

# Live it!

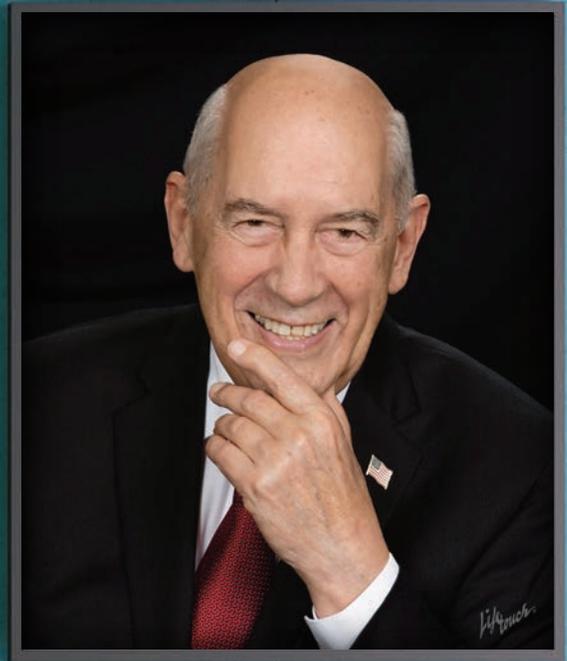
A Resource for Iowans with Parkinson's Disease and those who care for them.

SEE INSIDE → Ten things to do when first diagnosed



**Sharon Krischer**

Author of *Twitchy Woman*  
*My Adventures with Parkinson's Disease*



**Bill Rasmussen**

Founder of ESPN and author of  
*Intentional Optimism*

## Inspiring People Living Well with Parkinson's

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### **Reader Submissions**

*Live it!* magazine is intended to be a voice for the Parkinson's disease community. We encourage and are pleased to consider our words, an article, art, and photo submissions for future issues from our readers – anything that shows how you Live It! Please send your submission requests to Iowa Parkinson's Disease Association, PO Box 643, Ankeny, IA 50021 with *Live It!* On the attention line, or email them to [apdaiowa@parkinson.org](mailto:apdaiowa@parkinson.org). Please note: The decision to include reader submissions is at the discretion of the editorial staff. The editorial staff reserves the right to edit or otherwise alter any material submitted. If you would like submission material returned to you, please include a stamped,

### **Disclaimer**

All material related to Parkinson's disease contained in this magazine is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the editorial staff, the medical director, The Iowa Chapter of APDA, or the APDA.

# from the Board President



**Bob Miller**  
President,  
American Parkinson's Disease  
Association, Iowa Chapter

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## Welcome *Live it!* Readers,

Welcome to the newly re-visioned Live It! Magazine. I say re-visioned because it is a rebirth of an old friend from the past. For many years, PwP's (People with Parkinson's) who live in Iowa have received this magazine free of charge. Well, what hasn't changed because of Covid and the pandemic? Our Iowa Chapter of the APDA is no different. We, the Iowa Chapter, must adhere to and follow the recommendations from the National Office in New York City and if they say, "No face-to-face meetings and everyone must work from home" we did just that. We have also had a change in our office personnel-wise as well. As you may or may not know, Sydney has left us and has entered into a private retail business. She did very nice work for us and we certainly wish her and her business great success. Some of you have met with Natasha, who is our primary fund-raiser and event planner. She has been with us for one year. We have also added Susan Callison. Susan is our Program Director and works primarily with Support Groups. Both of these ladies have bought into our mission of helping Parkinson's patients live their lives to the fullest, have done outstanding jobs, and will continue to do so for you.

I am currently reading "The Infinite Game" by Simon Sinek. It is a very interesting book in that the author speaks of two types of games, finite and infinite. His contention is that we all should be playing the infinite game because it is one that never ends and is about improving your situation in life. A finite game is like football or any other sport. There are established teams, rules, someone wins and someone loses. When the game is over, everyone packs up and goes home. In infinite games, they are played by known and unknown players, there are no exact rules and players may conduct themselves however they want. "The manner in which each player chooses to play is entirely up to them. And they can change how they play the game at any time, for any reason. In an infinite game, the primary objective is to keep playing, to perpetuate the game."

How does this fit into our 30,000-foot view of the Iowa Chapter? We are playing in an infinite game; the game will persist after we are gone. Our goal is to put the Iowa Chapter in such a good position, that the Chapter will be able to help PwP's (People with Parkinson's) play their individual infinite game. How will we do that? With purposeful and strategic planning to bring the best programs, the best information and the best support to you as possible, until that glorious day when Parkinson's will go the way of polio and be abolished from this world. That day is coming, whether it be one year, 10 years or 25 years, it is coming.

