



Parkinson Pathfinder

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

Summer 2005

Research News: Genetic cause of some Parkinson’s disease cases identified

In May of this year, Medicine News.net reported that two studies strongly suggest that a mutation in a recently discovered gene is the most common genetic cause of Parkinson’s disease identified to date. The findings could lead to the development of a genetic test to detect the mutation in individuals at risk. The research team includes investigators at the National Institute on Aging (NIA) and scientists supported by the National Institute of Neurological Disorders and Stroke (NINDS).

In these studies, the investigators found that a mutation in the gene LRRK2 appears to occur in at least one of every 60 people who have the disease. Overall, the mutation could be responsible for up to 5 percent of Parkinson’s disease in people with a family history of the disorder and may account for 1½ to 2 percent of cases in individuals who do not have a family history of the disease.

“Among the forms of Parkinson’s disease that are genetic in origin, this gene mutation causes more cases of Parkinson’s disease than any other gene discovered to date,” says Andrew Singleton, NIA’s Laboratory of Neurogenetics. “Knowing that this mutation is not only important in familial forms of disease, but also typical sporadic disease, where there is no strong family history, could lead to earlier detection of Parkinson’s disease might help scientists identify new treatments.”

Singleton and his colleagues recently discovered a gene called LRRK2. It was isolated on a region of chromosome 12 called PARK8 by investigators who studied five families with a history of Parkinson’s disease who lived in Spain and in England. In these studies, the researchers sought to determine the prevalence of the genetic mutation in other families and individuals being studied. In an analysis of 358 families with a history of Parkinson’s disease, for instance, the investigators found that 34 of the 767 people who had inherited the disease had at least one copy of the mutated gene. Similarly, researchers detected one copy of the mutation in 8 of 482 people with Parkinson’s disease, but who didn’t

report a family history of the disease.

Seattle researcher Dr. Cyrus Zabetian is seeking subjects to participate in an ongoing PD genetics study. For information call (206) 277-4594.

Rocking for a Reason: Dinner, Dance and Auction



This year was the third annual dinner, dance and auction fundraiser. It took place on April 16th at St. Dimetrios Greek church. It was attended by 218 people, many of whom stayed from opening until the band stopped playing. For fun and excitement this year we were fortunate enough to have John Curley of Evening Magazine as our MC. We had 3 bands; The Diptones, Detour Junction, and a warm up jazz band named the “Bastards of Jazz”. The music was great and the sound was much improved from our previous dance. The food was catered by Suzanne Cameron and her group, and was truly astounding. Nothing was left to pack up but the dishes.

This year a special funded item was targeted for local research. We look forward to being able to financially support our local researchers.

The event would not have been possible without many wonderful volunteers that spent much time planning, setting up, running and cleaning up after this wonderful event. Ikea made a huge donation that we were very fortunate to receive and Carol Dillon did a fabulous job with decorating the hall to the theme of 60’s. Thank you all. Those of you who missed it this year, do not make that mistake next year!

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Information & Referral Center

UW Dept. of Neurology

Box 356465

Seattle, WA 98195

Phone: (206) 543-5369

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

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TBA

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1-800-223-2732

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.

Chapter News**WA APDA President Report***By Ann Zylstra*

This year was greeted by many changes. Our previous president Celia Grether has finished her reign as the board president and has resigned from the board. During her 3 years Celia brought much growth and stability to the WA APDA board and she will be greatly missed. Suzanne Cameron and I have agreed to share the responsibility and have become the co-presidents. We are very excited about the prospect of following Celia's lead and helping the Washington chapter to continue to grow and offer support to our community. Peggy Newsom is continuing as the board secretary and Peggy Abernathy is our current treasurer.

As of February of this year, Pat Noonan, our executive director resigned to pursue personal and professional ambitions in Sudan. We greatly miss Pat, and hope she returns home safely when she has met her goals. A committee has been formed to help seek a new executive director with hopes that the position will be filled by late summer.

The year has been passing too quickly. The Diptone dance and auction event took place April 16th, and was a great success enjoyed by many. The DVD "Managing Parkinson's Disease; Straight Talk and Honest Hope" is finished and becoming available for those who would like to see it. The Web site is in transition with hopes of expanding our ability to share new information and exciting upcoming events.

