



American Parkinson Disease Association

Parkinson Pathfinder

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

Winter 2005-2006

January Workshop To Focus on Issues Common to YOPD and MS

Saturday January 21st marks the date for a unique collaboration between the Multiple Sclerosis Association of King County and the newly formed YOPD Committee of the APDA Information and Referral Center. The day's workshop program, entitled *Living Well with a Chronic Progressive Disease: Managing Changes Caused by MS and PD* will focus on topics related to coping skills; the causes of, diagnostic procedures and treatment strategies for cognitive and mental health issues; as well as ways to maintain and strengthen one's overall quality of life. Two Keynote speakers, Mary Pepping, PhD, ABNP-CN and Jeff Shaw, PsyD both clinical psychologists, will lead off a panel of expert providers in the field of MS and PD treatment. Persons with PD and MS will also be panel participants. Break-out sessions will provide more in-depth opportunities for event participants to discuss the topics, and a luncheon

will offer ample time for networking to explore future collaborations by these two communities.

Artists of all media are encouraged to participate and share their creative "coping" styles. Laura Dean, originator of Parkiejam - an onsite community of creative souls with PD-will share some of that group's musings and music at the event. Plan to bring along your own work, or add to an on-site group effort. Mitch Levy is also organizing a display (and possible sale) of art done by artists affected by these conditions. To enter that display, contact Mitch at TecToc@msn.com.

The event is being held at the Tukwila Community Center. Pre-registration and a \$25 fee (\$40/couple) is required. Contact either MSA of King County at 206-633-2606 or APDA at 206-543-5369 (or apda@u.washington.edu) for information and a brochure.

2005 APDA Symposium Features International Perspective

Networking for Knowledge and Support was the theme of the October 2005 symposium of the Washington State Parkinson's community. The event, once again comfortably held at the Shoreline Conference Center, was the 21st annual APDA symposium held to bring the most current information about the condition, its possible causes and the current and developing treatment strategies to the community. Four presentations were provided by an international group of experts. These included research reports by Keynote speaker A. Jon Stoessl, MD (Director, National Parkinson Foundation Centre of Excellence, University of British Columbia, Canada) and James Leverenz, MD (Seattle, VA). Emerging treatment strategies were discussed by Ali Samii, MD (Seattle VA and UW) and Professor Harry Bradford (Imperial College, London University), who gave a lively talk on the pros and cons of brain cell implantation. A Question and Answer session provided the opportunity for many audience questions and comments to be addressed by a panel of the presenters who were joined by Dr. Alida Griffith, Dr. Robert Goodwin, Dr. Patrick Hogan, Dr. Phillip Swanson, and Dr. Cyrus Zabetian. The luncheon provided time for socializing while enjoying the soothing sounds of guest harpist Beth Kolle. Poetry by Laura Dean, an Oak Orchard writer who has PD, was recited by YOPD peer Carey Christensen. Ann Zylstra, Co-President of the WA State Chapter, honored two men with

APDA awards for significant volunteer contributions- Michael Shanahan and Vance Martin. Both gentlemen were key players in the development of APDA's DVD produced to offer "straight talk and honest hope" to persons newly diagnosed with PD. Symposium organizer Anne Guthrie wishes to thank the many people who made the event a success, including: dedicated Board Members, a host of veteran and new volunteers, Stuart Whitmore for his gratis videotaping services, the exhibitors who offered valuable information, and Doctors Leverenz, Samii, Swanson and Zabetian for their assistance with program planning. Gratitude also goes to this year's important financial sponsors: Boehringer-Ingelhiem, Medtronic, and Schwarz.

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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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**Please Send Donations
To The Board Address****National APDA**

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

Please welcome newly hired Development Director, Evelynne Davis, who joined WA State APDA December 1, 2005.

Dear All,

It is with great pleasure that I have accepted the position as the new Development Director with the APDA'S Washington State Chapter. I was born in Dublin, Ireland, and moved to San Diego in 1993. I have 2 children and 4 grandchildren. During my spare time I enjoy knitting, playing tennis and bridge. I previously worked with Mama's Kitchen, one of San Diego's largest meal delivery services for people suffering from AIDS/HIV. Since moving to Seattle in April, have been actively involved with Tent City 4, the Homeless Encampment that is based on the Eastside.

