



Parkinson Pathfinder

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

November/December 2008

Podcasts on Parkinson Disease

The Washington State Chapter of the APDA now offers podcasts on our website www.waparkinsons.org for those who are interested in learning more about Parkinson disease. These podcasts, or audio programs, are available for listening online, downloading to your computer or loading onto a portable device, such as an iPod or MP3 player.

These programs vary from several minutes in length to about 20 minutes. The podcasts are a way to reach a broader audience, especially those who may not be able to travel to get to a provider talk or program but are comfortable using a computer to access information.

Each talk features Washington-state experts sharing information on the following subjects:

- **PD 101**, with Ann Zylstra, PT, Booth Gardner Parkinson Care Center. This is a great talk for those who are just learning about PD for the first time.
- **Mechanisms of PD**, Pinky Argawal, MD, Movement Disorder Specialist from the Booth Gardner Parkinson Care Center answers a wide variety of questions about Parkinson disease.
- **Washington State Parkinson Disease Registry**, Mike Kim, MD, Movement Disorder Specialist from the University of Washington, explains how the Registry connects people with PD to research studies.
- **American Parkinson Disease Association & Information and Referral Center**, Evie Davis, Executive Director of the Washington Chapter and Marne Baca, Coordinator, talk about programs and services offered in the Northwest.
- **An Overview of PD**, with Susie Ro, MD, Movement Disorder Specialist from the Swedish Neuroscience Institute. Dr. Ro provides an in-depth talk on PD, including the non-motor symptoms.

- **Medications in Parkinson Disease**, Ali Samii, MD, Assistant Professor of Neurology and Neurological Surgery at the University of Washington covers medical management of Parkinson's in this segment.

- **Speech & Swallowing**, Roberta Kelly, MS, CCC, COM from the Virginia Mason Neuroscience Institute discusses how PD impacts speech and the specialized techniques to treat symptoms.

- **Movement Issues in Parkinson Disease**, Laurel Beck, PT, MS, NCS, from the Virginia Mason Neuroscience Institute covers gait and balance difficulties, fall prevention strategies, and the role of exercise.

- **Deep Brain Stimulation Therapy** with Peter Nora, MD, Neurosurgeon and Peggy O'Neill Shortt, ARNP, both of the Swedish Neuroscience Institute. Dr. Nora and Peggy provide an overview of DBS treatment.

- **Genetics & Future Therapies**, John Roberts, MD, Movement Disorder Specialist, Virginia Mason Medical Center, discusses the role of genetics and how it may impact upcoming treatment for PD.

- **Nutrition in PD**, Laurie Mischley, ND, University Health Clinic covers nutritional factors that may increase and decrease risk for developing PD, protein and levodopa, and supplement use.

Several of the recordings contain a brief survey at the end of the segment. These surveys will provide us with feedback on the overall effectiveness of the programming. Your input is very important to the shaping of future podcasts. If you have topic or speaker ideas, please let us know.

We would also like to thank Teva Neuroscience and the National APDA for their generous support of this project.

In This Issue

Executive Director's Report	page 2	Donations	page 6
Patient Care Program Continues in 2009	page 3	Managing Parkinson's DVD	Page 6
Maximizing Safety when Driving w/Parkinson's	page 4	Support Group Listings	page 7
The Statewide Health Insurance Benefits Advisors ...	page 5	APDA Event Calendar	page 8

APDA Information and Referral Center

Neurology, S-127
 1660 S. Columbian Way
 Seattle, WA 98108
 Phone: 206.277.5516
 Fax: 206.277.4342
 Hours: M-F 10 am - 3 pm
 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

Medical Director

Jim Leverenz, MD

Co Medical Directors

Phil Swanson, MD, PhD
 Ali Samii, MD

Coordinator

Marne Baca

APDA WA State Chapter**Executive Director**

Evelynne Davis
 evedavis@gmail.com
 425-443-8269

Executive Board

Peggy Abernathy
 Suzanne Cameron, 2nd Vice President
 Jennifer Bell
 Dick Dunn, President
 Sierra Farris
 Joanne Gates
 Dr. David Greeley
 Valerie Kelly
 Dr. Brooks Mackey
 Brenda Myers
 Dr. Laurie Mischley
 Peggy Newsom, Secretary
 Mike Shanahan
 Jan Shilling
 Peggy O'Neill Shortt
 Dianne Spatz, Treasurer
 Rene Spatz
 Tony & Charlene White
 John Wright
 Rochelle Wright
 Ann Zylstra, 1st vice President

