



American Parkinson Disease Association

Parkinson Pathfinder

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

April ~ May 2010

Music Therapy for Voice Maintenance

By Wendy Woolsey, MA, MT-BC
Board Certified Music Therapist



You might hear people with Parkinson’s Disease say that friends can’t hear them over the phone or in a restaurant. Or their spouse keeps asking them to repeat what they’re saying. They feel like they’re screaming, but are being told they are mumbling. These comments can cause

frustration in a marriage or withdrawal from social events. Maintaining clarity of speech and volume is so important to the quality of life of people with PD and their caregivers. Music Therapy and therapeutic singing can be an engaging and motivating way to practice articulation or initiation of speech as well as increase breath control, posture and volume. It’s something couples or families can have fun doing together.

Music Therapy is an established healthcare profession where music is used to work on non musical goals, such as speech. Board Certified Music Therapists use the singing or playing of music and movement to help organize and facilitate speech and aid in vocal production. So... what do you do?

1. Breathing techniques exercise the diaphragm and help with breath control and volume. A good breath can sustain your volume to the end of your sentences. Practice breathing in for a count of four then exhaling out with a hiss or singing, “Ah.” You might see that you can gradually increase how long you can sustain your breath.
2. Oral motor exercises use melody, rhythm and dynamics to practice muscular control of the speech apparatus facilitate the production of specific sounds. You can start with Tongue twisters like, “Peter piper picked a peck of

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Voice Therapy for Patients with Parkinson’s Disease

By Roberta A. Kelley, MS/CCC-SLP, Speech
Language Pathologist, Neuro-Clinical Specialist,
Virginia Mason Medical Center



“My husband’s speech is so soft I can’t hear him”. “My husband’s speech starts out OK, but then becomes difficult to understand.” These are typical comments heard in the speech pathologist’s office when a patient with Parkinson’s Disease comes in for evaluation and help

with communication. As a young clinician, the focus of speech therapy with these patients was on pronunciation or articulatory precision. We frequently used articulation training and saw minimal carry over or maintenance into conversational speech. In the mid-1990’s, however, Lorraine Ramig, PhD, SLP and her team at the University of Colorado produced promising research and a treatment protocol using phonation (voicing) as the key element for improving communication in Parkinson’s patients.

We know that working with patients with motor speech disorders such as Parkinson’s Disease is challenging for many reasons: the degenerative nature, the affect on multiple speech mechanisms or at any or all levels of the vocal tract. But Dr. Ramig’s and her team’s treatment focuses on one speech subsystem which enhances or improves many levels of speech production. Their key is on voice or loudness training. Parkinson’s Disease patients complain of weak voice (61%), the most common complaint, imprecise articulation (36%), and hoarse voice to(32%) among other communication complaints. Instead of working on each of those problems individually, Dr.

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APDA Information and Referral Center

Neurology, S-116-6E
 1660 S. Columbian Way
 Seattle, WA 98108
 Phone: 206.277.5516
 Fax: 206.277.4856
 Hours: M., Tues., Thurs., Fri.
 8:30 am-5 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

I & R coordinator/Newsletter Editor

Lynn Chapman, MS

APDA WA State Chapter**Executive Director**

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

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Board Address:

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

*Please Send Donations
 To The Board Address*

APDA President's Circle

It's an early Spring in the Northwest, flowers are in early bloom... hopefully this is a sign of the beginning of a good year. There's lots of good to report on at APDA.

First, to ensure continued contribution and governance of our Chapter, we are honored to announce our newest Directors on our Board:

Peter Nora, M.D., Neurosurgeon, Swedish Medical Center
 Suzanne Eller, Social Worker, Providence Mount St. Vincent

Thank you Dr. Nora and Suzanne for your willingness to be part of such a wonderful group.

The Washington Chapter of the American Parkinson Disease Association continues to grow, and has emerged as one of the largest chapters in the country. We are all proud of this, especially in light of the fact that many similar organizations have been adversely impacted by the economy and have been forced to trim or cut back programs.

Conversely, attendance at our Educational Programs continues to grow, illustrating the value these programs provide to people living with Parkinson Disease. The March 9th program at Virginia Mason Medical Center, featuring Dr. John Roberts, had 140 people pre-registered to attend, the largest Program to date.