Sincerely,

Bob Miller  
American Parkinson's Disease Association, Iowa Chapter

from our  
**medical  
 director**



**Lynn K. Struck, MD**  
 Neurologist  
 Physician Specialty Clinic  
 UnityPoint Health – Des Moines

*The Iowa Parkinson Disease Association, Iowa Chapter, and Live It! Magazine are privileged to have board-certified clinical neurologist Lynn K. Struck MD as our advisory medical director. Dr. Struck is on staff with Unity Point Health Physicians, Des Moines, and is a leading expert in movement disorders in Iowa. She has focused her career on advances in treatment of her many patients with Parkinson's disease and ongoing research to find better treatments and, ultimately, a cure.*

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**Welcome back everyone!**

It has really been a long year plus for all of us. I hope all of you are vaccinated and safely trying to resume social and exercise opportunities. It is so very important for your mental and physical well being. Many PD patients did not have their normal exercise opportunities available to them during the pandemic. Now things are opening back up again and it is time to get off the couch.

I have therefore included the Parkinson Foundation exercise recommendations:

- |   |  |
|---|--|
| 1 | 150 minutes (2.5 hours) of moderate to vigorous exercise per week.   |
| 2 | Exercise should include aerobic activity; strength training; balance/agility/multitasking; and stretching.   |
| 3 | Meet with a physical therapist specializing in Parkinson's for an evaluation and patient-specific direction.   |
| 4 | 3 days per week for at least 30 minutes per session of continuous or intermittent aerobic exercise at moderate-to-vigorous intensity. This includes rhythmic activities such as fast-walking, running, cycling, swimming, or aerobics class. |
| 5 | 2-3 non-consecutive days per week for at least 30 minutes per session for strength training.   |
| 6 | 2-3 days a week of multi-directional stepping, weight-shifting, balance activities, large movements, and activities such as yoga, tai chi, dance, or boxing for balance agility and multitasking.  |
| 7 | 2-3 days a week of sustained stretching with deep breathing or stretching before exercise.   |
| * | Most of these should be done under supervision to prevent falls and injuries.  |

I understand not all of you can participate in these recommendations and I ask you to consider doing whatever activity you are able to do safely.

Good Luck! Lynn K. Struck, MD

# meet our staff



**Susan Callison**  
Program Coordinator

I am honored to join the APDA Iowa team as the Program Coordinator. My experience leading support groups and recruiting and training volunteers will help expand our reach and provide even more care and support to our PD families.

I just love our tag line "Strength in optimism, Hope in Progress" and my personal commitment is to our mission- "Every day we provide the support education, and research that will help everyone impacted by Parkinson's disease live life to the fullest".

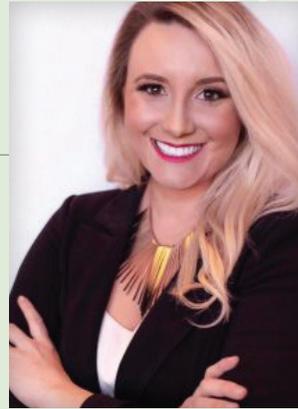
I am so looking forward to meeting our PD family at our Optimism Walk, Parkinson's Optimism Week Virtual Education Conference in October, and connecting with our support groups around the state.

I have a passion for helping people find the solutions to live more fulfilling lives wherever they are on their life journey. Let me know how I can help you "live life to the fullest"

**Contact Susan at:**

Email: [scallison@apdaparkinson.org](mailto:scallison@apdaparkinson.org)

Phone: (515) 782-4386



**Natasha Winterbottom**  
Fundraising and Event Manager

My name is Natasha Winterbottom and I have been part of the APDA Iowa team for just over a year now. As everyone knows there really are not many words to describe this last year and how it has gone for our state, country and world; however, I do have to say that working with our local PD community during such a dark year really did bring so much joy and light to my days. I have never met so many proactive and positive individuals I have this last year. I have an extensive background in fundraising and events and I plan to bring so many new experiences and funding to our local Iowans living with Parkinson's Disease.

I was born and raised in Des Moines, Iowa, so community is very important to me, as well as family. My husband Austen and I have three kids, Lillian (13), Sophia (9) and Brecken (4). We keep pretty busy in our free time between sports, activities, camping, and traveling. We are a family of Hawkeye fans and never miss a football game. I would love to connect with each of you, learn what is important to you and how we here at APDA can best assist you! Please don't hesitate to contact me! I love to chat and I can't wait to get out and meet all of you!

Here's to happiness, health, and continued advancement in PD treatment!

