

**3** Fatigue  
in Parkinson's

**4** Maintaining  
Healthy Relationships

**9** Yoga  
for Parkinson's

# PARKINSON *Pathfinder*

SPRING 2014



Washington Chapter  
**American Parkinson  
Disease Association**

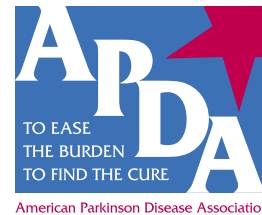
SPRING 2014

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APDA Information and Referral Center  
GRECC-S-182  
1660 S Columbian Way  
Seattle, WA 98108  
Phone: 206.277.5516  
Fax: 206.764.2476  
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*Here in the Pacific Northwest*, April showers don't necessarily bring May flowers (often they just bring more rain), but April does always bring Parkinson's Awareness Month. We may not be able to count on the weather warming or the rain being put on hold, but we can count on one another. In April, Parkinson's Awareness Month, we can rally together and help spread the word on Parkinson's disease.

What can you do this month? You can write a letter to your local newspaper, or reach out to a local radio or TV station. Tell them your story of living with Parkinson's, and what has been impactful along the way. Request your local mayor declare April as Parkinson's Awareness Month. Share your story with someone new, a friend, neighbor, or family member. Share your story with us. Attend a local support group or education program. Write. Be creative. Be active.

What are we doing here at the APDA? We continue on, working to provide the resources, programs, and services to our community that help to "ease the burden, and find the cure." We are holding education programs around the state, check out the calendar on page 13 for the next one nearest you. We are providing a sympathetic listener and access to resources through our Information and Referral Center. We are helping people stay mobile with our Taxi Voucher program, and helping caregiver's prevent burnout with our Caregivers Day Off program. We are strengthening the support group network, by funding professional facilitators for support groups, and providing individual counseling for those in need. We are bringing people together, by funding activity classes, such as yoga, singing, and dance. And we are funding research—looking to understand the cause(s) of Parkinson's, develop better treatments, and one day, a cure.

Consider making a donation to us in April, in honor of Parkinson's Awareness month. For donations \$25 and above, we will send you a PD tulip pin, to proudly display in support of the Parkinson's community. The red tulip is the universal symbol for Parkinson's disease. Donate today to support our community and receive your pin online at [www.waparkinsons.org/give](http://www.waparkinsons.org/give) or by returning the donation form in the back of the newsletter.

As always, don't hesitate to reach out to me with your questions, comments, or just to say hello. You can reach me at [kristi@waparkinsons.org](mailto:kristi@waparkinsons.org) or 206.419.7872.

Sincerely,

A handwritten signature in black ink that reads "Kristi Murphy". The signature is fluid and cursive, with a large, sweeping "K" and "M".

Kristi Murphy  
*Executive Director*



*Hello everyone,*

With warmer weather right around the corner, it's the perfect time to do a little Spring cleaning! What I am referring to is not cleaning your house, car, or even your garage—but your mind.

Naturally we all tend to hang on to old patterns and bad habits which preoccupy our minds and keep us from looking at how we could change and make ourselves happier. It is easy to dwell on the things that are not going well in our lives and blame our state of mind on our circumstances. The truth, and the secret of perpetually happy people, is that circumstances have very little to do with it! You alone are in charge of your own mind. It will take conscious effort to focus on the positives in your life, but once you do you will begin to notice all of the other positive things happening around you—and to you. So how about doing a little spring cleaning and taking stock of the beliefs you have about yourself and the world; do your thoughts contribute positively to your life or weight you down with burden and worry? Take a moment to remember things that used to bring you joy—to remember that you once loved music, dancing, art. Finding out what you once loved and set aside enables you to bring it out again and make it part of your current life. Maybe you can no longer do those things in the same way you used to, but you can still enjoy them in a different way. Focus not on what you can't do but what you can, and fill your life with positive, productive energy. The time we have in life is short and will pass anyway, why spend it centered on the negative? So be mindful of your thoughts, revisit a favorite pastime, ditch a bad habit, reconnect with an old friend, or get involved with something else that is meaningful to you. I urge you to “spring” into the new season (pun intended!) with a fresh outlook, a renewed optimism, and a determination to be a happier, healthier, you.