There are many upcoming programs. For a complete list of dates and locations, please visit our website at www.waparkinsons.org. We extend a special thanks to Teva Neurosciences for their generous sponsorship of these programs.

As always, a heartfelt thank you goes out to our Executive Director Evelynne Davis. Without her commitment, fundraising, and boundless energy, APDA would not be the outstanding organization that it is.

Suzanne Cameron, Wendell Matas, Co-Presidents

Executive Director's Message

What a great winter we have had – let's hope that as we move forward into spring we continue to achieve our goals and keep our Chapter strong.

One of our Board Members, Dr Laurie Mischley, has just written new book called "Natural Therapies for Parkinson's disease" and I would highly recommend that you buy this book. It is well written and very easy to understand. I learned a lot of new information from this book and it is very reasonably priced through Amazon and has sections on Nutritional Medicine, Herbal Medicine, Naturopathic Medicine, Diet, Supplements, Recipes and much more. If you want to purchase this book, just go to our website, www.waparkinsons.org, click on the Amazon Link and type in the name of the book and it will pop up. By going through our website, the Chapter will receive a small percentage from Amazon.

Our other programs are also continuing to be very successful, and we are providing educational patient care programs on a monthly basis throughout WA State.

Our 8th Annual Magic of Hope Auction Dinner will take place on May 22nd at the Seattle Renaissance Hotel. If you would like to view our items, both Live and Silent, go to our website, www.waparkinsons.org and click on the Magic of Hope link on the front page – this will take you to our Auction web page. We hope to raise over \$100,000 at this event.

Have a great spring and please remember the donation envelopes, we really rely on your support in order to maintain all our Chapter Programs.

Evie Davis

I & R Coordinator's Message

Asking for help is something that many of us don't feel comfortable doing. We feel like we should be able to figure something out ourselves, drive around for an extra 30 minutes because we "should" be better with directions, entertain ourselves even though we are lonely and wish someone would call. There is no shame in asking for help. And you never know the wonderful people you'll meet once you do. Just last month I got a call from a former member of the Vashon Island Support Group who wanted help getting this group going again. I applaud her for reaching out and asking for help. Her

Continued from page 1 . . .

PD had progressed to the point where she knew she could not do this alone and she knew she needed support. Because of this one phone call, she will have not only helped herself but many more people on the Island who could really use the support and camaraderie as they go through life dealing with a disease they didn't ask for. Keep this in mind next time you think asking for help is a sign of weakness. It's actually the opposite; a sign of strength. Asking for help also gives the other person the opportunity to help out. And helping you out may just might make their day. *Lynn Chapman*

Voice Therapy for Patients with PD

Ramig's focus is on voice, specifically, increasing loudness. She and her team call their program Lee Silverman Voice Treatment, after their first patient who completed the training.

Lee Silverman Voice Treatment is the "gold standard" for improving the weak, soft voice, or "hypophonia" typically associated with Parkinson's Disease. This technique keeps the focus on voice, teaching the patient to "think loud/ think shout". The key word when the patient leaves the speech office is the word "loud". Rather than have the patient try to remember and coordinate multiple speech tasks or skills, they now need only remember "loud." Voice/loudness training not only increases audibility but improves clarity and precision of speech for those whose articulation is indistinct. It helps coordinate respiration (breath support) with phonation (voicing).

The job of the speech pathologist is to help the Parkinson's Disease patient focus on increasing voice or phonatory effort. The treatment program has an intensive therapy schedule, focuses on high effort, and promotes a daily home program. The speech pathologist is the "cheerleader", helping the patient produce voice with an open mouth, in a relaxed manner, with acceptable posture, and with high voice effort. We encourage the patient to "go, go go", and "keep it going", as he is asked to produce loudness on vowel production (/a/), hearing the loudness and feeling the physical effort. The patient moves from vowel production, to louder single words, short phrases, sentences, oral reading, and conversation. Self-monitoring is an important key in this therapy, as the patient learns to increase his awareness of the degree of physical vocal effort and auditory loudness. Initially, the patient is helped by equipment: the sound level meter and tape recorder both in the treatment room and then at home. Eventually, the patient learns to be independent of the equipment, producing the same results without the sound level meter and the tape recorder.

