

**2** Spotlight on  
APDA Northwest

**4** Dealing with a  
New Diagnosis?

**8** Dogs Trained to  
Sniff Out PD

# PARKINSON *Pathfinder*

**SPRING 2018**

**apda** AMERICAN  
PARKINSON DISEASE  
ASSOCIATION  
NORTHWEST CHAPTER  
Strength in optimism. Hope in progress.

**Go Green  
and Save Green!**

Join us in our effort to cut back  
on physical mailings.

Simply contact APDA,  
[apdanw@apdaparkinson.org](mailto:apdanw@apdaparkinson.org) or  
(206) 695-2905, to receive the  
Parkinson's Pathfinder  
via email in the future or to  
update your address.

SPRING 2018

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COVER

**Springtime at the beach**

*Photo by Ken Kisch*

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PARKINSON DISEASE  
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NORTHWEST CHAPTER

Strength in optimism. Hope in progress.

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**Gretchen Todd**  
**Matt Wood**

We  
Moved!



Our new address:

**180 Nickerson, Ste 108**  
**Seattle, WA 98109**

From left to right: **Allison Paytosh**, Campaign Manager, **Jen Gillick**, Program Director, **Jean Allenbach**, Executive Director, **Kirsten Richards**, Director of Finance & Development

## Get to Know the APDA STAFF



### What is the coolest thing about your job?

**Jean:** Knowing every day I get to work with amazing staff, volunteers, supporters and people with Parkinson's.

**Jen:** The variety of people I have the pleasure of interacting with is so diverse and interesting. That is certainly a highlight, but a close second is when the dogs come to the office!

**Kirsten:** I enjoy the comradery of working in a small office with a dedicated team of smart women, and also the variety of opportunities APDA has provided to be creative, grow our presence in the PD community, and to meet so many inspiring people.

**Allison:** I prefer to live my life with an outlook of optimism and hope. Now, I get to work at a wonderful organization where I can help to support that mission for others. I'm loving my new job!

### What do you love most about living in the Pacific Northwest?

**Jean:** I am a third generation Seattle native and love everything about this area, the four seasons, the beauty, the hustle and bustle of city life, most importantly I love the people.

**Jen:** The nature. As a native who has lived here all of her life, I still have days when I must stop and just take in the natural beauty that surrounds me.

**Kirsten:** I grew up on the Oregon coast and went to the UW (Go Huskies!). I am lucky to live a car ride away from most of my extended family. I love the ocean,

especially bonfires on the beach and the spectacular sunsets.

**Allison:** The mountain views and being surrounded by water. I grew up in the Midwest, so when I decided to make the PNW my new permanent home, I lived like a tourist for the first 3 years. I still can't believe I get to have gorgeous mountain views while driving.

### What's your secret talent that no one knows about?

**Jean:** Parallel parking.

**Jen:** I am able to do a pretty great headstand.

**Kirsten:** I am becoming a vegan, nut free and gluten free chef-extraordinaire.

**Allison:** I have a super strong sense of smell.

### If you could pick a superpower, what would you choose and why?

**Jean:** The ability to induce optimism. I would love to be able to help people be positive, confident, hopeful, happy and genuinely believe that with a little hard work they can accomplish anything. As a single mom of an incredible 10-year-old who spent her first three years in foster homes, I have seen firsthand how her optimistic spirit has helped her to overcome every obstacle.

**Jen:** I've always wanted to be a fly on the wall so I can observe others without being seen – not nefariously but because I am curious about people. I will pick the ability to become invisible because I don't really want to turn into a fly.

**Kirsten:** I have two teenage daughters so I often wish for a superior mind-reading power which would let me know what is really going on in their brains (and let me see beyond the eye rolls)!

**Allison:** I'd love to be able to fly! There are so many places I'd love to visit, and would rather get there fast with a great aerial view. Though, a close second would be to communicate with my dog.