*Zeljka Jurcevic*  
Zeljka Jurcevic  
206.277.5516

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emails



# FATIGUE IN PARKINSON'S

Lissa Brod, MD

FATIGUE IS A COMMON REASON that people visit their doctors. It is especially common in people with Parkinson's disease (PD). When it is mild, fatigue is annoying; when severe, fatigue can be disabling. Fatigue



in PD has many causes, including medication, sleep disorders, depression, inactivity, low blood pressure, vitamin deficiencies, and PD itself.

Many of the medications used to treat PD can potentially cause fatigue or sleepiness, though not in every person. Dopamine agonists (ropinirole, pramipexole, rotigotine) can cause sleepiness throughout the day in certain individuals. They may even cause sudden "sleep attacks," when a person falls asleep in the middle of another activity. Sleep attacks are dangerous because a person can fall asleep while driving. Trihexyphenidyl can cause sleepiness or mental fog-

giness as well. Carbidopa/levodopa may cause sleepiness for about 45 minutes after taking the medication, but rarely causes all-day fatigue. Amantadine does not cause fatigue, and sometimes can be used to treat fatigue.

Sleep disorders are common in people with PD. These include sleep apnea (even in healthy-weight people), restless leg syndrome, and REM sleep behavior disorder (when people act out their dreams while asleep). All of these conditions may reduce sleep quantity and quality. They are all treatable, when properly diagnosed. You may need to have a sleep study for diagnosis. In this procedure, you spend the night sleeping in a special lab, with multiple monitors attached to you.

Depression can cause fatigue too. Depression is a common problem in PD because of changes to brain chemicals, including dopamine, serotonin, and norepinephrine. This commonly appears as fatigue, poor sleep or excessive sleep, appetite changes, and a sad or blue mood. People with depression commonly say they cannot enjoy themselves. In its severe form, depression may cause people to want to hurt themselves or end their life. Depression may be successfully treated with medications, talk therapy, or both.

People with PD may become inactive. This inactivity often leads to fatigue, which in turn leads to more inactivity. The way to break out of this cycle is to force oneself to become more active. This will make the

*continued on page 6* ►

# Maintaining Healthy Relationships



Allison Fine, MSW, LICSW

struggles in previously healthy relationships and can leave the parties involved feeling overwhelmed and burdened. No one wants to feel incapable, and often being cared for can be a reminder for the care partner of the things one can no longer do for themselves. Similarly, those who are providing the care may now have more burden of the family's responsibilities, leading to feelings of anger and resentment.

WHEN A CHRONIC ILLNESS JOINS a family, unexpected challenges can consume and create conflict among family members. Some individuals feel overwhelmed with their role as a caregiver while others feel guilty their family members are having to care for them. Processing the emotions together, and focusing on maintaining healthy relationships with your loved ones can offer some much needed comfort and ease in coping with the illness.

Often when someone becomes a caregiver for someone they previously had another type of relationship with (i.e. parent, child, spouse), a role reversal happens. Spouses who have had intimate and romantic connections in the past may now find themselves helping their loved one get dressed, take a bath, or get to medical appointments. An adult child who is now caring for a parent whom they were raised by, might now find themselves feeling more like the parent; needing to guide their loved one through important decisions, or even take over the decision making for them. These role reversals can create confusion, frustration, and power

Communicating openly before, and when, you begin to feel negative about the caregiving relationship can allow for both individuals to acknowledge the challenges of living with a chronic illness and decrease these feelings of frustration. Being able to say, "I'm frustrated that you can't help out around the house" or "I'm tired of being sick" can go a long way in letting the other party know how you're feeling that day. This makes it okay to talk about not only the happy times, but the challenging ones as well. One might also say "I'm feeling overwhelmed about dealing with my illness and all of the changes that are happening to our family as a result of my being sick, and I'm wondering if you're also feeling this way." This allows for families to share together in their frustrations and to know that they are not alone. Using "I" statements, as demonstrated above, can be particularly helpful in communicating feelings. The goal of open communication is neither to fix or take away other's emotions, nor to make others feel bad that you are feeling bad. The goal rather, is to lay the

challenges out on the table and begin to work together to find solutions that create less stress and burden for the family as a whole.