Board Address:

P.O. Box 75169
 Seattle, WA 98175-0169
*Please Send Donations
 To The Board Address*

Executive Director's Report

Greetings everyone – as the year draws to an end I would first like to wish you all a very happy and healthy Holiday Season.

This is a very difficult time for all of us due to the economic downturn in our country, however we will continue with your help to provide all the resources and programs that our Mission states. We do ask you though to think of us when you receive your newsletter and hopefully you will be able to send back something small in those donation envelopes. I do understand if you are not able and I promise we will still be here for all of you in 2009.

We had a tremendous Conference this year, approximately 550 attended, and our sincere thanks to Marne Baca our I & R Coordinator for the wonderful speakers she enlisted for the event. Thanks also to Northwest Parkinson's Foundation, our partner in this event, for all their hard work and support in putting together a great day.

We have a wonderful 2009 Series of Educational Programs lined up for you, which you will find in the Calendar of Events in this edition.

Our Taxi Voucher Program is still available to those who need it, and we are expanding to reach other areas other than Seattle, so please contact me if you think you would be a candidate for this program.

Again, I wish you a very Happy Holiday Season, and please remember those donation envelopes

Evie Davis

Executive Director, Washington State Chapter

*The 7th Annual
 Dinner and Auction*

*Saturday,
 May 9th, 2009*

*The Madison
 Renaissance Hotel*

515 Madison St., Seattle

For Tickets & Information
 Contact: Evelynne Davis
 425.443.8269
 evedavis@gmail.com

SAVE THE DATE !

*The Magic of Hope
 Continues. . .*

Washington Chapter
 American Parkinson
 Disease Association



*Live & Silent Auction
 airline tickets, cruises,
 hotel & restaurant packages
 and much more.
 Come Make Some Magic!*

Patient Care Program Continues in 2009

The educational patient care programs sponsored in Washington and Alaska by the Washington Chapter were a big success in 2008. We are pleased to announce that the programs will continue in 2009, thanks to our sponsor Teva Neuroscience.

Below are the dates and speakers for upcoming programs. More information will be available as the dates get closer. As always, all programs are free of charge and lunch is served. We just ask that you RSVP so that we can plan accordingly.

For more information or to RSVP, contact Evie Davis 425.443.8269 or evedavis@gmail.com

January 21st - Auburn

Ashish Trevidi, MD, Northwest Neurology
& Electrodiagnostic Center

Mike Kim, MD, Assistant Professor, Neurology, UW

February 17th - Tacoma

Patrick Hogan, DO, Puget Sound Neurology
Steve Setter, Pharm.D., WSU, Spokane

Roberta Kelley, MS, CCC, Speech Pathologist,
Virginia Mason Medical Center

March 10th – Seattle, Virginia Mason Medical Center

John Roberts, MD, Movement Disorder Specialist, Virginia Mason Medical Center

Nicole Phillips, MD, Sleep Disorder Specialist, Virginia Mason Medical Center

Ksenija Stefanovic, MD, Urologist,
Virginia Mason Medical Center

April 15th - Longview

Clifford Schostal, MD

May 19th - Richland

Jim Leverenz, MD, Associate Professor,
Neurology and Psychiatry, UW

Susie Ro, MD, Movement Disorder Specialist, Swedish Neuroscience Institute

June 16th - Anacortes

Larry Elmer, MD, University of Toledo, Ohio

July 21st - Yakima

Ali Samii, MD, Assistant Professor, Neurology, UW

Laurie Mischley, ND, Naturopath, University Health Clinic

Karen Rice PT

August 18th - Lynnwood

Jeff Shaw, PsyD, Neuropsychologist,

Booth Gardner Parkinson's Care Center

Pinky Agarwal, MD, Movement Disorder Specialist, Booth Gardner Parkinson's Care Center

