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with Parkinson's

PARKINSON *Pathfinder*

SUMMER 2014



Washington Chapter
**American Parkinson
Disease Association**

SUMMER 2014

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At the beginning of 2011, I moved to Seattle for a new job with Medtronic DBS Therapy. When you work with neurologists and Parkinson's patients in Washington state, you simply cannot avoid the great programs and services of American Parkinson's. My first month on the job, I attended an APDA-sponsored healthcare provider training and was very impressed with the organization and its reach within the community. After nearly a year on the job, I understood the breadth of the APDA's impact and knew I wanted to be more involved.

Fast-forward more than three years and I am honored to serve as the Vice President of the Board of Directors as well as the Gala/Auction chair. I love being involved with American Parkinson's in Washington and witnessing first-hand the impact that we have on the lives of patients, families and providers through our mission to "ease the burden and find the cure."

Now, through both my professional and volunteer roles, I am fortunate to spend each and every day helping people with Parkinson's live better lives. The Board of Directors and I are committed to serving the community and supporting research as effectively as possible. We meet monthly to review our existing programs and develop new ways to serve our community.

In addition to our unique services like the Taxi Voucher program and Caregiver's Day Off, I am especially proud to be a part of American Parkinson's for our commitment to funding important research. On a local level, our chapter funds the Washington State Parkinson Disease Registry at the University of Washington. By maintaining a database of people with Parkinson's, they are able to aide critical therapeutic and curative research by supplying the data they've collected through volunteers to researchers in need of study participants. You can learn more about the registry online: <http://depts.washington.edu/wpdr/>

With all of that in mind, we are all very fortunate to live in a community that supports and participates in outstanding programs and research for Parkinson's. Whether you are a person living with PD, a family member, friend or colleague, education is the most empowering tool when facing the challenge of Parkinson's. Learning about the disease, treatment options and our support network is the best way to advocate for yourself or a loved one.

The team here at American Parkinson's of Washington is always on your side and eager to help however we can. I hope to see you at one of our events this Summer!

Sincerely,

A handwritten signature in black ink that reads "Loryn DeMers". The script is fluid and cursive.

Loryn DeMers

Vice President, Board of Directors



Greetings readers!

The sunshine has finally made its way over to us in the Pacific Northwest and I am loving it! I have got to say, that there is nothing quite like a Seattle summer! The city seems to be alive with a renewed spirit and an air of positivity. A cool breeze is in the air and Mount Rainier stands majestically against the clear blue sky. With so much beautiful nature surrounding us, it is the perfect time for a relaxing “staycation” to enjoy the city and its endless surrounding parks, lakes, and mountains. If you’re thinking about an adventure a little further from home, more power to you! Be sure to check out our tips on page 5 to keep your travels safe and fun.

Although summer is in full swing, here at APDA we are busily preparing for our upcoming fall programs. Check out the back page for highlights on recent events and what’s coming up in your area. We hope that you will all be able to join us on September 14th as we unify against Parkinson’s disease at our annual Optimism Walk. We are better together! Better, faster, stronger, louder! Don’t forget to also mark your calendars for the Hope Conference on November 1st. We have a great line-up in store for you based on your feedback last year. Check out www.pdhope.org for information on speakers and to register, or stay tuned for more information in our next issue!

However you decide to spend your summer, be prepared, be safe, and enjoy the moment! Encourage yourselves, encourage each other, and don’t hesitate to get in touch with us at a local event or by phone.

Until next time!

Zeljka Jurcevic
206.277.5516

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Sleep Disorders *in* Parkinson's Disease

Elham Rezvanian, MD

SLEEP DISORDERS ARE ONE OF the most common non-motor features of Parkinson's disease (PD); almost 2/3 of patients complain of some type of sleep problems. Sleep disorders in PD patients are multifactorial and related to the neurodegenerative process involved in Parkinson's disease, antiparkinson medications, and normal aging. Frequency of sleep disorders correlates with more advanced disease, longer duration of disease, male sex, use of dopamine agonist medications, and presence of other medical or psychiatric illnesses like diabetes, obesity or depression. The two main sleep related complaints in Parkinson's patients are abnormal nocturnal sleep, and excessive daytime sleepiness.

Abnormal Nocturnal (nighttime) Sleep:

A Insomnia, including difficulty initiating sleep, difficulty maintaining sleep, and early morning awakening. Many PD patients complain of having light sleep and frequent awakening. This correlates with more advanced

and severe Parkinson's disease and higher doses of antiparkinson medications.

