

**MRgFUS PROCEDURE FOR RELIEF OF TREMOR  
PBT434 NEW GENERATION-DISEASE MODIFYING MEDICATION  
MILD COGNITIVE IMPAIRMENT (MCI)**

**T**remor, one of the four cardinal symptoms of Parkinson's disease (PD) along with rigidity, slowness of movement (akinesia) and postural instability, is a major problem for many patients Parkinson's patients and is even more disabling for patients with a diagnosis of Essential Tremor (ET).

In PD the tremor occurs at rest, and tends to quiet with activity. In ET the tremor occurs with hand action such as when using utensils, or writing, or applying makeup. Kathryn Hepburn in her last movie "On Golden Pond" manifested the principal features of ET with tremor of her hands, but she also exhibited head tremor as well as vocal tremor (which do not occur in PD) Several medications are helpful, particularly propranolol and primidone. However, about 50% of patients with ET have minimal benefit or do not respond to medication. ET does not respond to dopaminergic therapies used in PD.

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*For many patients with PD,  
tremor is their principal complaint  
and can be quite pronounced.*

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For many patients with PD, tremor is their principal complaint and can be quite pronounced. Carbidopa/levodopa and dopamine agonist drugs will often lessen tremor in PD but may require high doses of medication to have a significant benefit. Higher doses of medication often come with unwanted side effects.

Surgical interventions such as stereotactic lesions in the VIM nucleus of the thalamus were popular strategies for treating tremor in the 1990s. Currently, Deep Brain Stimulation Surgery (DBS) is the surgical intervention being utilized in relieving tremor. Stimulating the subthalamic nucleus (STN) appears to be a better target in PD since it can also relieve other PD features such as akinesia.

Recently a new lesioning strategy has been introduced which is noninvasive (no surgical hole in the skull, no electrodes). This procedure was developed in Israel, and involves MRI guided focused ultrasound MRgFUS (sound wave energy) to produce a lesion in the brain and relieve tremor. In the August 15, 2013 edition of New England Journal of Medicine, a paper presented the results of the small trial involving 15 patients with ET using this procedure to lesion the VIM nucleus of the thalamus. All 15 patients exhibited a dramatic improvement in their tremor. Adverse effects were minimal, with 4 patients being left with some paresthesias (pins and needle sensation), and no motor or cognitive impairments. Further studies using this technique in ET, and in PD are ongoing. At the APDA Center for Advanced Research at the University of Virginia, they recently completed a pilot study of MRgFUS for essential tremor.

The Center is now looking to continue their studies to evaluate the use of this technology in Parkinson's disease. It is hoped that this will be a safer procedure than the surgical procedures passing a probe and wires into the brain.

A new pharmacologic agent called **PBT434** was introduced recently. This medication is felt to represent the "next generation" in medication for PD. It is hoped that it will slow down or stop the progression in the disease (disease modifying), in addition to being symptomatically beneficial. In PD, iron in the substantia nigra (SN), binds to dopamine and alters dopamine function leading to toxic effects on the cells. Iron also binds to alpha synuclein (ASN), causing it to aggregate (mis-fold, and clump). The aggregated ASN seems to be provoking cell death in the SN. PBT434 prevents alpha synuclein from aggregating and interferes with the iron-binding of dopamine. In this way this agent interferes with the toxic consequences of iron and ASN.

Using several animal models of PD this medication preserved dopamine neurons and improved motor function. This is the first drug of its kind to target ASN and prevent neurotoxic buildup of aggregates of this molecule. Further animal studies are underway to assess the safety of this drug prior to moving into human trials.



Thomas C. Hammond, MD

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*Cognitive problems are common in PD,  
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often seen early in the disease.*

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**Cognitive problems** are common in PD, with some mild cognitive impairment often seen early in the disease. Attention, and executive function (planning, sequencing, processing speed, and working memory) are generally most affected. Medications such as rivastigmine (Exelon), and donepezil (Aricept) have been shown to improve cognitive function in PD dementia. However, medicines have not been clearly effective for mild cognitive impairment (MCI).