Ann Zylstra, PT, Booth Gardner Parkinson's Care Center

September 15th - Spokane

David Greeley, MD, Northwest Neurological, Spokane

October 13th - Alaska

Steve Setter, Pharm.D. WSU, Spokane

Maximizing Safety when Driving with Parkinson's

By Kay Ballen OTR/L



Driving requires intact vision, strength, flexibility, coordination, and cognition. Your eyes, muscles, and brain all work together in unison. When driving, your eyes receive information from the environment, your brain processes that information, and tells your muscles when and how to react. Impairment

in any of these areas can make driving unsafe.

Vision is the most important thing needed for driving. Approximately 90% of the information you receive from your environment comes from vision. Decisions and reactions are based on what you see. All muscles can be affected by Parkinson's including the eyes. Age related conditions such as glaucoma, macular degeneration, and cataracts affect vision, or the ability to SEE. However Parkinson's doesn't affect the ability to see, but the ability to LOOK, in other words, if affects eye movements. Looking involves rapid eye scanning, which is necessary for good peripheral vision to detect cars and other objects around you so you can navigate where you are going, watch for pedestrians, and read road signs.

The physical symptoms of Parkinson's disease can vary from person to person. Rigidity, tremors, bradykinesia, postural instability, and freezing can all interfere with flexibility, coordination, and execution of movement. Decreased flexibility can make it difficult to get in and out of your car, fasten your seatbelt, or turn your body and head when backing up. Impaired coordination and slower movements can affect how quick you move your foot from the gas pedal to the brake or turn the steering wheel to avoid an accident.

Cognitive changes that occur with normal aging such as memory, attention, processing information, and making decisions can also affect those with Parkinson's. Such changes can slow the brain's ability to process information and make quick decisions. This means slower reaction times. For example, if you see a car pulling out in front of you, your eyes receive the information, but your brain may not think fast enough to tell your muscles to respond and put on the brakes.

Both selective and divided attention is needed for safe driving. Selective attention allows you to select or focus on important information such as responding to changes

in traffic and filter out unimportant information. Divided attention allows you to do two things at once like keeping your car in your own lane while reading road signs.

Problems with attention may decrease your ability to handle the demands of driving in heavy traffic or at high speeds. Changes in memory can interfere with obeying traffic rules, remembering where you are going, or operating your vehicle. The inability to make quick appropriate decisions such as when to turn left at an intersection against oncoming traffic or judging when to merge into traffic could put you at risk for having an accident.

With Parkinson's, planning WHEN you drive may be necessary. Some Parkinson's medications can cause daytime sleepiness, decreasing your cognitive and visual reaction times. Some people also experience predictable "wearing off" symptoms prior to taking the next dose of medication which could affect execution of movement.

THINGS YOU CAN DO

- Drive at the time of day when you are most alert and 'ON'—that is, when you are receiving the most benefit from your Parkinson's medications.
- Exercise good judgment when driving
- Make left hand turns only when there are left arrow signals
- To avoid left hand turns, go to the next intersection and turn right, then make 2 more right turns at the next 2 intersections.
- Plan your route before you get in your car
- Only drive in familiar places
- Avoid rush hour or heavy traffic to reduce anxiety
- See an eye care specialist at least 1x/year or if you experience changes in your vision
- Keep your windshield clean and make sure your wipers and headlights are working
- AARP classes are available to refresh your driving safety skills; some insurance companies will then reduce your insurance rates!!
- Stay active with regular physical exercise including walking, stretching, and strengthening
- Exercise your mind daily with crossword puzzles, trivia, computer or board games

continued on page 5

The Statewide Health Insurance Benefits Advisors (SHIBA)

Do you have questions about Medicare, private health insurance or coverage for prescription medication?

The State of Washington has a resource to help answer these questions. The Statewide Health Insurance Benefits Advisors, or SHIBA, has a helpline that offers free, impartial and objective information about health care coverage, assistance and advocacy.