B RBD or REM-sleep behavior disorder is common in PD patients, and results in the enactment of dreams during the time when muscles should be paralyzed in normal sleep. RBD can start years before the onset of motor symptoms of PD, like tremor or bradykinesia, and can cause sleep related injury to the patients and caregivers.

C Parasomnia including nocturnal sleep vocalization and altered dreaming. Nightmares are common in PD patients and associated with more advanced PD and Levodopa doses.

D Sleep related motor complaints including nocturnal **akinesia** (loss of voluntary movement), **dystonia**, **painful muscle cramps**, and **myoclonic jerks** (involuntary muscle twitching). Both muscle cramps and myoclonic jerks can disrupt sleep and prevent deep sleep.

E Restless legs syndrome (RLS).

Symptoms of RLS include feeling an abnormal sensation in the legs associated with an urge to move the legs. Often it is worse at night and improves with movement.

F Sleep apnea. Symptoms of sleep apnea include snoring, waking from sleep choking or gasping for air, non-restorative sleep, and other apnea events.

G Nocturia is a condition in which people wake up during the night because of an urge to urinate. This is more problematic in patients with nocturnal akinesia who have difficulty moving during the night.

Excessive Daytime Sleepiness:

Up to 75% of patients with PD complain of having **Excessive Daytime Sleepiness (EDS)**. Like many types of abnormal nocturnal sleep, EDS can begin years before the onset of motor symptoms. Often, it is more severe in patients with Parkinson's with dementia, and can include involuntary daytime dozing and

continued on page 6 ▶



THE TULIP

This piece was submitted by **Barbara Krogh** who is living with Parkinson's in Shoreline, WA.

THE TULIPS WERE NOT YET at their peak in early April, but the tulip fields were a sight to behold. We went on, a muddy day with rain threatening. There was already a lot of standing water along the walkways by the fields.

I play at photography, so of course, had my camera with me when I glanced over and saw the bright red tulip in the middle of a puddle of water and mud. I snapped the picture quickly and then forgot about it. When I downloaded the picture and really looked at it, the tulip “spoke” to me. The red tulip is the symbol for Parkinson's disease. Those of us with Parkinson's face daily challenges and sometimes we are feeling bleak and hopeless. This picture reminded me that no matter how bleak things appear there is always hope and always beauty somewhere in our lives.

I have been very lucky. I was diagnosed 12 years ago and was able to work until the end of last year. I have to admit I probably stayed a year too long. I was not a productive employee. I am dexterously challenged and it would take me 15 minutes to type up a two paragraph email. My double vision turned the two computer monitors I had into four monitors. I worked with spreadsheets that had several hundreds of thousand rows and over 100 columns. Trying to determine which number belonged to what category was indeed a challenge with an extra set of numbers staring back at me. I hear so many Parkinson's patients complain about a lack of sleep and I often operated on 3 or 4 hours of sleep. By afternoon, I could not focus my eyes

at all and my head kept dropping to my desk. I always knew that if I had done the work in the afternoon, it was probably wrong. But I was still determined. I felt like I needed to work more hours to make up for my inefficiency. That made me even more tired but I was putting so much stress on myself that I could not shut down the muscles or the thoughts and still could not get to sleep.

I finally had to admit to myself and the world that I couldn't do it anymore and applied for a disability. My last day at work was December 31st. I still have the same symptoms, but when I am tired, I can rest. I don't necessarily sleep, but I rest. I still have double vision, but can stop trying to read or work on the computer when it is bad. My distance vision is controlled with prism in my glasses, but for the computer and reading, I have not been able to control the double vision. In fact I am typing right now on a worksheet that is at a 45 degree angle and is duplicated by one under it at a 45 degree angle going the other direction.

I look at the tulip and am reminded that there is still hope. I can still do a lot of things I enjoy. Those things may be more challenging now, but life is still good. I am like the tulip, my body is not totally in focus. I am in a mud puddle, but I still have a lot of value. I can still make someone smile, still try to make things better for myself and others. I can look at the tulip when I am having a bad day and I can adjust my attitude and find something to smile about.

Life is good. **P**



TRAVELING

with Parkinson's Disease

Alison Monette, R.N.



RECEIVING A DIAGNOSIS OF Parkinson's Disease does not mean the end of traveling, whether it be to new places around the world or back to the places you know and love.

RESEARCH YOUR TRIP

The most critical task when planning to get away is researching your destination. You need to know where you are going, who you are going with, what kind of resources will be available to you once you get there. Consider all of your options carefully, especially lodging. Look for places that have an elevator or ask for rooms on the ground floor if navigating stairs are difficult for you. Ask if handicap accessible rooms are available, since they tend to be closer to the entrance, roomier and fitted with assistive devices to make mobility easier.