A recent presentation by the Parkinson's researchers at University of South Florida in Tampa, including Dr. Theresa Zesiewicz, who has been a speaker at our APDA symposia in the past, reviewed a novel approach to combat mild cognitive impairment. In their trial 87 patients with mild to moderate PD were randomized into receiving speed of processing training (SOPT) using a computer program (Insight software), or a control group (no training). The SOPT

*Continues on page 5*

# THE Parkinson's Source

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**American Parkinson Disease Association  
South Florida Chapter**

201 East Sample Road  
Deerfield Beach, FL 33064  
Phone: 954-786-2305  
Toll-Free: 800-825-2732  
Fax: 954-786-7349

Email: apdasflorida@netzero.net  
Web: www.apdaflorida.org

**Coordinator and Editor**  
Gigi Gilcrease, RN, MBA

**Medical Director**  
Thomas C. Hammond, MD

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*Reminder:*

All material related to Parkinson's disease contained in this newsletter is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's own physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the Editor, the I&R Center, the Medical Director of the Center or the APDA.



**APDA National Office**

135 Parkinson Avenue  
Staten Island, NY 10305-1425  
800-223-2732 • 718-981-8001  
info@apdaparkinson.org  
www.apdaparkinson.org

**APDA National Young Onset PD**  
www.youngparkinsons.org

**APDA National Rehab Center**  
888-606-1688

**APDA Dedicated PD Veteran Center**  
888-838-6256, ext. 1715

## APDA Sponsors 2013-2014 BBT4PD Dance Season

The BBT4PD exercise dance program at Boca Ballet Theatre is in full swing— (small pun intended!), with students rocking to the live music provided by pianist, Martha Brown, on Monday and Thursday afternoons. Thanks to the American Parkinson Disease Association—South Florida, the program's sponsor, the students have been enjoying all forms of dance, including ballet, tap, jazz and modern. This unique exercise program is designed for persons diagnosed with Parkinson's disease, no matter their age or ability.

The social atmosphere in each class is

warm, inviting and uplifting, reflected by the students' smiles. Teachers Cindy Surman and Natalie Parker get them moving, stretching, and often times laughing! They enjoy the classes just as much as the participants. It is the highlight of their week!

"Our students inspire me with their willingness to try it all!" expresses Cindy Surman. "Everyone works hard, maintains a great sense of humor, and supports one another. I love the class and I love the students. I'm so thankful for the opportunity to be a part of this class. Thank you APDA!"

*Continues on page 3*



## Sunday, April 6th

**Lake Ida Park – Delray Beach**  
**10:00am - 1:30pm**  
**Registration begins at 9:15am**

**Annual Parkinson's Fun Walk and Picnic**  
**Fundraiser for Parkinson's Research & Programs**  
*Musical Entertainment • Competitive Games • BBQ Picnic*  
*Fun Walk • Raffles and More!*

**Your \$25 Registration Fee gives you 1 food ticket, 1 t-shirt, 1 raffle ticket**  
**Raise \$200 or more and you will also receive a \$25 restaurant certificate**

*Mailing to come soon.*

**For more information including on-line registration and donation, visit:**  
<http://apdaparkinson.donordrive.com/event/FL2014Walk/>

### Much Appreciation to Our 2013 Major Corporate Sponsors

		
		
		
		

## 2013 Annual Parkinson's Update & Recognition Luncheon

**O**n January 14th, this annual celebratory event honoring persons with Parkinson's disease, care partners, volunteers and community partners was held at Broward Health North.

Thomas C. Hammond, MD, neurologist and medical advisor for the APDA SFL Information and Referral Center provided a PD update and a question and answer session. Our guests included Cindy Surman and Natalie Parker from the BBT4PD, who lead attendees in a demonstration of exercises they teach at the Dance for PD program.

Many, many thanks to all of you who dedicate your time, talent and financial support to helping persons and families afflicted with Parkinson's disease. Special recognition to Support Group leaders.