As a New Year approaches, I am looking forward to developing new campaigns and increase our grants, corporate sponsorship and fund raising efforts. Along with that I am asking you to help persons with Parkinson's in our state look forward to a New Year of increased h.o.p.e. through "Hope, Optimism, Physicians, and Exercise" and, of course, new research. To meet that goal I ask you to consider donating a small amount for APDA's Year End Appeal. This will help us start 2006 with resources to provide support for our Parkinson's community. I know that due to your kindness and support that this will be forthcoming.

Please use the preaddressed envelope found in this newsletter, see our website at www.waparkinsons.org or mail your donation to the following address:

American Parkinson Disease Association
Washington Chapter

P.O.Box 75169, Seattle WA 98175-0169

Wishing you all a very Healthy and Happy Holiday Season, and I look forward to meeting many of you in the coming months.

Sincerely,

Evelynne Davis,

Development Director APDA

developmentdirectorapda@gmail.com



Evelynn Davis, Development Director, APDA Washington Chapter

Students Win With Their PD Display!

Serena Lam (center) with team members Elizabeth D. (L) and Ariel W. (R) proudly show what they learned about Parkinson's disease. Congratulations!

Earlier this year Serena Lam, an 8th grader at the time, called on APDA to obtain information about Parkinson's disease- her topic for a Junior High Health Fair. After months of dedication (and fun she said!) her team's hard work paid off when they were awarded as one of the top ten displays and presentations. Anne at the APDA Information and Referral Center would be pleased to support any other students in a PD-related project. We need all the public awareness we can get! (See Page 2 for Anne's contact information)

Keep Moving!

“USE IT OR LOSE IT” by Diana Preice

Although we may try and deny it, avoid it, or ignore it—the above statement is true. Unless you keep up with some form of regular exercise, your flexibility, agility, general mental and even emotional health will suffer. When you have a chronic movement disorder like Parkinson’s, regular exercise of some sort is crucial to maintaining whatever range of movement you do have.

I was diagnosed with PD in 1994 at the age of 46. At that time, I was working full time as an administrator in the Family Division of the Court in Connecticut. I was fortunate in that, other than PD, I was pretty healthy and, after many years of various forms of exercise done for varying amounts of time, I had finally found something I could stick with and felt comfortable doing. This was not easy for someone who was incompetent in all forms of sports, especially those involving balls. Having poor depth perception to begin with and little or no “natural” ability for such things was a disastrous combination that did not bolster my self-esteem or make for an enjoyable experience. I also thought exercise machines were boring and I did not possess the self-discipline to exercise “on my own” for any length of time. Anyway, with my job—who had the time???

However, I wasn’t getting any younger or any thinner sitting in meetings and going to lunch all week. It often takes a major life change to get you motivated and that was the case for me. I had been recently divorced and was looking to redefine my “image”. This time I knew better than to retry all the things I never before kept up with. I saw an ad for a class called “Jazzercise” and decided to try it. I liked music, liked to dance, and needed the routine of a regular class. I went to my first class in Connecticut in 1979 and I have been going ever since. Although I enjoy doing it, it was still hard to motivate myself to go on a regular basis. Those cold dark mornings or long, hard days at work would present themselves as easy excuses. However, I always found that no matter how badly I felt before class, I always felt better afterwards: all the stresses of the day seemed much more manageable.

I am fortunate that, although I was diagnosed in 1994, my

PD is progressing slowly. When I first noticed that my movements in Jazzercise class were not as quick or fluid and my range of motion was diminished, I became very discouraged. But I soon realized that I felt worse physically, and was less able to cope with the daily pressures of life and was more prone to depression when I didn’t exercise. So I forced myself to accept the fact that I was now going to have to adapt to whatever level of performance I was able to achieve and I continue to enjoy the benefits of more flexibility and a more positive attitude.

Exercise is a really individual thing; not only are people’s abilities variable, their likes and interests are different. What is important is not how strenuously you exercise but that you do it to the best of your ability on a regular basis. You need to do it for a period of time before you start noticing the benefits, and you will only do it regularly if you find it somewhat enjoyable. With PD it is important to keep moving so you can remain as flexible and ambulatory as possible. It’s also often difficult to maintain a positive attitude. Exercise won’t cure depression, but it is one tool to help you cope with it. There are all kinds of things you can do ranging from stretching done while sitting in a chair to running a marathon. Look around, try a few things, find something you like and keep doing it! Even a walk around the block broadens your perspective for the day. Consider it a part of your life—not something you have to make time for. I can only speak for myself and from my own experience, but regular exercising plays an important role in keeping me moving well and feeling good.

