



American Parkinson Disease Association

Parkinson Pathfinder

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

June-July 2010

A Sad Farewell to a Dear Friend and Board Member

On March 18th, 2010, we lost a dear friend and Board Member, Mike Shanahan.

During his lifetime Mike Shanahan devoted himself to extraordinary service – service within this region where he made his home and service to the country he loved so dearly.

Rotary First Harvest began in 1982 when Mike, then the chief of Police of the University of Washington, and a fellow member of the University Rotary Club, began encouraging backyard gardeners to plant extra produce to share with the needy. That year home gardeners, responding to this plea, grew an extra 70,000 pounds of produce and made it available to those less fortunate in our community by supplying the local food banks. Encouraged by the success of this initial effort, Mike wanted to do even more. As a result he turned to his law enforcement colleagues across the state for help. Mike knew that this strategy was valid when the Mt Vernon Chief of Police called with a donation from a local farmer, of 40,000 pounds of surplus cauliflower. A few days later a law enforcement friend of Mike’s telegraphed with news that a local farmer in Othello would donate 60,000 pounds of potatoes .

By fall, Mike and his fellow Rotarians knew that the

one call from a farmer could do what all the backyard gardeners could do in a single lesson. The focus of this small project became moving surplus produce from the Washington farmers to large warehouses equipped to handle thousands of pounds of food in one donation. As the project grew, it became too much for volunteers to manage and an Executive Director was hired. Mike continued to be the driving force behind Rotary First

Harvest, working tirelessly to build a efficient business model that today collects and distributes an average of 7 to 10 million pounds of produce annually. Eventually this project outgrew the resources of a single Rotary Club, and Rotary District 5030 (Rotary Clubs in the Puget Sound area) agreed to make it a District Project. Rotary First Harvest continues to receive a large portion of financial

support from the District clubs and their members. Since 1982, Rotary First Harvest has gathered more than 120 million pounds of produce for food banks in Washington State and other needy parts of our region.

In 1993 Mike was diagnosed with Parkinson’s disease. People who knew Mike were not surprised to learn that he took what could be considered a serious blow and turned it into an opportunity to help others.

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APDA Information and Referral Center

Neurology, S-116-6E
 1666 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

APDA WA State Chapter**Executive Director**

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

Executive Board

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 Wendell Matas, Co-President
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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

On May 22nd, The Washington Chapter of The American Parkinson Disease Association hosted its 8th Annual Magic of Hope Auction Dinner at the Renaissance Hotel in Seattle. With two hundred and fifty people in attendance, the chapter grossed \$153,000. Truly, a successful evening by all measures! A portion of the evenings proceeds go toward the many programs APDA sponsors, including our popular Taxi Voucher program. Thank you to all who attended, and donated and bid on the many fine silent and live auction items.

Our deepest appreciation goes out to our Executive Director, Evelynne Davis, Board members Dianne & Rene Spatz, and the thirty-one hard working and dedicated volunteers, all of who contributed endless hours of behind the scenes work.

And, a special thank you to all of our sponsors: Costco, Teva Neuroscience, Trith Capital, APDA National, and the Boeing Company, who came through with a generous donation of \$60,000.

Looking forward, please mark your calendars and join us Saturday, November 6, 2010 for the HOPE Conference, held at the Hilton Seattle Airport and Conference Center. There will be presentations on exercise and fitness, wellness, and the benefits of humor and using music in therapy. During the lunch hour, there will be a panel discussion with a neurologist, neuropsychologist, social worker, a Parkinson's patient and a care partner.

And finally, we will all miss Mike Shannahan who passed away on March 18th. As a Board member, Mike helped produce our educational DVD, of which 45,000 have been distributed. Mike dedicated his life to his family and community service. His contribution and gentle spirit will be greatly missed.

Suzanne Cameron
 Wendell Matas
 Co-Presidents

Executive Director's Message

Our 8th Annual Magic of Hope Auction Dinner was held on May 22nd, and was a great success raising a lot of money, allowing us to continue to be able to provide funding for all of our existing programs. Thank you to all who attended the event, donated items and volunteered at the event. Thank you to all our great sponsors, without their continued support we could not run this event and we really appreciate your commitment to our Chapter, and a very special thank you to Suzanne Cameron, Dianne Spatz and Rene Spatz for their great work on this event.

We now move forward into summer with the knowledge that our Chapter is in a great position to be able to serve our PD community to the best of our abilities and I look forward to seeing many of you at our Educational Programs over the next few months.

Don't forget to mark your calendar for the Hope Conference on November 6th – more information to come.

