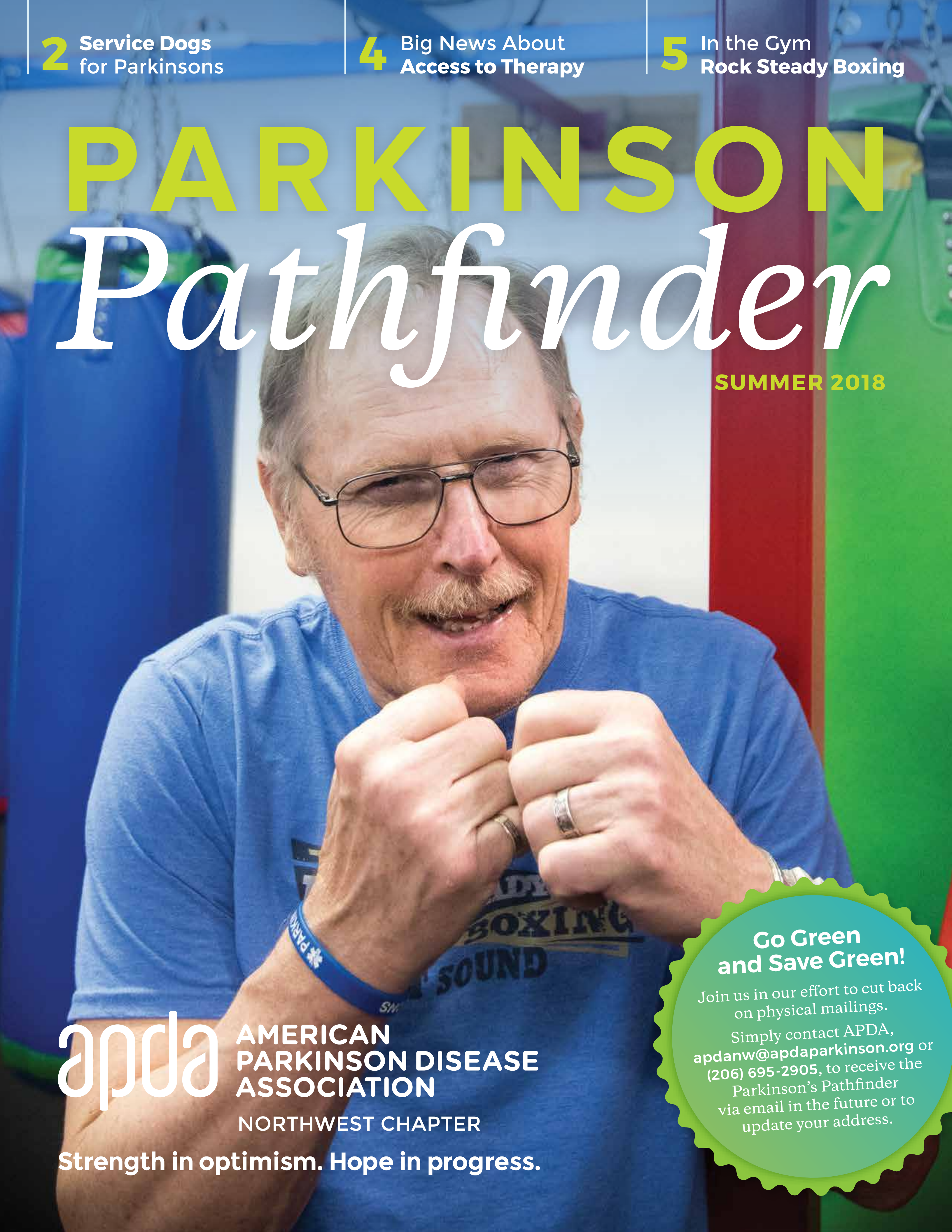
PARKINSON *Pathfinder*

SUMMER 2018



Go Green and Save Green!

Join us in our effort to cut back on physical mailings. Simply contact APDA, **apdanw@apdaparkinson.org** or **(206) 695-2905**, to receive the Parkinson's Pathfinder via email in the future or to update your address.

AMERICAN PARKINSON DISEASE ASSOCIATION
NORTHWEST CHAPTER

Strength in optimism. Hope in progress.

SUMMER 2018

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Photo by Ken Kisch

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

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FINANCE AND DEVELOPMENT DIRECTOR
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CAMPAIGN MANAGER
Allison Paytosh

"When are you going to slow down?"