In coping with the challenges of living with chronic illness and trying your best to maintain healthy relationships, it will

*The goal is to lay the challenges out on the table and begin to work together to find solutions that create less stress and burden*

be helpful to not only acknowledge that the chronic illness is a part of your lives, but also find ways to focus on each other without the illness. Setting aside a special time each week for spending time together outside of the caregiving role can allow the relationship to still feel normal, despite the added demands of the chronic illness. Scheduling fun activities or outings can cre-

ate a sense of normalcy that is often lacking for those both coping with, or caring for, someone with illness. Alternatively, it can also be helpful to set aside a special time each week for talking about the chronic illness. This check-in can serve as a time to share about new health challenges or new struggles in caregiving. Knowing that there is a special check-in time each week to discuss the most recent frustrations of living with chronic illness can allow for these discussions to feel normal, and for the remainder of the week to not feel as pressured around these conversations.

Living with chronic illness can be an unwelcome challenge in our lives, but knowing it can be possible to maintain healthy relationships with loved ones can release some of the burden felt by all involved.

#### TIPS FOR THE CAREGIVER

Here are some additional tips for the caregiver to assist in developing a self-care routine:

*Breathe* Breathing can assist in calming the body and mind during stressful times. ▶

## Sometimes You Just Need a Little Break...

### Taking care of a loved one with Parkinson's isn't easy.

Often there doesn't seem to be time to get everything done. The challenge of Parkinson's can add stress to your already busy days.

### Taking care of you is important too.

Spend an afternoon with a friend, enjoy a long walk, get your hair cut. Recharge your batteries and make sure you are doing OK.

### Caregiver's Day Off gives you the time you need.

We provide 20 hours of care per year, contracting with local agencies that offer home and companion care or care from a certified nursing assistant. Care in your home or for an outing gives you many options.

To qualify all you need to do is fill out a simple application and obtain a doctor's signature confirming your loved one's diagnosis.

Let us help. Contact us for more information or for your application.



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(425) 243-2732  
[www.waparkinsons.org](http://www.waparkinsons.org)  
[info@waparkinsons.org](mailto:info@waparkinsons.org)

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**Exercise** Staying active can increase the endorphins in the brain which keep us happy. Taking a short walk every day, or even following an exercise program on the television or internet can increase positive emotions.

**Take breaks** No one can completely give of themselves 100% of the time. Ask other family and friends for help when needed. Seek assistance from social service agencies offering respite care or hire some extra help from a home care agency.

**Spend time with loved ones** Spending time with friends and loved ones who are not your care partner can be an important way to take the above mentioned break. Keeping up with the people who are most important in your life can offer you support in your caregiving role as well as the fun and socialization that we all need and deserve.

**Practice positive self-talk** Much research has been done on positive psychology and the importance of healthy perspectives. We

don't always have control over our circumstances, but we do have control over how we think about or react to them. When you notice yourself getting stuck in a negative mindset, think about how you might view your situation differently.

**Become mindful** Mindfulness allows us to take our heads out of the "what-ifs" and "whens" and focus on the present moment.

**Do unto yourself** This gives new meaning to the old teaching of treating others as you would like to be treated. Often caregivers are wonderful at taking care of others, but not always great at taking care of themselves. Make sure you give yourself some of the kindness and compassion you so easily give to those around you. **P**

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**Allison Fine, MSW, LICSW** is a clinical social worker and private practice counselor in Seattle, WA

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► *continued from page 3*

fatigue worse initially, but will eventually give the person more energy. Exercise is particularly important for people with PD, since it may actually change brain chemistry, in addition to its many other benefits.

Low blood pressure sometimes occurs as a result of PD or medications for PD. This can cause lightheadedness or even fainting spells. Rarely, it can cause a sense of general fatigue.

People with PD may not eat well because they cannot smell their food. This can create nutritional deficiencies that may cause fatigue. Furthermore, almost everyone in the Pacific Northwest is deficient in Vitamin D due to our relative lack of sunlight. Talk to your primary care provider or neurologist about your Vitamin D intake, as well as whether you might benefit from seeing a nutritionist to address any imbalances in your diet.

