



Parkinson Pathfinder

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

Summer 2006

New Physician Guidelines to Provide a Framework for PD Treatment

The American Academy of Neurology (AAN) introduced newly revised clinical practice guidelines for Parkinson’s disease at its April Annual Meeting. The 2006 guidelines address four specific topics in Parkinson’s: Neuroprotective Strategies and Alternative Therapies; Diagnosis and Prognosis of New Onset Parkinson’s Disease; Evaluation and Treatment of Depression, Psychosis and Dementia; and Treatment of Parkinson’s Disease with Motor Fluctuations and Dyskinesia.. AAN guidelines are evidence-based, which means that the appropriate neurologic literature related to Parkinson’s disease was reviewed in a very stylized manner in order to present recommendations for how to treat patients based on the best available evidence. This intensive effort was undertaken in recognition of the fact that Parkinson’s disease is one of the major neurologic problems in America

These guidelines will not be a “cookbook” for decisions, but rather provide a framework with which neurologists and other physicians can enhance their knowledge to diagnose,

manage and treat Parkinson’s in individual cases. Each of these guidelines has the potential to greatly improve the well-being of a patient with Parkinson’s disease. In addressing treatment of motor fluctuations and dyskinesia, for instance, the third guideline can improve the quality of life because it presents a variety of medications which can be helpful in alleviating these problems. This guideline also addresses the role of deep brain stimulation in patients with more advanced disease and presents to the neurologist information about how best to select patients for surgery. The AAN is also publishing a version of the guidelines for patients and families. Patients can use these guidelines to better inform themselves of the possible therapeutic choices, and to question their neurologist regarding what is the best therapy available for their particular symptoms and problems. For more information on the AAN guidelines, visit www.aan.com, or call the WA APDA I&R Center. (See contact information on page 2)

AZILECT® FDA APPROVAL BRINGS NEW HOPE

As of May, 2006, the (FDA) has approved AZILECT® (rasagiline tablets), the first once-daily oral treatment for Parkinson’s disease. The drug is approved for use as initial monotherapy in early PD and as adjunct therapy to levodopa in moderate-to-advanced disease. It is expected to become available later this year in two dosage strengths. AZILECT® was approved based on data from three multicenter, multinational, clinical studies, known as TEMPO, PRESTO and LARGO. The studies, which included more than 1,500 patients, provided statistically significant evidence of efficacy, while also demonstrating good tolerability. “This is a key milestone for our business, but, more importantly, a significant new treatment option

for Parkinson’s disease patients and their families,” said Larry Downey, president and chief executive officer of Teva Neuroscience, Inc. Dr. Warren Olanow, professor and chairman of the Department of Neurology at Mount Sinai School of Medicine, remarked that “Parkinson’s disease patients can now look forward to an effective new treatment option that improves symptoms and offers the simplicity of once-daily dosing without titration and the flexibility of use as monotherapy in early disease or as adjunct therapy to levodopa as the disease progresses.”

AZILECT® (rasagiline tablets) is a registered trademark of Teva Pharmaceutical Industries Ltd. For more information about AZILECT® call 1-877-4AZILECT.

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Information & Referral Center**UW Dept. of Neurology**

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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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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**Executive Director's Report**

Well, what a great spring we are having. We had our 4th Annual Auction Dinner on April 8th, 2006 at St Demetrious Greek Church, and what a resounding success it was! We raised \$40,000 net profit and I would like to thank our sponsors - Costco and Ikea -for helping us make this such a great event. With these new funds, we will be introducing some new programs in the next few months, more of which I will tell you about in our next Pathfinder. Safeway's Charity of Choice brought us another \$47,000 from our Canisters in March. Thanks for all the support in filling those canisters, and again we will use this money to implement new programs and research.

Our newly designed web-site at www.waparkinsons.org is now up and running, and if you would like to add anything to it, please feel free to contact me - we are always looking for new articles of interest.

We will be holding a Parkinson's Retreat on September 29th and 30th, where we are hoping that all the regional Parkinson's organizations will come together for a discussion on how we can all work together for the same cause - helping to find a cure and ease the burden for Parkinson's' Patients.