**Lifetime Honorees:** James and Sandra Porter—Community Foundation of Broward

**2013 Sponsors and Guest Speakers:** Susan Levy, SLP, LSVT, Cindy Surman, Natalie Parker, Ann Chickowski, LDN, Gary Dalin, Pharmacist, Mary Ann Watson, RN, Thomas C. Hammond, MD, Matthew Green, JD (Lifecare of Florida), Matthew Pressman (Alexander Technique), Mateo Martinez, PT (Mind and Mobility), Jesus Azan (Medtronic), Linda Gilchrist (Park



Gary Dalin, APDA SFL V-P, Helene Dieter, Seymour Olchak, Rhoda Olchak, Walk Chair, Marilyn Kreider, Support Group Leader John Knox Village, Gail Baldwin, APDA SFL Treas/Sec, Lifetime Honoree James Porter, Gigi Gilcrease, RN, APDA SFL E.D., Thomas C. Hammond, MD, Abbi Bentz, RN APDA SFL Pres.

Summit 5 Star), Maxicare Select, Inc, Responsive Home Care, Village Homecare of the Palm Beaches, Marriott Boca Center, Sailfish Marina, Broadway Across America, Thomas' Produce and Lucille's Bad to the Bone BBQ.

## PD Dance Season

*Continued from page 2*

Natalie Parker shares the sentiment: "Co-teaching the BBT4PD program has been one of the most fulfilling and joyous experiences of my life"

Class accompanist, Martha Brown, brings her talent to each class and states, "I work hard to play the right song for each movement, and I love it when people sing along or tell me I just played their favorite song. I try to provide the dancers with the same joy and support through my music that they give to me when they dance and smile. It's a privilege to play music for this special and amazing group."

The benefits of this special program for those living with Parkinson's disease are immeasurable—physically, emotionally, mentally and socially. The same is true for the caregiver who is able to have some respite with time to run errands, or just relax.

There are still a few spots available for students in each class. Come give it a try! Classes are held on Monday and Thursdays from 1:00pm-2:30pm at Boca Ballet Theatre, 7630 NW 6th Avenue, Boca Raton 33487. For more information and to register, call 561-995-0709.



During a recent visit to South Florida, APDA Headquarters President/CEO Leslie A. Chambers and Vice-President Michelle H. McDonald, along with APDA South Florida Executive Director, Gigi Gilcrease, RN, MBA participated in the class at the Boca Ballet Theatre. It was a marvelous afternoon seeing first hand how this special exercise program benefits persons with Parkinson's disease.

### Students' comments:

*"I love everything about the program, and the instructors are fabulous. The classes exercise both my mind and body."* —C. L.

*"I look forward to ballet class. It loosens all my muscles. I also feel more mentally alert after each class."* —J.A.

*"The best part for me is that I have improved my balance and coordination."* —B.S.

*"My wife, who suffers from PD, has notably benefited from this program in terms of movement and attitude."* —B. & A.B.

*"Joy, freedom, energy and emotional satisfaction are the words that express my feelings about BBT4PD."* —B.K.

*"It's the one place I feel accepted and welcomed."* —P.K.

*"The instructors have been outstanding! The class has been so relaxing and has assisted us all in getting out and moving our bodies! It's so motivating and the live piano music is inspiring."*

—S.M. and M.M.G.

## TRIBUTES & DONATIONS

We greatly appreciate your tributes and donations. Tributes and are a wonderful way to acknowledge the memory of a beloved person or to honor someone who means so much to you. APDA was founded in 1961 in New York. For over 22 years, your generous donations to APDA South Florida have helped to increase Parkinson's awareness, develop educational programs, provide free educational materials, distribute *The Parkinson's Source* newsletters, facilitate patient and caregiver support groups, provide current information to our mailing list, fund exercise and special programs, maintain the caregiver respite program, sustain the APDA Information & Referral Center helpline, maintain our website, [www.apdaflorida.org](http://www.apdaflorida.org), and fund research as determined by the APDA National Scientific Advisory Board. The donations listed below were received from July 2013 to December 2013.