I was recently asked this question by an APDA Board member after incredible fundraising success with our annual appeal, Magic of Hope Gala and Optimism Walk, expansion of patient education programs across the region, and also an office move—all in just the past 6 months. These successes involved long days, evening meetings and email exchanges at all hours. **I will slow down after I have worked my way out of a job because there is a cure for Parkinson's disease.**

> **"I will slow down after I have worked my way out of a job because there is a cure for Parkinson's disease."**

Last year I had a phone conversation that I will never forget. A woman called who had received a diagnosis of PD a few months before, and her doctor told her to get her affairs in order. She was depressed, alone with her diagnosis, and feeling hopeless. We talked for quite a while and I encouraged her to come to APDA's upcoming education program to learn more about her disease and to meet other amazing people living with PD. When I met her in person at that program, she gave me a hug and told me she that APDA had given her hope and optimism, and ultimately saved her life.

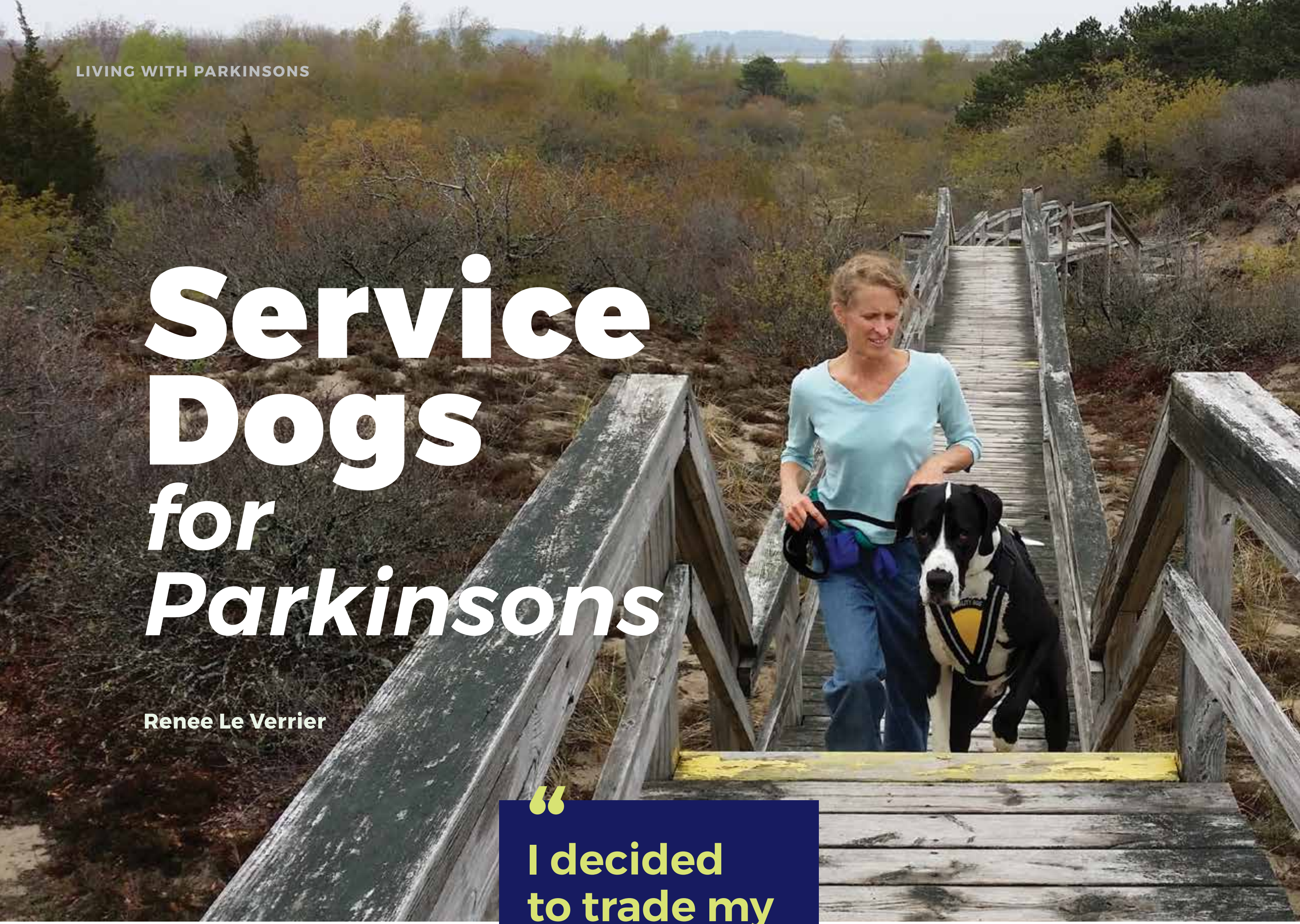
Hearing the words "APDA saved my life" had a powerful impact. Every time I get tired or feel overwhelmed with the amount of work to do, I think of her, and I keep going.