Our Annual Symposium will be held on November 18th, at the Sea- Tac Hilton. This year we are holding our Symposium along with the Northwest Parkinson's Foundation, and it plans to be a great day. Mark your calendar and more news will be posted on our web-site and in our September Pathfinder as the time draws near. Our DVD still remains very popular throughout the country and the rest of the world, and recently we sent some to the Mohammad Ali Research Center in Arizona.

On a very important note, just because we have received large sums this spring, it does not mean that we don't need your donations - we still do, there is much still to be done, so until we have found that cure, we need those envelopes with your donations - thanks and have a great summer.

Evelynne Davis, Executive Director APDA



Sara Olson and Cary Clark, extraordinary auction volunteers, enjoy the activities with a roving clown.

Introducing a new member to the WA APDA "Family"

Liam Campbell Beck was born in Seattle on 4/28/06 to proud parents Laurel and Will Beck. Weighing in at 6 lb 4 oz, 20 inches, Liam is now a full time endeavor for his mom, Laurel Campbell Beck - locally well known Physical Therapist, Parkinson's Support Group Leader and Chapter Board member. Laurel is taking time to enjoy her son and plans to return to Virginia Mason Medical Center later this summer. Congratulations Will and Laurel and welcome baby Liam!

Ask The Doctor



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

“When should I decide to make an appointment to see a PD specialist?”

A: This is a tough question to give a single answer to. If you are being followed by a non-neurologist (family physician or general internist), it is likely that he or she would see only a small number of people with your condition. On the other hand, most neurologists see quite a few people with PD, even though they have not had additional training after finishing a neurological residency. So if you are comfortable with your present physician, feel that she or he listens to your concerns and your diagnosis is correct, I don't think you necessarily have to seek out a PD specialist. On the other hand, if your medications are not working well, if there is uncertainty about the diagnosis of PD, if your physician

does not seem to have enough time to try to sort out the problems you are having, I wouldn't feel guilty about asking for a second opinion. Most physicians don't feel terribly threatened if a patient wants to seek another opinion.

Movement Disorder Specialists are neurologists who have had additional training in disorders such as Parkinson's which cause “movement problems”. What does the PD specialist offer that would be any different? There certainly is no “party line” approach that all such specialists would follow as far as which medication to use first, for example. However, the specialist would likely be in a better position than the general neurologist to sort out different conditions that can be mistaken for PD, such as “essential” tremor or “Parkinson's plus” conditions such as progressive supranuclear palsy (PSP). The PD specialist would be more likely to attend PD conferences, and subscribe to a specialty journal such as “Movement Disorders” and so would be better able to discuss newer treatments. The specialist might be better able to figure out alternative strategies to optimize medication dosage. Certainly, if there is a question of whether or not to consider a surgical procedure such as the deep brain stimulator, you would need to see a PD specialist.

What you can do about ~ Educating Support Staff

By Anne Guthrie, I&R Center Coordinator

In Ulster, Ireland, the Parkinson's Disease Society (PDS) has recently begun a “Get It On Time” campaign with hospitals after a study showed many patients with PD are not getting their medication at the right time. A survey found that too many hospitalized people with PD were falling victim to strict hospital medication routines that didn't take into account their unique and individual medication requirements and the sometimes “instant need” for drugs to combat challenging movement problems.

From the conversations I have fielded over the years at the APDA Information and Referral Center at the University of Washington, this issue is a very frustrating one to people in our country as well. Family members are distressed that otherwise fine residential facilities, respite providers and in-home support workers don't understand the significant impact of a delay in giving medications to a person's quality of life.

Parkinson's patient advocate organizations have developed some resources that, if provided to health care workers used by patients and caregiving families, would help educate them about medication regimens and other important facets of Parkinson's. We need help in getting these materials into the hands of people who need them, however. Most area Parkinson's organizations have few paid staff and depend greatly on volunteers and other community support. Here are two such resources available:

The WA APDA's DVD, *Managing Parkinson's: Straight Talk and Honest Hope*, has been well received by many in the Parkinson's community. It could also be a great educational tool for health care staff you encounter. If you know of an agency that would benefit, please let us know – or, better yet, ask us for extra free copies and help distribute them to libraries, health centers, senior centers and visiting nurses. Getting more people aware of Parkinson's will help all of us greatly in the long run. See page 2 for contact information for the I&R Center at UW.