### What is your dream destination for a vacation?

**Jean:** Anywhere I haven't been. I love to travel, have been to every state and 36 countries and have so much more of the world to see. If I must pick one, it would be a village in Africa working with kids in an orphanage.

**Jen:** I have so many because I love to travel. Right now, Antarctica is high on the list because I would like to get there while it is still not very visited and hasn't melted.

**Kirsten:** I am at a very busy period in my life, raising active teenagers and juggling their chaotic schedules, so a secluded tropical island, where I can hang out on a sunny beach with no obligations, would be beyond blissful...

**Allison:** A remote beach in a warm, tropical place- where the day is full of sunbathing, swimming, and listening to the waves. And, it couldn't hurt to have a clear night full of star gazing.

# Take a tour of the **NEW APDA OFFICE!**

Our beautiful new wall logo



Yes! We have a kitchenette!



We have a lending library and educational materials are readily available

Welcome and front seating area



Spacious conference room used for programs, board and committee meetings

## It's a great day when our volunteers join us!

**APDA Northwest is grateful to have volunteers who step up and help fulfill our mission to provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest. The team at APDA would like to thank the many volunteers for their commitment!**



### Katie and Chewie

"Parkinson's Disease has been a part of my life for as long as I can remember. My grandmother lived with it for over 20 years, which led me to study PD for a number of research projects in college. And when my mom was diagnosed in 2013, I knew I needed to find a way to get involved with the community on a more personal level. In 2014, I started volunteering with the NW chapter of the APDA – and since then it's been a constant source of information, inspiration and community connection for me!"

Chewie the Duck Toller also joins us in the office each week. We suspect he might be in it for the dog treats that always seem to be on hand, but he's an enthusiastic mascot and an active participant in the Optimism Walk each year.

### Taylor

Taylor is currently an Accounting Intern with APDA and will be graduating with her Bachelor of Arts degree from Seattle Pacific University this spring.

"After volunteering with APDA for a couple of months, I was inspired by how generous our community is in helping a special cause. Being a small part of what these amazing people do to help others is a great experience and reminds me that we should all give back."



# unshakeable spirit

Parkinson's Awareness Starts With You!

## What is Unshakeable Spirit?

The Unshakeable Spirit campaign celebrates the diversity, accomplishment and optimism of the Parkinson's community. Supported by APDA, people with unshakeable spirit are continuing to live life to the fullest despite their disease, and in the process are inspiring others to do the same.

## Join the campaign and share your spirit!

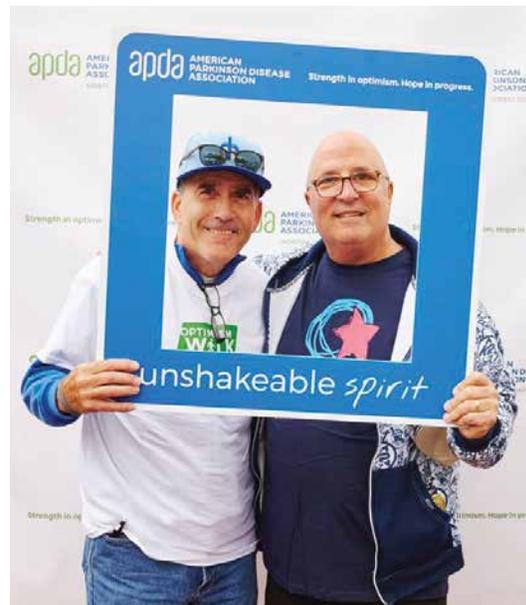
You can help APDA this month by raising awareness about Parkinson's disease. We will be featuring stories and faces on our social media outlets that are meant to inspire, educate, and help people know

Share your story

 @apdanorthwest  
 &  @apda\_nw  
 apdanw@apdaparkinson.org

they are not alone in their PD journey. All those impacted by PD, including people living with the disease, their care partners, medical professionals, and others are welcome to participate, not only in April, but all throughout the year!