Strength in Optimism. Hope in Progress. Those words are not just ones that live under our logo, they are words we believe in and weave into everything we do. APDA is here to walk beside people in their journey with PD and **provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.**

We can send emails, post on our social media, and communicate in all the 'quick and easy ways', but the real connections come from personal connections. **I challenge each of you to share the mission of APDA with just one person.** Let them know we are here and encourage them to reach out for support, information and resources, to attend our education programs or fundraising events, or to get involved as a volunteer, donor or sponsor. There is strength in numbers, the greater reach we have, the more people we can help.

Jean Allenbach

Jean Allenbach
Executive Director



Service Dogs *for Parkinsons*

Renee Le Verrier

I tried enhancing my Parkinson's balance with a cane, figuring that it would help me navigate through crowds and narrow walkways. The Great Cane Incident, however, convinced me otherwise. I was walking through the airport with my cane. When I stopped at my gate, dyskinesia set in and it was as though I had a giant pointer in my hand. It swung and dipped and waved. I nearly scalped a queue of passengers.

That was when I decided to trade my cane for a Great Dane.

Sir Thomas and I have been a team for six years. He has held me steady through dyskinesia, kept me moving forward during freezes, and balanced my gait when my meds were "off." He has gotten me out of places where I'd still be stuck if he hadn't been there. Actually, the fear of falling that had oozed into my reasons to venture out less and less frequently had disappeared once I ventured out with my service dog by my side.

> "I decided to trade my cane for a Great Dane.

Service Dog Definition

The Americans with Disabilities Act (ADA) specifies that a service dog is "individually trained to do work or perform tasks for a person with a disability. Service dogs are working animals, not pets and the work or task the dog provides must be directly related to the person's disability. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals."

For more information, visit the ADA at: www.ada.gov/service_animals_2010.htm

What Makes a Dog a Service Dog?

Highly trained, service dogs must also have certain traits and behaviors to qualify as an assistant to a person with a disability.

TEMPERAMENT: Service dog raisers and trainers will disqualify pups early on if they show any sign of aggression, from dominance play to snagging food from other pup's bowls. Ditto with excessive fear or timidity. These dogs must be calm and confident enough to withstand crowds, loud music, hours lying still on the floor at a restaurant, elevators, buses, and so on.

Considerations

CARE AND COSTS: *Service dogs need exercise, feeding, grooming, vet care, ongoing training, harnesses, bed, treats toys and lots of love and praise.*

SCHEDULE AND PLANNING: *A service dog team is together 24/7; wherever you go, there you both are. Schedule accordingly and always carry extra plastic bags and wipes.*

ATTENTION: *If you're shy about your diagnosis, be aware that a service dog, in my experience, is a social magnet. I haven't completed a shopping list since Sir Thomas came home because I get stopped in the aisle so many times with compliments, questions, coos, questions and more questions.*

Resources for Further Information

SERVICE DOGS

International Association of Assistance Dog Partners, c/o IAADP, P.O. Box 638, Sterling Heights, MI 48311,1-888-544-2237, www.iaadp.org

Assistance Dogs International: ADI www.assistancedogsinternational.org

REGULATIONS

www.ADA.gov or call 800-514-0301

GENERAL INFORMATION

www.servicedogsociety.com

https://leverrier.com/service-dogs/

BREED: The breeding and the breed can be important. A toy breed is not likely to be a mobility dog. Large, calm breeds tend to be better matches to pull a wheelchair or support a person's weight while bracing.

TRAINING: Service dogs hold the PhD's of dog training. They pass the socialization, basic commands, canine good citizen tests with flying colors before they even start training for the work and tasks they'll provide. Service dogs are required to be "individually trained." This is somewhat confusing as it doesn't mean the dog must be trained by an individual. It means that the dog is trained for an individual. No two service dogs are interchangeable.

WORKER: No matter how adorable Fluffy is, the family pet is not a service dog. Sir Thomas is part of the family but he's not a pet. He was bred, raised and trained as a working animal. He certainly gets his down time when he gets to roll in the grass and race around the garden. But as soon as his vest goes on, he switches to work mode.

How a Service Dog Can Help

A service dog and its handler are often referred to as a team or as partners. I've found that a cane adds one level of support while a service dog adds four legs that can step in. More than a walking aid, service dogs can ease the everyday movement challenges posed by Parkinson's. The wagging tail is a bonus.

Mobility

Even when other assistive devices such as a wheelchair or walker are being used, service dogs can do tasks that can otherwise sap the human's energy, such as:

- Pull a wheelchair; guide a walker.
- Open doors.
- Pick up dropped items.
- Turn on lights, press buttons.
- Assist with dressing.

