



American Parkinson Disease Association

Parkinson Pathfinder

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

Fall 2006

The Governor’s Conference on Parkinson’s

APDA of Washington is pleased to have established a partnership with the Northwest Parkinson’s Foundation (NWPf) to hold this year’s annual symposium on Parkinson’s for persons with PD, their families and advocates on Saturday November 18th at the SeaTac Hilton Conference Center.

This year’s collaboration in planning, a first in the over 20 year history APDA’s annual educational symposia, has resulted in another exciting program featuring prominent regional and national speakers. The day will be kicked off with a Keynote address by current WA governor Christine Gregoire who will be joined by former governors Gary Locke, Dan Evans and Booth Gardner- each of whom has become a PD advocate due to personal or family experience. Additional morning presentations will be made by nationally known experts Monique Giroux, MD, Medical Director of the

Movement Disorders Clinic of the Cleveland Clinic (Ohio) and David Heydrick, MD,MS, Science Advisor to the Parkinson’s Action Network (PAN) and himself a neurologist living with PD. Afternoon breakout sessions will be led by regional PD experts and will cover a variety of topics including driving and PD, , gait and balance issues, current PD research, marriage and family relationships and tools for caregiving. A large exhibit area will feature area service providers and vendors, as well as an exhibit of the creative works of artists with PD.

The conference brochure with registration materials will be available and distributed through APDA and NWPf in October and will shortly be posted on the websites of each organization. Hold the date to join the Parkinson’s community for a full day of education and camaraderie.

Who’s Who at APDA in Washington State

The American Parkinson’s Disease Association (APDA) was established as a national grassroots organization in 1961 by members of a family that was impacted by PD. Today APDA continues its mission of outreach and support to the estimated 1.5 million Americans personally affected by PD, as well as their families and care providers through its research, advocacy, support programs and educational publications. To carry out this important work on a national basis, APDA maintains a network of 60 *Information and Referral(I&R) Centers* distributed throughout the country. In addition, APDA has established a network of some 65 *APDA State Chapters* to assist in building public awareness and in raising the funds to continue its work on a local, regional and national basis. Last year, through the combined efforts of its national programs, APDA raised 2.8 million

dollars for PD research as well as an additional 2 million dollars dedicated to patient-focused programs.

The Washington State Parkinson’s community has been supported by the work of both an I&R Center and a State Chapter since 1979. The I&R Center was established at the University of Washington’s Neurology Department through the efforts of founding I&R Coordinator Maria Linde and Dr Phil Swanson, who still serves one of the Center’s co-medical directors. The Chapter was organized shortly thereafter. The two state-based branches of APDA continue to partner in their shared mission “to ease the burden and find the cure” for Parkinson’s disease. Each program is directed by paid employees who are immensely assisted by dedicated volunteers – without whom the work would stand still.

continued on page 3

In This Issue

Chapter News.....	page 2	Gadget Junkie	page 5
New Support Groups	page 2	What you can do about Resources	page 5
Research Fundaiser	page 2	Donations	page 6
Keep Moving	page 3	Support Group Listings	page 7
Push for PD Residence	page 4	PD News and Resources	page 8

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

www.waparkinsons.org**Co Medical Directors**

Phil Swanson, MD, PhD

Ali Samii, MD

APDA Center Coordinator

Anne Guthrie

APDA WA State Chapter**Executive Director**

Evelynne Davis

Evedavis@gmail.com

425-443-8269

Executive Board

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Suzanne Cameron, Co-President

Laurel Campbell Beck

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Peggy Newsom, Secretary

Muriel Ramerman

Mike Shanahan

John Schofield

Ann Zylstra, Co-President

Board Address:

P.O. Box 75169

Seattle, WA 98175-0169

**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**Message from Executive Director**

We are now moving from Summer into Fall with a number of new programs. We will be starting an Adult Children's Support Group, for those who have a loved one with PD, and we are also going to be starting a PD Teens Group for those teens who have a parent with PD – this will be the 1st of its kind, and we hope you will pass the message on to all your support groups, and please contact me for further information.