When you have unshakeable spirit, you're optimistic and full of positive energy. Showcase this spirit, dedication, or commitment by sharing a photo of yourself with a personalized frame. APDA makes it easy to create your own, just visit our APDA website [www.apdaparkinson.org/unshakeablespirit](http://www.apdaparkinson.org/unshakeablespirit)!



April 11th  
is World  
Parkinson's  
Day

## Want to support Parkinson's Awareness in other ways?

- Register today with the Washington State Parkinson Disease Registry [www.registerparkinsons.org](http://www.registerparkinsons.org)
- Stay connected to the research community
- Attend an APDA Educational Program and share what you learned.
- Gather a group of family, friends or coworkers to build a team for APDA's Optimism Walk on June 3, 2018.

*Newly Diagnosed  
with PD?*

# APDA IS HERE TO HELP!



*The four simple words, "You have Parkinson's disease," is life changing. For the approximately 60,000 people who are diagnosed each year, the quantity of information and the uniqueness of each person's experience with Parkinson's can be overwhelming, but you are not alone. APDA is here to help with specialized programs and services for the newly diagnosed. We are here with you on your journey with Parkinson's and will connect you to a vast and supportive community of people, resources, and education.*

Here are some of the unique ways APDA is here to help those who are new to living with Parkinson's disease.

**APDA Parkinson's Good Start:** This two-part educational program is presented by a team of Parkinson's disease specialists. The goal of the program is to provide up-to-date information on diagnosis, medication management and treatment options. Designed for persons who have been diagnosed with PD in the last 3 years. This program is held several times throughout the year.

**Support Groups:** Connecting people through support groups is one of the foundational principals of APDA and it continues to be at the heart of our mission. At [apdaparkinson.org/Northwest](http://apdaparkinson.org/Northwest) we list over 200 support groups in our 5 state region and we provide training, logistical support, and educational materials to these groups. Additionally, APDA runs eleven professionally led support groups, including some specifically for those who are newly diagnosed.

**PRESS™ Program:** APDA's Parkinson Roadmap for Education & Support Services™ (PRESS) is an 8-week program that provides an opportunity for those impacted by PD to meet others facing a similar experience. Led by a licensed healthcare profession, the program is designed to provide emotional

support, education, and coping strategies to live your best life with PD.

APDA Northwest's first-ever program took place last spring with glowing feedback from participants.

*"I feel that the interaction and personal sharing among the participants was Key to the success of this program. We had excellent attendance and motivation within our group. Our facilitator brought exceptional knowledge and group skills to our group"*

*"We liked being with other newly diagnosed people who experience similar problems, etc. I learned a lot. I don't feel anything was lacking."*

Two new PRESS programs started in March of 2018. To learn more about the next session please contact us.

**Information & Referrals** Looking for a Parkinson's Specialist? Want to find a wellness class in your area? Need some educational booklets? Interested in being involved in research? We can help through our information and referral hotline, 206-695-2905.

# MOVE WITH OPTIMISM!

Be  
Active

Exercise is now recognized as a vital part of the treatment of PD, and there is a growing body of literature describing the benefits of exercise for people with PD. The research reveals the importance of endurance, strengthening, balance, and stretching exercises to optimize function and enhance quality of life.

Find an activity you will enjoy in the Local Resources and Support section of [apdaparkinson.org/Northwest](http://apdaparkinson.org/Northwest).

Check back often as new opportunities are being added on a regular basis!

## Here are a few featured new programs!



FERNDALE, WA

### **Pedaling for Parkinson's**

Ferndale YMCA

Contact:

Tracy Diehl, 360-255-0445  
[tdiehl@whatcomymca.org](mailto:tdiehl@whatcomymca.org)



FIRST HILL, SEATTLE

### **Neurofitness Training classes**

Neurofitness Training Classes

Chairfit for PD & AMP Classes  
Every Monday & Wed,  
720 Seneca Street

Contact:

[info@theparkinsonsfitnessproject.com](mailto:info@theparkinsonsfitnessproject.com)  
304-506-3876  
[www.theparkinsonfitnessproject.com](http://www.theparkinsonfitnessproject.com)

AUBURN, WA

### **Rock Steady Boxing**

Longevita Pilates, 201 Auburn Way N.  
M-W-F: 1:30-3:00

Contact: Mike Sellars & Yvonne  
Alaibilla, Certified Rock Steady  
Trainers, 425-830-4472.