Balance

When walking unassisted, a dog can do tasks that aid movement and provide support, including:

- Stabilize gait.
- Steady a person when on uneven ground.
- Propel from a freeze.
- Brace for weight shifting, turning, or rising from a chair.

In addition to all of the above, a service dog can make a big difference in maintaining independence. If the fear of falling or crashing into something—or someone—in public makes going out in public a non-option, it may be time to consider some balance assistance. In particular, consider one that has four feet for stability and a built-in personality that wants to—and can—help in so many ways.

Renee Le Verrier *is the author of* Travels with Tommy: Stories of Life with a Service Dog*. She has had Sir Thomas by her side for six years; she has had Parkinson's for thirteen. When not writing, Renee teaches yoga for Parkinson's, including a free, weekly, online class.*

Visit her website at www.leverrier.com

★ ★ BIG NEWS ★ ★

ABOUT ACCESS TO THERAPY

The opportunity for the Parkinson's community to get access to the care they need has recently changed for the better! Elimination of the Medicare Therapy Caps and access to maintenance therapy are now effective ways for Parkinson's patients to maximize their functional ability through Medicare rehabilitation services. The law that created the financial limitation on how much therapy a beneficiary could receive per year was repealed as of February 9, 2018, and the guidelines on the maintenance therapy benefit have been clarified.

Patients that meet the Medicare requirements of medically necessary skilled therapy... no longer need to worry about getting the care necessary to meet their therapy goals.

"Millions of Medicare beneficiaries can now—finally—breathe a bit easier when it comes to getting access to critical rehabilitation services they require following a serious health episode," said Elise Davis-McFarland, PhD, CCC-SLP, 2018 ASHA President. "The last thing these patients need in the face of serious illness or injury is to have to choose between financial ruin or forgoing much-needed care that has a strong potential to transform their life. We are grateful that Congress has taken action on the therapy caps."

"Stopping the hard cap is a victory for our patients, and for our dedicated advocates," said APTA President Sharon L. Dunn, PT, PhD, board-certified orthopedic clinical specialist. "For 2 decades we have held back the hard cap through repeated short-term fixes—17 in total—that were achieved each time only through significant lobbying efforts by APTA and other members of the Therapy Cap Coalition. In that time, the hard cap was a genuine and persistent threat to our most vulnerable patients, a threat we saw realized earlier this year when Congress failed to extend the therapy cap exceptions process. Today that threat has been eliminated."

In summary, patients that meet the Medicare requirements of medically necessary skilled therapy for Physical therapy, Occupational therapy, and Speech therapy no longer need to worry about getting the care necessary to meet their therapy goals. It also means that patients no longer need to worry about getting therapy later in the same year if they require skilled therapy for any reason.

Along with the repeal of the therapy cap is the clarification by Medicare and instructions for the maintenance therapy program benefit. At CMS.gov you can find a Fact Sheet that can be used as evidence that skilled maintenance services are coverable for skilled outpatient therapy. Also available is a Self-help Packet to help pursue Medicare coverage, including for skilled maintenance nursing and therapy. This shows that patients not expected to make recovery or progress may still be able to receive skilled therapy in maintenance when, "Skilled therapy services are covered when an individualized assessment of the patient's clinical condition demonstrates that the specialized judgment, knowledge, and skills of a qualified therapist ("skilled care") are necessary for the performance of a safe and effective maintenance program. Such a maintenance program to maintain the patient's current condition or to prevent or slow further deterioration is covered so long as the beneficiary requires skilled care for the safe and effective performance of the program."

To learn more about the Jimmo v Sebelius Settlement and for tools to use in advocating for your coverage please visit www.CMS.Gov

Author **Matthew Green, M.S. Esq.** *is the president of LifeCare Therapy Services*

HOPE is in the Gym with ROCK STEADY BOXING!

I am a "Parkie". I didn't see this coming. Now I am a boxer with 60 of the most courageous and inspiring "fighters" I have ever had the pleasure to know. Even more surprising… I'm a Rock Steady coach! I sure didn't see that coming! I have been on many sports or corporate teams but never needed, depended on or loved my teams and teammates like this. My fighter name is The Hammer!

Rock Steady Boxing is non-contact, boxing-themed exercise therapy to reduce, reverse or delay the symptoms of Parkinson's. The Rock Steady Boxing, RSB, method has been developed and enhanced over 11 years by some incredible coaches, neurologists, researchers and 29,000 Parkinson's boxers fighting PD in over 580 RSB affiliates worldwide. There are now nine RSB locations in the Puget Sound area.

