing Parkinson's Disease Research Center team, a consortium of area individuals involved in research. Lecturers and panelists included Kay Ballen, OT, Dr. James Leverenz, Dr. John Roberts, Dr. Ali Samii, Dr. Jeff Shaw, Dr. Phil Swanson, Dr. Cyrus Zabetian, Dr. Jing Zhang, and Ann Zylstra, PT. The morning presentations dealt with basic and clinical research, as well as information on current and emerging Parkinson's treatment therapies. The lunchtime presenter was Marty Richards, MSW, LICSW, an area social worker affiliated with UW. Her inspirational talk was on "Keeping Hope". She later led a workshop on caregiving. Additional afternoon workshops on strategies for managing symptoms, adapting to life with Young Onset PD and a panel of PD health specialists rounded out the event's educational program.

In addition to presentations, the event featured an array of exhibitors representing area service providers, organizations and pharmaceutical companies, and a display and sale of artwork by area artists living with Parkinson's. The PaGer Research Group was also on hand to enlist people in their study on the genetic basis of PD. The WA State Chapter of APDA presented an introductory "trailer" of their DVD entitled "Straight Talk About Parkinson's Disease". This patient education resource is in the final steps of production and will be ready for distribution in the coming year.

Awards were presented to individuals who have dedicated themselves and their time to the many projects of the WA State APDA. Recipients were Jeanne Keifer, for her contributions to chapter fundraising events over a number of years, and Celia Grether, outgoing Board President and Executive Board Committee member.

Appreciation is extended to the team of volunteers who tackled the many tasks involved in producing a smooth-running event and to the sponsors who provided funding for the symposium. In addition, the James Brockey staff are to be commended for their hospitality and attentive support- as well as the fine luncheon service.

Exelon May Help Parkinson's Disease Patients Who Suffer From Dementia

Results from a new study published in the December 9th issue of the New England Journal of Medicine show that the Alzheimer's disease medication Exelon® (rivastigmine tartrate) provided important benefits in symptoms of dementia in Parkinson's disease patients. Patients treated with Exelon had better overall functioning, and showed improvements in cognition and behavioral symptoms, compared to patients taking placebo. Jeffrey Cummings, MD, Professor of Neurology at the University of California in Los Angeles said "The outcomes, in both cognitive and certain behavioral aspects, demonstrated in this trial by patients taking Exelon can translate into meaningful gains — such as taking a more active role in everyday life, interacting with loved ones, and maintaining independence longer — all of which can make a

real difference for both patients and their families."

Previous studies suggest that patients with Parkinson's disease have up to a six-fold increase in the risk of developing dementia compared to elderly patients without PD. As with Alzheimer's disease, in PD patients, dementia is associated with a cholinergic deficit, which results in decreased transmission of signals between nerves in the brain. This deficit contributes to the cognitive and behavioral problems observed in these patients. People with PD who have dementia experience cognitive symptoms (such as problems with attention and memory impairments) and behavioral problems (such as agitation and mood swings), and have increasing difficulty performing daily tasks.

Friends of APDA Lose Family Members

The Chapter wishes to acknowledge the losses experienced by two families of the Washington APDA Parkinson's community. Grace Lendrum, the mother of Alisa Malloch, died in late October in Vancouver, Canada. Alisa is a long time volunteer and former APDA I&R Center Coordinator. Alisa's enthusiasm for her involvement in Parkinson's community was inspired by her mother's spirited personality which persisted through the two decades she lived with Parkinson's Disease.

Harold B. Abernathy, husband of APDA Board member Peggy Abernathy, died on November 28 in Seattle. In addition to his wife, survivors include a daughter, three step-daughters, a step-son and three grandchildren. Harold was a person living with Parkinson's who enjoyed golfing, gardening, cooking, cruising, RV traveling, fishing, and spending time with his friends and family. One of his loves was breeding and racing thoroughbred racehorses.