**Contact Natasha at:**

Email: [Nwinterbottom@apdaparkinson.org](mailto:Nwinterbottom@apdaparkinson.org)

Phone: (515) 782-3833

## Golfing "Fore" PD

# Okoboji Charity Golf Classic "Fore" Parkinson's

Sunday, September 26, 2021

The beautiful Brooks Golf Club, Okoboji, Iowa

- 4 person best shot
- 18 holes
- Registration Start – noon
- \$300/team of 4
- Shotgun Start 1:00 PM
- Includes 18 holes with cart.

Register Today: [www.apdaparkinson.org/iowa](http://www.apdaparkinson.org/iowa)

# Living Well with Parkinson's Disease

## 10 Things You Can Do Now!

### So You've Been Diagnosed With Parkinson's Disease – Now What?

Parkinson's Disease (PD) is a progressive neurological disease, yet most people with PD are capable of living well for many years with a good care management plan. While no therapy has been proven to be "neuroprotective" or "disease-modifying" there is strong evidence that people with PD can improve their quality of life by taking immediate steps to strengthen their

bodies and minds. With some of the best neurologists and movement disorder specialists in the country and an active support community, APDA is ripe with opportunities to develop a robust care management team. Keep a positive attitude and jump right in with these 10 steps you can take right now!

#### 1 Partner with Your Doctors



Your doctor may prescribe one or more drugs to treat your symptoms. It's important to follow your doctor's instructions carefully, but recognize that people respond to anti-Parkinson's drugs differently. Do your own research on the classes of drugs available and be prepared to discuss the risks and rewards of each option with your doctor. In some people, the risks of potential side effects may outweigh their benefits. Your doctor needs your input to find the right combination of medicines for you.

#### 2 Assemble a Team



Your care "team" cannot just include doctors and nurses, it must also include other health professionals — such as speech, physical and occupational therapists — that can help you live better with PD. Many people with PD find that these therapies can give them symptom relief, ease pain, and enhance their lives. Even early in your progression, a physical therapist can establish a baseline for observation and help you design an exercise program. Your neurologist should be able to provide recommendations for therapy and, if needed, a referral.

#### 3 Exercise, Exercise, Exercise



While the precise role exercise plays in delaying the progression of the disease and its symptoms is still being researched, studies consistently report that those with PD who exercise regularly do better than those who do not. Many experts recommend intense exercise outside of your normal comfort zone for maximum benefit, but studies also show benefits from less intense activities like walking, tango dancing and tai chi. As always, consult your doctor before beginning any exercise program.

The APDA sponsors many free or low cost community exercise classes. Visit our website: [apdaparkinson.org](http://apdaparkinson.org) to find a program near you.

#### 4 Eat Right



There is no agreement on any special diet or supplements for PD, but most experts agree that a healthy diet with plenty of water is important. Healthy eating can help keep your bones strong, decreasing the likelihood of a fracture if you fall. It also helps you fight constipation, which is common with PD. Some people with PD find that certain foods, specifically foods containing protein, interfere with their PD medication absorption. Your doctor can help determine if this is an issue for you, and if it is, instruct you on how to manage it.

## 5 Sleep



We all know how critical a good night's sleep is to our health and well-being. However, for those with PD, sleep becomes even more important as the body needs more time to restore and repair itself. Sleep disorders are common in PD, but get your rest when you can!

## 6 Consider Alternative Approaches



Alternative and complementary approaches to treating PD can include yoga, tai chi, meditation, Reiki or massage. Consult with your doctors or an integrative medicine physician before beginning any course of therapy. Avoid practitioners who claim to "cure" Parkinson's disease, and any who advise abruptly stopping or weaning off prescription medications (unless you have first spoken with your physician).

## 7 Sign up for Clinical Trials



Scientific research is the key to understanding PD, developing better treatments, slowing disease progression, and ultimately finding a cure. By participating in clinical trials, you play a more active role in your own healthcare and can gain access to new PD treatments before they become widely available. Many clinical trials for potentially valuable new therapies and treatments are developed at great cost but are never completed because of a shortage of willing participants.

If you are interested in clinical trials, your doctors can help you make an informed decision. To find out more about clinical trials in general, and those related specifically to Parkinson's disease, visit:

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

[www.foxtrialfinder.org](http://www.foxtrialfinder.org)

## 8 Become an Advocate



You become a PD advocate whenever you become involved in activities intended to improve the lives of people living with PD. Whether you choose to raise awareness, fundraise, donate, volunteer, or find your own unique way of lending support, the work of every PD advocate strengthens the voice of the entire PD community.

## 9 Join a Support Group



The APDA offers many programs for people with PD and caregivers. These programs help families with day-to-day issues, provide a forum for gathering about PD and serve as a place to make new friends who share similar experiences. For many people with PD, their support group is a gateway into the world of PD advocacy, education, and services available in the community.