Rock Steady Boxing is the most comprehensive Parkinson's exercise therapy I've found. The boxing rounds work on balance, speed, foot work, balance, agility, lateral movement, reaction times, flexibility, balance, range of motion, strength and conditioning. Between boxing rounds we add in PD focused activities to help with cognitive processing, voice activation, small motor skills, more balance and getting down on the floor and back up. All the while we laugh and spend time with our RSB friends and extended family. It's exhausting!

If you visit RockSteadyBoxing.org and go to YouTube.com to view some of the hundreds of videos, you have half of the story. People with PD who come to observe a RSB workout are not prepared for what they find. Don't these people know they have PD? Don't they know they are old? Can I join?

The first impression of a RSB workout is seeing people with PD so alive and loud with endless energy and contagious laughter. You see that age is just a number (our youngest is 27 and our oldest is 92) and Parkinson's is just a fact of our life. For an hour and a half, we think we are super heroes. While we have limitations, we also find that we have super powers.

As Parkies, we tend to shrink into our own Parkinson's Comfort Zone. Through RSB, we not only get stronger and more agile, we learn that we can do things we gave up on by redefining our physical, mental, emotional or perceived limitations. And overcoming just plain fear. Fear is the enemy. Fear of falling, fear of what people will think about us, fear of the future.

Rock Steady helps us reclaim some of the independence we may have given away. Our internal dialog is "I can't do that anymore, I have Parkinson's". "I don't want to go, I have Parkinson's." RSB helps us establish a new understanding of what we can still do and where we must accept PD has us. Then we fight to maintain our independence and pride. Every day.

Does it work? Two calendar years seems to fly by in life years and in Parkinson's Years we would expect to experience declines beyond those of just getting older. Using a 60-point assessment scale, a new boxer came to RSB in November, 2015 scoring a 51. Last month he scored a 57.5! With Parkinson's, staying even for 2+ years is winning. Improving over 2+ years is WINNING!

A RSB fighter said that Rock Steady is to Parkinson's what insulin is to diabetes. Another said she "enters the room knowing I have PD. When I leave I feel like a conqueror." One said "I love this place!" Personally, I think of RSB as my church and I'm boxing with the choir!

None of us saw this coming. But we are fighters. We are our own support group. We are competitive. We are determined… confident… strong… courageous! And hope is in the gym with Rock Steady Boxing!

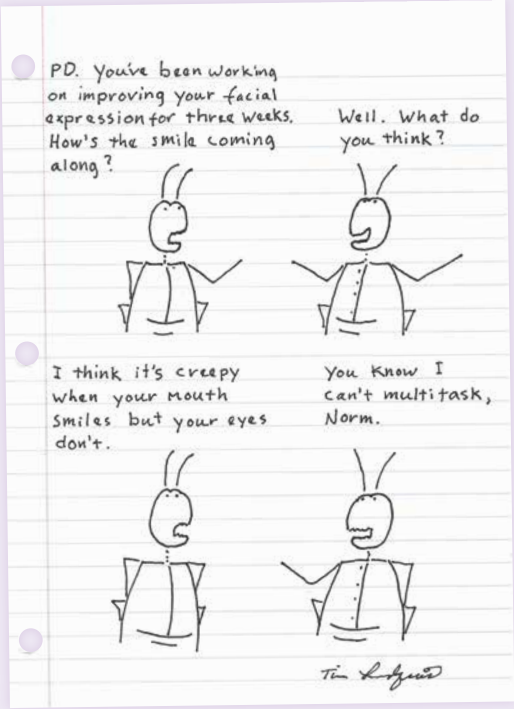
The Breznikar Sisters

> “We support APDA because of the support it provides for people like our father who has had Parkinson’s for almost 20 years.”

Left to Right, Tanya, Amy and Kim are pictured with their father who has Parkinson’s.

We are thrilled to honor Amy, Kim and Tanya Breznikar in our Volunteer Spotlight for their endless commitment to APDA Northwest! This recognition is extra special, as their combined commitment has been on-going for years; 13 years approximately, but we may have lost count! The Breznikar sisters have provided their leadership and excellence to propel our annual Magic of Hope Gala into the success it is today. Thank you for volunteering your evenings, your weekends, and for paying close attention to the many details which make the gala such a magical evening. You bring hope and optimism into our lives! Suzanne Cameron, of APDA’s Board of Directors adds, “they are willing to do anything, work tirelessly until the job is done and always do it with a smile and grace. Nothing seems insurmountable and they laugh their way through. I love being on the team with the Breznikar girls! They make us all look good.”

SMILING!