SHIBA HelpLine helps consumers with choices and problems involving private health insurance as well as many government programs:

- Medicare
- Medicaid
- Basic Health

The SHIBA HelpLine is staffed by trained volunteers who have expertise in Medicare, Medigap coverage, employment-related health benefits, managed care, fraud and abuse questions, long-term care options, and more. Most importantly, this is a state-wide program, with representatives in counties throughout Washington.

For further information, please contact the toll free HelpLine:

- Call: 1-800-562-6900
- Email: SHIBAHelpLine@oic.wa.gov
- Web: <http://www.insurance.wa.gov/shiba/>

Taxi-Voucher Program

As a reminder, the Washington Chapter is still accepting applications for its Taxi Voucher program. For qualified applicants, the APDA provides \$300 in taxi vouchers per year for people with Parkinson disease who no longer drive.

Who can participate? Anyone with Parkinson disease who does not drive or has restrictions against night time driving. At this time, we have funding for up to 100 participants.

How do I use my vouchers? The vouchers are used like cash and may be redeemed whenever you take a taxi ride.

Do I have to use my taxi rides just for trips to the doctor? No. You get to decide how to best use the vouchers, whether it's for a trip to the doctor or any other destination you choose.

How do I apply for the program? It's simple. All that is required is a letter from your health care provider, stating that you no longer drive for medical reasons. We also ask that you give us your name, address and phone number at the time your application is submitted so that we may get in contact with you.

Please contact Evelynne Davis at evedavis@gmail.com or (425) 443-8269 to get started.



Continued from page 4. . .

Maximizing Safety when Driving with Parkinson's

In conclusion, refresh your knowledge of safe driving. Adjust your driving habits. Listen to those who are concerned with your driving. Begin planning ahead for alternative ways to stay independent in the community. Most importantly, IF IN DOUBT, follow up with your physician.

To further assess your safety, clinical driving evaluations are available at the Booth Gardner Parkinson's Care Center in Kirkland, WA. This test is done in the Occupational Therapy clinic to assess visual processing and reaction times, physical strength, flexibility, and functional cognitive skills needed for safe

driving. It identifies safety concerns, the need for further visual or cognitive testing, and recommendations, if needed, for an on road assessment. Resources for alternative types of transportation are provided for those who are considering retiring from driving.

Kay Ballen is the lead Occupational Therapist at the Booth Gardner Parkinson's Care Center. Kay has over 20 years experience working with neurologic diseases that affect the use of upper extremities, vision, cognition which include everyday activities such as eating, dressing, home chores, working, and driving.

Thank you for your Greatly Appreciated Donations!

Donation Names, September 10, 2008 ~ October 31, 2008

Donations:

Carol Sullivan
Henry and Elizabeth Elliott
Janet Raether
Susan Wrigley
Dorothy E. Rosen
(Bequest from her late husband)
Fred and Peggy Ieperen

Donations for Straight Talk/DVD:

APDA Las Vegas
Seymour Geller
Charles McCollum
Thomas and Nola Beeler
Joan Suhl
Stella Wong

Donations in Memory of: (and Donor)

Robert Gray
(Gerald and Kathleen Sneiderman)
(William and Ruth Gray)
Frances Landwehr
(John and Helen Talley)
Sandford Shaub
(Mary Jo Coyle)
Stanley Torgerson
(Tourney Squire)
(Ed and Thelma Hogan)
Kirk Odencrantz
(Nola and Thomas Beeler)

Continued. . .

Donations in Memory of: (and Donor)

Ellen S. Hill
(Douglas and Roberta Jessen)
Harold Wilcox
(Richard and Diane Fletcher)
(Irene Wilcox)
William Bunch
(Rus Sandomire)

Donations in Honor of: (and Donor)

Dr. Michael Spektor
(Jack and Lela Abravanel)
Joe Brennan
(Betty Jean Brennan)
Donna Gray
(June Bilow)
Betty and Jim Havercamp
(Pat and Pete Peterson)

Corporate Donors:

Teva Neuroscience
GroundSpring.Org
American Parkinson Disease Assn.
(National)
Fidelity Charitable Gift Fund
City of Seattle
Medtronic
Vernalis Pharmaceuticals, Inc.



“Managing Parkinson’s: Straight Talk and Honest Hope,”

the DVD produced by the Washington Chapter of the APDA is now available.