Friends are invited to share memories and sign the family's on-line guest book at www.flintofts.com

Ask the Doctor

Q: I have early Parkinson's Disease. I have been to three neurologists for advice about treatment and each one told me something different. One said I should start taking Mirapex or Requip. The second suggested I start carbidopa/levodopa. The third gave me a sample of Stalevo and told me to begin taking it. Who is right?

A: It is easier to say who is wrong, and that would be the third neurologist. Stalevo is a combination of carbidopa/levodopa and Comtan, which is an inhibitor of an enzyme called COMT which helps keep blood levels of levodopa as quickly as they do in people taking carbidopa/levodopa alone. Now there might be some theoretical reasons for starting people on Comtan early in the course of their illness, but there are no clinical studies that show that people taking Comtan early do any better than people taking carbidopa/levodopa alone. Stalevo is approved for use in people already on carbidopa/levodopa who find that the effect of the medicine wears off before the next dose. This is often not the case in the first few years that

Phil Swanson, MD, PhD
UW Department of Neurology
APDA Co-Medical Director



a person is taking carbidopa/levodopa.

The first two neurologists may both be correct which makes it tough for the individual patient to know which course to take. A recent study followed 301 patients with early PD. Half the patients took carbidopa/levodopa and the other half took pramipexole (Mirapex). Those who took carbidopa/levodopa had better improvement in the parkinson's symptoms but more (7% versus 4%) dyskinesias (restless movements). Those who took pramipexole first often added carbidopa/levodopa to improve their parkinsonian symptoms, but had more sleepiness and edema (swelling) in their legs. Interestingly, the quality of life in the two groups did not seem to differ.

In summary, there is no absolute right way to begin treatment for someone with PD. The expense of drugs and ease of use should be considered as well as the side-effect profile and the expected benefits.

Support News: Groups and Online Resources

★ The **APDA Young Parkinson's Center** in Chicago has launched their dramatically updated website at www.youngparkinsons.org. The developers invite your feedback about the site, as well as your written contributions for possible inclusion. In addition to a wealth of information, news and other resources, a section called "Faces of Experience" contains a growing collection of photos and stories from YOPD people. Look for several Washington state residents among the pages there. A website calendar of events is also included to post activities or events that might be of interest to people throughout the country. The staff of the Young Parkinson's Center can also be reached at (800) 223-9776.

★ The **TeleHealth** system, which provides an alternative method of medical consultation for remote areas, has also been effectively used to bring educational programs to rural hospital settings for the benefit of area patients and families. Through live, interactive broadcasts of presentations by experts in

matters related to Parkinson's, people in many parts of eastern Washington can now participate in programs once too far to attend. The **Seattle metropolitan area** will soon have access to these Spokane-based Parkinson's Support Group Telehealth Series through a collaborative effort of the Spokane Parkinson's Resource Center and the Northwest Parkinson's Foundation. For information, call Dave McIntire at NWPf at (206)352-1459.

★ **Volunteers needed to help facilitate existing and planned Support Groups:** Young Onset Groups in the Eastside, South Seattle/Tacoma and north Puget Sound areas are in need of people interested in sharing in the leadership of new or existing groups. A long-established West Seattle group for anyone affected by PD also is seeking a new leader or leaders.

These groups are important resources to their members and very rewarding to be associated with. If you or someone you know would like to learn more, please contact the APDA I&R Center at (206) 543-5369 or apda@u.washington.edu.

Parkinson's Disease Resources

★ Marty Richards, MSW, LICSW, a social worker in private practice and affiliate of the UW School of Social Work, presented at the recent APDA Symposium and recommended the following books as being helpful, and "hopeful" readings: *The Anatomy of Hope* by J. Groopman; Random House Publishers; *Counting on Kindness: The Dilemmas of Dependency*, by Wendy Lustbader; Free Press; *Taking Care of Aging Family Members*, by Wendy Lustbader, Free Press; *Caregiving: The Spiritual Journey of Love, Loss and Renewal* by B.W. McCloud; John Wiley & Sons, Inc.; **h.o.p.e.: Four Keys to a Better Quality of Life for Parkinson's People**, by Hal Newsom, Northwest Parkinson's Foundation (also available at NWPf-(425) 746-5556); *My Grandfather's Blessing: Stories of Strength, Refuge and Belonging*, by R.N. Remen; Riverhead Books; *Morrie: In His Own Words*, by M. Schwartz, Delta.