Speaking of upcoming events the Puget Sound area YOPD patient advocates are hosting a conference on Saturday June 11th at the Coast Bellevue Hotel. Don't forget the "Build a Benefit" fund raiser to help raise money and promote awareness of Parkinson's disease.

Suzanne and I are honored to be elected president(s) and look forward to many future endeavors.

It's Here! Straight Talk about Parkinson's Disease

After 2 years of developing the DVD "Managing Parkinson's: Straight Talk and Honest Hope" is here. This DVD was the idea of Mike Shannahan to provide education and information to those who are newly diagnosed with Parkinson's disease, or those who live in a community with minimal education and support for those with the disease. Many have spent their time and skills to provide a top quality DVD.

The DVD is very simply laid out. It is divided into 3 major parts; Part I Parkinson's disease with 6 sections discussing the disease & its treatment, Part II What you can do to live better with the disease, and Part III Stories from people who are living the disease. Many neurologists, neuropsychologists, psychiatrists, physical therapists, nutritionists, and other professionals helped to write the script and to narrate the information.

So how can you get a hold of a copy? The DVD's will be provided to your local I&R Center by the WA Chapter APDA. We have provided the first 25,000 copies free of charge through the generous donations of many individuals and the American Parkinson's Disease Association. To continue to reproduce and distribute these DVD's we will be counting on continued donations by those able to contribute.

Special thanks go to Mike Shannahan, VM Creative, inc, Dick Dunn, Jack David, Jim Marsh, and Susan Hutchison for making this possible.

For residents of WA, HI, AK and OR: To order single copies, contact the APDA I & R at the contacts listed on page 2. Larger orders can be ordered through honesthope@comcast.net

What you can do about- PD's affect on your marriage

Coping with the challenges of a chronic illness like PD can take its toll on a marriage. Sandi Gordon found that her marriage was under tremendous strain due to the constant demands of her illness. Sandi shares her ideas for bringing love back to a marriage affected by PD in this excerpt of her article published on the APDA Young PD Information and Referral web site. For the full article, please see www.youngparkinsons.org

* For Better, For Worse

PD sufferers have an understandable tendency to be self-centered. They expend so much time and energy coping, many feel pardoned from contributing to the love in the marriage. This leaves the well spouse to assume his partner's love, which often leads to burn-out, and a fading love.

I made a silent vow one day—I would do *my* part and love my husband Paul *unconditionally*. I didn't realize, until I put my whole self into this goal, how I had slipped out of expressing my love over time. PD had been my excuse. I had been too busy coping to dote on Paul.

Remember that to love unconditionally means to love no matter what, with no strings attached. Don't make your love for your spouse contingent on his/her ability to reciprocate. But isn't this how love should be given—as a gift, without cost? Strangely though, it is difficult to receive love without being affected by it. Once I actively showed my love, Paul did not have to change. Paul *was* changed! His patience grew immensely, his sense of humor returned, and his love reemerged.

Chances are that if watered generously with love, in time the seed that was planted when your spouse vowed "for better, for worse..." will once again take root, sprout and blossom forth in love.

The following list provides concrete ways of showing unconditional love. The suggestions are geared to persons with PD since I believe they often need to be the initiators of change.

- Tell your spouse several times each day that you love him/her. Communicate your love nonverbally as well, touch is *so* vital to a relationship!
- Be as undemanding as possible. Resist the temptation to ask your spouse to do things for you, even if it takes you

twice as long to accomplish the task. These little gifts of time can greatly reduce the likelihood of burn-out for the well spouse.

- Encourage your spouse to maintain favorite hobbies or sports that bring pleasure or provide an important outlet for stress.
- Compliment your spouse often. Everyone enjoys a kind word. Pointing out the positive qualities also serves as a reminder for you of those attributes you most admire and respect.
- Take an interest in things that interest your spouse. This communicates you care about the things that are important to him/her.
- Plan dates regularly. See a movie, have dinner out or attend a concert. On occasion treat your spouse to his/her favorite restaurant or activity, even if it's not one you would choose.
- If your goals exceed your capabilities due to the limitations of PD, resist the urge to push them on your spouse. Even though it's frustrating to want a task completed, exercise patience, or rely on someone other than your spouse.
- Plan surprises. Flowers, a card, concert tickets, or breakfast in bed, send messages of love, especially on a day other than a birthday, an anniversary or Valentine's Day.
- Arrange your medical schedule to include quality time each day with your spouse for visiting, playing a game, cuddling in front of the TV. Don't use all your optional time for work or errands, and then "crash" once you are home.
- Always express your appreciation for the thoughtful actions of your spouse, no matter how small. Although marriage should foster honest sharing, rely on someone other than your spouse to share many fears and frustrations. Spouses have their own share of worries, and often aren't capable of providing their partner with emotional strength as well. Keep positive thoughts central in your relationship.
- Seek forgiveness when you lash out in anger over PD unfairly at your spouse. Also learn to forgive your spouse's wrongdoing, even when no apology is offered.