To find an APDA support group in your area, please visit our website at:

[apdaparkinson.org](http://apdaparkinson.org)

If you are in an area that does not have a support group, contact us and we will help you get the support you need.

## 10 Plan for the Future



PD can require you to plan for the costs of medication, home adaptations, insurance and other health care related needs. You may also have employment concerns. Financial planning information and tools are available online and from financial and estate planners, elder law attorneys and disability consultants.

American Parkinson Disease Association  
135 Parkinson Avenue  
Staten Island, NY 10305  
800-223-2732 • [apdaparkinson.org](http://apdaparkinson.org)

*The information contained in this list 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.*

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# An Interview with Bill Rasmussen

By Anne Scherer

While interviewing Bill Rasmussen, the obvious is the fact that he changed the face of sports and television. In 1978 he birthed the concept of 24 hour sports programming on television and in 1979 he jumped all the hurdles required to get it launched. It was the first of its kind and revolutionized television programming with CNN following in 1980 and then the Weather Channel, MTV and so on. His awards and accolades are both well deserved and too numerous to list. He is in great demand as a speaker because he is articulate and motivating. This becomes apparent moments after your first hello. So what happens when this titan of entrepreneurship comes face to face with a very formidable opponent?



## In the beginning

In 2012 and 2013, Bill felt there may be an issue he had to address. At first it was a problem with his index finger which then became a slight trembling. The doctor said they would keep an eye on what they felt was the condition, Essential Tremor. When the neurologist came into the picture, a MRI was used to nail down a diagnosis. When told that it was bad news, Parkinson's, his daughter, who had accompanied him said, "Oh, good!" She's a nurse and ruling out the horrible things she feared gave her hope. It was obvious the optimistic attitude was in her as well as her father.

## Keep Active

Assuming this news would give way to a grieving period, I asked Bill what he immediately felt. His response was to ask his doctor, "What can we do?" He was told, "Bill, most likely you will die with Parkinson's. Not from it." He was given a well known medication to treat the disease which controls tremors. And was given the advice that has become his mantra, "Keep active." He began physical therapy and speech and occupational therapy. He had to keep his brain

active so it was suggested he write a page a day. He immediately thought that would be 365 pages in a year. That would be a book. Already an author, he called a writer friend from ESPN and in March of 2021 they finished "One Giant Leap for Fankind" which they hope will soon be released.

When asked if he feels a diagnosed person is entitled to a grieving period he was quite adamant that it was a waste of energy. He suggests getting positive right away. It is important to realize it is not an immediate death sentence and you need to learn how to live with it. There are so many people who have lived with Parkinson's for a very long time such as Michael J. Fox who has been diagnosed for 29 years. It is vital to stay physically healthy and active and mentally positive to live a full life. This is true for everyone, not just people battling this disease.

## Begin each day with a positive thought

So how does this positivity translate into living practice? Bill said to wake up and try to have a positive thought before getting out of bed. When I suggested this was difficult, he said, "You can train yourself to do it." Further, hum upbeat tunes. He just looks at things as either half full or refillable. "I was always optimistic." His father stressed the ideals that would make life easier such as education saying, "Do well in school to do well." So he went to DePauw University in



Bill inside ESPN's NFL studio

Greencastle, Indiana and got his degree in economics. Later he earned his MBA from Rutgers. The only time Bill got emotional was when he related to me that he was the first in his family to get a college education and that his three children all have degrees and advanced degrees and some multiple degrees. He took from his father the message that he could achieve anything if he was willing to work hard.

### Sports Needed More Time

Of course one wonders how his interest in sports was born. His grandfather took him to his first baseball game at Comiskey Park in Chicago. His interest peaked and he became a vacuum for information. He used this passion to work in media broadcasting both on radio and television. He also worked for the New England Whalers for several years as communication director. Fired from that position, he took his positive attitude, entrepreneurial spirit and remembered how people would contact him after a sports report and ask why there wasn't more. He had a 15 minute spot with only 7 actual minutes of news so how could the whole story be told? Thus, the idea of ESPN was born. Sports needed more time to report news not just about the game but the players too. It was a surprise to him how positive determination and an optimistic attitude could turn concepts and goals into reality.

He is driven to share this perspective with others. He says when a younger person internalizes his words and has success because of something he said, the circle is complete.

### Doing the things you need to live a full life

When speaking to others about Parkinson's, he wants to relate many important observations and pieces of information.

When you suspect something is wrong, don't hesitate to go to a doctor and be tested. The earlier the diagnosis, the better for doing the things you need to do to live a full life.

Parkinson's gradually sneaks up on you. You do not cough and sneeze and know you have a cold. You need to find out what your symptoms mean and see a neurologist.