★ CHOICE Advisory Services, an agency for resources and information for seniors located in Mill Creek, WA has created a new free guide for locating products and services available to individuals and families affected by Alzheimer's or other forms of dementia. The premier edition of the **CHOICE Alzheimer's & Dementia Care Specialty Guide**, as well as their annual **CHOICE Guide of Products & Services for Seniors**, is available by contacting CHOICE at (800) 361-0138, or via their website at www.choiceadvisory.com (email bestcare@choiceadvisory.com)



KEEP MOVING !



Diane M Wortley provided this information about Aquatic Exercise for fellow readers.

Jenn Skeath, aquatic therapist at Highline Community Hospital Specialty Center pool, gently guides Victor through a series of exercises designed to improve flexibility, strength and balance. Victor is concentrating hard as Jenn guides him around the pool perimeter because walking in water for someone with Parkinson's can be as hard as walking on water is for the rest of us. Yet Victor glides along easily now. He notices a significant improvement in his overall sense of well being in the course of eight weeks of aquatic therapy.

Exercising in water provides buoyancy and makes all movement seem weightless. The pool also provides protection from falls and just enough resistance to strengthen muscles. For Victor, the guide rails along the edge of the pool are reassuring, the 92° water temperature is soothing and the small group size enables him to focus on his own goals.

Jenn plays soft music during the classes and gives attention to each person in turn. She helps each one within his or her own comfort range to achieve an optimum level of fitness. For some it may be simply stretching and loosening stiff and sore muscles, for others it may be working on range of motion and strengthening arms and legs.

Victor has had an overall improvement in stamina and balance. He looks forward to his weekly classes and finds that they have been a useful adjunct to his regular program of walks and stretching. He would advise anyone else with Parkinson's who is interested in beginning an aquatic exercise program to go ahead and take the plunge.

Highline Specialty Center is located at 12844 Military Road S., Tukwila. It is easily accessible from both I-5 and Hwy 99, and it takes us only about 30 minutes from North Seattle.

Continued from page 1. . .

Pasco High School Senior. . .

Obviously, the goal of my project was to raise money for the American Parkinson's Disease Association, and I did exactly that. \$1,297.00 was mailed to Seattle at the end of the fundraiser. Although there were only about 15 people bowling the day of the fundraiser, and I had a lot of discouragement because businesses were unable to participate, I had hundreds of people giving moral support and buying raffle tickets for the drawing that took place the same day.

This has been a very exciting experience for me. I never realized how many people in my area were affected by this debilitating disease, nor did I realize the number affected throughout the country. I intend on running "Bowl-For-A-Cure" again next year, to increase awareness throughout my area. I got a lot of praise and thanks, because many people

Parkinson's classes are offered Wednesdays and Fridays 9:45-10:45. For further information on Aquatic Exercise at the Highline Specialty Center as well as driving directions, contact Jenn Skeath at: (206) 248-4747.

The APDA's free booklet *Aquatic Exercises for Parkinson's Disease: a Guide for Patients and their Families*, explains the therapeutic benefit of aquatic exercise. It can provide good information to pool staff who may have persons with PD in their classes or as swimmers (available through the APDA I&R Center-see contact info on page 2). Another source of information is the book "Water Exercises for Parkinson's" by Ann A. Rosenstein (Idyll Arbor publishers).