First, the patient is trained to "go loud" and then learns to calibrate loudness for conversational speech, another key

to success in LSVT. We set a range of calibrated loudness goals (frequently ~ 70-75dB), which is practiced both in the treatment room, and practiced at home during functional communication activities. Loudness training is carried over to functional phrases and sentences, and eventually calibrated so the patient is comfortable with the appropriate level of increased vocal effort. Practice phrases and sentences, which are frequently part of the patient's normal communication, should "facilitate the spontaneous transfer of the louder voice into functional speech." Both the sound level meter and the tape recorder are useful tools within the treatment setting as well as at home while the patient is learning and calibrating loudness levels. With careful self-monitoring, the patient will decrease his dependence on instrumentation to what he hears and feels, so that his speech is audible in both quiet and noisy environments outside the speech office.

We hope to hear and see immediate improvement in audibility and speech intelligibility, which is generalized and maintained by "Think LOUD, Think SHOUT." Daily home practice is eventually replaced by three times a week loudness practice indefinitely, to maintain audible, clear speech. Patients that do the best with Lee Silverman Voice Treatment (LSVT) are cognitively intact, have adequate family or SO support, and are motivated to stay in the game of communication and socialization.

References

How to Find a Lee Silverman Voice Clinician (www.lsvt.org) or 1-888-438-5788

1. Yorkston, K., Miller, R., and Strand, E. Management of Speech and Swallowing in Degenerative Diseases. 1995, Communication Skill Builders.
2. Ramig, L., Countryman, Pawlas, and Fox, 1996, Lee Silverman Voice Treatment (LSVT)

Powerful Tools for Caregivers (Course #10965)

Community Center at Mercerview, Mercer Island
 April 19th, 2010, 9:30am – 12pm, 6 Mondays
 Taught by Carin Mack and Terry Schuler
 To register: 206-275-7609

Do I Need to See a Movement Disorder Specialist? *By Ali Samii, MD*

The process of selecting a health care provider can be quite complex. It involves issues such as insurance coverage, geographical preference, the provider's accessibility and waiting times, and most important the patient/provider relationship. In small rural settings, choices are more limited and provider options in part depend on how far and how often a patient is willing to travel for clinic visits. In large metropolitan areas such as the Puget Sound area, one can find dozens of specialists and several subspecialists that manage a specific medical problem within a 40 mile radius. My personal assumption has always been that if one can see a subspecialist, why bother to see a specialist or a generalist?

A few years ago, I developed shoulder pain related to a rotator cuff strain, so I bypassed my primary care provider and directly sought help from a provider specializing in sports medicine and non-surgical management of shoulder problems (not an orthopedic surgeon). He referred me to a physical therapist trained in shoulder rehabilitation. Within a few sessions of physical therapy and daily home exercises, the problem was resolved. I am not sure if seeing my primary care provider first and seeing a "less specialized" physical therapist would have made that much of a difference. However, if I had seen an orthopedic surgeon and had been told that I needed surgery, I would have definitely sought opinions from other orthopedic surgeons specializing in shoulder surgery.

Most patients tend to seek providers with subspecialty experience when it comes to surgeries and procedures. That preference may be less pronounced in non-surgical fields

Continued from page 1. . .

Music Therapy for Voice Maintenance

pickled peppers" or "She sells sea shells on the sea shore" spoken or sung up a scale. Or make up your own phrases. Vocal exercises train all aspects of voice control including inflection, pitch, breath control, timbre, and loudness. Singing sirens from low to high and back down again and vocal warm ups that bring you up and down a scale can improve inflection and self expression.

Therapeutic singing, whether alone or in a group can improve your mood and your speech clarity. Songs have a melodic contour similar to prosodic speech and prime word retrieval mechanisms. So turn on the music and sing your favorite songs. It doesn't matter if you've ever sung before. Music therapy can also address a person's perception of effort, by stimulating a louder voice and increasing awareness of normal, intelligible conversational loudness. Recite a line from your favorite movie and practice saying it with increased volume. Don't forget to sit up and take a deep breath and remember that what may seem loud to you might be normal to someone else.

Why does music help to improve speech for people with PD? The brain is a fascinating organ and music affects

such as Neurology. Just to go over some terminology, a neurologist is physician who has completed a residency in Neurology. A movement disorder neurologist has either completed a fellowship in movement disorders (including Parkinson disease) after his/her Neurology residency or chose movement disorders as his/her primary clinical area before there were fellowships available.