### REMEMBERING

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Sharon & Stanley Davis

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#### Dr. & Mrs Brody's 70th

#### Anniversary

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#### Edith Kanig's 80th Birthday

Louise Schilsky

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### SPECIAL EVENTS & PROGRAMS

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#### Dance For PD

Bernard & Eunice Kleinman

**DR. HAMMOND***Continued from page 1*

group were instructed in a self-administered computer program which includes 5 exercises designed to improve information processing speed in a realistic visual context. They were asked to spend 1 hour 3 days a week on the program. They had to have completed at least 20 hours over a three-month period.

The primary outcome measure was useful field of view test (UFOV), a predictor of driving performance in aging and in PD. The patients in the SOPT group did significantly better than the control group on UFOV performance

testing after 3 months. Better scores on the UFOV tests are associated with improved driving skills and safety in older adults. This study reaffirms other studies that suggest that keeping cognitively engaged may slow or reverse cognitive decline in aging and in PD. (refer also to Susan Levy's article) This non-pharmacologic strategy using SOPT can improve cognitive speed of processing. Further research may translate to improvements in functional activities such as safe driving skills, and in that way, help maintain independence in PD patients.

In this issue of *The Parkinson's Source* we reviewed treatment strategies for tremor including the new MRgFUS guided ultrasound technique; the first agent to modify alpha synuclein already in animal trials of PD; and a non-pharmacologic approach to modify cognitive skills.

The importance of keeping your mind active and keeping your body active is again the take-home message.

Sincerely,

*Thomas C. Hammond, M.D., FAAN*

**Therapy for Mild Cognitive Impairment (MCI)***by Susan Levy, SLP, LSVT*

**P**arkinson's disease (PD) affects both motor and non-motor functioning patients. When motor symptoms cause changes in a patient's voice quality or the ability to safely swallow food or liquid, the neurologist may recommend an evaluation by a speech and language pathologist (SLP). However, in addition to evaluating and treating these motor changes, the speech therapist is also able to assess a non-motor symptom of PD, that of cognitive function in long and short-term memory.

As in all other aspects of Parkinson's disease, cognitive impairments affect individuals in a variety of ways. Patients with cognitive difficulties often feel overwhelmed, disorganized and, frustrated. They may have difficulty word finding and planning or, have a reduction in attention, memory, organizational skills or the ability to process information.

Cognitive Therapy focuses on the process of relearning cognitive skills that have been lost. If skills cannot be relearned, the focus is then directed toward teaching new skills that may help regain some of the lost function. In direct relation to the growth of the older adult population, is the incidence of dementia and mild cognitive impairments. Thus, the increasing need for speech therapists to serve these individuals. In the past, cognitive impairment in PD received little attention. However, research related to managing individuals with mild cognitive impairment within the general population and, in persons diagnosed with Parkinson's, is growing. Currently, there are studies in which cognitive training as a therapeutic intervention has been shown to be of value in improving cognitive function. Speech and language pathologists (SLP) and occupational therapists (OT) have developed primary roles in the screening, assessment, and treatment of cognitive impairment. Medicare has recognized decreased cognitive function as a covered service, if medically necessary as determined by the physician.

There are a number of ways in which a speech language pathologist can treat an individual with reduced cognitive function.

**Process Training.** This refers to the development of skills through direct retraining or practicing the underlying cognitive skills. The focus here is on resolving the problem. The patient needs to be evaluated by a skilled therapist to determine weaknesses and strengths and the ability to regain loss.

**Strategy Training.** The focus involves the use of the environments, internal and external strategies and training of the caregiver. Compensating for loss is the focus versus resolution of the problem.

Rehabilitation sessions can help integrate skills and strategies into daily routine. A popular treatment plan may include the use of cognitive programs on a laptop, stationary computer, I-Pad, Kindle, Android and Tablet devices. The speech therapist can recommend and train patients in programs most beneficial to their individual needs. If necessary, voice and cognition can be combined in a therapeutic session when the patient has both deficits. Patients can use this technology as a daily carryover to help develop and regain word finding, memory and attention.