Although there are not an abundance of specialty PD classes, all public pools in the Seattle area, and most other cities, offer low impact water exercise classes for seniors. Sessions are held in the shallow end of the pool. However, while there is disabled access, the class size tends to favor those who are most mobile. The following pools may be contacted regarding class hours, locations and facilities for senior classes:

Meadowbrook Pool 206-684-4989
 Queen Anne 206-386-4282
 Green Lake/Evans Pool 206-684-4961
 Bellevue Pool 425-452-4444
 Ballard Pool 206-684-4094
 Helene Madison 206-684-4979
 Medgar Evers 206-684-4766

Or see the City of Seattle website: www.cityofseattle.net/parks/Aquatic/pools/index.htm.

don't realize that teenagers are capable of doing something like this for their community, and I encourage others of any age to go out and do something for your community. It doesn't have to be an individual thing. Get a group of friends together to split up the work, and that way, it won't be as time consuming for just one person. If you are interested in helping PD find a cure, please take the initiative, and just do it!

There are many sources of information, and I am more than willing to help you get on your way. Please contact me if you have questions about how to get started in your area.

This article was adapted from Alicia's "Reflection Paper". We join her in challenging other students to get involved. To reach Alicia, contact the APDA I & R Center.

Thank you for your Greatly Appreciated Donations!

Contributions received September through November 2004

In Memory of

John Sprigings

David and Sharon Hysert

Ray Burgess

Dorothy J. Burgess

Mona Case

Carolyn Lorang and Joyce Palazzo

Ray Moore

Mr. and Mrs. Donald Bjornsen

R.R. Bob Grieve

Kathleen G. Deakins

Carroll L. Martell, Sr.

Betty and Larry Atkinson

Ruth Allen

Jean Milton

M. Jane McCarry

James E. McCarry

Marceille and Archie Kobel

Bette J. Hasbrouck

Phyllis Veitenhans

Barbara Waddell

Duane "Dewey" Crosier

Mr. and Mrs. Gale H. Force

Betty Force

Lorraine Diede

Constance N. Gall

J.D. Meeks

Mardi Roberts

Ken Sharp, Sr.

Marsha Lipets-Maser and Joe Maser

Charles E. Remick

Sirach Community Endowment

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Bill and Alice Hingston

Phil Griffin

Mr. James G. Hutton

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Deborah O'Brien

Stephanie Thatcher

Patricia Clark

Peggy Abernathy

Joyce M. Koch

Ruth W. Bennett

Peggy Newsom

Additional Donations

APDA also gratefully acknowledges persons who donated through this year's **Build a Benefit events** and those **symposium participants** who donated funds in addition to their registration fees. *Thank you for your support and participation!*

APDA Appreciation

The following businesses and organizations are deserving of our sincere thanks for their efforts on behalf of WA APDA and the Parkinson's community ~ Please support them in return!

The Microsoft Giving Campaign and the Morgan Stanley Annual Appeal Campaign for including APDA in their employee giving program. **Boehringer-Ingelheim Pharmaceuticals**, major sponsor of the 2004 Parkinson's Symposium and **Medtronic Neurological** and **Mylan Bertek Pharmaceuticals**, additional sponsors and exhibitors of the symposium.

Caregiver Training at Providence Mount Saint Vincent Lyn Frisch

"The importance of residents receiving their medications on time" was one of the messages that nurses took back with them to their daily practice after attending the Parkinson's in-service training by Sierra Daniel, PA, sponsored by the Washington Chapter of APDA at Providence Mount Saint Vincent in West Seattle. I interviewed nurses following the in-service to find out if their practice/approach to Parkinson's residents had changed with the new information they had learned. The most frequent response was an increased awareness of the importance of administering medications on time to avoid the "wearing off" phenomenon. (That's when symptoms such as slowness of movement, tremor and muscle cramping come back before it's time for the resident to take their next dose of levodopa type medication). Nurses actually changed the times medications were administered to insure timeliness.