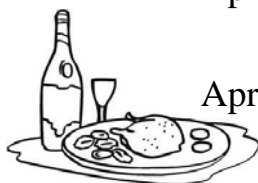
Keep moving to keep moving!

Originally from Connecticut, Diana has lived in Kirkland with her husband and menagerie of pets for 3 years. She has substituted her work life for a very active volunteer life at Seattle Art Museum, Booth Gardner PD Care Center...and now at APDA (applause!) You can join her in jazzercise at Juanita Community Club. Details can be found at www.jazzfitness.net or from instructor Phyllis Pierce at (206) 484-1494. Or....reach Diana herself by contacting the I&R Center (see page 2).

Save these dates for 2006 APDA events !!

April 8th ~ Annual Auction and Dinner at St. Demetrios Church, Seattle
 (“home” of the last “rock and roll” event..without the “rock”)

April 15th ~ Spokane PD Symposium co-sponsored by NWPf and Parkinson’s
 Regional Center of Spokane



CarePartner Corner ~ What you can do about:

Making the Most of Your Visit

The holiday season can be a special time to share with family and friends. However, when a loved one is home bound or living in a long-term care facility, holiday visits can be emotional and stressful. Below is a list of ideas to enhance these visits so that they are both meaningful and enjoyable for everyone. They are based on some offered by the Work/Life staff of the University of Washington.

▶ **Go for a ride.** Having an opportunity to see how the community has changed, view the scenery or to see a previous home can be very rewarding. Such outings can bring back fond memories for both you and your family member. Be sure to check on medication schedules, transportation suggestions and plans for arrival and departure before your trip.

▶ **You're invited.** Check on facility-planned events and activities. Your loved one may find pleasure in your attendance or feel special if you join in on the fun!

▶ **Bring in your own activity.** Think about activities that your loved one once enjoyed. Did they enjoy going on walks? Playing cards? Watching a ballgame or movie on TV? These activities might be just the thing to brighten your loved ones spirits.

▶ **Come to lunch.** Plan your visit around mealtime and enjoy a meal together to socialize while eating.

▶ **Bring in pictures.** Ask your loved one to identify and explain old pictures. Bring them up-to-date on family

happenings by showing lots of pictures and sharing your stories.

▶ **Reminisce.** Ask about the "old days" and learn something about your family history. A notebook or journal will come in handy and may be helpful for generations to come.

▶ **Share your talents.** Are you learning something new? See skill or past time.

▶ **Show and tell.** What's new in your life? Are you excited about a new car, set of tools, dishes or even a new outfit? Bring it in and show it off — then ask the opinion of your loved one.

▶ **Help.** Perhaps your loved one needs their clothes or belongings marked with his/her identification OR ask for their help in a project or with ideas..

▶ **Be positive.** Try to focus your visit on pleasant activities and events. Tell a joke, recall positive experiences and do not get caught up in the negative aspects of residential living.

New Resources for you to use

Quite a few new materials have come my way since the fall. Here are a few! Anne Guthrie, Coordinator, APDA I&R Center King County Services: (call them to inquire about other areas)

***Chicken Soup Brigade: Meals for More.** This group, which has been providing health-sustaining food for over 20 years to people living with HIV and AIDS, is expanding to offer its free meal delivery services to individuals living with other challenging conditions. For information, call 206-957-1686 or email Paul at paulg@lcaa.org.

***Lawyer Referral Service** is a public service of the King County Bar Association. Attorney members are pre-screened before this non-profit sends them referrals. Attorneys are available for most areas of law including civil rights, compensation, family law, wills and trusts and many more. Phone 206-267-7010 or see www.kcba.org

Books:

***I'll hold Your Hand So You Won't Fall: A Child's Guide to Parkinson's Disease** by Rasheda Ali (2005, Merit Publishing International) .This book was written by Ms. Ali to help enhance her own children's relationship with their grandfather, Muhammad Ali. It gently but accurately provides answers to questions children typically have in a way that simplifies some very complex information.