Approximately one third of my patients who see me once or twice a year, also see a general neurologist on a regular basis, mostly because of three reasons:

- 1) they want a neurologist closer to where they live,
- 2) they have an easier time accessing their neurologist and making an appointment to see them urgently if necessary and
- 3) they have a great working relationship with their general neurologist and want to maintain it, but want to see a movement disorder neurologist to get periodic updates, ask questions, and discuss medication choices.

My philosophy has been to encourage that working relationship as long as notes are exchanged and medication adjustments are well coordinated. Of course, if a patient has had deep brain stimulation (DBS) surgery, DBS programming should be done at a subspecialty center experienced in DBS programming and dealing with problems related to the device. Although I personally believe that Parkinson patients benefit from regularly visiting with a movement disorder neurologist, I could not find any peer-reviewed scientific literature to support the hypothesis that a Parkinson patient receives "superior care" from a fellowship trained movement disorder neurologist compared to a general neurologist.

many systems in the brain including the limbic system, motor cortex and temporal lobes. Excitement, engagement and repetition can change and stimulate these areas of brain. Specifically, rhythm can entrain motor responses, coordinate movement, stimulate attention and aid in temporal patterning without you having to think about it. Music is also engaging and motivating. So have fun!

To find a music therapist near you, contact the American Music Therapy Association at www.musictherapy.org.

CAREGIVER TRAINING CONFERENCE

Learn practical caregiving skills and strategies. This full-day training conference on Monday, June 7, 2010 allows you to choose from many helpful workshops based on your needs as a caregiver. It will be held at the Tukwila Community Center in Tukwila, Washington. Pre-registration is required and space is limited. Call today to receive a full brochure and registration form. 1-800-422-3263 or 360-725-2544.

The Washington State Chapter of the American Parkinson's Disease Association cordially invites you to our 8th annual Auction Dinner

The Magic of Hope begins with you!!!

Help us raise \$130,000

Five-thirty pm, Saturday, May 22nd 2010

The Madison Renaissance Hotel 515 Madison, Seattle, WA 98104

Champagne Preview 5:30 pm ~ Cocktail Attire

View Live Auction items at: www.waparkinsons.org

Questions: Evie ~ 425-443-8269

All monies raised will be used in WA State

I/We plan to attend on Saturday, May 22, 2010

Please reserve ___ seats at \$100.00 each

Please reserve ___ \$720.00 table of 8 / ___ \$900.00 table of 10

Enclosed is my check for \$_____ (make check payable to WA Chapter APDA)

Please bill my credit card for \$_____ Mastercard Visa

Card # _____ Exp. date _____ Tel. No. _____ Email _____

Address _____ City _____ State _____ Zip _____

Menu choices: Cajun Spiced Salmon, Bourbon Mashed Sweet Potatoes, Orange Saffron Beurre Blanc or . .Chicken Florentine with Spring Vegetables and Skagit Valley Potato Hash with Red Wine Demi or . .Pear and Gorgonzola Ravioli with Honey, Lavender Cream Sauce

Please list names of attendees and dinner selection below:

Table with 5 columns: Attendee #, name, address, phone, email, and Dinner Choice (Salmon/Chicken/Veg. with checkboxes).

- Please sign me up for express checkout
I am unable to attend. Please accept my donation of \$_____
I have a donation for the auction, please contact me

RSVP by May 14, 2010 ~ no tickets sold at the door



Thank you for your Greatly Appreciated Donations!



Donation Names, January 25, 2010 - March 10, 2010

Donations:

Claudia Delgrosso
Janet Larson
Hisao Fukui
Dr. and Mrs. Peter Nora
Emma Elliott
E.P. Denson
Dale and Jacqueline Steichen
Beverly Cranston
Monte Moore
Laureen Becker
Vernon Kramer
Don & Roberta Leonardy
Duane Thorson
Toshio and Yaeko Funai
Robert Campbell
Jean Rozen
Peter Rotar
Mary Hales
Eleanor Rand
John Hopkins
Wendy Holman
Keith and Villa Cutlip

Selma Wieder
Dr. Jay Alberts
Ann Bothman
Vicky Giannelli
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Peggy Shortt
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Christine Englehardt
Suzanna Eller
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Beverly Koval
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(Meribah Smith)
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John Frick
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Donations in Honor of: (and Donor)

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(Denise and Mark Broverman)

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APDA National
Wells Fargo Community Support
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City of Seattle
The Allstate Foundation/Kim Taylor
The Allstate Foundation/John Davis
Estate Bequest

SAVE THE DATE!