[www.RockSteadySKC.com](http://www.RockSteadySKC.com)  
[Fight@RockSteadySKC.com](mailto:Fight@RockSteadySKC.com)

Check out  
[apdaparkinson.org/  
Northwest](http://apdaparkinson.org/Northwest)

for the most up  
to date wellness  
listings.

MERCER ISLAND, WA

### **Power Out Parkinson's**

Power Out Parkinson's  
Jewish Community Center  
3801 East Mercer Way

Contact:

Donovan Loomis (206) 291-3149  
[seattlenorth@rsbaffiliate.com](mailto:seattlenorth@rsbaffiliate.com)

# Build Strength through Music

## *The Benefits of Music Therapy for Parkinson's*

by Megumi Azekawa, MM, MT-BC

Cognitive psychologist Steven Pinker once called music “auditory cheesecake” implying that while it is a “delightful dessert,” music is not our basic human response and merely an evolutionary by-product of language. However, this explanation for the origin of music largely overlooks the positive experience – and pleasure – we derive from the making and listening to music. Considering all that our bodies do which are rhythmic in nature – heart beating, walking, breathing, chewing, sucking, crying—our brains are hardwired for rhythm.

Music therapy is an emerging field that uses music to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music therapy is also an emerging method for improving and managing the symptoms of Parkinson's disease such as freezing of gait, decreased speech clarity and breathe support, and depressed mood.

Megumi Azekawa, MM, MT-BC, is a Neurologic Music Therapist and Fellow, and Director of Puget Sound Music Therapy, LLC in Tacoma, Washington. Her involvement with the Parkinson's community began over ten years ago at Colorado State University as a graduate student. Through her interaction with participants at her weekly Music Therapy group she observed their resilience and willingness to work hard despite the challenges

of Parkinson's. This encouraged her to create the best possible therapy templates using music and to conduct research on the effects and results of these exercises.

Her research findings, during a small-scale feasibility study, showed that during the six weeks in which a group met for singing, participants showed significant improvement in their speech clarity. Singing uses the same muscles as swallowing and breath control, which are functions that Parkinson's disease can negatively impact. Music therapists provide carefully crafted singing and vocal exercise for participants to help them strengthen the muscles that are involved in swallowing and respiratory function. This concept has been supported by other researchers. (Stegmoller, et al., 2017, Tamplin & Baker, 2017)

Research evidence also shows that while speaking and singing activate shared parts of the brain, singing also activates additional parts of the brain—this implies that singing can be processed in diverse regions of the brain resulting in neuroplasticity which allows the brain to rewire or reorganize its neural connections despite neurological injury or disease. (Brown, Martinez, & Parsons, 2006; Özdemir, Norton, & Schlaug, 2006)

Additional research studies have found that rhythmic



cues function as an effective timekeeper, despite basal ganglia deficits. Rapidly forming stable and precise internal templates to organize motor responses to be more fluid and coordinated. While Parkinson's disease affects the motor control center of the brain and causes a variety of movement challenges, music therapists use the rhythm embedded in songs to best facilitate movements such as walking or range of motion exercises. (Thaut, 2005, Thaut, Abiru, 2010)

Still not convinced? Another benefit of singing is that it's inexpensive and easily accessible as a whole brain workout. When we sing, we must breathe more deeply than when we talk. Therefore, singing helps you to send more oxygen to the brain than the body for better cognitive processing, motor control, and



better mood and feeling. Singing also naturally requires us to use better posture. This leads to exercising our core muscles and proper breath support and help us to project our voice louder and better. When we sing, we also process many different elements of music—rhythm, melody, reading lyrics, and singing with others. This stimulates the areas of the brain involved in attention, memory, information processing, sequencing, organizing, and decision-making skills.