Northwest Parkinson's Foundation (NWPf) has also developed a very informative resource called “*Caring for Persons with Parkinson's Disease*”, which is a specialty training course designed for paraprofessional caregivers in various settings. It includes caregiving suggestions identified as “best practices” in providing care for people with PD. Agency staff can access the free course online at <http://www.parkinsonseducator.org/> Information can also be obtained through NWPf at www.nwpcf.org or by calling 877-980-7500.

Public and health provider education is a huge undertaking. We at APDA appreciate all the help we can get to tackle this never-ending mission. Our combined efforts may mean encountering increasingly informed service providers when any of us next has reason to seek them.

Gadget Junkie

The Gadget Junkie's Drinking Problem

Most people use travel mugs for the car. I use travel mugs to get from the kitchen to the dining room table. What I have noticed is that most of the travel mugs on the market "limit" spills, but really aren't spill proof. There are travel mugs out there that truly are spill proof. My wife appreciates these mugs too. Sometimes when she is driving and I'm the passenger, I have a tendency to nod off with my cup of tea or coffee in my hands. Naturally I drop the cup. These mugs just hit the car carpet and when I wake up, I can go back to drinking my coffee. I'd like to share with you three really good ones.

~Brugo: This is an awesome travel mug. As their literature states, "Compromise no more! The patented, thermodynamic science of BRUGO gives you the power to immediately enjoy the most vibrant flavor at the perfect drinking temperature. And because you only cool each sip, the remaining coffee stays hotter and more aromatic. Plus, BRUGO's elegant design and sleek chrome accents will emphasize your discriminating taste." This "science" basically refers to a small chamber in the mug that "cools" the liquid to the "perfect" drinking temperature. Most travel mugs all look the same, but Brugo comes in a lot of really cool colors. It also features a no-slip bottom, ergonomic grip and fits most cup holders. Find it at <http://www.brugomug.com/> for about \$15.99.

~Drive Time "Best Mug": Chosen "Best Mug" by the Wall Street Journal. These travel coffee mugs are virtually

unmatched in style and functionality. When the lid is closed the mug is spill proof! When the lid is turned to open, the beverage flows freely. For lefties the Drive Time "Best Mug" easily converts into a left-handed model. Double-wall stainless insulated coffee mug holds 18 ounces, is 8 1/4 inches tall, and can be found for \$19.95 at <http://www.coffeecakes.com/coffee-travel-mug-drive-time.html> (or 1-800-830-2696)

~LiquiSeal™ Travel Mug by OXO Good Grips: No more spills! This mug features three silicone seals to insure no spills. Just click to open and click to seal from one simple button with one-handed activation. Fill 12 ounces of your favorite beverage into the Mug's double-walled cup and the vacuum insulation will keep your beverage hot or cold for up to seven hours. Truly good to the last drop! The stainless steel version is about \$20, and there is a plastic version for \$10. Call OXO at (800) 545-4411 or check <http://www.oxo.com/>

Now that we don't need to worry about spilling our drinks, next time we'll take a look at some trays that will make it easier to carry your food and other items even with a bit of tremor...

If there is a gadget you can't find, let me help you in your search. You can email me at gadget_junkie@msn.com Mitch Levy (a.k.a. Gadget Junkie)

Upcoming Events in Washington and Elsewhere

DATE	EVENT	LOCATION	CONTACT
June 10, 2006	Medicine, Magic, and the Race for a Cure: RLS beyond the biomedical model	Swedish Providence Hospital Providence Hospital 500 17th Ave., Seattle	Restless Legs (RDS) Roger Winters (206) 755-2526
June 15, 2006 6:30-8:30 pm	SSDI Workshop \$10 Fee	Mercer View Community Center	Multiple Sclerosis Assoc. 206-633-2602
July 6-8, 2006	5th Annual Young-Onset Parkinson Network Conference	Hyatt Regency Reston, Washington D.C.	Contact the National Parkinson Foundation Scholarships available
July 11, 2006	Complementary and Integrative Approaches to Wellness ~ PD & MS; \$10 Fee	Shoreline Conference Center Shoreline, WA	Multiple Sclerosis Assoc. 206-633-2606
August 18, 2006 Noon-2:30 pm	"Can you hear me now?" Speech Hearing & Communication in Parkinson's Disease	Evergreen Hospital & Medical Center (Sponsored by Booth Gardner PD Care Center)	Call 425-899-3000 to register & for directions; Free
Nov. 18, 2006	Annual WA State Parkinson's Symposium "Governor's Conference on Parkinson's"	Sea-Tac Hilton Conference Center	Registration details later this summer from APDA & NWPf