HOPE.
Parkinson's Disease

Hope Conference 2010
Saturday, November 6th

"Managing Parkinson's: Straight Talk and Honest Hope,"



This DVD, produced by the Washington Chapter of the APDA, includes topics on medical management, support, care giving, nutrition and diet, exercise, speech therapy, and young onset PD.

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



TAXI VOUCHER PROGRAM

The Washington State Chapter of APDA provides a Taxi Voucher Program for those who are unable to drive due to Parkinson's disease or the Parkinson's medications they are taking. The Chapter will provide each client with \$300's worth of Taxi Vouchers for 1 year. To receive the vouchers, please send a letter from the physician letter stating that the client is unable to drive due to Parkinson's Disease to the Washington State Parkinson Association, Washington State Chapter, Attn: Evie Davis, PO Box 75169, Seattle, WA 98175 or fax to her at 866-499-2925. For more information contact Evie at 425-443-8269 or evedavis@gmail.com.

Washington State Parkinson Support Groups

For information about support groups in Idaho go to www.waparkinsons.org. For information about groups in Alaska, Oregon or Hawaii contact the I & R Center at 206-277-5516. Before visiting a support group be sure to contact the group leader to confirm schedule and location.

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 Health and Wellness Center

Contact: Andrea Parker 425.488.4821
andreap@seniorservices.org
3rd Tues. of the month 10-11:30AM

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
2nd Thurs. of the month, 1:00PM

Covington

Covington Library

Contact: Rick Pasko 206-841-6728
pasko33@aol.com
4th Tues. of the month at 10:00AM

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: Nola Beeler 425.774.3297
njbeeler@comcast.net
2nd Wed. of the month 1:00PM

Everett

Rainier Room, Colby Campus,

Providence Reg. Medical Center
Contact: Karen Painter 425.327.9401
KPainter62@aol.com
4th Sat. of the month 2:00PM

Gig Harbor

St. John's Episcopal Church

Contact: Doug Manuel 253.858.8741
2nd Wednesday of the month 4:00PM

*Issaquah

Our Savior Lutheran Church

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

Langley

Bay View Senior Center

Contact: Carolyn Hansen
360.279.1785
2nd Tuesday of the month 10:00AM

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

*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

*Oak Harbor

Cherry Hill Clubhouse

Contact: Carolyn Hansen 360.279.1785
1st Friday of the month 1:00PM

Olympia

Puget Sound Healthcare Center

Dhowell2@extendicare.com
Contact: David Howell (360) 754-9792 x251
3rd Tuesday of the month @ 11:00 am

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
mcherniak@jgc.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 Samaritan Behavioral Health
Contact: Kathy McCormack, 253.697.8532
Kathie.McCormack@goodsamhealth.org
2nd Monday of the month 1:30PM

Renton

Merrill Gardens at Renton Centre

Contact: Barbara Shull 425.235.6400
3rd Wed. of the month 1:30PM

Redmond

Emerald Heights

Contact: John Waltner 425.556.8140
3rd Thurs. of the month, 1PM

Richland

Neurological Resource 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

Young Onset -- meets in members homes

Contact: Suzanne Cameron 206.286.8149
2nd Tues. of the month 7:00PM

Well Spouse -- Greenwood Senior Center

Contact: Carin Mack 206.230.0166
socialwkr@earthlink.net
1st Mon. of the month 4:00PM

Swedish Hospital

Contact: Peggy Shortt, ARNP 206.320.2849
2nd Tuesday 1:00 PM - Begins in April

Horizon House

Contact: Carin Mack, 206.230.0166
socialwkr@earthlink.net
4th Monday 1:30PM

***Denotes APDA Affiliation**

Seattle (continued)