Facial expressions are like the outward expression of self-talk. If the talk is negative the effect is deprecating. Not smiling is like that except that the deprecation is expressed openly, for all to see. It’s not that I don’t smile. If I’m engaged in conversation I can be outwardly animated, but at rest I look serious, even mad. The condition is called hypomimia—the mask of Parkinson’s—the blank or angry expression that comes with the disease. My PD fitness class instructor tells us to smile in our workouts. Then says, not creepy, though. And we all laugh because we get it. Because we’ve got it. Hypomimia.

So, what about facial fitness?

I’m not a doctor, or a scientist, or a fitness instructor, but I do know that the more I exercise my face the more in control I am of my expression.

Like working out to improve my balance and strength and flexibility and stamina, I do a facial toning routine in the morning. Face exercises. I sit in front of a mirror and do ten minutes of cheekbones up and down. Corners of my mouth up and down. Nasal folds in a sneer. Face pressed to the left. To the right. Happy. Sad. Surprised. Frightened. Winking. Everything up. Everything down. Twenty repetitions for each.

Now, when I feel myself flustered or stone-faced I’ll force a smile. It’s better than no smile, I think. And I believe it tells my body to relax, be uplifted. When I enter a room I stand straight and smile. When I make eye contact with others I start with a smile. I bet research on smiling and chronic disease shows there are no negative effects of smiling. Probably increases dopamine in the brain. People will see your smile and mirror it back. Another shot of dopamine.

We know exercise is key to keeping mobile, especially with PD.

So exercise your best smile!

Tim Lundquist *has a Master’s Degree in Education and Bachelor of Arts in Drama. He has enjoyed careers in the performing arts, standup comedy, and public education. He was diagnosed with Parkinson’s disease in July of 2015.*

DIY Fundraising HOW CAN YOU HELP?

The truth is, fundraising has no limits. Why not bring your passion and optimism for a truly unique opportunity that fits your schedule. Plan your event with APDA's support and let your guests know you are raising funds for Parkinson's disease and that every gift will help someone impacted by PD live life to the fullest.

THROW A PARTY! Pay tribute to a loved one who is living with Parkinson's disease. Invite friends to celebrate a holiday, a birthday, or a summer BBQ in your own backyard. Simply ask for donations, donations in lieu of gifts, or spice it up and challenge guests to wear costumes and charge different admissions for those with or without costumes.

TURN YOUR ADVENTURE INTO A FUNDRAISER! Whether you're biking, walking, climbing mountains, or getting dirty in mud run, it's easy to use the event you are already participating in as a way to raise money!

Pass To Pass is a hike and a fundraiser for Parkinson's research and awareness by including people with Parkinsons (Parkies) on the Pacific Crest Trail. The mission is to increase awareness of Parkinson's disease, demonstrate that activity can relieve PD symptoms, and fundraise for Parkinson's research.

Our online DIY ("do it yourself") tools make it easy to create a meaningful fundraising campaign. Visit our website, and under "Get Involved," choose to organize an event. Then email us at apdanw@apdaparkinson.org to let us know!

Get Involved WITH APDA!

As a chapter, we are growing fast and there's so much we'd like to do to support the Parkinson's community in the Northwest, but we need YOUR help! Here are some ways you can get involved.

Join, Learn and Build Community

- Attend an APDA Educational Program
- Participate in a community support group or wellness program
- Join the Washington State Parkinson's Disease Registry (which is fully funded by APDA Northwest) and stay informed about local PD research initiatives. **www.registerparkinsons.org**
- Create an Adventure Race Team, a fun scavenger hunt around Ballard (Saturday, Oct 6th)

Donate your Time and Talent

- Volunteer at our office during the work week
- Join an event planning committee—events wouldn't happen without our incredible volunteers!
- Serve as an APDA ambassador at speaking engagements or information fairs
- To get involved contact APDA at **206-695-2905**, **apdanw@apdaparkinson.org** or visit our website **www.apdaparkinson.org/Northwest**

LIVE WITH OPTIMISM! *Support Groups*

Attending a Support Group is a great way to connect with others, build community and learn.

Support Groups vary greatly from place to place and from group to group. There can be guest speakers or exercise demonstrations and some cover specific topics or are for a particular group.

On apdaparkinson.org/Northwest:

There are groups designed specifically for:

- Young Onset
- Carepartners
- General PD
- Women's Groups
- Men's Groups
- Atypical Parkinsons
- Veterans
- And more

No access to the web?

Call us and we will help you find a group that is right for you or we can send you a complete list.
206-695-2905

Want to start a group in your area?
Call us, we can help!

Know of a group in your area that
is not listed? Let us know!

NEW SUPPORT GROUP

Port Orchard General PD Support Group

Begins Monday, September 10th, 2018

Come get to know others who are impacted with by PD. Family members and those living with PD are all welcome to attend.