***Parkinson's Disease and the Family: A New Guide** by Nutra Sharma, MD and Elaine Richman, PhD (2005, Harvard University Press). The authors address many of the concerns individuals and family members struggle with when faced with PD. Although they cover much about Parkinson's they focus on the effect on family dynamics and routines and include the oft-neglected topics of long-term care, sexuality and alternative therapies.

Magazines:

***Neurology Now: Healthy Living for Patients and Their Families** A publication of the American Academy of Neurology. This quarterly is available by a free subscription by calling 800-879-1960 or via www.NeurologyNow.com

***Caring Today: Practical Advice for the Family Caregiver.** This quarterly offers 'practical information, advice and tips from both experts and peers'. It is available online at www.caringtoday.com or by calling 800-480-4851.

continued on back page

It's a Gadget Junkie Christmas

By Mitchell Levy

Christmas, Hanukah, or Kwanza is a great time to buy family, friends and yourself gadgets. Just in case you need a few ideas, here are some of my latest finds.....

Casio Sea-Pathfinder Fishing Timer

The only fishing I do is at the seafood counter at QFC, Albertson's, Fred Meyer or Safeway. But when you're fishing for pills, this is the watch to have. Although designed for the fisherman, this watch has some great features for people with Parkinson's. First you will notice it has LARGE Numbers, so it's easy to see what time it is. Also noticeable on this watch are the large buttons, which I really appreciate. Then you notice the extras. Forget about the feature that tells you when the fish are feeding, phase of the moon, or what time sunrise and sunset are. This timepiece has 5, yes, that's right, FIVE alarms to keep you on schedule with your medications. My favorite feature on the alarms is that you don't have to have that embarrassing beep beep beep and everybody asking what that is or saying don't forget to take your pills. This watch has the option of turning off the beep beep beep and switching to VIBRATION. Nobody knows except my wrist and me that its time for my meds. I've seen some watches like this in assistive devices catalogs for over \$100. The Casio Fishing Timer watch can be purchased in the Seattle area for about \$40.

My next favorite gadget for the holidays is for those of you that like to cook. I love to cook but I hate recipes where you have to stand over a hot sauce pan and "stir until thickened" or "stir continuously till done".

I was in a store called Tuesday Morning when I happened upon the **Stir Chef** which retails in the gourmet shops for as much as \$40. Tuesday Morning has these magic devices for only \$5, so with all the money you save on your 5 alarm watch, treat yourself. Even if you don't "stir" that much, it is certainly a conversation piece. This device looks like something out of a Star Wars movie. Closed it looks like a space age cylinder, but with the twist of a wrist, out pops 3 legs that center themselves over the sauce pan. Paddles are provided for small, medium and large sauce pans and you can choose either continuous or intermittent stirring. One evening a few weeks ago, I showed this device to my Men's Group and the next day the Rose Hill Tuesday Morning was sold out!

A year ago I wrote about the **Konica-Minolta A1 digital camera** with anti-shake control. This is an incredible feature, but a year ago, it was also at an incredibly expensive cost. The average camera with anti-shake feature was approximately \$800 to \$1000. This year you can find the anti-shake feature at a reasonable cost on not only the Konica-Minolta cameras, but on other brands such as Panasonic, Olympus, Casio, Fuji and several other manufacturers that cost as little as \$225. Some binoculars have this feature also. If there is a gadget that you want and can't find it, write or email the Gadget Junkie at the Pathfinder. If it exists, we'll find it!

Have a Merry Gadget Holiday!

Gift ideas for anytime and anyone!

Our Gadget Junkie, Mitch Levy, is a highly creative tinkerer turned artist. His *Tec Toc and Chic Geek* website at <http://mysite.verizon.net/res06h12/index.html> features clocks, lamps, jewelry and some apparel items made from recycled electronic components "transforming them from useless items destined for land fill to fine art that is featured in several galleries". *Tec Toc* can also be reached at 206 914-6240.

Is wood more your style? Dennis Wright, another later life artist with PD, creates wonderfully whimsical and functional *Found Wood Furnishings* ("sticks & driftwood made useful again"). As a member of the Arts Cooperative Issaquah, you will find his work being shown and sold in that community. You can contact Dennis at wright@telebyte.com or 206-550-4862.

Research News

In 2005 the national APDA passed the \$25 million mark in overall Parkinson's disease research support with the awarding of \$2.5 million in research grants, fellowships, and support to advanced centers for research. This is thanks in part to money raised each year here in WA State. Many people affected by PD have expressed interest in participating in research studies but have found them hard to locate. Resources are now more publicly available as noted below.