Once you have decided where you are going to stay, educate yourself about the location of the nearest hospital and pharmacy. If you are traveling outside of the country, make sure you know the limitations of the local healthcare

system and what your health insurance plan will and will not cover. You may also consider adjunct health insurance.

-  **Quick Tip!**
-  Find out if there is a Parkinson's center, chapter, or support group in the area.



NAVIGATING THE AIRPORT

Allow yourself plenty of time to navigate your way through the airport. Consider smaller airports if they are an option, and try to

Receiving a diagnosis of Parkinson's Disease does not mean the end of traveling

take non-stop flights so you do not have to make your way through multiple airports. Ask for assistive devices (wheelchair, cart) if you have to cover long distances between the parking lot and your gate. Use rolling luggage, and take advantage of curbside check-in if it is an option. With Parkinson's, rushing may actually make you slower, so try to stay calm and focused. Ask if your neurologist would be willing to write you a let-

ter stating your diagnosis to bring with you. That letter may inspire the staff at the airport to be more patient and allow you extra time to complete tasks.

-  **Quick Tip!**
-  If you are in a wheelchair, you may request a private screening.

MEDICATION MANAGEMENT

It is crucial to make sure you have enough medication with you to last for your entire time away from home, and may be beneficial to bring extra with you. Plan ahead and request refills to be authorized by your physician if you do not have enough medication on hand. Pack your medications in their original bottles with up-to-date directions to avoid any confusion. Outside of having the pill bottles, keep a current list of medications on your person at all times in case of emergency.

Many Parkinson's medications are taking multiple times daily and work best when a strict schedule is followed. Discuss with your neurologist how to adjust your timing of doses if you will be traveling across

continued on next page ►

► *continued from page 3*

sudden onset sleep attacks. The latter is often a side effect of dopamine agonist medications, and can result in a motor vehicle accident if it happens during driving.

Tips for better sleep:

A Keeping a regular sleep schedule. Going to bed and waking up at the same time each day will help regulate your sleep cycle.

B Avoiding daytime naps.

C Getting regular exercise. Outdoor activities early in the day are encouraged in PD patients. This provides exposure to light during the day which helps to regulate internal circadian rhythm and improves nighttime sleep.

D Reevaluating your medications.

Consult your doctor to determine if changing the timing of your medications may improve insomnia and/or excessive daytime sleepiness. For example, taking medications that cause sleepiness later in the day to improve insomnia, or taking those that interfere with sleep earlier in the day.

E Taking hypnotic sleeping aids might be helpful in improving insomnia in some cases.

F Cognitive behavioral therapy can also be helpful in improving insomnia without medications

G Treatment of other conditions such as depression.

H Using stimulant or alerting medications to improve daytime sleepiness

I Minimizing fluid intake before bedtime can help with Nocturia and disrupted sleep.

Diagnosis and treatment of sleep disorders is very important in PD patients because of the major impact impaired sleep has on quality of life. If you have any of the symptoms mentioned above, please consult your doctor. Your doctor may consider an overnight sleep study to help diagnose a sleep disorder, and can help you determine what steps to take to improve your nighttime sleep. **P**

Dr. Rezvanian is a neurologist and sleep medicine specialist at Pacific Medical Center in Seattle, WA.



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times zones on your vacation. The rule of thumb is this: Maintain the same number of hours between doses throughout the day based on the time zone you are in when you wake up in the morning. The time interval between doses is more important than the actual time of day. Keep in mind, this may mean you will need to add a dose at the end of the day of traveling if it is a longer day than usual (make sure your neurologist is aware of additional doses).

Quick Tip!

Ask your neurologist if they can give you the name of a physician in the area you are traveling.

REST

Since you want to enjoy your travels to the fullest, don't overdo it! Give yourself time to acclimate to new surroundings, and schedule time for rest every day. If you know there are times during the day when you function better and have more symptom control, plan activities around your "on" time. Remember, any stressor like hunger, dehydration or fatigue will make your Parkinson's symptoms worse.

CONSIDERATIONS FOR THE DBS PATIENT

Always carry your Medtronic card with information about your device(s). Have it accessible when you are at the airport, and provide it to the staff at the security check point. You should be pulled aside and patted down instead of going

through the metal detector. Make sure to pack your Access Review (patient remote) so you have the ability to check you stimulators, and turn them on or off. If you have to be hospitalized while away from home, make sure to communicate to hospital staff that you cannot have a full body MRI.