Have a great summer

Evie Davis

Pacific Northwest Udall Center “PANUC”

We are very excited to announce that the National Institute of Health has funded a new center to study Parkinson’s Disease (PD) here in the northwest named the Pacific Northwest Udall Center or “PANUC”. This is the 14th Morris K. Udall Center of Excellence for Parkinson’s Disease Research funded nationwide. These centers are named after the former congressman Morris Udall who suffered from Parkinson’s disease. The aim is to conduct research into the causes of PD and to develop new treatments for PD. The PANUC is a collaboration among the University of Washington, Oregon Health Science University, and the Seattle and Portland Veterans Affairs Medical Centers. One of the main goals for the PANUC will be to evaluate patients with PD over time with examinations and testing of

thinking skills (cognition). While the results from these evaluations will be used for already developed research projects, this large sample (600 patients) of well-characterized PD patients will be used as a resource for future research as well. In addition to the patient-based component, other studies within the PANUC will study animal models of PD, brain changes in PD that account for clinical symptoms, and the role of genetics in PD. The PANUC is actively looking to recruit people with PD for this new center. If you, a loved one, or acquaintance suffers from PD please consider calling the PANUC to learn more about this new research effort. The PANUC toll free phone number is 1-866- 932-7380. We need your help to make this center a success and to improve the lives of those who suffer from PD.

Care Giver’s Day Off Program

The Washington State Chapter recognizes the need for caregiver respite in the Parkinson Disease Community and has implemented a Caregiver’s Day Off program that provides in home companion services for King, Pierce and Snohomish counties. As a service to the PD Community, The Washington State Chapter will pay up to \$500 per year for non-medical home care services through our preferred home health agencies for approved clients.

Respite care can be defined as a short-term option to provide periodic time off the full-time family caregiver or care partner. After providing continuous assistance to a family member with PD, caregivers need time for rest and renewal. Respite care is available through this program that offers in-home care with either skilled nursing staff or a companion service, depending on what is advised by the patient’s neurologist. Non-medical

services are provided by bonded and insured workers who are employed by licensed home health agencies.

The qualification process for this program involves submitting a completed application to the Washington State Chapter that includes a physician’s order confirming the diagnosis of PD and need for respite care.

The client must adhere to the respite care guidelines in order to be eligible for the program. Assistance is available on a first come, first served basis and is subject to the availability of funds.

At this time, the program is available only in **KING, PIERCE and SNOHOMISH** counties. We are not able to provide services outside of this area.

For further information, please contact:
Evie Davis, Executive Director
(425) 443-8269 or evedavis@gmail.com

Parkinson Disease (PD) Research Study

Looking for participants over 29 years of age taking Requip (ropinirole) or Mirapex (pramipexole). PD symptoms not controlled. Not taking Azilect (rasagiline) or levodopa.

Interested? contact:

Beena Gangadharan

Study Coordinator for Dr. Susie Ro

Swedish Neuroscience Institute

550 167th Avenue, Suite 540

Seattle, Washington 98122

Phone: 206-320-3695

E-mail: beena.gangadharan@swedish.org

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Sad Farewell to a Dear Friend and Board Member

The doctor who gave Mike his diagnosis had few words of explanation about the disease and offered even less encouragement concerning its treatment except to say that PD is a serious (incurable) disease and that Mike should continue to exercise and stay in shape. Mike knew there had to be a lot about the disease and its treatment he should know and, based upon his experience, he assumed that there were probably other PD patients in his situation and other doctors who needed a PD Resource to give to the patients.

Mike joined the Board of the Washington State Chapter of the APDA and immediately set to adapt a CD he had created for Rotary First Harvest to a DVD to be distributed at no cost to newly diagnosed PD patients. The DVD, *Managing Parkinson's: Straight Talk and Honest Hope* provides personal accounts of experiences and challenges facing those afflicted with PD and identifies successful initiatives that improve patients' quality of life.

PD affects 1.5 million Americans . Mike and Hal Newsom collaborated to produce this DVD. Mike convinced a production company into producing it at no cost (over \$250,000 value). The DVD, narrated by Susan Hutchison, demonstrates the importance of user friendly digital communications technology to help manage a major chronic disease. Families and close friends can share the DVD viewing experience together in a meaningful way. In most cases this can be done in the supportive environment of their homes.

The DVD is designed to carry a message of honest

hope. Some of the patients who are featured in the video, report feeling confused and isolated after diagnosis just as Mike did. The DVD sets out to answer questions frequently asked by those touched by the disease. It also stresses the message that a PD diagnosis does not mean the patient's life is over. On the contrary, the diagnosis may represent a first step toward improved quality of life through medications, diet and exercise to effectively manage the disease. The DVD is a comprehensive guide to maximizing quality of life in the face of this chronic disease that affects families, friends, coworkers, and the community at large.

To date, the Washington State Chapter has distributed over 45,000 to those afflicted with PD, their caregivers, and doctors throughout the United States, Australia, Canada, Europe, New Zealand, India and Iran and many other parts of the world.

These are but two examples of Mike reaching out to the community and country he loved so much. Mike was also awarded the Bronze Star for his gallantry in Viet Nam. He served as the national head of the Boy Scouts of America Law Enforcement Division and was presented with their coveted "Silver Beaver" award. He was the national President of the State Association of Chiefs of Police. He was honored in 1984 with the Humanitarian Award by the Seattle Chapter of the National Conference of Christians and Jews. He also served as the President of University Rotary.