Music Therapy also features the use of familiar songs that participants enjoy. This helps make the exercises and therapy more pleasurable and research also supports this outcome (Di Benedetto, et al., 2009; Clair & Memmot, 2009). When we listen to music, the circuits of the brain that are associated with reward, pleasure, and motivation

become excited, indicating that dopamine is released. Data also suggests that dopamine can even be released before one listens to one's preferred music. The thought you are going to listen to your preferred music suggests an act of anticipation, encouraging dopamine release (Salimpoor, et al., 2011).

Additionally, Music Therapy can also be applied to pain management to handle physical discomfort during exercise. Up to 85% of individuals with Parkinson's report that pain is a concern (Beiske, Ronningen, & Svensson, 2009).. Research results reveal that therapeutic music listening for pain management helps redirect one's focus away from unpleasant sensations so that individuals can more easily engage in activities they want to do (American Music Therapy Association, 2018).

For those that hesitate to participate because they think they need to be musical, this is not the case! Music Therapy does not require participants to be a musician or even musically inclined. Instead, music therapy is designed to help people manage or improve their conditions or well-being by engaging in structured music-based methods.

Megumi offers Music Therapy for Parkinson's (MTXPD), a free class every Friday in Tacoma, WA. The class includes singing and voice exercises to work on speech clarity and breath support and musically-facilitated movement exercise for balance, strength building, and coordination. Drumming and other music-making exercises are also part of the class helping foster social interaction and cognitive connections and most importantly FUN!

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**Want to attend a Music Therapy for Parkinson's (MTXPD) class?**

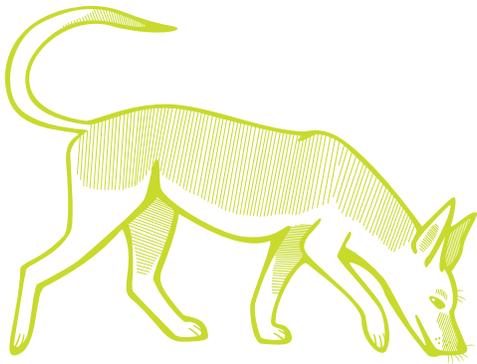
Visit  
[www.pugetsoundmusictherapy.com](http://www.pugetsoundmusictherapy.com) and learn more!

**Want to find a board certified music therapist near you?**

[www.musictherapy.org](http://www.musictherapy.org)  
or [www.cbmt.org](http://www.cbmt.org)

**To read more about the research cited here in the article please visit:**

[www.pugetsoundmusictherapy.com/pathfinderarticle](http://www.pugetsoundmusictherapy.com/pathfinderarticle)



# Sniffing out Parkinson's

by Lisa Holt, PADs for Parkinson's

**In October of 2015, the media released a piece of news that sparked the attention of the Parkinson's community of researchers, caregivers, patients and their families. It was reported that a woman in Scotland could "smell" Parkinson's.**

Joy Milne, a former nurse, said that people with Parkinson's had a musty scent and that she noticed this on her own husband, who had been diagnosed with the disease. Researchers at the University of Edinburgh decided to test her with a series of 12 shirts, six of which were from Parkinson's patients. Ms. Milne correctly identified the six shirts, and then a seventh shirt, which was thought to be an error until months later, the owner of that seventh shirt was diagnosed with Parkinson's disease.

Researchers continued to study this phenomenon and determined that the "smell" was coming from shirts, most noticeably from the back and the neck area. The source, the researchers concluded, was sebum. Excreted by the sebaceous glands, this waxy, oily substance is made of triglycerides, wax esters, squalene, and metabolites of fat-producing cells. Chemists report that 9,000 molecules make up a single sebum smear.