Our Symposium is coming together and we will keep you all updated, just remember the date, November 18th, 2006.

Our DVD continues to prove to be a wonderful success, we are distributing all over the country and other parts of the world.

The Parkinson Disease Research Center has finally got some seed money to start creating a PD registry, this is very exciting and we look forward to working closely with both Dr Jim Leverenz and Dr Cyrus Zabatian on this venture.

Donations were down during the summer, so please remember to put a little something into those envelopes – it enables us to continue our mission, to “Ease the Burden and Find a Cure”.

Have a great Fall and talk to you again in the Winter.

Evelynne Davis, Executive Director - Evedavis@gmail.com

Get a Jump on Holiday Shopping and Support PD Research

The 3rd Annual Simon Day of Giving is a great opportunity for donating to two good causes, and getting in some early holiday shopping. The Washington Chapter of the APDA has tickets available now. These give you special discounts, door prizes and other surprises while shopping at Northgate Mall on November 20 from 11:00 a.m. - 7:00 p.m.

Tickets are \$10. Seven dollars of each ticket sold goes directly to the APDA to fund research. The \$3 balance goes toward the Simon Youth Foundation. It's a win-win situation. Please contact Evie Davis 425-443-8269 Or at Evedavis@gmail.com for your tickets!

APDA Develops New Support Groups for the PD Community

APDA is pleased to announce the formation of 2 new support groups in the greater Seattle area. These are unique groups designed for family members of people with Parkinson's disease who are often overlooked – the young and adult age children of affected persons. The expansion of the support group program is made possible, in part, due to funds raised through this year's events, acquired grants and private donations. The new groups are:

A Support Group for Adult Children of Loved Ones with Parkinson's, a revived group which will now be facilitated by longtime PD group leader Carin Mack. It will be held on the third Monday evening of each month from 7 – 8:30 at the Community Center at Mercer Island. The initial group meeting will be September 18th, with subsequent fall meetings 10/16, 11/20 and 12/18. Contact Carin Mack at 206-230-0166 or socialwkr@earthlink.net for details.

PD Teens, a group which will meet online and in person, is currently doing outreach to interested families of 12-18 year olds. Details are in progress with a kickoff planned for late this fall. Teens are invited to the November 18th Conference (see page 1) to attend presentations, volunteer for school credit, and meet other teens in a special “family hospitality” room being made available.

To learn more about the teen group or teen volunteering at the conference, contact Evie Davis, APDA Chapter Executive Director at (425)443-8269 or Evedavis@gmail.com

continued from page 1. . .

Who's Who at APDA

The APDA Washington Team consists of ~
Washington State Chapter of APDA

Executive Director, Evelynne Davis, Board Co-Presidents Suzanne Cameron and Ann Zylstra, Treasurer Peggy Abernathy and Secretary Peggy Newsom. Other board members are Kevin Andrews, Laurel Beck, Jennifer Bell, Jack David, Dick Dunn, Dr. David Greeley, Susie Leppala, Dr. Brooks Mackey, Muriel Rammerman, John Schofield and Mike Shanahan.

APDA Information and Referral Center

Coordinator Anne Guthrie, Co-Medical Directors Phil Swanson, MD and Ali Samii, MD.

WA APDA Contact Information:

The APDA I&R Center is located at the University of Washington's Department of Neurology, with the Coordinator available to respond to requests for information and assistance 3 days a week - usually Mondays, Tuesdays and Thursdays. The Washington Chapter assists with public awareness, donations and volunteer opportunities and can be reached through Evelynne Davis.

To contact either of APDA's Washington programs, please see the information found on Page 2 of this newsletter. We look forward to hearing from you and having you join us in our efforts.

Creative Souls Sought!!

Are you an artist who also has Parkinson's?

We are seeking artists, writers, musicians or other creative sorts who would like to submit works for an exhibit being planned as part of the Governor's Conference on Parkinson's on November 18th.