Stafford Suites – Port Orchard

2nd Monday of the month
10:30am-12:00pm

Contact: Gary Slinde

(360) 769-9372

Smart Patients
Online Parkinson's Community

Smart Patients is an online discussion forum for patients and their loved ones dealing with Parkinson's Disease. Members in this online forum share help, advice and information about treatments, symptoms and side effects. You can join the online forum for free to share, interact, and learn from each other in a safe, supportive environment.

Join the Community at:
www.apdaparkinson.org/resources-support/smart-patients/

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.

Check back often as new programs are added regularly!

Here are a few featured new programs!

AUBURN & TACOMA, WA

Rock Steady Boxing

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

5212 S. Tacoma Way
Tacoma
Tue/Thurs: 1:30–1:00

For either location, contact:
Mike Sellars & Yvonne Alaibilla
425-830-4472

www.RockSteadySKC.com
Fight@RockSteadySKC.com

RENTON, WA

Yoga for PD

Thursdays
Valley Medical Center—Fitness Center

Contact: Peter Lynch: (206) 719-8007
thagrdnr@yahoo.com

ANACORTES, WA

SongShine for Parkinsons

Anacortes Senior Center
Tuesdays
Contact: Miriam Fein, 206-939-2124
mfein@seanet.com

SEATTLE, WA

Integrative Movement Group Class Using the Gyrotonic Movement System

Tuesdays

Seattle Changing Room

206-283-0201
www.seattlechangingroom.com

TRI-CITIES, WA

Pedaling for Parkinson's

Tri-City Court Club

M, W, & Fridays

Ryan Vogt:
509-396-3712 ext 127
Ryan@tricitycourtclub.com

www.tricitycourtclub.com

BAINBRIDGE ISLAND, WA

Punch Out Parkinson's (P.O.P)

Island Fitness

Wednesdays

206-842-5720
www.island-fitness.com

OPTIMISM WALK AMERICAN PARKINSON DISEASE ASSOCIATION

Wow! The 5th Annual Optimism Walk was a fantastic success!

With 603 walkers, our largest Walk EVER was made up of families, friends, colleagues, and supporters for a truly inspirational day. Messages of hope and optimism were vibrant on the walk thanks to handmade posters, team spirit and the cheers and smiles amongst the crowd.

A total of $125,000 was raised, far surpassing our goal! We are honored that the Northwest Optimism Walk currently holds the 2nd place spot among all APDA walks nationally. Multiple individuals and teams were recognized with prizes of t-shirts, hats and Circle of Optimism medals for their amazing fundraising efforts.

Thanks to Rene Spatz, of APDA's Board of Directors who emceed the event and kept the crowd informed and energized leading up to the walk. Many thanks to special guests, Seattle Sonics Legend, Slick Watts and his son Donald for joining participants at the pop-a-shot and for kicking off the Walk with an encouraging message of optimism. And, a BIG thanks to the Nickerson Street Saloon and Cameron Catering for the delicious lunch buffet, and the Kennedy Brothers for keeping the party going with live music at our post-walk celebration. What a great day we had!

Thank you to our generous sponsors:

PLATINUM LEVEL	niagara
GOLD LEVEL	Abbott, C. Don Filer Agency, Inc. Impel Neuropharma

The Magic of Hope GALA & AUCTION BENEFITING APDA

The Magic of Hope Auction & Gala was truly a magical evening.

Nearly 500 guests enjoyed fabulous appetizers and drinks, while bidding on auction items and mingling with friends. Dinner was kicked off with a **lively tribute to our honoree family, Chris, Jen and Lucy Adams** by 75 of the Adams closest friends, who surprised them onstage by singing Sweet Caroline with the entire audience joining in. The bidding war was on during the live auction with items going for double and triple value, and a raise the paddle that amassed $190,000! Guest came prepared to donate generously to the cause, and when the night was over **a record breaking $505,000 was raised** thanks to our attendees and sponsors generosity and faith in our mission.

Thank you to our generous sponsors:

PREMIER SPONSOR	niagara
PLATINUM SPONSORS	NeoMetal Cameron Catering

Thank you

for your generous donations

Donations from March 2018–May 2018

$5,000+
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Lundbeck
NeoMetal
Niagara Bottling
Paddle for Parkinson's
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US WorldMeds
Andrea Padilla & John Lombardi
Anonymous
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Nancy & Rocky Griese
Nancy Jones
Peggy Newsom
Steven Kouris
Sue & Gary McConnaha

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Jeanne Kieffer
Jock Streidl
John Goulet
Phyllis and Bill
Robert Timar

IN MEMORY OF
"Corky" William S. DeLaurentis
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Gladys Arneson
Jerry Countryman
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Kermit Meade
Lorna Schofield
Marvin Durning
Richard (Dick) Lehms
Janet Zema

Photo courtesy Carl-Evert Kangas on Flickr

OPTIMISM RETREAT

Please join us for the
4th Annual APDA Optimism Retreat

Sunday August 26th, 2018
10:30-3:30pm

Mercer Island Community & Event Center

A one day conference focusing on movement and well-being for people with Parkinson's Disease, their families, and care partners.