Look into becoming part of a clinical trial. Volunteers for research is one of the greatest needs of the organization. The cure will be found in the research. Parkinson's is the least funded of all the brain diseases. The federal government has allotted 20 million to Parkinson's from a budget of trillions. This has been the same for 10-12 years.

Rasmussen travels as he is a very desired speaker. When the doctor told him to use a wheelchair in airports to reduce falling danger, he said "Great! No more waiting in lines. I'll go first." Typical Bill. Point being, don't be embarrassed. People try to hide their tremors. This will not be to your advantage and people want you to get help. If you think you have it, find out. It's better to know and get started on your new life which includes living with Parkinson's.

Bill warns about misinformation even from medical sources. There is a myriad of information available and if you feel what you've been told is wrong, get another opinion.

### Go Forth and Conquer

His last official role for ESPN was to go on tour for their 40th anniversary. He enjoyed it and said he would see everyone at the 50th. He felt going would keep him off the streets.

Parkinson's appears to be another opportunity for Bill to use his innate "Go forth and conquer" to inspire others.

In our 75 minute conversation, Bill said so many wonderful things, related so many strong thoughts and was a matchless raconteur. Yet, this is what I took away as telling of him: He said, "If you're a good person, good things will come to you." ■

*"If you think you have it, find out. It's better to know and get started on your new life which includes living with Parkinson's."*

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*Hear Bill Rasmussen discuss Intentional Optimism as the keynote speaker during APDA Iowa's Parkinson's Optimism Week. Monday, October 18, 1 p.m. Central Time. Registration is required at [apdaparkinson.org/iowa](http://apdaparkinson.org/iowa)*

# My PD Story

## Sharon Krischer



Back in the spring of 2007, I noticed that my right foot would twitch occasionally when I was writing. I would literally shake it off by shaking my hand and foot. It would disappear and then show up again after a few weeks. This went on for a while but I just ignored it. Several months later, I fell and broke the tibia on my left leg. The twitch in the right foot came back, prompting a trip to my doctor.

Within the next few months I was diagnosed with very early, barely there breast cancer along with a Parkinson's like tremor. The Possible Parkinson's was from a neurologist who might have been trying to be gentle because of the Breast Cancer diagnosis. Needless to say, the breast cancer had priority and when I came out of my radiation fog 6 months later, it was time to dump the neurologist and I switched to a Movement Disorders Specialist who changed my life. She spent time with me to answer my questions and gave me the information that I needed. Most important of all, we bonded because of yoga. She was clearly the right doctor for me.

### Avoiding My PD Diagnosis

Still waiting for the shock of diagnosis to wear off, I hid my shaking hand and foot as much as possible, refusing to come to terms with it. For 5 years I avoided any PD conferences, support groups and PD specific exercise classes. But I was reading as much as I could find on the internet, which at the time there was very little, and became fairly knowledgeable about PD. Although I was still in denial, others saw what was happening and I started getting requests to speak to people who were newly diagnosed with Parkinson's.

Finally, my husband and I went to a local conference sponsored by the Michael J. Fox Foundation. That was the turning point for me. There I found that there were a lot of other people like me who were living well with PD. Then my real PD journey began.

### Starting Twitchy Woman

I started my blog, *Twitchy Woman, My Adventures with Parkinson's Disease*, several months later because I thought it would be an easier way to share what I had learned with the newly diagnosed. I found a few other PD bloggers, one of whom wrote about the Parkinson's Disease Foundation's (PDF) upcoming Women & PD Initiative conference. This was an opportunity that I could not miss, so I applied and was one of the 25 women accepted! It was an amazing experience which led to more involvement with the organization. I was encouraged to attend the World Parkinson Congress in Portland by the PDF. The PDF merged with the Parkinson's Foundation about a year later. Soon after the merger, the Foundation asked me to be the Patient lead on *Women & PD TALK*, a groundbreaking study which led to the report: *Women and Parkinson's: Closing the Gender Gap in Research and Care, A patient-centered agenda for change*.



### PD Advocacy

Because of my experiences with the Parkinson's Foundation, I have had many opportunities to advocate for those of us with Parkinson's Disease. I continue to write my blog 6 years later, I am very proud that it has been recognized as a top Parkinson's blog on numerous lists. I went to Kyoto two years ago for the World Parkinson's Congress as an official conference blogger, had a poster on display and met many of my readers, as well as patient leaders from around the world. The Women & PD Initiative charged us to do something in our local community. I started a group for women that was more of a social/educational group than a support group in Los Angeles.

# Parkinson's Disease Study Participants Needed!

The Human Brain Research Lab and the University of Iowa Department of Neurosurgery are conducting a study of speech and movement changes in people with Parkinson's Disease.