Some programs currently used by patients include the following:

- **BrainHQ by Posit Science** – features exercises in four broad areas including, memory, attention, brain speed and people skills.
- **Fit Brains Trainer** – a brain cross-training that works on all five areas of the brain: language, memory concentration, visual-spatial and, problem solving skills.
- **Brain Trainer HD** – an application for the development of memory and mental abilities including memory games, perception games and, reaction games.
- **Memory Challenge Plus** – a memory game focusing on short-term memory and visual sequencing.
- **Dakim Brain Fitness** – clinically tested brain fitness software to improve memory, focus and concentration.
- **Sudoku – puzzle games** – involves logic and problem solving.
- **Crossword puzzles** – word finding, problem solving.



*Susan Levy, SLP, LSVT*

**PARKINSON'S CAREGIVER RESPITE PROGRAM**

**In home and adult day care respite assistance  
is available to Chapter members  
in Broward and Palm Beach Counties.**

**To learn more about these programs  
contact the South Florida Chapter at 800-825-2732.**

## SUPPORT GROUP & EXERCISE CALENDAR • 1-800-825-2732

### SOUTH FLORIDA

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Coral Gables	St. Matthews Church , 7410 Sunset Dr.	2nd Wednesday	11:00AM-12:30PM	Carol Goldman	305-476-8782
Coral Springs	Coral Springs Medical Office 3100 Coral Hills Dr. (next to hospital)	3rd Monday Support Group	2:00-3:30PM	APDA	800-825-2732
Davie	Nova Southeastern University NSU Ziff Health Care Bldg., 1st floor 3200 S University Dr.	1st & 3rd Wednesday 4th Wednesday <b>Caregiver Group</b> [PT Clinic]	10:45AM-12:00NOON  1:00-2:00PM	Dr. Blodgett	954-262-5611
Deerfield Beach	Broward Health North, 201 E. Sample Rd. Neuro Center (off lobby)	2nd Tuesday Support Group	1:00-3:00PM	APDA	800-825-2732
Delray Beach	South County Civic Center 16700 Jog Rd.	1st Wednesday Support Group & Exercise <b>Caregiver Group</b>	2:00-4:00PM  3:00-4:00PM	APDA	800-825-2732
Jupiter	Jupiter Town Complex Activities Building, 201 Military Trail	1st Friday (lunch) 3rd Friday (meeting)	1:00-3:00PM	Rose Kyle	561-744-7666
Miami	Baptist Hospital Professional Bldg. 8950 N Kedall Dr., Suite 105	2nd Friday 3rd Saturday	7:00-9:00PM (Eng) 12:00-2:00PM (Span)	Abe or Ivon Bertan	786-683-0240
Miami VAHCS <i>Veterans Only</i>	1201 NW 16th St., 7th Floor Pain Clinic Psych Office, Rm. D707	Every Thursday	10:45AM	Paul Hartman, PhD	305-575-3215
Palm Beach Gardens	North County Senior Center 5217 Northlake Blvd.	2nd Wednesday Support Group	2:00-3:30PM	APDA	800-825-2732
Port St Lucie	Harbor Place 3700 SE Jennings Rd.	3rd Tuesday Support Group	2:00-4:00PM	Laura	772-337-4330 561-209-6124
Royal Palm Beach	Royal Palm Beach Cultural Center 151 Civic Center Way	Monday & Wednesday Support Group & Exercise	10:00AM-12:00PM		
Stuart	Grace Place Community Church 1550 SE Salerno Rd.	2nd Monday Support Group	1:00-3:30PM	Aileen Stiehle	772-286-3268