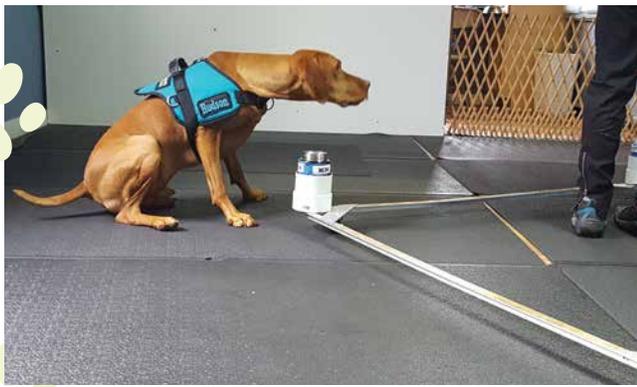
This news piqued the interest of Lisa Holt, a certified dog trainer on San Juan Island. Lisa had been working with David and Nancy Jones (David has Parkinson's disease) whose dog Brenna had taken one of Lisa's entry level canine detection courses. If a woman in Scotland



could smell Parkinson's, what could this mean in terms of dogs? Dogs possess an extraordinary sense of smell, with a demonstrated lower limit of detection at concentrations of one part per trillion, which is three orders of magnitude more selective than available laboratory testing instruments. Dogs can detect, associate and sort odorant molecules, or volatile organic compounds, in parts per million. Their olfactory system allows dogs to detect pathogens, cadavers, biological targets, narcotics, gases, elements, microbes, accelerant and explosive compounds, and many other odors, undetectable by humans.

Meet the "Brady Bunch" of all-star sniffer dogs.

The idea of testing dogs to see if they could sniff out Parkinson's was exciting. But surely, someone else was already going down this path? It didn't make sense



**Hudson, a three year old Vizla, correctly identifies the Parkinson's sample. Hudson has identified more than 80 PD samples since entering Stage 2 of the program in March of 2017.**

to undertake a monumental research quest that had already been called and answered. Lisa tapped the detection community, Nancy reached out to the Parkinson's community, and Google was extensively queried. In January of 2016, Lisa and Nancy had their answer: no one was working on training dogs to detect Parkinson's. In early February, these two Island women, brought together by dogs and disease, partnered to start the first pilot project to determine whether dogs could detect Parkinson's disease.

Lisa and Nancy were now ladies on a mission, naming the project PADS for Parkinsons (Parkinson's Alert Dogs). A mobile home was saved from demolition and repurposed for the project. A small army of human volunteers were recruited as consultants, sample donors, and documenters and eight of Lisa's K9 Nose Work students stepped up and volunteered their highly-driven dogs for the project.

PADS uses shirts worn by both PD-affected individuals and individual controls. Fabric taken from the neck and back area of the shirts (areas with the most sebum) are used as the sample that the dogs sniff. The results of the project have been promising; 8,500 tests with 9 dogs over 16 months has resulted in a success rate of 85% to 95%.

Finding ways to detect Parkinson's early and before symptoms appear is an area of great attention in the research community. By the time most people are diagnosed with PD, over 60 percent of all dopamine neurons within specific regions of the basal ganglia may have been lost. There is growing evidence that early intervention may help protect and preserve the function of the neurons, reduce symptoms and slow disease progression.



**Rowan correctly alerts on the Parkinson's sample. The other three canisters contain controls.**

Early detection would provide an opportunity for doctors to add years, maybe decades of quality time to patients' lives.

The idea that man's best friend could be a part of this early detection is promising. Lisa Holt, Nancy Jones, and their small army of human and canine volunteers are certainly dedicated to doing the work necessary to make early diagnosis, and therefore treatment, achievable.