We are looking for people who:

- Are between the ages of 18 and 84
- Have a Parkinson's disease diagnosis
- Do NOT wear hearing aids

If these apply to you, you may qualify to participate! Our study involves 3 visits to the Neurosurgery clinic over a 12-month period. At each visit, participants will complete speech recordings, Parkinson's disease assessments, and simple motor tasks such as finger tapping.

Each visit will last approximately 2 hours and you will be paid for each visit. Reimbursement of travel expenses and cost of a meal for each visit is also possible.

Interested? Contact us!

Dr. Jeremy Greenlee  
UIHC Department of Neurosurgery  
Phone: 319-356-2771  
Email: [jeremy-greenlee@uiowa.edu](mailto:jeremy-greenlee@uiowa.edu)



In March of 2020, with the impending COVID shut-down, I took the program online with Zoom. **Sunday Mornings with Twitchy Women** started on March 22, 2020 with 9 women. We have met every two weeks on Sunday mornings and now have over 450 women who have participated, some from as far away as the UK and New Zealand!

I have spent many years as a volunteer for different organizations. I am fortunate that my experience prepared me well to do my work with the Parkinson's community. In addition, my husband, Joel, aka Mr. Twitchy, and I have been able to travel to many places around the world since my diagnosis with no difficulty due to PD. We have 3 daughters and 4 wonderful, adorable grandchildren, 2 in Los Angeles, and 2 in Chicago, who are the loves of our lives.

Mr. Twitchy and my doctors try to encourage me to slow down with all of this activity, but I find it energizing. I have met so many wonderful people with PD, some of whom have become good friends. I have had opportunities to do things I never thought I could or would do. Clearly, living with Parkinson's has given me a new beginning at a time in my life when there seemed to be no future. ■

*"Living with Parkinson's has given me a new beginning at a time in my life when there seemed to be no future."*



# Know More – Do More

## Webinars to Empower You

The following webinars are available on the APDA website: [apdaparkinson.org/webinar](http://apdaparkinson.org/webinar). You will be able to access webinars, slides and transcripts of the webinar along with APDA resources.

### Diagnosis & Symptoms

- **Searching for Ways to Stop Disease Progression**  
Presenter: Dr. David Standaert, Chair APDA Scientific Advisory Board
- **What's New in PD Treatment**  
Presenter: Marie Saint Hilair, MD, FRCPC and Cathi A. Thomas, MS, RN, CNRN
- **What's New in Brain Health**  
Presenter: Daniel Weintraub, MD

### Life with Parkinson's

- **Innovations in Off Therapy**  
Presenter: Melita Petrossian, MD
- **Roadmap to the Future**  
Presenter: Holly Shilt, MD

### Treatment & Options

- **Keeping Up With Treatment Concerns**  
Presenter: Terry Ellis, PhD, Rebecca Gilbert, MD, PhD
- **Dyskenesia and Off: Feeling Good Every Day**  
Presenter: Rebecca Gilbert, MD, PhD



## How to attend a Virtual Conference

Register once. Attend every day.

### 1 REGISTER

- Google "apda iowa"
- Click on the website
- Look for information on the Virtual Conference. Click on the "Register" button.
- Answer some questions to register. You must include an email address.
- You will get an email with a link to attend the conference. Save the email.

**Need help to register? Call us at (515) 782-4386**

### 2 ATTEND

- The conference is one hour every day at 1 p.m., October 18-22.
- Click on the link in the email you received when you registered. You will be asked to add Zoom to your computer if it is not already there.
- Watch and listen to the conference.
- Use the same link every day at 1 p.m.

#### Monday, October 18

Be inspired by Bill Rasmussen, founder of ESPN, a person living with Parkinson's, and author of *Intentional Optimism*.

#### Tuesday, October 19

Nutrition for PD, Paige Green, Registered Dietitian.

#### Wednesday, October 20

The Science and Logic of PD Exercise, Kris Meldrum, BA ACE

#### Thursday, October 21

Music Therapy Works!, Dr. Elizabeth Stegemoller

#### Friday, October 22

Treatment of Moderate to Severe Parkinson's, Dr. Lynn Struck



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PARKINSON DISEASE  
ASSOCIATION  
IOWA CHAPTER

Strength in optimism. Hope in progress.