So, with the right preparation and planning, you can lead an active healthy life filled with travel and adventure, despite your diagnosis of Parkinson's Disease. Bon Voyage! **P**

This article is an excerpt courtesy of APDA National Young Onset. For the full article please visit their website at www.youngparkinsons.org.

Driving and Parkinson's Disease

Ron Porter, OT

DRIVING AN AUTOMOBILE IN OUR culture represents one of the key milestones of an individual's independence. No longer must you ask mom or dad to take you somewhere! Remember the first time you got behind the wheel of a car? You thought, "this is it, I'm free!" only to realize that driving was more difficult than you initially realized. Estimating the car's space, staying in your lane, negotiating a curve, backing out of a parking spot, safely changing lanes at speed, etc. Your young brain was up to the task, and you learned how to drive well and now have driven successfully for several decades never thinking twice about the effort it took to learn all these skills and abilities. Then a crushing diagnosis finds you: Parkinson's disease. A disease that effects not only movement, but can slow the thinking processes down.

The task of driving is more complex than we give it credit—remember your first time driving.

It's not just putting the key into the ignition, turning a steering wheel and working a couple of pedals. Attention, visual-spatial awareness, visual scanning, physical flexibility, and memory all play a role in safe driving. A driver needs to be able to pay attention to the vehicle in front, to the sides, road conditions, traffic signs, signals, and emergency equipment. A driver needs to be able to look over their shoulder to avoid hazards, remember where they are going and when to turn off. Many drivers, regardless of ability, want to know how they can stay driving safely for as long as possible.

There is good evidence now that shows moderate physical activity along with a healthy diet can positively affect cognition essential for high-level tasks such as driving. Walking, stretching, stationary bike riding and even yard work are great examples of physical activity most of us can easily still engage in. Stretching in particular is helpful, when done correctly, to improve flexibility of the neck and shoulders which is necessary for safe driving.

Some occupational therapists can offer an in clinic evaluation which can give drivers a better sense of how their visual spatial, visual processing and physical abilities are doing in relation to their ability to safely drive. Some clinics may also offer an on the road evaluation which is even more helpful in determining fitness to continue driving.

Making sure your car fits you is also important. Modern cars have multiple adjustments to the steering wheel, seat, and mirrors. CarFit is a program run through the American Occupational Therapy Association (AOTA). AOTA and AARP and can assist you in making sure your car is set up safely for you! **P**

Check out these resources for more information on how to be a safer driver: www.aota.org | www.aarp.org

Ron Porter is an occupational therapist at Virginia Mason Medical Center in Seattle, WA

If you feel that you can no longer drive safely due to your Parkinson's, let us help you stay independent!

Washington APDA is excited to continue serving the local community with our **Taxi Voucher Program**. We understand the importance of maintaining your independence and want to lend a hand. Go to a doctor's appointment, see a movie, use them however you wish!

We provide \$300 in Taxi vouchers for those who are no longer able to drive because of Parkinson's or the medications they are taking for PD.

Just ask your neurologist or primary care provid-

er to write a letter stating you can no longer drive due to PD. Then, mail or fax the letter to us. Include your name, mailing address, and phone number and we'll mail your vouchers. It's that simple!

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PO Box 75169, Seattle, WA 98175
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RESEARCH CORNER

Sixteen Million for Parkinson's Research!

ON JUNE 20, 2014 THE House of Representatives passed the Defense Appropriations bill, which includes \$16 million for the Department of Defense Parkinson's Research Program.

In a year when many other research programs faced drastic cuts in funding, the level of funding for the Parkinson's Research Program shows that the House continues to view Parkinson's research as a priority.

The Senate has begun work on its own version of the Defense Appropriations bill this month. With the overall process slowed due to ongoing policy disagreements on other issues, the Defense bill may be one of

the few that is passed under regular order this summer. However, with few voting days remaining until the end of the fiscal year in September, passage is far from guaranteed.

With progress on Fiscal Year 2015 spending bills remaining uncertain, Parkinson's Action Network (PAN) urges you to take a moment to reach out to your Senators and share with them the importance of Parkinson's research. **P**

This article is an excerpt from the Parkinson's Action Network (PAN). Take action with PAN today by visiting www.congressweb.com/Parkinsons/24

Zachary Peterson (bottom row, third from left) and friends.