South Park Community Center

Contact: Beverly Shadley 253.344.1924
sbshadley@msn.com
3rd Thursday @ 9:30 pm

Shoreline

Shoreline Senior Center

Contact: Scott Tieson 206.268.6761
scotth@seniorservices.org
4th Tues. of the month 11:15AM

Spokane

Parkinson's Resource Center of Spokane

Contact: Coreen Morrill 509-363-0400
morrill.cm@comcast.net
3rd Wed. of the month at 12:30PM

St. Lukes Rehab Institute

Contact: 509.473.2490
3rd Mon. of the month 2:00PM

Young Onset-Parkinson's Resource Center

Contact: Cate Paul 509-473-2490
center@spokaneparkinsons.org
Last Friday of the month at noon

(Women's)

Location changes -- contact group leader

Contact: Julie Willis 509.467.2240
1st Thurs. of the month 1:00PM

Stanwood

Lincoln School Senior Center

Contact: Tori Kelly 360-939-0640
2nd Monday of the month @ 10:00 am

Tacoma

Tacoma Lutheran Home

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

Vancouver

The Quarry

Contact: Jan Beyer, 360-994-6000 X5407
jbeyer@thequarryliving.net
2nd Wednesday of the month, 11:00AM

Vancouver

Legacy Salmon Creek

Contact: Carrol Heller 360-433-2676
3rd Friday of the month 1:00PM

Vashon Island

Contact: Lynn Chapman 206-277-5516

Vashon Island Lutheran Church
1st Friday of the month, 1:00PM

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

Wenatchee

Douglas County PUD

Contact: LaVerna Armintrout 509.884.6833
3rd Tues. of the month, 2:00PM

Wenatchee (East)

PD Partners Caregiver Group

Aging and Adult Care Center
Contact: Marilyn Milburn 509.663.2768
4th Tues. of the month, 2:00PM

West Seattle

Admiral Congregational UCC

Contact: Katie Stokely 206.933.5931
Meets quarterly, Call for details

Providence Mt. St. Vincent

Contact: Suzanna Eller 206.938.8298
1st Tues. of the month, 2:30PM

Yakima

Westminster Presbyterian Church

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

Washington State Chapter American Parkinson Disease Association 2010 Patient Care Educational Programs

APRIL 6 - RED LION RIVER INN, SPOKANE, WA

Dr. Jim Leverenz — Associate Professor, University of Washington

Dr. David Greeley — Neurologist, Spokane WA

APRIL 13 - RED LION HOTEL DOWNTOWNER, BOISE, ID

Dr. Lauren Seeberger — Movement Disorder Specialist

Heather Robinson — Speech therapist

APRIL 27 - RED LION HOTEL, KENNEWICK, WA

Dr. Susie Ro — Movement Disorder Specialist

Laura Molu PT & Paul Pietzrak PT

Marne Baca — Research Coordinator

Washington State PD Registry

JUNE 17 - EVANGALOS RESTAURANT, WASILLA, AK

Dr. Steve Setter — Pharmacist

Dr. Kris Rhoads, Neuro Psychologist

JUNE 22ND, NORTHWEST HOSPITAL, SEATTLE

Dr. Ron Young

Tim Seiwerrath-Yoga instructor

JULY 20TH RED LION HOTEL, YAKIMA, WA

Dr. Larry Elmer — Movement Disorder Specialist

AUGUST 17 - EVERGREEN HOSPITAL, KIRKLAND WA

Dr. Monique Giroux — Movement Disorder Specialist

Sierra Farris M.P, A.S PA-C

Lisa Ireland — Speech Therapist

SEPTEMBER 14TH SKYLINE AT 1ST HILL

Dr. Ali Sami — Movement Disorder Specialist

Dr. Kris Rhoads — Neuro Psychologist

Wendy Woosley — Music Therapist

OCTOBER 14TH SWEDISH HOSPITAL, CHERRY HILL CAMPUS

Dr. Peter Nora

Peggy O'Neill Shortt — DBS Program Manager

Tim Seiwerrath — Yoga Instructor

Registration for these programs is required. Please contact Evie Davis at 425-443-8269 or eviedavis@gmail.com. Lunch will be provided. Thank you to Teva Neurosciences for sponsoring these programs.

**Patient education programs are scheduled through October 2010.
Please check our website at www.waparkinsons.org for a complete list.**

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