Keep Moving

New Research Findings on Exercise and Parkinson's Disease

Charles K. Meshul, Ph.D., of the VA Medical Center, Portland and Oregon Health & Science University, recently gave a talk to Seattle area Parkinson's researchers at a seminar held by the Parkinson Disease Research Center (PDRC). UW researcher Cyrus Zabetian was very excited about Dr. Meshul's research and asked that he provide information about his findings with APDA. We are pleased to share this summary written for Pathfinder readers by Dr. Meshul.

It has been known for well over 40 years that with Parkinson's disease, there is a loss of a brain neurochemical substance called dopamine. The use of l-dopa or Sinemet replacement therapy in humans is an attempt to try and get the brain to make more dopamine. In lab animals, researchers can attempt to mimic the loss of the brain dopamine by using a specific toxin that will destroy those dopamine cells. Using animal models of Parkinson's disease, it has been reported that if lab animals are exercised on a voluntary running wheel prior to the destruction of those dopamine cells with the neurotoxin, fewer of those dopamine cells are lost and there is some recovery of motor function. So it appears that exercise can be protective. In this animal model, the exercise is started before the toxin is given that will destroy the dopamine cells. But the real question is, What if exercise is started long after the toxin is given and the dopamine cells are already destroyed? Can exercise be beneficial at this time? It has been reported that in humans with Parkinson's disease, any form of exercise can be helpful. But can we reproduce this benefit in the animal model of this disease?

Using the mouse animal model and a neurotoxin named MPTP, Drs. Beth Fisher, Mike Jakowec, Giselle Petzinger and I investigated the effects of treadmill exercise starting several days after the toxin was given. This toxin destroys about 50-70% of the dopamine in the brain, perhaps modeling the early to middle stage of Parkinson's disease. We find

that over a 1 month time period, the animals that were injected with the MPTP neurotoxin were able to recover their ability to run just as fast and as long as the animals that were not injected with the toxin. There was also recovery of several other brain markers, suggesting that exercise can be beneficial.

Using a rat model of Parkinson's disease in which about 90% of the dopamine is destroyed using another toxin (perhaps modeling the end stage of the disease), we have recently found that treadmill exercise for 4 weeks results in a small to moderate amount of recovery of motor function in these animals. Not all behavioral tests that were carried out on these rats showed recovery of function, suggesting that exercise improves some aspects of motor function but not others. We also investigated changes in other specific brain neurochemicals and found that perhaps the reason exercise can be protective is that it decreases the levels of that neurochemical that in high levels can be toxic. There is an increase in levels of this other brain chemical, called glutamate, when there is damage to the brain. So it appears that exercise can reduce the levels of glutamate, thus leading to some recovery of motor function. We have also found that limiting the number of calories in this animal model can reduce the levels of glutamate in the brain. So perhaps exercise and diet can be beneficial in terms of helping to improve some of the motor functions in Parkinson's disease.

Help for Traveling with a Tremor, *By Anne Guthrie, I&R Center Coordinator*

Living with Parkinson's symptoms should not stop you from the vacations and outdoor activities you've enjoyed before or planned to always do "one day". Sometimes you just need to find new ways to participate in such activities to make them less taxing and still enjoy the benefits of the experience. I recently located organizations that are available to help with travel accommodations for mobility challenges and other disabilities while helping a family locate accessible fishing opportunities in Alaska.

Access Tours specializes in organized tours to national destinations. They will also customize a trip for groups as few as 6 individuals. Find them at www.accesstours.org or call 800-929-4811. **Access-able Travel Service** was begun

by a couple dealing with Multiple Sclerosis. They are "not travel agents, just travelers." Persons from around the world are invited to share their travel experiences which are then added to the and online resource data base. They can be found at <http://www.access-able.com>, or contacted in Colorado at 303-232-2979.