A BIRTHDAY WISH



ZACHARY PETERSON HAD ONE WISH for his 10th birthday. It was not a new videogame, Lego set, or cell phone. In fact, he did not wish for any gifts at all, instead he wanted to raise money for Parkinson's disease in honor of his grandfather "Papa Rick." With help from his family, Zach set up a donation page

online where he shared his story and encouraged people to donate money to find a cure for Parkinson's disease. Zachary writes "my Papa Rick started showing signs of Parkinson's about seven years ago. He used to live with us but when his systems got too bad he moved into a nursing home. Together we

are truly making a difference for those in need!" With support from friends and family, Zach was able to exceed his goal of \$1,000 and raised \$1,140 all of which he donated to the Washington Chapter APDA. Thank you Zachary, and Peterson family and friends, for your incredible kindness and generosity! **P**

Thank you

for your generous donations

Donations received November 2013 – June 2014

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Kitchen Plus
Johnson & Johnson
Microsoft
Pinky's Passion for a Parkinson's Cure
Providence Mount St. Vincent
Spokane City United Way
TRUIST

Support Groups

in the Pacific Northwest

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
ALASKA	General	923 W 11th Ave Anchorage	3rd Saturday of the month at 3:30 pm	Peter Dunlap-Shohl	(907) 350-9691 dunlapshohl@gmail.com
ANACORTES	General	Island Hospital, 1211 24th St.	3rd Thursday of the month at 1:00 pm	Jerry Ramsey and Nola Beeler	(360) 982-2359 njbeeler@yahoo.com
BELLEVUE	Young Onset	North Bellevue Community Center 4063 148th Ave NE	1st Wednesday of the month at 7:00 pm	Suzanna Eller	(206) 938-8298 suzanna@waparkinsons.org
BELLEVUE	General	Bellevue Family YMCA 14230 Bel-Red Rd.	1st Monday of the month at 2:45 pm	Allison Fine	(206) 226-1097 allison@waparkinsons.org
BELLINGHAM	General	Parkway Chateau 2818 Old Fairhaven Pkwy	2nd Monday of the month at 2:00 pm	Deb Ivancovich	(360) 724-3382 deb.ivancovich@gmail.com
BLAINE	General	Blaine UCC, 885 4th Street	2nd Friday of the month at 5:00 pm	Inge Reuter	(360) 332-4564 inge_reuter@comcast.net
BOTHELL	General	North Shore Senior Center 10201 E Riverside Dr.	3rd Tuesday of the month at 10:00 am	Susan Quinn	(425) 488-4821 susanq@seniorservices.org
BREMERTON	General	Canterbury Manor 703 Callahan Dr.	1st Tuesday of the month at 1:30 pm	David Hull	(360) 895-6220
CHEHALIS	General	Bethel Church 132 Kirkland Rd., Napavine, WA	2nd Thursday of the month at 1:00 pm	Rev. Don Brown	(360) 740-5556 Gmbrown33@gmail.com
CLARKSTON	General	Tri-State Hospital 1221 Highland Ave, Clarkston, WA	2nd Monday of the month at 1:30 pm	Doris Berry and John Molohon	(208) 743-3947 and (509) 758-3758
COVINGTON	General	St. John the Baptist Catholic Church 25810 156th Avenue SE	3rd Tuesday of the month at 10:30 am	Stephanie De Leon Lawson	steph.pdgroup@gmail.com
COEUR D'ALENE	General	Lake City Senior Center 1916 N Lakewood Dr.	1st Friday of the month at 1:00 pm	Beth Hatcher	(208) 635-5243 cdapsg@hotmail.com
DES MOINES	General	Wesley Homes, 815 S. 216th St. *contact group leader before attending*	3rd Wednesday of the month at 10:00 am	Rita Lambert	(206) 870-1302 rlambert@wesleyhomes.org
EDMONDS	Deep Brain Stimulation	*group meets quarterly; date, time and location to be determined*		Michelle Bauer	(206) 320-2883 michelle.bauer@swedish.org
EDMONDS	General	Edmonds Senior Center 220 Railroad Ave	2nd Wednesday of the month at 1:00 pm	Carol Aguayo	(425) 743-6029 agua549@frontier.com
ELLENSBURG	General	Rosewood Senior Park Club House	2nd Monday of the month at 1:00 pm	Delores Moerer	(509) 201-1025 wd40rose@chcharter.net
EVERETT	General	Providence Medical Center Medical Office Building – Rainier Room 14th & Rockefeller	4th Saturday of the month at 2:00 pm	Julie Langabeer April Colburn Helen Hopkins	(425) 317-9103 (425) 258-1267 (425) 327-3348
EVERETT	Caregiver (Lewy Body Dementia)	Carl Gipson Senior Center 3025 Lombard Ave	*contact facilitator for date/time info*	Joy Walker	(425) 457-4793 joyincaregiving@yahoo.com
GIG HARBOR	General	St. Anthony's Hospital 11567 Canterwood Blvd. NW	2nd Wednesday of the month 4:00 pm	Doug Manuel	(253) 858-8741 manuel@harbornet.com
GIG HARBOR	Caregiver	St. Anthony's Hospital 11567 Canterwood Blvd. NW	*contact facilitator for date/time info*	Vernetta "Joy" McCraw	(253) 265-3897 vmccraw@hotmail.com
GIG HARBOR	General/ Exercise	Harbor Place at Cottesmore (Dining Room), 1016 29th St NW	4th Thursday of the month at 11:30 am	Glenn Anderson	(253) 853-8466 glennplaysguitar@yahoo.com
HOQUIAM	General	Hoquiam Library, 420 7th St.	Last Tuesday of the month at 6:00 pm	Betsy Seidel	(360) 533-5968 betsycamel@yahoo.com
IDAHO	General	Good Samaritan Village Moscow, ID	Last Wednesday of the month at 2:00 pm	Phyllis Vetrus	(208) 882-5770 dpvet@turbonet.com
ISSAQUAH	General	Our Savior Lutheran Church 745 Front St. S	2nd Monday of the month at 2:00 pm	Suzanna Eller	(206) 938-8298 suzanna@waparkinsons.org
KIRKLAND	Caregiver	EvergreenHealth room TAN-134 12040 NE 128th St	2nd & 4th Tuesday of the month at 1:00 pm	Maria Cole	(425) 899-5383 mariac@nwpf.org
LONGVIEW	General	Canterbury Inn/Chateau Dining Room 1324 3rd Ave	3rd Wednesday of the month at 1:45 pm	Barbara Sudar	bnbsudar@msn.com
LOPEZ ISLAND	General	The Gathering Place Lopez Village	3rd Monday of the month at 4:30 pm	Jackie Ashe	(360) 468-2435 jackieashe@centurytel.net