Topics include medical management, support, care giving, nutrition and diet, exercise, speech therapy, and young onset PD.

Please contact evedavis@gmail.com or (425) 443-8269 to order your free copy.

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. For Support Groups in Oregon, Alaska and Hawaii, also contact the I&R Center.

Before visiting a support group, please contact the group leader to confirm schedule and location.

Idaho

Coeur D'Alene

Lake City Senior Center
Contact: Karen Goodson 208.689.3109
1st Friday of the month 1:00PM

Washington

Anacortes

Island Hospital
contact: Jerry Ramsey 360.293.2185
3rd Thursday of the month 1:00PM

Auburn

Wesley Homes
Contact: Geri Montoya 253.876.6014
1st Friday of the month 10:00AM

Bainbridge

PD Young at H.E.A.R.T. Group
Contact: Steve Bohannon 206.842.0226
sbohann@msn.com
1st Monday of the month 1:00PM

*Bellevue

Young Onset ~ Bellevue Senior Center
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
1st Wed. of the month 7:00PM

Bellingham

Parkway Chateau
Contact: Debra Ivanovich 360.724.3382
2nd Monday of the month 2:00PM

*Bothell

North Shore Senior Center
Contact: Susy Favaro 425.486.4564
suzyf@seniorservices.org
2nd Tues. of the month 10:00AM

Bremerton

Harrison Rehabilitation Services
Canterbury Manor
Contact: David Hull 360.895.6220
1st Tues. of the month 1:30PM

Chehalis

Dayspring Baptist Church
Contact: Gwen Moor 360.858.1206
happygp@juno.com

Des Moines

Wesley Homes
Contact: Rita Lambert 206.870.1302
rlambert@wesleyhomes.org
3rd Wednesday of the month 10:00AM

Edmonds

South County Senior Center
Contact: Kathy McNutly 425.774.5555
njbeeler@comcast.net
2nd Wed. of the month 1:00PM

Everett

Rainer Room, Colby Campus,
Providence General Hospital
Contact: Karen Painter 425.327.9401
KPainter62@aol.com
4th Sat. of the month 2:00PM

Gig Harbor

Rosedale Fire Station
Contact: Doug Manuel 253.858.8741
2nd Tuesday 7:00 PM

*Issaquah

Our Savior Lutheran Church
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
2nd Monday of the month 1:30PM

Lakewood

St. Mary's Episcopal Church
Contact: Doris Gilmore-Sherwood
253.582.8421
dbgilmore1212@aol.com
2nd Tues. of the month 1:00PM

Langley

Contact: Carolyn Hansen
360.279.1785
2nd Tuesday of the month 10:00AM
Bay View Senior Center

Longview

Canterbury Inn, 3rd and Hudson
Contact: Barbara Sudar 360.423.7012
bnbsudar@msn.com
3rd Wed. of the month 1:30PM

Kirkland Caregiver Support Group

Tan 138 at Evergreen Hospital
4th Monday of the month 12:30-2PM

Mercer Island

Community Center at Mercer View
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
1st & 3rd Tues. of the month 2:00PM

*Mercer Island

PD Partners -- Community Center at Mercer View
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
2nd Thurs. of the month 1:30PM

*Mercer Island

Adult Children of Parents with PD --
Community Center at Mercer View
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
3rd Mon. of the month 7:00PM

North Seattle/Shoreline

Shoreline Senior Center
Contact: Scott Tieson 206.268.6761
scottth@seniorservices.org
4th Tues. of the month 11:15AM

*Oak Harbor

North Whidbey Fire Station
Contact: Carolyn Hansen 360.279.1785
1st Friday of the month 1:00PM

Port Angeles/Sequim

Port Angeles Senior Center
Contact: Jan Yates 360.457.9746
4th Wednesday of the month 10:30AM

Port Townsend

Jefferson Healthcare/Telehealth
Contact: Mark Cherniack 360.385.2200
mcherniack@jgjc.org
3rd Mon. of the month 2:00PM

Puyallup

United Methodist Church
Contact: Shannon Tait 253.697.8533
shannon.tait@goodsamhealth.org
3rd Thurs. of the month 1:30PM