Sandi Gordon was diagnosed with PD in 1988 at age 30. She is the author of two books: Parkinson's: A Personal Story of Acceptance and Smiles for the Heart.

Cut this card out and keep it in your wallet

TRADE NAME	[GENERIC]
Harmony1	[Deserpine]
Moderil	Rescinnamine]
Pavabid	[Papaverine (peripheral vasodilator)]
Raudixin	[Rauwalfia Serpentina]
Rauverid	
Rauwiloid	[Reserpine]
Serpasil	
Wolfina	[Alpha-methyldopa]
Aldomet	
Taractan	[Chlprothixene]

Drugs Parkinsonians Should AVOID (Contraindicated)

A list to keep handy and share with health professionals

Updated 10/04 by

Dr. Ali Samii,

University of Washington
Department of Neurology

Names:	[GENERIC]
TRADE	
Haldol	[Haloperidol]
Loxitane	[Loxapine HCL]

The Washington State Chapter of APDA has chosen 2005 as a year of special focus on Young Onset Parkinson's- the people affected and the unique challenges they face. On these pages we are pleased to feature 2 articles contributed by Washingtonians with YOPD, as well as announce an event planned to highlight issues of special significance to this growing population.

Coming Out *By Mitchell Levy*

I'm going to have to live with this secret. If this got out, I could be fired. At the very least people will start talking behind my back. I've seen it before, the rumor mill churns. My cubicle will be like a quarantine area of a hospital.

I must admit that I am somewhat surprised that nobody has said a word to this point. There are telltale signs, certain hand movements, the way I walk, and definitely when I speak. However, there have been a few people lately that have given me a knowing look, or a certain smile, but nothing has been said.

Scared! That is the best way to describe how I feel. I'm about to enter an alternative culture. People with their own lingo. People with their own set of values, a culture that is foreign to a "normal" person.

There is so much at risk here. My job. My career. My friends. My family. But on the other hand, how much longer can I keep this secret a secret? How much longer can I hide who I am?

I've seen others come out of the closet. Coming out has been so good for many of my gay and lesbian friends, although sometimes with mixed results. How will it be for me? Well, let's find out!

"Hello, my name is Mitchell Levy and I have Young Onset Parkinson's Disease." There, I said it. Whew!

I feel so much better, like a giant weight has been lifted off of my shoulders. No more trying to hide my tremor, no more worrying about slurred speech or loss of train of thought. Now I can walk proudly with my cane, enjoying the fact that I can still walk.

Mitchell Levy has served as the facilitator of the Young Onset Parkinson's Eastside Network and often contributes to the Pathfinder as the "Gadget Junkie". He wrote this in 2003 when he was in the process of making decisions related to continued employment.

Young Onset PD event to "Bridge the Gap between Dreams and Reality"

Greater numbers of people are being diagnosed with Parkinson's Disease (PD) at an earlier age resulting in families having to prepare for decades of living with the physical, emotional and psychological challenges that Parkinson's presents. This group affected by Young Onset PD (YOPD) find themselves 'strangers in a strange land'. It is time for all stakeholders in the issues of YOPD to develop strategies to support a good quality of life for persons affected by this chronic, life altering condition.

A group of the Washington YOPD community, has formed the Parkinson's Independence Project (PIP) with a mission to "advocate for policies consistent with our goal of independence; collaborate with regional health providers and PD organizations; support and share information and resources with other YOPD people regarding the issues

associated with living, loving and working while you have you have PD.; and most importantly, actively participate in the quest for a cure".