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
LYNNWOOD	Caregiver	Center for Healthy Living 4100 Alderwood Mall Blvd Suite 1	1st & 3rd Wednesday of the month at 2:00 pm	Karen Anderson	kanderson@lcsnw.org
MOSES LAKE	General	Samaritan Healthcare Hospital Masto Health Library room 402 801 E Wheeler Rd	2nd Monday of the month at 3:00 pm	Sandee Estoos	(509) 765-6283
MT VERNON / BURLINGTON	General	Logan Creek Retirement Community 2311 East Division St., Mt Vernon	1st Monday of the month at 10:00 am	Ginger Dollarhide and Tori Kelly	(360) 629-8426/(425) 422-1067 weewiseginger@gmail.com
OLYMPIA	General	Olympia Senior Center 222 Columbia Street NW	Every Wednesday at 11:00 am *membership required*	Joyce Beckwith	(360) 586-6181 admintemp@ southsoundseniors.org
OLYMPIA	Exercise	Lacey Senior Center 6757 Pacific Ave SE, Olympia	Every Tuesday at 11:15 am	Joyce Beckwith	(360) 586-6181
PORT ANGELES	General	328 E. 7th Street (On the SW corner of 7th & Peabody)	4th Wednesday of the month at 10:30 am	Darlene Jones	(460) 457-5352 djones@olyphen.com
PORT ANGELES	General/ Dance	Sons of Norway, 131 West 5th St.	3rd Saturday of the month	Darlene Jones	(460) 457-5352 djones@olyphen.com
POULSBO	General	North Point Church 1779 NE Hostmark St.	1st Monday of the month at 1:00 pm	Lana Gills	(360)779-7178 lanagale@earthlink.net
POULSBO	Exercise	Poulsbo Athletic Club 19611 7th Avenue NE	Wednesdays at 1:00 pm	Rosy Bennett	(360) 598-4854 tomandrosy@hotmail.com
PUYALLUP	General	Life Care Center of Puyallup 511 10th Ave SE	3rd Thursday of the month at 11:45 am	Karen Williams	(253) 845-7566 karen_williams@lcca.com
PUYALLUP	Caregiver	Life Care Center of Puyallup 511 10th Ave SE	1st Tuesday of the month at 1:30 pm	Karen Williams	(253) 845-7566 karen_williams@lcca.com
REDMOND	General	Emerald Heights 10901 176th Cir NE	3rd Weds of the month at 1:00 pm	John Waltner	(425) 556-8140 johnw@emeraldheights.com
RICHLAND	General	Kadlec Neurological Resource Center 1268 Lee Blvd	3rd Monday of the month at 1:30 pm	Heidi Hill	(509) 943-8455 Heidi.hill@kadlecmed.org
SEATTLE	Young Onset	*please contact facilitator for current location*	2nd Tuesday of the month at 7:00 pm	Suzanna Eller	(206)938-8298 suzanna@waparkinsons.org
SEATTLE	Caregivers of Veterans	Seattle VA Medical Center 1600 S. Columbian Way Room 1D-146gg (near the West Clinic)	Every Monday at 1:00 pm	Kris Fredrickson	(206) 764-2188 kris.fredrickson@va.gov
SEATTLE	Caregiver	Studio Evolve Pilates and Bodywork 333 Wallingford Ave N	2nd Monday of the month at 10:00 am	Joy Walker	(206) 457-4793 joyincaregiving@yahoo.com
SEATTLE	Caregiver	Greenwood Senior Center 525 North 85th Street	2nd Tuesday of the month at 1:00 pm	Carin Mack	(206) 230-0166 carin@waparkinsons.org
SEATTLE	General	Horizon House 900 University Street	4th Monday of the month at 1:30 pm	Carin Mack	(206) 230-0166 carin@waparkinsons.org
SEATTLE	Atypical PD (MSA, PSP, CBD)	Exeter House 720 Seneca Street	4th Monday of the month at 11:00 am	Carin Mack	(206) 230-0166 carin@waparkinsons.org
SEATTLE	General	University House Wallingford Northwest Conference Room, 1st Fl 4400 Stone Way N	2nd Thursday of the month at 2:30 pm	Ryan Patterson	Ryan.Patterson@eraliving.com
SEATTLE	General	The Hearthstone 6720 East Green Lake Way N	2nd Tuesday of the month at 2:00 pm	Erika Campbell	(206) 774-5173 hssocialservice@hearthstone.org
SEATTLE (WEST)	General	Providence Mt. St. Vincent 4831 35th Ave SW	1st Tuesday of the month at 2:30 pm	Suzanna Eller	(206) 938-8298 suzanna@waparkinsons.org
SEATTLE (WEST)	General	The Kenney Retirement Community 7125 Fautleroy Way SW	4th Monday of the month at 2:00 pm	Michael Byus	(206) 937-2800 ext. 5232 MByus@TheKenney.org
SEATTLE (WEST)	General	Arrowhead Gardens 9200 2nd Ave SW	3rd Thursday of the month at 10:00 am	Dagmar Cronn	cronn@oakland.edu
SHELTON	General	Alpine Way Assisted Living 900 W Alpine Way	2nd Tuesday of the month at 12:30 pm	Rebecca McGavick	(360) 426-6194 jacksonrebecca06@gmail.com
SHORELINE	General	Shoreline Senior Center 18560 1st Ave NE	4th Tuesday of the month at 11:00 am	Scott Theisen	(206) 268-6761 scottth@seniorservices.org
SPOKANE	General	Deaconess Health & Education Center 800 West 5th Ave	2nd Wednesday of the month at 1:30 pm	Cyndi Cook	(509) 473-2490 center@spokaneparkinsons.org
SPOKANE	Young Onset	*contact group leader for time and location information*		Cyndi Cook	(509) 473-2490 center@spokaneparkinsons.org
SPOKANE	Women's Group	*contact group leader for location information*	1st Thursday of the month at 1:00 pm	Julie Willis	(509) 467-2240
STANWOOD	General	Stanwood Senior Ctr; ctr social room 7340 276th Street NW	2nd Monday of the month at 10:00 am	Victoria Kelly and Ginger Dollarhide	(425) 422-1067 / (360) 629-8426 kellytori7@gmail.com / weewiseginger@gmail.com