Conference fee is $35/person
$25/person if you register before August 10th

LUNCHTIME KEYNOTE SPEAKER:
Dr. Laura Mischley, ND, MPH, PhD
Renowned naturopathic physician and researcher

FEATURED WORKSHOPS

Brain Fitness Through Juggling
Rock Steady Boxing
Dance for PD
TaiJiQuan Moving for Better Balance
Harness Your Creativity
Yoga for PD
I Got Rhythm – Music Therapy for PD
Bigger Faster Stronger
AMP
Chairfit

And a special 2-part Carepartner Workshop:
Carepartners: Taking Care of your Partner, Taking Care of Yourself!

Registration & Information visit apdaparkinson.com/Northwest

JOIN US *for an* ADVENTURE *in* BALLARD!

SUNDAY, OCTOBER 6

Come out and play on Saturday, October 6th in the beautiful Ballard neighborhood in Seattle for a day of adventure and fun that also supports Parkinson's research through the APDA Northwest Chapter.

The **ADVENTURE RACE FOR PARKINSON'S** is a great reason to come out, enjoy the city and support the community. Teams find clues, answer riddles and complete physical challenges at businesses, parks and landmarks throughout Ballard.

"We are thrilled to help host the Adventure Race again in 2018," said Jean Allenbach, Executive Director APDA Northwest Chapter. "The positive energy and spirit behind this day is so fun—there is truly something for everyone to enjoy. In addition, our sponsor and participants' generosity makes a huge difference in so many lives."

The day kicks off with a rally at Trident Seafoods and then teams are off to earn as many points as possible in the next hour and a half. We end with a party where we crown the winners, have some great local beverages and thank our hardworking fundraisers.

Last year's event raised over $75,000 and the goal in 2018 is to top $90,000. Funds raised go towards finding a cure and helping people affected by Parkinson's disease. Head over to the **apdaparkinson.org/AdventureRace** for more details and to register.

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**

AUG 26

OPTIMISM RETREAT

Our Annual Conference focused on movement & wellness.

Sunday, August 26th, 2018
MERCER ISLAND Community & Event Center

Featuring: Movement and Wellness Specialists from across the region.

SEPT 19

SEPT 26

Parkinson's Good Start

A two-part educational program specifically designed for individuals diagnosed with Parkinson's disease within the last three years.

Wednesday, September 19th, 5:15pm – 7:45pm
AND Wednesday, September 26th, 5:15pm – 7:45pm
2100 Rainier Avenue South, SEATTLE, WA

Featuring: Dr. Pravin Khemani, Movement Disorders Neurologist, Dr. Nate Coomer, Physical Therapist, Tara Biller, Movement Disorders ARNP, & Wilma Shaw, Nutritional Therapy Practitioner

SEPT 18

APDA Take Control

An educational program designed for individuals in the mid to later stages of Parkinson's and their care partners.

Tuesday, September 18th, 1:30 – 3:30pm
ALGONA, WA Community Center

Featuring: Dr. Jennie Davis, Movement Disorders Neurologist & Megumi Azekawa, Neurologic Music Therapist

OCT 4

DBS Happy Hour & Meetup

October 4th, 4-6 pm
Chateau Faire Le Pont Winery, 1 Vineyard Way, WENATCHEE, WA

Featuring: Dr. Peter Nora, and Dr. Kelly Condefer, Movement Disorders Neurologist

OCT 6

Adventure Race for Parkinson's

October 6th
Ballard Neighborhood, SEATTLE, WA

OCT 16

DBS Happy Hour & Meetup

October 16th
Norm's of Yakima, 5 N. Front St, YAKIMA, WA

Featuring: Dr. Farrokh Farrokhi, Neurosurgeon & Dr. John Roberts, Movement Disorders Neurologist

apda AMERICAN PARKINSON DISEASE ASSOCIATION
NORTHWEST CHAPTER

Strength in optimism. Hope in progress.

180 Nickerson, Ste 108
Seattle, WA 98109

SUBSCRIBE TO OUR NEWSLETTER!

Sign up for our newsletter by visiting our website **apdaparkinson.org/Northwest** or emailing **apdanw@apdaparkinson.org**

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, click Donate, then Make my gift recurring. Or give us a call at (206) 695-2905.