### EXERCISE ONLY – SOUTH FLORIDA

Fort Lauderdale	Mind & Mobility 2655 East Oakland Park Blvd, #5	Every Tuesday & Thursday Functional Training & Tai Chi	2:00-2:45PM	Mateo Martinez	954-630-3131
Boca Raton	Sugar Sand Park Field House 300 S Military Trail First class is free, just stop by the park	Monday Wednesday	11:30AM-12:30PM 2:00-3:00PM	APDA	800-825-2732
Boca Raton	Boca Ballet Theatre	Two Days a Week PD Dance	Limited space must pre-register	Cindy Surman Natalie Parker	561-995-0709
Coral Gables	St. Matthews Church, 7410 Sunset Dr.	Dance, Yoga, Music		Carol Goldman	305-475-8782
Davie	Nova Southeastern University Sanford L. Ziff Health Center 3200 S University Dr.	Monday and Wednesday Physical Therapy PD Exercise Wednesday Speech Therapy PD Exercise	12:30PM  1:30-2:30PM	Dr. DiCarlo	954-262-4149 954-262-7726
Greenacres	Temple Beth Tikvah 4550 S Jog Rd.	Tuesday Friday Tai Chi	10:00-11:00AM	Must pre-register Must Pre-register	800-825-2732
Palm Springs	St Luke's Catholic Church 2892 S Congress (school library)	Saturday Tai Chi	11:00AM-12:00PM	Must pre-register Must Pre-register	800-825-2432

### FLORIDA PARKINSON'S – INFORMATION & REFERRAL CENTER

The American Parkinson Disease Association funds a Information & Referral (I & R) Center in Florida. Call to get answers to your questions about Parkinson's disease and related issues. The Center provides counseling and advocacy for patients and family members, education materials, newsletters, support group networks, referrals to community resources, symposia, workshops, community awareness initiatives and fundraisers.

APDA I&R Center –DEERFIELD BEACH & South Florida Chapter  
201 East Sample Road, Deerfield Beach, FL 33064, (800) 825-2732  
Gigi Gilcrease, RN, MBA, Program Coordinator • ggilcrease@browardhealth.org

**CENTRAL FLORIDA**

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Holly Hill (Ormond Beach/ Daytona Area)	Bishop's Glen Retirement Center 900 LPGA Blvd.	4th Wednesday/month	2:00-3:30PM	Vincent Kinsler	386-676-6375
Kissimmee	Friendship Room Kissimmee Village 4250 Village Drive	2nd & 4th Thursday	10:00 – 11:00AM	Craig Yohn	407-944-3362
Melbourne	South Brevard Parkinson's Support Group Eau Galle Public Library 1521 Pineapple Ave.	4th Thursday/month	1:30PM	Deb Ridell	321-751-0444
Titusville	North Brevard Parkinson's Disease and Caregivers Support Group Parrish Medical Center 951 N. Washington Ave.	3rd Saturday/month	11:00AM	Janet Rooks	321-268-6800
Orlando	Florida Hospital	4th Thursday/month	10:00AM-12:30PM		407-303-5295
Lady Lake	American Legion Building	2nd Wednesday/month (Sept-June)	2:00-3:00PM	Pat Pipa	pipa1622@ emburgmail.com
Ocala	Lifetime Center, 941 SW Hwy, Suite 200		1:00PM	Lisa Walter	352-854-9498