*To learn more about the PADS project or find out how you can get involved contact:*

*Lisa Holt, PADS Program Director  
sanjuanlisa@gmail*

*<https://www.facebook.com/detectiondogsforparkinsons/>*

*Why was this important news? Parkinson's is a disease with no definitive diagnosis, especially in early stages. It is reported that of the 10 million people with Parkinson's, about 20% of Parkinson's patients are misdiagnosed. But that's not all. If Parkinson's could be detected a mere 5 years before the telltale signs of tremors and shakiness, a patient could potentially lead several decades of normal life.*

**Nancy Jones and Linda Clark record data as the dogs go through training and testing. Daily volunteer teams of scribes and gate stewards are critical to the ongoing success of the program.**





More than 125 supporters showed off their dance moves at the **Shake, Rattle and Roll** party co-hosted by Suzanne Cameron and Leanne Devitt on January 27. Guests enjoyed a fabulous evening of dance music, tasty food donated by Cameron Catering, and overall good fun. It was a fantastic way to increase awareness for Parkinson's disease, and **the event raised over \$16,000!** Thanks to the generosity of Leanne and Suzanne, every penny raised went directly to Parkinson's programming and research.

THIRD PARTY / DIY  
**Fundraisers**



The annual **Winter Rendezvous** was held during beautiful weather in mid-February. Hosted by the legendary Chip Hanauer and the Poulsbo Vikings, boaters explored and ate their way through the quaint town of Poulsbo, rounding out the event with a Saturday night paella dinner for 250 people, followed by live music that brought the house down. All while **raising \$6,000 for Parkinson's disease.**

In January, the **Edgewood Spring Creek Manor** in American Falls, Idaho, held a fundraiser in memory of Julie Zacharias and in honor of Ben Cavness, both residents with Parkinson's disease. Residents, families, employees and guests played Bingo, winning prizes donated by local businesses, and **raised \$430!**

# Thank you

for your generous donations

Donations from October 24th–February 25th

## \$5000+

Anonymous  
Cameron Catering  
NeoMetal  
Niagara Bottling, LLC  
Puyallup Tribe of  
Indians  
Bryan & Teresa  
Coluccio  
Matt & Ann Wood  
Rita Gill

## \$1000-\$4999

Crowley Cares  
Foundation  
Koh-Lee Foundation  
Microsoft Giving  
Campaign  
St. Jude Medical  
Thomashilfen  
T-Mobile USA  
Beverly Jensen  
David Fukui  
Debbie & Justin  
Thenutai  
Frances English  
Isobel & Loren Hostek  
Katherine & James  
Olson  
Mary Siekierski

## \$500-\$999

Abbott Laboratories  
Advanced Health  
Care  
Aegis on Madison  
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Amy Breznikar  
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Nancy & Kaspar  
Donier  
Randy & Leanne  
Devitt  
Robin & Mark  
Whipple  
Sharon Best  
Tomoko Matsuno  
Vince & Anne Ryan

## \$100-\$499

Grether Living Trust  
Hood River Distillers  
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Associates LLC

Schwab Charitable  
Alan & Shalamar  
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Angela & Jeffery  
Harbaugh  
Annette Holland  
Anthony Kjeldsen &  
Venus Ferteza  
Barbara & Todd Jones  
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Bonnie Graves  
Brian & Aleksandra  
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Gail & Paul Larussa  
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Greg & Nancy  
Hanson  
Heather & Dave  
Chitty  
Heather Liukkonen  
Ingrid Nielsen  
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Longoria  
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& Larry Bunn  
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Lawrence Asher  
Leslie Helm & Marie  
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The Magic of Hope  
GALA & AUCTION  
BENEFITING APDA

The Seattle Design Center is the place to be on April 28, 2018. That's where guests at the 16th annual Magic of Hope Auction & Gala will enjoy a fun, festive night raising money to benefit APDA. Our goal is to raise \$450,000 to

continue our mission of providing support, education and research to help the thousands of people with Parkinson's disease in the Pacific Northwest live life to the fullest.

This year we will be honoring Chris, Jen and Lucy Adams for their outstanding commitment to APDA. The Adams family's energy, along with their unwavering support and dedication, have provided strength and hope to countless people impacted by Parkinson's disease.