Mike we thank you for all you have done and we will miss you.

10 Low-Impact Ways to Chase Away Stress



- Take Deep Breaths
- Take a walk outside the office
- Say no to what you don't have time to do.
- Leave work on time
- Lower demands you put on yourself
- Ask questions of and talk with co-workers
- Take care of taxing tasks in the morning to get them out of the way
- Look at large projects as a series of steps to complete one by one.
- Laugh at least once a day
- Live in the moment. Don't dwell in the past or worry about the future

SAVE THE DATE!

HOPE. Parkinson's Disease

Hope Conference 2010, Saturday, November 6th

Speakers will include the following:

Dr. Monique Giroux - Booth Gardner PD Center, Kirkland

Dr. Jay L. Alberts, Phd - Cleveland Clinic

Peter Dunlap - Shohl - Alaska

Mathew Ford, Phd, Pt - University of Alabama at Birmingham

Panel:

Suzanna Eller, Social Worker

Dr. Kris Rhodes, Clinical Psychologist, Virginia Mason Center

Dr. Mike Kim, University of Washington, Movement Disorder Specialist

Farewell from I & R Coordinator *By Lynn Chapman*

Most of you by now already know that I'm stepping down from my position as the Information and Referral Coordinator for the Washington State APDA. What I'll miss most is reaching out to those of you with PD and your loved ones by phone and through support group visits. In my short time with APDA I learned so much from those of you living with the disease and those who support those who do. You've taught me the importance of slowing down to take in all you have to tell me, what

it truly means to "live in the moment", and how to live well with a chronic condition. You've given me strength to get up even on my bad days and to start exercising more. But most of all you've given me hope, friendship, and caring. I'll greatly miss you but I know that you'll carry on as you do each day. I only hope that I've left a small nugget behind that might help each day be just a little bit easier. Keep up your fighting spirit.

Your friend, Lynn

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.



Thank you for your Greatly Appreciated Donations!



Donation Names, March 31, 2010 - May 19, 2010

Donations:

Karen Riley
 Aaron Cromer
 Vernon Pratt
 Dianne Girard
 David Cameron
 Sally Jackson
 John Molitor
 Monte Moore
 Virginia Almeida
 Peter Rotar
 Joyce Riggs
 Patricia Siggs
 Christopher Kauffman
 J.F. Ryan
 Robert Nostson
 Farrokh Farrokhi
 Don and Betty Newell
 Glen Myhre
 Lupe Hinojos
 Ronald Bussey
 Bill Sprietsma
 George Grimes
 Dianne Cox
 Janet Raether
 Joanne Girard-Buck

Donations for Straight

Talk/DVD:
 Amos Newton
 Marian May
 Cori Lynn Halverson
 Doreen Hannemann
 Edith Merritt

Donations for Pedal for PD
 Calvert Social
 (in honor of Nan Little)
 Nan and Doug Little
 Jack and Barbara Anderson
 John Carlin
 Matt Griffin

Donations in Memory of: (and Donor)

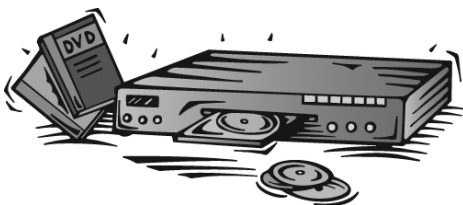
Erwin Kremen
 (Sabrina Powers)
 (Mark Bolender)
 (Glenn Hanzlick)
 (Diane Melvin)
 (Wendi Okum)
 (Vincent Pickering)
 (Matthew Ragen)
 (Alessandra Reyes)

(Dragan and Amra Kondza)
 (Molly Anderson)
 (Dwight and Rinku Wheaton)
 (Walter and Laura Taylor)
 (Justin and Michelle Moen)
 (Sarah Andersen)
 (Albert Chu and Lan Pao)
 Carl Patterson
 (Richard and Patricia Weibler)
 (Jean and Debbie Lemke)
 (Kathy, Nicole and Ryan Moore)
 My good friend Millie
 (Cynthia McFalls)
 Mike Shanahan
 (Maryhelen Hopkins)
 (Ruth Smith)
 (Marjorie Yates)
 (Peter and Elizabeth Kost)
 (Ann Reid)
 (Push For PD)
 (Hal and Peggy Newsom)
 (Alice Hingston)
 (Gerard and Rita Marini)
 (Richard Almy)
 (Maria Linde)
 (Betsy Judson)
 Ellen Middleton
 (Jean Mattison)

Corporate Donors/Foundations/Organizations:

Groundspring/The Presidio
 Norcliff Foundation
 Trith Capital/Anthony Black
 Allstate Giving Campaign
 The Boeing Company Charitable Trust

"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.

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



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 Seiwerath — Yoga Instructor

Registration for these programs is required.

Please contact Evie Davis at 425-443-8269 or evedavis@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.

University of Washington
Department of Neurology
Box 358280
Seattle, WA 98195

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