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
TACOMA	General	Joeseppi's Restaurant 2207 N Pearl St.	Last Wednesday of the month at 5:30 pm	Dave Covey	dfcovey@comcast.net
VANCOUVER	General	The Quarry Senior Living Marble Room (2nd Floor) 415 SE 177th Ave	2nd Tues. of the month at 12:15 pm *bring brown bag lunch, snacks and drinks provided*	Maria Jokela	(360) 944-6000 office/ (503) 290-4443 cell mjokela@thequarryliving.net
VANCOUVER	General	Touchmark at Fairway Village 2911 SE Village Loop	1st Wednesday of the month at 1:00 pm	Kim Lehmann	(360) 433-6400 office/ (360) 609-4045
VANCOUVER	Caregiver	The Quarry Senior Living Private Dining Room (1st floor) 415 SE 177th Ave	2nd and 4th Tuesday of the month at 1:30	Maria Jokela	(360) 944-6000 office/ (503) 290-4443 cell mjokela@thequarryliving.net
VANCOUVER	Caregiver	Touchmark at Fairway Village 2911 SE Village Loop	2nd Tuesday of the month at 10:30 am	Jan Beyer	360.433.6400
VANCOUVER	Women's Chat 'n' Chew	*contact group for location information*	4th Wednesday of the month at 2:15 pm	Kim Lehmann	(360) 433-6400
VANCOUVER	Men's Breakfast Meeting	*contact group for location information*	3rd Friday of the month at 9:00 am	Kim Lehmann	(360) 433-6400
VASHON	General	Vashon Lutheran Church Fellowship Hall, 18623 Vashon Hwy SW	1st Friday of every month	Steve Steffens	(206) 463-2655 steve_steffens@yahoo.com
WALLA WALLA	General	*contact support group leader to confirm" First Congregational Church 73 S Palouse St	*contact support group leader to confirm" 4th Saturday of the month at 4:00 pm	Darlene Lambert	(509) 382-4012
WASHINGTON PENINSULA	General	Ocean Park Lutheran Church 24002 U St.	4th Friday of the month at 1:30 pm	Roy & Patti Pellerin	(360) 665-3284 prfpa09@centurytel.net
WENATCHEE	General	*contact group leader for information*	3rd Tuesday of the month at 2:00 pm	Janet Bibby Pat Taylor	pktaylor2@gmail.com
WENATCHEE (EAST)	Caregiver	Aging and Adult Care Center	4th Tuesday of month at 2:00 pm	Marilyn Jorgensen	(509) 663-2768 mlrubia@yahoo.com
WHIDBEY IS. (NORTH)	General	Cherry Hill Clubhouse 549 NW 12th Loop	1st Friday of the month at 1:00 pm	Carolyn Hansen	(360) 279-1785 wchansen192@comcast.net
WHIDBEY IS. (SOUTH)	General	South End Senior Center	2nd Tuesday of the month at 10:00 am	Carolyn Hansen	(360) 279-1785 wchansen192@comcast.net