Puyallup

Caregivers Support Group (Not Only PD)
Good Sam Community Services
Contact: Kathy McCormick 253.697.8400
2nd Monday of the month 1:30PM

Redmond

Emerald Heights
Contact: John Waltner 425.556.8100
3rd Thursday of the month at 1:30PM

Renton

Merrill Gardens at Renton Centre
Contact: Barbara Shull 425.235.6400
3rd Wed. of the month 1:30PM

Richland

Neurological Research Center
Contact: Heidi Hill 509.943.8455
hillh@kadlecmed.org
2nd Thurs. of the month 1:30PM

*Seattle

Seattle PD Partners --
Greenwood Senior Center
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
2nd Tues. of the month 1:00PM

Seattle

Well Spouse -- Greenwood Senior Center
Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
1st Mon. of the month 4:00PM

Seattle

Young Onset -- meets in members homes
Contact: Suzanne Cameron 206.286.8149
2nd Tues. of the month 7:00PM

Seattle First Hill

Virginia Mason Medical Center
Contact: Laurel Beck
206.625.7373 x64553
1st Tues. of the month 1:30PM
laurel.beck@vmmc.org

Spokane

St. Lukes Rehab Institute
Contact: 509.473.2490
3rd Mon. of the month 2:00PM

Spokane (Dystonia)

St. Lukes Rehab Institute
Contact: Denise Gibson 509.891.9131
denise@designnden.com
2nd Sat. of the month 1:00PM

Spokane (Women's)

Location changes -- contact group leader
Contact: Julie Willis 509.467.2240
1st Thurs. of the month 1:00PM

Tacoma

Tacoma Lutheran Home
Contact: Sharon Jung 253.284.4488
3rd Friday of the month 11:30AM

Vancouver

Legacy Salmon Creek
Contact: Lynda Forbes-Cramer
360.546.1763
lfcramer@comcast.net
3rd Sat. of the month 1:00PM

Vancouver

Locations and time varies
Contact: Jeanne 360.892.0686

Vashon island

Contact: Kate Lanigan 206.463.3140

Walla Walla

Congregational Church
Contact: Darlene Lambert 509.382.4012
4th Sat. of the month 6:00PM

Washington Peninsula

Ocean park Lutheran church
Contact: Patti Pellerin 360.665.3284
4th Fri. of the month 1:30PM

West Seattle

Admiral Congregational UCC
Contact: Katie Stokely 206.933.5931
3rd Thurs. of the month 1:30PM

Yakima

Park Meadows
Contact: Jaci Rice 509.248.9963
2nd Thurs. of the month 2:00PM

The APDA welcomes a new PD support group at Swedish Hospital, Cherry Hill. For further information on location and time, contact Peggy O'Neill Shortt, (206-320-2847)

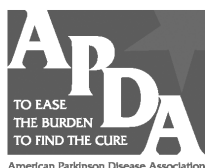
*Denotes APDA Affiliation

APDA Event Calendar

For more information about any events listed below,
contact Marne Baca (206) 277-5516 or apda@u.washington.edu

LOCATION	DATE	EVENT
Lakewood St. Mary's Episcopal	December 9 11:00pm	Ann Zylstra, PT "Update on Parkinson Disease"
Gig Harbor Rosedale Fire Station	December 10 2:00pm	James Leverenz, MD "Cognitive Changes in PD"
Olympia The Heritage Room	December 11 11:00am	Greg Bell, MD "Staying Active with PD" Laurel Beck, PT "The Benefits of Exercise" <i>Please RSVP for program evedavis@gmail.com</i>
Mercer Island Community Ctr.	February 2 2:00pm	Susie Ro, MD "Sleep Disturbance and PD"

University of Washington
Department of Neurology
Box 358280
Seattle, WA 98195
Attention: Marne Baca (S-127)



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

Go Paperless with the Pathfinder!

If you would like to receive email notification when the next Pathfinder is available online instead of a paper copy, please send email to apda@u.washington.edu.

Is your address correct? Returned mailings waste money needed for research and support. Please notify us of any changes via the contact information on page 2.