To jumpstart networking efforts, an event called Bridging the Gap between Dreams and Reality is being held on Saturday, June 11 at the Coast Hotel in Bellevue, WA.

This event is planned as a roundtable discussion among people with YOPD, their family members and the professionals who support them to strengthen the supports and services available for those living with YOPD now, and for the newly diagnosed in our state.

A brochure with program details can be found on the APDA website at www.waparkinsons.org To register contact either Diana Preice, dianapreice@verizon.net or 425-803-3887 ; or APDA at apda@u.washington.edu or 206-543-5369.

TRADE NAME Mellaril (high dose)	[GENERIC] Thioridazine
Moban	[Molindone]
Navane	[Thiothixene]
Prolixin, Permitil	[Flufenazine]
Risperdal	[Risperdone]
Serentil	[Mesoridazine]
Stelazine	
Thorazine	[Trofluoperazin]
Trilafon	[Chlorpromazine]
Zyprexa	[Perphenazine]
	[Olanzapine]
TRADE NAME Ascendin	[GENERIC] [Amoxapine]
Nardil	[Phenelzine]
Parnate	[Tranylcypromine]
Triavil	[Perphenazine/ Amitriptyline combined]
Compazine	[Prochlorperazine]
Inapsine	[Droperidol]
Parnate	[Tranylcypromine]
Phenergan	[Prometazine]
Reglan	
	[Metoclopramide]

YOPD Northwest Support Group Build a Benefit Event Summary, 2004

Susie Morrow, Support Group Facilitator

When I found out about the Build a Benefit for PD Research campaign this year, I must admit, I was bummed that there was not going to be a walk-a-thon, I so enjoyed that last year! It took until I heard about it the second time before I got motivated to do something- then I got very excited about it. I proposed the idea to my support group, and got responses ranging from complete enthusiasm to complete refusal, to no comment at all. This left six of us who wanted to participate. We were planning a spaghetti feed and silent auction. Two of those who decided to participate took part by donating items, one being a beautiful sculpture, the other an array of baked goods, both handmade by the people with PD. The other four of us scrambled around to get this all put together in a month. We must have had just the right amount of enthusiasm- for we managed to gather lots of auction items, and even the spaghetti- along with the cook- were donated!

The day of our event turned out wonderful! The sun was shining and we were all in good spirits. We got everything set up and ready before the first people came through the door. We had three tables of auction items with more items hanging on the wall, a literature table, and the greeting, money-taking table. In another room we had the spaghetti, salad, bread, dessert and beverages all set up. We had a band playing music, and had a video about YOPD playing. My husband Tim gave up his Saturday to help with our event by running the sound for the band, setting up, cleaning up, zooming to the store for everything we forgot, and on and on- not to mention the huge emotional support he was for

me through this whole process. My son and daughter were there to help too, as were some of my daughter's friends. We did not have a huge turn out, but the people who showed up were great. Every person who came to our event had their life affected by PD, either they had it themselves, or a friend or family member did.

One lady in particular will remain in my mind and heart forever. A bunch of us were sitting around a table outside, talking about how this Parkinson's beast has affected our lives, what meds we take, doctors, etc. Right across the table from me was a lady older than me, but certainly not old, and her daughter. The mom was not saying anything, just listening to us and nodding her head in agreement of things that were being said. One of the gals in our group asked her if she would like to say anything, and she did: her husband had Parkinson's, and he passed away in March. She described the frustrations of the disease and the feeling of helplessness as she watched her loving husband go through all the stages of the disease, becoming just a shadow of the person he had always been. My heart went out to her and I just wanted to hug her and thank her for being so wonderfully "there" for and with him through it all. Both she and her daughter said that as soon as they found out about our event, they knew they had to come. They wanted to do something to help eradicate this terrible disease so other families would not have to go through all that their family did. She had tears in her eyes as she was speaking, and I could barely hold mine back. (continued on page 6)

Build a Benefit for PD Research 2005!

Due to the enthusiasm and success of state-wide events held during last year's first *Build a Benefit Campaign* your Washington Chapter of APDA is launching Campaign 2005. This unique series of events, which has replaced the annual Walkathon, will be happening as close as your own backyard! The campaign's combined funds will be sent to APDA's national office to help fund research underway at PD Centers of Excellence around the country-including in our own state.