Help us show the "creative side" of living with Parkinson's disease and encourage others to take up their pens or paintbrushes.

~All forms of art considered~

For information, contact either

Mitch Levy at 425- 823-9410,

tectoc@msn.com

Or Anne at the I&R Center 206-543-5369

apda@u.washington.edu

The Booth Gardner Parkinson's Care Center is Moving to a New Location

Evergreen Healthcare is pleased to announce that the Booth Gardner Parkinson's Care Center is moving to a new location. As of September 25, the Center will be located in the Evergreen Medical Center building at 13030 121st Way NE, Suite 203 in Kirkland.

The new location provides a significantly improved space to serve patients. The Center will continue to provide, all in one location:

- ◆ ongoing neurological medical care
- ◆ physical, occupational and speech therapy
- ◆ neuropsychological services
- ◆ individual and family counseling
- ◆ clinical research drug trials
- ◆ access to clinical nutrition and swallowing evaluations

Evergreen is committed to making this transition as smooth as possible. If you have any questions regarding this move, or for directions to the new office, please call the Booth Gardner Parkinson's Care Center at 425.899.3123.

Keep Moving!

This summer's particularly hot weather put a damper on outdoor activities for many Northwesterners- especially those challenged by Parkinson's and other health conditions. It's time now to look forward to the cooler temperatures of fall and with that, a renewed commitment to keeping physically active. Although there are several exercise-related programs especially for persons with PD that we have highlighted in the past, don't overlook the offerings in your own community that are open to anyone. A variety of classes or drop-in groups can be found through adult education programs, community colleges, city, town or county recreation departments, school districts, senior centers or YMCA centers. You might especially seek those offered to people whose movement is challenged due to age, arthritis or other health challenges. Many fitness instructors, however, are open to adapting their activities to people's individual skills and physical requirements....just ask!

APDA would be also pleased to assist you if you are seeking an exercise "buddy" or wish to establish an informal walking group, etc. If you need further ideas, or information about PD specialty classes, please contact the I&R Center (see page 2 for contact information)

Do you have a favorite activity you find helpful or pleasant that you would be willing to share with others who have Parkinson's? Please contact us so we can pass it on!

PuSH for PD Announces Development of a Parkinson's Supportive Living Residence

APDA is pleased to provide an update on the creation of a national model for a supportive living residence for people with Parkinson's which is being developed in Washington State. The following article was written for Push for PD by Kathy Holman.

On September 24, 2006 the Puget Sound Housing for Parkinson's Disease organization, known as PuSH for PD, is holding a fundraiser to benefit and celebrate the development of an assisted living facility specializing in the care of people with Parkinson's disease.

Wendy Holman the President and pioneering spirit behind PuSH for PD, saw the need for developing a housing facility dedicated to the care of people with Parkinson's and set out to do something about it. In 2002, Wendy met Dick Almy, now Vice President of PuSH for PD. Both had parents with advanced Parkinson's. Both had experienced struggles and frustrations finding and keeping quality, long term care as their parent's needs progressed.

Wendy and Dick began recruiting others with a personal or professional interest in the concept of a specialized assisted living residence who were willing to dedicate time and energy to explore the concept. The group included individuals with Parkinson's disease, family members, and professionals with expertise in social services, nursing, business, and long term care administration. Over the next several years, the group carefully assessed the need for this type of residence and researched best practices in the field of assisted care. They visited other assisted living facilities and talked with experts in the fields of housing development, long term elder care, financing, therapeutic care and licensing. Steadily the group evolved their plan and in 2005 officially became a tax-exempt, non profit organization.

The plan calls for a Parkinson's Supportive Living Residence in the Seattle area that will provide residential care for about 24 residents. Staff will (be trained and omit) have expertise in Parkinson's care, enabling them to create

personal programs for each resident, with the flexibility to address the needs and requirements on an individual basis. Skillful medication management and therapeutic activities will enhance a higher quality of life.