RECENT EVENTS

Pints for Parkinson's



THE FIRST ANNUAL PINTS FOR Parkinson's took place on June 13th at Maggie Bluff's at Elliott Bay Marina. With beautiful ocean views, food, drinks, and a great cause, the evening was nothing short of a good time! The event was sponsored by Georgetown Brewery, Maggie Bluff's and Paddle for Parkinson's. All proceeds from Georgetown brewery, as well as individual donations, benefitted APDA totaling over \$1,200! The event's primary organizer, Dwight Jones, recapped the event.

"The inaugural Pints for Parkinson's was a success...we went through almost two kegs of beer from Georgetown Brewing, raising \$650. We also received almost \$600 in donations! It was fun to throw a party for the cause. The Kennedy Brothers held the audience captive and attendees of all ages enjoyed the music and good times! The event also served to raise awareness for the upcoming Paddle for Parkinson's on July 26th. We will definitely do this again next year!"

MARK *your* CALENDARS!



2nd Annual Optimism Walk!

**Sunday,
September 14, 2014
at 1:00 pm**

Seattle University Park,
12th Ave and E James Court,
Seattle, WA 98122

Register now! Visit us online at
www.waparkinsons.org/walk
or call **206.277.5516**

HOPE. Parkinson's Disease

9th Annual Hope Conference

Saturday, November 1, 2014
9:00 am – 3:00 pm, Meydenbauer Center
11100 NE 6th St., Bellevue, WA 98004

Speakers:

Tim Hague Sr.

Keynote

Winner, Amazing Race Canada

**Laurie Mischley,
ND, MPH**

Naturopathic Doctor,
Seattle Integrative
Medicine; Clinical Research
Assistant Professor, Bastyr
University

**Bartja Wachtel,
MSW, LICSW, MHP, CMHS**

Clinical Social Worker,
Virginia Mason Medical
Center

Jon Stoessl, MD

Director, Pacific Parkinson's
Research Center, NPF
Center of Excellence;
Chair, Canada Research
in PD; Professor & Head,
Neurology UBC

...and MORE!

Registration opens August 1, 2014
For more information or to register, reach us
online at www.pdhope.org or call 206.277.5516

RECENT EVENTS

Magic of Hope Auction and Gala



THANK YOU TO THOSE WHO joined us for the 12th annual Magic of Hope Auction and Gala! We were honored to have Don and Maura Horton, college coach of Seahawk's Russell Wilson and his wife, as our guests this year. With their immeasurable support and your

generous donations, we were able to raise \$190,000 for Parkinson's programs and services in Washington state! A special thanks to Auction Chair and Vice President Loryn DeMers, and our sponsors, attendees, and many volunteers for outstanding efforts and a magical night!