Free Event  
REGISTRATION  
REQUIRED

# PARKINSON'S OPTIMISM WEEK VIRTUAL CONFERENCE

JOIN APDA IOWA FOR A WEEK OF INSPIRING SPEAKERS  
POWERFUL INFORMATION TO LIVE WELL WITH PARKINSON'S

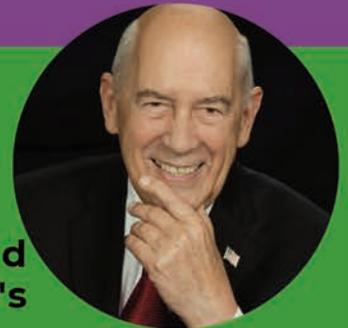
October 18th through October 22nd, 2021  
Daily from 1:00 to 2:00 pm CT Live Via Zoom

REGISTER at [apdaparkinson.org/iowa](http://apdaparkinson.org/iowa)

## MONDAY, October 18th, 2021

### Intentional Optimism BILL RASMUSSEN

ESPN Founder and  
Inspirational Advocate Living with Parkinson's



## TUESDAY, October 19th, 2021

### Eating Well with Parkinson's Disease

### PAIGE GREEN RD LD

Registered Dietitian

## WEDNESDAY, October 20th, 2021

The Science and Methodologies behind Parkinson's Exercise

### KRIS MELDRUM

Parkinson's Wellness Coach



## THURSDAY, October 21st, 2021

### Singing in Parkinson's Disease

### ELIZABETH STEGEMOLLER PHD

Music Therapist and Neuroscience PhD

## FRIDAY, October 22nd, 2021

Treatment of Moderate to Severe Parkinson's

### DR. LYNN STRUCK

Neurologist and Movement Specialist



# Parkinson's Resources

## Iowa Chapter of the American Parkinson Disease Association

[www.apdaparkinson.org/IA](http://www.apdaparkinson.org/IA)

Susan Callison, Programs and Services, (515) 782-4386  
Nataasha Winterbottom, Fundraising and Event,  
(515) 782-3833

The state of Iowa's chapter of the American Parkinson Disease Association. Find support/exercise groups, check out upcoming events, call with questions about Parkinson's, or request resources.

## American Parkinson Disease Association

[www.apdaparkinson.org](http://www.apdaparkinson.org)

(800) 223-2732

The national headquarters of the American Parkinson Disease Association. Download and request publications and learn more about how the organization supports grassroots and research efforts to ease the burden and find a cure for Parkinson's.

## STATEWIDE RESOURCES AVAILABLE IN IOWA

### Easter Seals Iowa Rural Solutions Program

[www.easterseals.com/ia/our-programs/rural-solutions](http://www.easterseals.com/ia/our-programs/rural-solutions)

(515) 309-1783

Easter Seals Iowa offers agricultural work site and home modification consultations, peer support, services for the family, information and referrals, and medical equipment loan services.

### Easter Seals Iowa Assistive Technology Center in Des Moines

(515) 309-2395 | TTY: (515) 289-4069

Easter Seals Iowa offers an equipment loan program, demonstration center, and lending library. Equipment can be donated here as well.

## Iowa Area Agencies on Aging

[www.i4a.org](http://www.i4a.org)

The Area Agencies on Aging give choices to older adults regarding their care process, allowing them to remain safe and independent in their homes. Go to the website to find the Agency on Aging in your area. To find your local Agency, go to the website and look under 'Local Agencies'.

## LifeLong Links - Iowa's Aging and Disability Resource Center

[www.lifelonglinks.org](http://www.lifelonglinks.org)

(866) 468-7887

The Lifelong Links website provides a place to start for consumers and providers who are thinking about and planning for long-term living. LifeLong Links also connects informed consumers and providers with a coordinated entry point to Iowa's information and referral resources: Iowa COMPASS, the Iowa Association of Area Agencies on Aging, Iowa Family Caregiver Support Program, and Iowa 2-1-1.

## Iowa Legal Aid

[www.iowaLegalAid.org](http://www.iowaLegalAid.org)

(800) 532-1275

Provides resources for low-income Iowans, seniors and others looking for help with a legal problem or seeking information on the law.

## Senior Health Insurance Information Program

[www.shiip.iowa](http://www.shiip.iowa)

(800) 351-4664

This program is a free and confidential service of the State of Iowa that helps Iowans make informed decisions about Medicare and other health coverage.