Parkinson's presents constant challenges for those seeking long-term care. The disease is patient-particular. No two people have the same symptoms at the same time. Attention to specific symptoms and changes in symptoms on a case-by-case, day-by-day basis will allow flexibility to provide care and respect, assuring dignity as the illness progresses. The Parkinson's Supportive Living Residence will provide individualized care for those in the moderate and late stages of the illness.

The facility will offer activities to stimulate the mind and body. Families will be encouraged to actively engage with residents. Staff will provide education and resources to residents and their families on care and progression of the illness.

PuSH for PD just completed a planning process with an architectural firm to identify space and site needs, budget, and design considerations. With this step completed, PuSH for PD is now ready for the next phase of the project—fundraising for site acquisition and a capital building campaign.

Members and supporters of PuSH for PD invite you to join with them in creating this first of a kind Parkinson's Supportive Living Residence. Funding for this project will include securing private grants, donations, annual fundraising events and bank financing. All gifts are tax-deductible. Donations of financial assistance, property, professional skills and/or volunteer support are greatly appreciated.

The September 24, 2006 fundraiser is open to the public. For more information, please see the announcement below. Donations should be written to PuSH for PD, and may be mailed to PO Box 25053, Seattle, Washington 98165-1951.

*The Board and supporters of PuSH for PD invite you to join us for
A FUNDRAISER BENEFITING PUSH FOR PD'S VISION ~*

A SUPPORTIVE LIVING RESIDENCE FOR THOSE WITH PARKINSON'S DISEASE

*Enjoy a beautiful downtown Seattle setting with a Caribbean theme,
great food, music, and a chance to gather with new and old friends.
September 24, 2006 2:00 – 5:00 pm ~ RSVP requested - space is limited.
RSVP to Judy at 206/365-7872 or email: pushforpd@seanet.com*

Push for PD Board: Wendy Holman, President- Dick Almy, Vice President- Maria Linde, Secretary-Peggy Abernathy, Treasurer. Additional members- Bonnie Brian-Caldwell, Jeanne Kieffer, Carin Mack

Gadget Junkie

The Gadget Junkie's Drinking Problem, Part II

Mitch Levy (a.k.a. Gadget Junkie)

In the last column, I provided information about spillproof cups and mugs, now let's look at some trays that will make it easier to carry your food and other items even with a bit of tremor.

Griptite Trays appear to provide what you need to compensate for the tremor without emptying your pocketbook. You can locate information about these trays at www.instawares.com, and searching for GriptiteTrays, or by calling 800-892-3622.

However, have you ever noticed that waiters rarely have things sliding around on their tray? Considering our tremor from Parkinson's, maybe we need "industrial" strength non-skid trays which can be purchased at a good restaurant supply store. The problem is that you have to make a minimum purchase of about a dozen. This is not a bad thing considering that you are getting wholesale pricing and if you can get group of people from a support group or other

friends to order together, you can get a better product and pay less to boot. See information about such trays at www.restaurantequipment.net and searching for Camtred Camtrays or calling 800-821-9153.

Black and brown are the usual restaurant colors, however with TRAEX trays you have a rainbow of colors to select from. Check these out by viewing them at <http://www.servu-online.com/Restaurant-Supplies> and search for NonSkid-Round-Trays, or ordering a catalog through calling 800-797-3788.

If there is a gadget you can't find, let me help you in your search. You can reach me at gadget_junkie@msn.com, or through the I&R Center at (206) 543-5369.



Gadget Junkie, aka Mitch Levy is the Pathfinder's own

Gadget Junkie Offers Computer Help

Do you have Parkinson's Disease? Do you find it difficult to get to a support group meeting? Would you like to "join" a *Virtual Support Group*? You don't have a computer and can't afford one? Do you live on Seattle's east side or in the greater Seattle area?