APDA's Build a Benefit Campaign consists of 4 summer months of fundraising events organized by individuals or groups of Parkinson's advocates throughout Washington State. We will support you in organizing an event from now through September as big or as small as you wish and whatever type you prefer. The possibilities are endless: a garage and bake sale; a 4th of July picnic and stroll at a local park; a spaghetti feed (see the related story); a day at the pool or beach; or perhaps an elegant end of the summer Labor Day

cocktail party. Consider inviting a group to organize as a team- maybe your PD Support Group, church or granddaughter's Scout Troop.

In addition to raising research funds, we hope to spread awareness about PD further around the state. Just as the Walkathon did for those who have been able to attend, these scattered events will also serve as opportunities for the PD community to come together for camaraderie and some good fun while supporting an important cause.

To receive your Event Planning and Idea Guide and to serve as a host, a team member or an event volunteer, contact the APDA Information and Referral Center by phone at (206) 543-5369 or via apda@u.washington.edu. Information will also be posted on our website at www.waparkinsons.org

Get ready, get set, build your idea! This year ALL of Washington State is invited to help APDA "Ease the Burden and Find the Cure" for Parkinson's.

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 Estella Lenhart

509.667.0844

Meets 3rd Monday, 1:00pm

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

yopdnw@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

Young Onset of Snohomish

Contact: Karen Painter, 425.327.9401

kpainter62@aol.com

Meets 3rd Saturday, 2 pm

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 Brenda Vizzini, 253.839.9793

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

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 1st Monday, 4 pm

*Seattle Carers Group

Hamilton House (University District)

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

*Denotes APDA Affiliation

Parkinson's Notes: Updates and Upcoming Events

***The Americans With Disabilities Act (ADA)** will be featured at two upcoming workshops being co-sponsored by APDA and the MS Association of King County. On 6/22 matters related to Public Transportation, as well as issues related to driving, will be covered. The second workshop on Public Accommodations, and issues of access will be held on 6/29. Workshop fee: \$10/person each \$15/couple. For locations, times and registration, call MSA at 206-633-2606.

***The World Parkinson Congress**, being held in February 2006 in Washington DC, will bring together the entire Parkinson community including scientists and physicians; people with Parkinson's, organizations and government representatives from throughout the world. This will be an opportunity to enlighten, enhance, and empower the community in a joint effort to find the cause and cure of Parkinson's disease. For information, see www.worldcongress.org. One aspect in the quality of life segment of this event will focus on Creativity and Parkinson's. To showcase this, there will be a display of works of art by Parkinson's patients. These works may be visual arts, literary arts or performing arts. **Artists are invited to submit slides/photos/or e-mail pdf files for review.** The deadline for Submissions is 8/30/ 05. See the website for submission details.

* **"Don't Be Silent: Tell Us Your Story"** is the first nationwide effort to learn more about Parkinson's directly from people who have the disorder. The first-person accounts are being compiled by the Muhammad Ali Parkinson Research Center. Participants will be asked to complete a confidential survey. Results will be entered in the Parkinson's Disease Registry, a project of the Barrow Neurological Institute at St. Joseph's Hospital and Medical Center in Phoenix. The center's goal is to have 20,000 Parkinson's patients participate. The survey is available online at www.parkinsonregistry.com or by calling 877-287-7122

***Life in Motion Awareness Campaign** - More than 45 patient advocacy organizations, foundations, and professional societies have joined a coalition in support of the this campaign committed to raising awareness about movement disorders, early and accurate diagnosis and treatment options. The campaign, launched in April, will include media outreach, public service announcements, and community outreach. Healthcare professionals and patients can visit the Life in Motion Resource Center website at www.life-in-motion.org to find information and support resources including "Managing Your Life in Motion," a practical tool to help patients communicate more effectively with their healthcare team.

***SAVE THE DATE! The Annual APDA Symposium** will be held on Saturday, October 8 at the Shoreline Conference Center, just north of Seattle. Look for registration brochures in your next Pathfinder, and online at www.waparkinsons.org.

University of Washington
Department of Neurology
Box 356465
Seattle, WA 98195
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!*

Upcoming Events of note:

YOPD: Bridging the Gap Between Dreams and Reality
**ADA Workshops - Build a Benefit for Research,
and the Annual APDA Symposium**