Clinical Trials Q&A

How is it that research on Parkinson's and other medications is carried out? Why so long and so expensive? Have you ever wanted to find out how to participate in such a study? There are now some places to learn more about Clinical trials and other research related to PD, both in WA state and elsewhere. *Advancing Parkinson's Therapies (APT)* is a campaign of the major US Parkinson's patient voluntary groups to increase awareness of and participation in clinical trials among people affected by the disease. For a brochure on "Getting Involved in Parkinson's Clinical Research" and a bulletin of the most current "Parkinson's Clinical Trials" contact APT at 888-823-8899, or visit www.Pdtrials.org. In Washington State, you can also contact the Parkinson's Disease Research Center group (PDRC) through the VA/UW offices of Dr. James Leverenz at 1-800-329-8387, ext. 64631.

Washington State Parkinson Support Groups

APDA serves as a clearinghouse for PD Support Groups. If you know of one not listed, listed in error or would like to see one created. . .please tell the Information and Referral Center via contacts on page 2. Thank You!

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 sbhann@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

Des Moines *NEW*

Wesley Homes
Contact Jane Sepede
206-870-8114
Meets 4th Tuesday, 10 am

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: Leona Burges, 425.338.3136
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, 2:30pm

*Federal Way

Federal Way Library
Contact Norma Kay Fetz, 253.833.8306
Meets 3rd Monday, 2pm

Edmonds

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

Issaquah *NEW*

Providence Point
Contact Phil Tompkins
425-391-6941
Meets 2nd Monday, 2 pm

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 TecToc@msn.com
Anne Guthrie 206.543-5369

North Seattle/Shoreline

Shoreline Senior Center
Contact Scott Tieson
206-365-1536
Meets 3rd Tuesday, 3pm

*Mercer Island *CHANGE*

Community Center at Mercer View
General Group
Meets 1st and 3rd Tuesdays, 2 pm
Carer's Group
Meets 2nd Thursday, 3 pm
Contact for both: Carin Mack 206-230-0166

*West Seattle *CHANGE*

Park West Care Center
Contact Katie Stokely
206-933-5931
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

***Denotes APDA Affiliation**

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

Parkinson's Notes: Updates and Upcoming Events

***Parkinson's Support Group Telehealth Series** The Parkinson's Telemedicine Network enables educational material to be broadcast live and interactive to rural communities in Alaska, Montana, Washington, Idaho and Oregon. Each month a guest speaker presents information for the Parkinson patient, family and caregiver. The series is brought to you by Spokane Parkinson's Resource Center, The Northwest Parkinson's Foundation and INHS/Northwest Telehealth. On January 16 a program will address Medicare Changes and on February 20th, a pharmacist will discuss "10 Things You Should Know about PD Medications". To view or participate in these broadcasts, in Eastern WA, contact the Parkinson's Regional Center of Spokane at 509-473-6740 (center@spokaneparkinsons.org). In Seattle, contact Northwest Parkinson's Foundation at 877-980-7500 or bbell@nwpf.org.

***Websites:**

Laura Dean, owner of <http://groups.yahoo.com/group/parkiejam/> ("a place where parkies hang out" for shared creativity and music) listed the following sites that she describes as "medicine for your heart"

<http://health.groups.yahoo.com/group/plwp2/>

<http://health.groups.yahoo.com/group/pauliesparkiepalace/>

<http://health.groups.yahoo.com/group/bestparkinsonsjamroom/>

<http://groups.yahoo.com/group/DEBBIEandJASONSFriends/>

<http://health.groups.yahoo.com/group/ParkinsonsChatFriends/>

<http://health.groups.yahoo.com/group/parkinsonsinoz/>

* **Yahoo** also serves as your PD online newspaper. Go to yahoo and type in the phrase "Parkinson's disease" to receive a list of articles that have been published online regarding PD.

* **The Northwest Parkinson's Foundation** (www.nwpf.org) also culls the news and produces weekly online PD news. See their website to sign on or to read the archives.

University of Washington

Department of Neurology

Box 356465

Seattle, WA 98195

Attention: Anne, APDA

Non Profit Org.
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Seattle, WA
Permit #62

Address Service Requested 63-2949

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!*



*APDA wishes us all a
Hopeful New Year
of PD Advances*