Come try your hand at games of chance, bid on exciting auction items and feel the magic in the room during this inspirational evening! Visit our website [www.apdaparkinson.org/MagicofHope](http://www.apdaparkinson.org/MagicofHope) or call APDA to purchase tickets, make a donation, or learn about other ways to support the fight against Parkinson's disease.

Thank you to our sponsors:



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ASSOCIATION

You don't want to miss the **5th annual APDA Northwest Optimism Walk on Sunday, June 3rd**. This is your opportunity to be part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's disease!

Hundreds of friends, family and supporters will gather at the Nickerson Street Saloon at 9:30 am to kick off the event with family-friendly activities such as team photos, face painting, sponsor booths, sign making and more! Then walkers will start down the Ship Canal Trail on a short, non-competitive two-mile walk (or you can stay behind until walkers return). After the walk there is a HUGE celebration to recognize all the hard work each participant put into raising funds for Parkinson's disease. Visit with old friends and new while enjoying a lunch buffet, beverages and live music from the band: The Kennedy Brothers.

Sign up today to walk with us in Seattle! If you don't live nearby, you can walk with us remotely



by organizing an APDA fundraising walk in your own city on June 3rd! The more money we raise, the more people we can help. Won't you join us?! Register today at [www.apdaparkinson.org/Northwest](http://www.apdaparkinson.org/Northwest) or call 206-695-2905.

Thank you to our local and national presenting sponsors for underwriting this event so that 100% of the funds raised go directly to programs, services and research!



LOCAL PRESENTING SPONSOR

# Save the Date!

To register for these and other programs, please contact us:

Phone: **(206) 695-2905**

Email: **apdanw@apdaparkinson.org**

Website: **apdaparkinson.org/Northwest**



## DBS Meetup & Happy Hours

Are you a DBS Graduate and want to meet others? Are you curious about DBS? Please join us for a casual, social gathering.

### **BELLEVUE:**

**Bellevue Brewing Company, May 3rd, 4-6pm**

With Dr. Pravi Khemani, neurologist & Dr. Ryder Gwinn, neurosurgeon from Swedish Medical Center

### **EVERETT:**

**Scuttlebutt Brewing Company, May 16th, 5-7 pm**

With Dr. Tyler Clark, neurologist & Peggy Shortt, ARNP from the Everett Clinic

### **TUKWILA:**

**Odin Brewing Company, June 13th, 4-6pm**

With Dr. Jennie Davis, neurologist Valley Medical Center & Dr. Andrew Ko, neurosurgeon, UW Medical Center



## Education is Empowerment— An APDA Educational Symposium

Featuring Dr. Tyler Clark on Key Treatment Strategies, Dr. Karen Torres on PD & Cognition, and Kristin Connor on Nutrition for Optimal Brain Health

### **EVERETT:**

**Everett Yacht Club, Tuesday, June 26th, 1PM - 5PM**



Our annual conference focused on movement & wellness.

**Mercer Island Community & Event Center**

**Sunday, August 26th, 2018**

Registration opens in late June.

**SUBSCRIBE TO OUR  
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Sign up for our newsletter by visiting our website  
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*Start small and give monthly.*

**\$10**

PER MONTH

can fund **scholarships** to APDA educational symposiums, so that everyone can access timely and relevant information about how to live well with Parkinson's disease

**\$25**

PER MONTH

can fund **transportation** to exercise classes and support groups through APDA Ride Repay, giving independence to someone who can no longer drive due to their Parkinson's disease

**\$50**

PER MONTH

can fund **20 hours of respite care** through the APDA Caregiver's Day Off Program, offering a breather to a partner caring for someone with Parkinson's disease

*Make a difference all year long.*

To set up a recurring donation, visit our website at [apdaparkinson.org/Northwest](http://apdaparkinson.org/Northwest), click Donate, then Make my gift recurring. Or give us a call at (206) 695-2905.