If the answers to the above questions are all yes, give the Gadget Junkie a call at 206 914-6240. We currently have 6 computer systems that are available free of charge. We will deliver the computer system to your home, set it up, provide training and get you connected to some of the Parkinson's Support Groups that are on line.

Speak up fast! We only have 6 available systems at this time and we are operating on a first come first served basis. After these 6 systems are gone, any additional names will be added to the wait list also based on a first come, first served basis.

Are you interested in helping with Gadget Junkie's computer exchange project? If so...call!

New Resources Available!

Contact the APDA I&R Center for details

- *APDA's Educational Supplement #21: *Dr. Andrew Weil's Recommendations for Healthy Aging*
- *APDA's national quarterly newsletter (Summer 2006)
- *An Advocate's In-Depth Guide to SSDI and The SSDI Tutor
- *King County Respite Resource Guide

What you can do about ~ Finding Good PD Resources

Anne Guthrie, I&R Coordinator

It can be bewildering to find yourself facing new health conditions, or locating assistance to deal with the life challenges that can accompany those conditions. Where can you or your family turn for help when you find you are in need of information or a service system that is new to you? The national network of APDA Information and Referral Centers are excellent places to contact when it comes to Parkinson's-specific resources. The APDA "I&R" Center that serves three Northwest states and Hawaii, is located at the University of Washington in Seattle.

By contacting the I&R Center, you can receive free literature and informational media, as well as assistance in locating support groups, exercise programs, referrals to PD specialists and community support services that can meet other needs. The Coordinator is also available to provide presentations to interested groups and distribute educational materials at community health or information events.

The Seattle-based Center is open three days a week to provide assistance – generally Mondays, Tuesdays and Thursdays (subject to occasional change to accommodate community events). Messages left when the office is unmanned are responded to as quickly as possible to get you the help you seek. I look forward to hearing from you and can be reached at 206-543-2536 or via apda@u.washington.edu To locate APDA I&R Centers in other states, contact the national office of APDA at 800-223-2732 or see www.apdaparkinson.org

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!

Greater Seattle Area

General PD Groups

Bellevue/Eastside

North Bellevue Senior Center
Contact Carin Mack, 206.230.0166
Meets 4th Tuesday, 2:30pm

*Bothell

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

*Federal Way

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

Issaquah

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

North Seattle/Shoreline

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

Mercer Island

Community Center at Mercer View
Meets 1st and 3rd Tuesdays, 2 pm
Contact: Carin Mack 206-230-0166

Seattle First Hill

VM Medical Center
Contact Laurel/Anne
206.543-5369 (temporary)
Meets 1st Tuesday 1:30pm

West Seattle

Park West Care Center
Contact Katie Stokely
206-933-5931
Meets 3rd Thursday, 1:30 pm

Specialty Groups

Adult Children of Parents with PD *NEW*

Community Center at Mercer View
Meets 2nd Thursday, 3 pm
Contact: Carin Mack 206-230-0166

Mercer Island PD Carer's Group

Community Center at Mercer View
Meets 2nd Thursday, 3 pm
Contact: Carin Mack 206-230-0166

PD Teens *NEW*

(12-18 yr old teens of parents with PD)

Location and Time TBA
Contact Evie Davis for details
425-443-8269
developmentdirectorapda@gmail.com

*Seattle PD Carers Group

Hamilton House (University District)
Contact Carin Mack, 206.230.0166
Meets 2nd Tuesday, 1 pm

Seattle Well Spouse Group

Greenwood Activity Center
Contact: Carin Mack or
socialwkr@earthlink.net
Meets 1st Monday, 4 pm

Young Onset PD-Seattle

Meets in members homes
ameron, 206.286.8149
7pm

Young Onset PD-Eastside

Meets in members homes
Contact Linnae Saari
425.828.6198 linnaesaari@comcast.net
Meets Saturday, 10 am

Western Washington

General PD Groups

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 sbohannon@msn.com
Meets 1st Monday, 1 pm