The National Center on Physical Activity and Disability (NCPAD) "works to promote health benefits among people with disabilities". It is primarily a electronic information center with a variety of resources listed on its Web site at www.ncpad.org They also provide a monthly newsletter and can be called at 800-900-8086.

New and Ongoing PD Exercise Groups: A Yoga class designed with Parkinson's in mind will be piloted by Northwest Hospital in North Seattle this August. The class, led by a professional Yoga instructor, is planned to be offered as an ongoing group at the Hospital if it proves popular. To learn more, call Dennis at 206-368-5935.

The Parkinson's Exercise Class at Mercer View Community Center will be heading into it's month-long summer sessions beginning June 27th and repeating August 1st. Instructor Debbie Hanson has had several years of experience leading these very social exercise groups. Register for a 1 or 2 day schedule by calling the Center at 206-236-3545.



Thank you for your Greatly Appreciated Donations!

Donations received March 11, 2006 through May 25, 2006



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

Costco and Ikea, both of whom served as corporate sponsors for *Abracadabra – The Magic of Hope*.

Safeway Food and Drugs, for selecting APDA as their Charity of Choice for March 2006.

The Norcliffe Foundation and Boehringer Ingelheim for their financial support for Chapter projects.

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

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

Bellingham

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

Bellingham Young Onset

Fourth Corner Community Church
Contact Susie Morrow
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

NEW LEADER NEEDED!
Oak Harbor Senior Center
Contact J.C. Klein
360.675.7695
Meets 1st Tuesday, 1:30pm

Vashon Island

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
NEW LEADER NEEDED
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-Eastside

Kirkland
Contact Linnae Saari
425.828.6198 linnaesaari@comcast.net
Meets Saturday, 10 am

North Seattle/Shoreline

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

Mercer Island

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

West Seattle

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

***Denotes APDA Affiliation**

Before joining a 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

***Flower Power for Parkinson's** The national APDA has made arrangements with a prestigious international distributor in Holland to offer premium red-and-white tulip bulbs, the traditional Parkinson's disease symbol of hope, with 40% of the price to go to APDA for research funding. The packages of 25 bulbs will be delivered directly from Holland in time for National Planting Day, October 15. The price per bag is \$29.95 including all shipping and handling costs. Checks are to be made payable to TulipWorld, Inc. and mailed to American Parkinson Disease Association, 135 Parkinson Avenue, Staten Island, NY 10305, or orders can be placed directly by using our Web site, apdaparkinson.org. These are premium bulbs that make special gifts for people concerned about PD research.

* **Two Research Studies Seeking Participants** Portland-based OHSU researchers Jay Nutt, MD and Julie Carter ANP are conducting a study to learn more about the needs and desires of people when they are first diagnosed with PD. From this information they hope to establish guidelines to share with other clinicians. If you have been diagnosed within the past 2 years and would be willing to participate in a 30-45 minute phone interview, please contact Haley Holmer at 503-418-4387. **STEPS** is a clinical study evaluating the safety of Spheramine, a treatment consisting of human retinal pigment cells which have been grown from eye tissue procured from an eye bank. Treatment is performed through a surgical procedure. Selected participants, all of whom will have advanced Parkinson's, will be involved for up to 5 years. To learn more, call 1-866-STEPS03 (783-7703)

***Laura From Within: An Autobiography Through Poetry and Journal**, is the recently published writings of Oak Orchard author Laura J. Dean. Laura, described in the publisher's notes as a "poet and composer; pioneer, visionary, and instigator; and a person with a dream" says that this book represents for her a 'long ride' to a 'dream coming true'. Laura was diagnosed with Parkinson's disease at a young age over 20 years ago, and currently shares with others living with PD in her website chat rooms. Information about the book and ordering details are found through Author House at www.authorhouse.com or by calling 888-280-7715. Local bookstores can also special order the book for you.

The new Eastside Young Onset Parkinson's Group will hold its second meeting on Saturday, June 24 at 10 am at a member's Kirkland home. For details, contact Linnae Saari at 425-828-6198.

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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!*

Save The Date to join APDA and
NWPF at "The Governor's Conference
on Parkinson's" Saturday, November 18