Nurses' aides and residents assistants also attended the in-service. They found the hands on suggestions that Ms. Daniel made were helpful in providing care for residents with Parkinson's disease. Such basics as not to hurry, giving people time to respond, keeping residents mobile and walking for as long as possible, and taking time to assist with eating and insuring that good nutrition is maintained. All staff were impressed with the caliber of this in-service. Ms. Daniel presented a lot of information, was open to questions, and made the information applicable to the long-term care setting at Providence Mount Saint Vincent.

Thank you, Washington Chapter APDA, for providing this training which has led to improved care for our PD residents. Keep up the good work!

Providence Mount St. Vincent (The Mount) is a vibrant and innovative living care facility for older adults, The Mount is home to more than 400 older adults who need some type of assistance with their daily living or are in need of 24-hour care. The Mount is nationally known as setting the standard for the resident-directed care model.

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

Wellness House
Contact Kristyan
509.248.8539 or
kristyan@senioravenues.com
Meets 2nd Saturday, 1-2pm

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

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 sbohann@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 Gene 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

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
General Group
Contact: Hazel Forbes
360.403.8896
Meets 4th Saturday, 2pm

Caregiver Group

Contact: Bill Coy
425-338-3136
Meets 2nd Monday 2-4pm

***Denotes APDA Affiliation**

Greater Seattle Area

*Bothell

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

Bellevue/Eastside

North Bellevue 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

Seattle Well Spouse Group

Greenwood Activity Center
Contact: Carin Mack or
socialwkr@earthlink.net
Meets 3rd Monday, 4 pm

*Seattle Caregivers Group

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

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

Before joining a group,
please contact the Group
Leader to confirm
location and schedule

Parkinson's Notes: Updates and Upcoming Events

The Dallas, Texas APDA Information and Referral Center is currently organizing a **Parkinson's Cruise Group** to accommodate 50 passengers on a **Celebrity Cruise Lines 12 Night Panama Cruise** which is set to sail on October 31, 2005. The cabin prices range from \$1299 to \$1999 (airfare and shore excursions not included) The cruise is open to any interested individuals, but hurry as spots are going fast! For details of the PD Cruise Group and the cruise itself, contact Sharon Kay Howell of Travel Masters, at (903) 581-8111 or skhowell@att.net. The website for Celebrity is www.celebrity.com.

The **Restless Legs Syndrome Support Group of Greater Seattle** hosts meetings for people affected by RLS. For information, contact Roger Winters at (206) 296-7838 or rwinters@seanet.com. The RLS Foundation lists additional support groups in Seattle, as well as Pierce and Skagit counties. For information: www.rls.org or call (507) 287-6465.

The **Parkinson's Email Update**, a service of Northwest Parkinson's Foundation in Washington State, is available weekly by free subscription. It provides a summary of items in the national news, as well as occasional local events. To subscribe, contact www.nwpcf.org.

Parkinson's Action Network's annual Research, Education and Public Policy Forum will be held in Washington, DC February 6-8, 2005. The forum will also be available by internet "webcast". For information, contact PAN at (800) 850-4726 or www.parkinsonsaction.org. Several Washington state advocates typically attend. Contact PAN state representative Judi Baker at judi@4itg.com or (425) 313-8886 for more information.

Tell the kids in your life that **Neuroscience for Kids is holding a Drawing Contest** related to the human brain for school kids in grades K-12. Entries must be received by February 1, 2005. Winners from 4 separate age groups will be selected and awarded books, CDs and other materials from the Neuroscience for Kids library of brain resources. For further information about internet site (which is the "brainchild" of Dr Eric Chudler, of the UW Dept of Anesthesiology) either "google" Neuroscience for Kids or go to <http://faculty.washington.edu/chudler/neurok.html>.

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

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*Season's Greetings to our readers
 from Washington State APDA!!!!*

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!*



Mark Your Calendars!!!!



Rockin' for a Reason III with Daryl and the Diptones
3rd Annual Dance Benefit for APDA of Washington State

Saturday, April 16 at St. Demetrios Church in Capital Hill, Seattle.

Details in your next Pathfinder.