## Telecommunications Access Iowa/ Relay Iowa

[www.relayiowa.com/tai](http://www.relayiowa.com/tai)

(515) 282-5099

TAI can provide a voucher for a single telephone product or a package which would include a headset or neckloop and/or a ringer that either flashes a light or produces a louder sound when the phone is ringing. TAI assists you in getting telephone equipment that can allow you to speak directly over the telephone or use your equipment in conjunction with the Relay Iowa service

## Iowa State University Extension Family Caregiving

[www.extension.iastate.edu/humansciences/ptc](http://www.extension.iastate.edu/humansciences/ptc)

(800) 351-4664

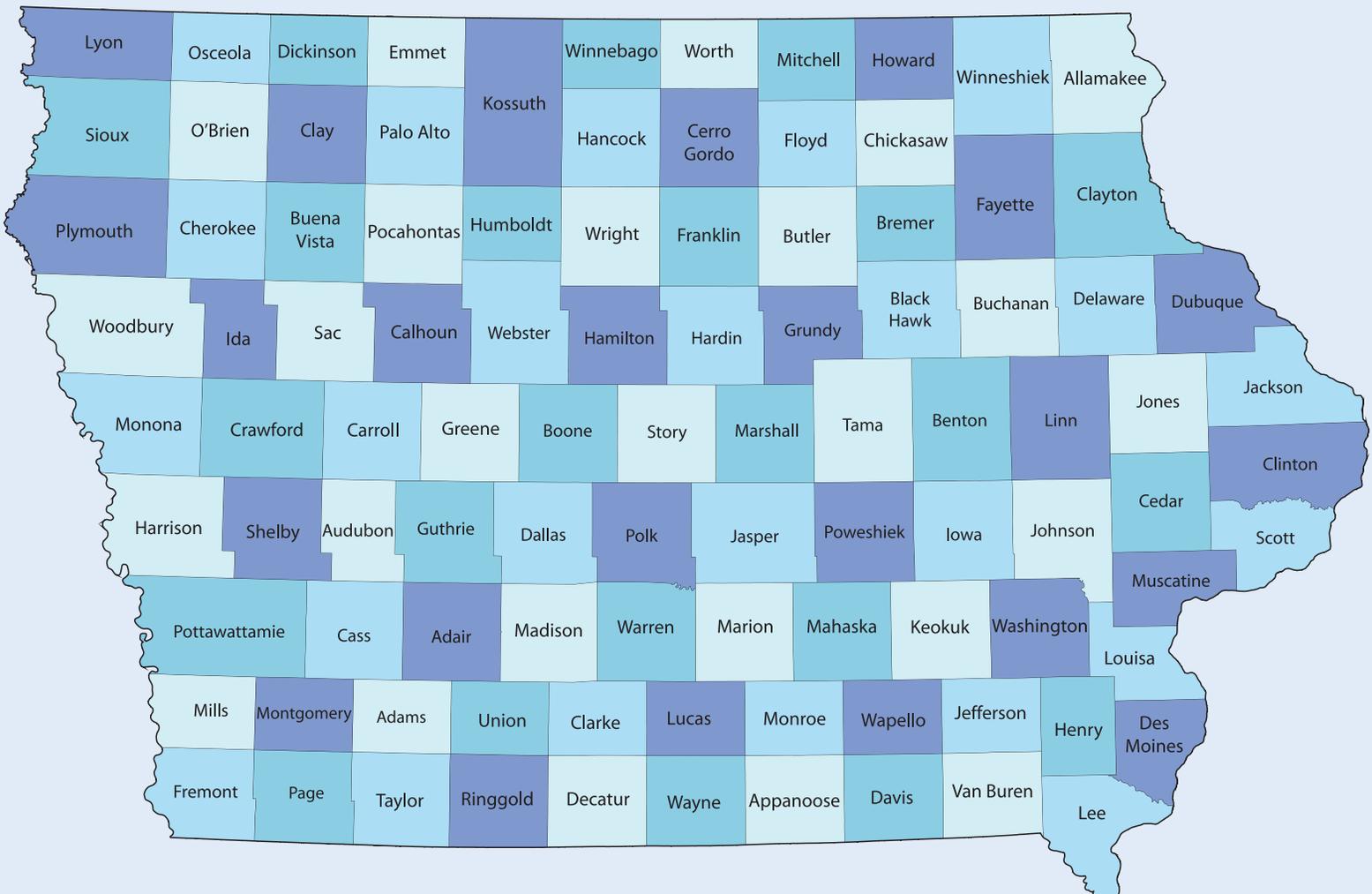
Learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.

## On With Life - Parkinson's Disease program to manage symptoms and improve quality of life

[www.onwithlife.org](http://www.onwithlife.org)

(800) 728-0625

On With Life offers specialized programs and a team of neuro-rehabilitation experts focused on slowing the progression of Parkinson's disease, preventing falls and helping you get the most out of each day.



American Parkinson Disease Association  
Iowa Chapter  
PO Box 643  
Ankeny Iowa, 50021

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**SAVE THE DATE: June 17, 2022**

## Back Together Again

The APDA Iowa Statewide  
Parkinson's Disease Conference

Lutheran Church of Hope  
925 Jordan Creek Parkway  
West Des Moines, IA 50266

**IN PERSON!**