**WEST COAST** - For updates for these classes, contact APDA South Florida at 800-825-2732 or National at 1-800-223-2732

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Bradenton	Summerfield Assisted Living 3409 26th Street West	3rd Monday Year Round	3:00-4:00PM	Rehab Staff	941-751-7200
Clermont	Cooper Memorial Library 2525 Oakley Seaver Drive	4th Tuesday	3:00-4:00PM	Deborah Snow	352-241-7476
Clearwater/Dunedin	William Hale Senior Center 330 Douglas Avenue	1st Friday (No meeting in August)	1:00-2:30PM	Faye Kern	afkapda@aol.com
Largo	Cypress Palms 400 Lake Ave, Cypress Bldg	3rd Tuesday	12:00PM (Lunch Served)		
Largo	Barrington ALF 901 Seminole Blvd.	Saturday Every Other Month <b>Caregiver Group</b>	10:30AM-12:00PM	Faye Kern	afkapda@aol.com
Leesburg	Lake Square Presbyterian Church 10200 Morningside Drive	2nd Tuesday	1:00-3:00PM	Pat	352-242-0376
St. Petersburg	St. Luke's United Methodist 4444 5th Ave. North St. Petersburg	2nd Monday (Sept-June) 4th Monday Year Round	1:00-3:00PM	Joan Xavier	jmdixon@gmail.com
Tampa	First Church of the Nazarene 5902 North Himes Avenue	3rd Wednesday Year Round	1:00-2:30PM	Jane Lowry	813-908-6685
New Port Richey	Elfers Senior Center, 4136 Burkner Dr.	1st Thursday (Sept - May)	2:00-3:00PM	Susan Franchello	727-372-5410
Avon Park/Sebring	First Baptist Church of Sebring 200 East Center Avenue	2nd Monday (Sept - May)	10:30AM-12:00PM	Marvin Jones	
Englewood/North Port	Englewood Hospital 400 S. McCall Road	3rd Friday/month	10:00AM	Sue McNaire	947-270-2505
Sarasota	Freedom Village 6406 21st Avenue West			Sarasota Hospital	941-917-7048
Venice	Jacaranda Trace ALF	(Sept. - May)	10:00AM	Betsy Cundiff	941-408-3411
Brandon	1st Presbyterian Church 121 Carver Avenue	Monday	1:00PM-2:30PM		
Hernando County Springhill	Residence at Timber Pines 3140 Forest Road	1st Monday/month 2nd Thursday/month <b>Caregiver Group</b>	1:30PM 1:00PM-2:30PM	Ramona DesLauriers	352-796-0596 rlw399@tampabayrr.com

**NORTHWEST FLORIDA**

CITY	MEETING SITE	DAY OF MEETING	TIME	LEADER(S)	PHONE
Tallahassee	St Paul's Methodist Church	2nd Thursday/month	6:30PM		
Pensacola	Wellness Center (hospital) 2120 E. Johnson Avenue	4th Tuesday/month	1:00PM		

**NORTH FLORIDA**

Deland Orange City Jacksonville St. Augustine Jacksonville – Young Onset  
For information on the groups in these cities contact the APDA South Florida, 800-825-2732.

**SOUTHWEST FLORIDA**

Naples Bonita Springs — For information on support groups, exercise and services contact: Parkinson's Association of Southwest Florida 239-417-3465

# THE Parkinson's Source

American Parkinson Disease Association  
201 East Sample Road  
Deerfield Beach, FL 33064  
800-825-2732

Non-Profit Org.  
U.S. Postage  
**PAID**  
Ft. Lauderdale, FL  
Permit #: 3973

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## 2014 SOUTH FLORIDA MEMBERSHIP/DONOR DRIVE

*Help support our mission — To Ease the Burden, To Find A Cure.*

Please send your tax deductible donation payable to: **APDA South Florida Chapter, 201 East Sample Road, Deerfield Beach, FL 33064**

PLEASE PRINT CLEARLY

### Donor Information

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Tribute Information

In Memory of  In Honor of  \_\_\_\_\_ Send Acknowledgement to \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is my check for:  \$1000  \$500  \$250  \$100  \$75  \$50  \$25 (membership)  \$200 (Lifetime family membership)

Include membership with my donation of \$25 or more.  Other \_\_\_\_\_

Your membership to the South Florida Chapter helps to support The Parkinson's Source newsletter printing and mailing 2 to 3 times/year (est. circa 3000), APDA exercise programs, caregiver respite assistance, invitation to end of the year PD Update, neurological nurse staff for Information & Referral Center, support group costs, PD 101 Workshops and educational events.

## 2014 Annual Corporate Memberships

**Be a 2014 APDA SFL Partner  
in Parkinson's! For more information,  
call 800-825-2732.**

APDA South Florida is offering annual corporate memberships. One annual donation can afford you the ease of continuing to support our Parkinson's programs of education, advocacy, support, exercise, research and special events, without the inconvenience of being contacted at various times throughout the year for each event.

Your organization will be listed as a 2014 corporate sponsor on the South Florida website [www.apdaflorida.org](http://www.apdaflorida.org), in The Parkinson's Source newsletter (circa 3000) published 2-3 times a year, as well as at special events, educational symposia and fundraising events.

**We thank you for your ongoing support of the Parkinson's community.**