Bellingham

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

Bremerton

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

Burlington

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

Chehalis

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

Des Moines *NEW*

Wesley Homes
Contact Jane Sepede
206-870-8114

*Everett PD Group

Providence General Medical Center
Contact: Leona Burges, 425.338.3136
Meets 4th Saturday, 2pm

Longview

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

Mill Creek

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

Port Angeles/Sequim

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

Puyallup

United Methodist Church
Contact Jennifer Wrye 253.752.7117
Meets 3rd Thursday, 1:30pm

Olympia *NEW LOCATION*

West Woods Assisted Living
Contact: Karen Williams 360.956.3396
Meets 3rd Tuesday at 11:00

Tacoma

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

Vancouver

SW Washington Medical Center
Contact Jeanne Laviolette 360.403.8896
Meets 3rd Saturday, 2pm

Specialty Groups

Bellingham Young Onset

Fourth Corner Community Church
Contact Susie Leppala
Yopdnw@hotmail.com
Meets 2nd and 4th Wednesday, 7 pm

*Everett Caregiver Group

Providence General Medical Center
Contact: Bill Coy, 425-338-3136
Meets 2nd Monday 2-4pm

Puyallup Caregivers Support Group

United Methodist Church
Meets 2nd Thursday, 1pm
Contact Jennifer Wrye 253.752.7117

Vashon Island Young Onset

Contact Kate Lanigan, 206.463.3140

Young Onset of Snohomish

Contact: Karen Painter, 425.327.9401
kpainter62@aol.com
Meets 3rd Saturday, 2 pm

Eastern Washington

*Okanogin

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

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

Yakima

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

***Denotes APDA Affiliation**

group, please contact the Group Leader to confirm location & schedule SUPPORT GROUP LEADERS
NEEDED! LET ME HELP YOU GET STARTED! Contact Anne, see page 2

Parkinson's Notes and Resources

- **2-1-1 Community Information Line** ~ A new phone hotline has been established nationally to assist citizens in locating needed social services of many kinds. King County the service is available 7 days a week, from 8am to 8pm. 2-1-1 assistance is offered free of charge though staff trained to provide information about such things as housing, food, recreation, equipment and health and human service providers. The 2-1-1 number is currently available only through the regular phone system. In King County the cell phone connection is 206-461-3200.
- **GenePD** is a research study seeking sibling pairs who both have PD. Through their study, they hope to explore possible genetic causes of Parkinson's. Although the researchers are based in Boston, MA, the numbers of families who have more than one sibling with PD are rare, therefore they are seeking participants who reside anywhere. For details about this study, contact Jeanne at 617-638-5179, or jlatoure@bu.edu.
- **King County Candidates Forum, October** ~ On Thursday, 10/5, 6- 8:30 at the Rainier Room in the Northwest Building of the Seattle Center, the Alliance of People with disabilities is holding this important public event. Candidates running for Federal or State legislative positions representing King County will be invited to participate in discussing issues important to the estimated quarter million people living with disabling conditions in King County. For information, contact Alliance of People with disabilities at 206-633-6634 or jeanette@disabilitypride.org.
- **Telehealth** The Parkinson's Telehealth series of live broadcasts of presentations on Parkinson's by experts in the field continues this fall the following scheduled programs:
September 17th – *Parkinson's Disease Research Center update (Dr David Greeley)*
October 16th – *Advanced Imaging and Parkinson's (presenter TBA)*
November 20th – *The History of Parkinson's (Dr Roger Cook)*
 For details on locations to view these broadcasts, contact NWPf at 877-980-7500 or see www.nwpf.org
- **A workshop on applying for SSDI**, is being held through the MS Association of King County on Tuesday, Sept 26 at 6:15 at the Renton Community Center. For registration and directions, call MSAKC at 206-633-2606 or info@mskc.org


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

Non Profit Org.
 US Postage
 PAID
 Seattle, WA
 Permit #62

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!*

Governor's Conference on Parkinson's
 ~ Seattle Hilton, November 18 ~
 *Details Inside* 