Finally, many of the symptoms of PD itself may cause a feeling of fatigue. For instance, rigidity may make a person feel stiff, which makes movement dif-

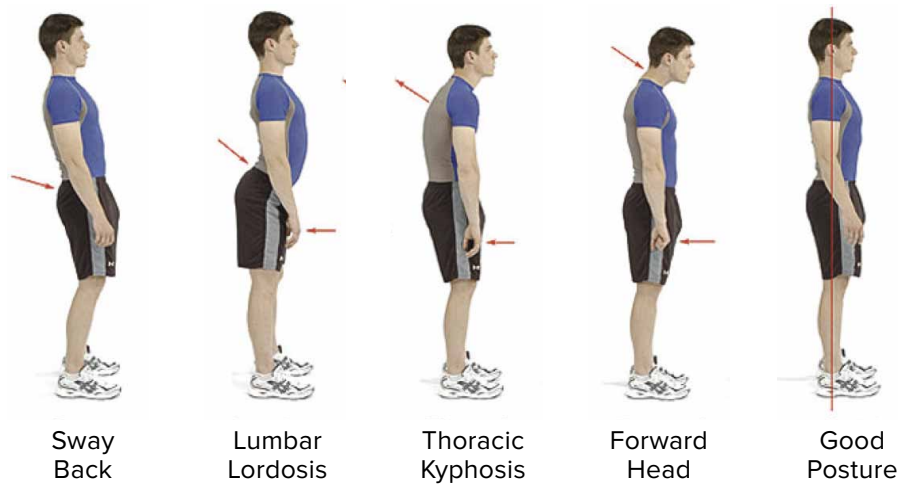
ficult. Bradykinesia makes movements slower, while tremor may be tiring. The gait changes of PD may make walking feel more tiring as well.

If you suffer from fatigue, discuss it with your doctor. Keep track of what time of day the fatigue is better or worse, and any other factors making it better or worse. Does it occur after you take your medications (for PD and other conditions)? Ask your partner if you might have a sleep disorder. Consider whether you might be depressed, noticing your mood, appetite, and sleep. Are you active enough? Do you get lightheaded? How is your diet? Overall, do you feel that your PD symptoms are adequately controlled? The answers to these questions will point you and your doctor in the right direction! **P**

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**Dr. Lissa Brod** is a movement disorder specialist at Franciscan Neurology Associated at St. Joseph Medical Center in Tacoma, WA.





## Postural Changes *associated with Parkinson's disease*

Ann Zylstra, PT

AS WE AGE WE COMMONLY have posture changes. Degenerative or arthritic changes in the spine can cause loss of height and increased back stiffness. With aging, spinal posture becomes more rigid causing a slight forward bent position. Frequently there is rounding of the shoulders, a forward head, an increased thoracic kyphosis (forward curve around ribcage) and decreased lumbar lordosis (low back curve). These changes tend to occur more quickly in persons who have Parkinson's disease. The spine can also change shape with arthritis and degenerative changes that affect the bones or vertebral disk. Degenerative changes in the spine are normal, however there are advanced changes that cause pain and are not part of the normal aging process. These include bulging or herniated disc diseases, spondylosis, stenosis and spondylolisthesis.

Posture changes are very common, a hallmark feature of Parkinson's disease. A tendency to bend or flex forward is the most common change in posture seen, but bending to one side also can occur. This change in posture may be due to many factors, including muscle stiffness known as rigidity. Our body is designed as if we were to climb vines. Very large muscles are found in the front of our chest, our abdomen, and the inside and back of our legs. With Parkinson's disease these muscles are working overtime and can overpower the smaller muscles of our shoulder girdle and spine; drawing the spine forward more quickly than with normal aging.

As with many motor symptoms there can also be a change in postural awareness, or your own perception of the change. Postural changes occur over time so the brain will often compensate and accept this new forward bent posture as being normal; perceiving the posture as straight and

upright, when in fact the spine is flexed forward or sideways. This is similar to what happens with speech - you feel like you are talking at a normal volume when others are constantly asking you to speak louder. Standing straight may make you feel like you are falling backwards.

There is another severe, but less common, postural change that can occur with Parkinson's called camptocormia; a severe bending of the mid to lower spine during standing and walking that disappears when lying down. This may be severe enough that the upper back is parallel to the floor making it hard to look up or see what's ahead.

### How does postural change affect mobility?

With normal posture our weight is well centered over the middle of our feet making it much easier to balance. When our spine is bent forward, the head also comes forward and our center of mass shifts ahead of the feet. To keep from falling, the forward flexed person tends to bend his or her knees and hips. This leads to difficulty in taking big steps and requires more energy to walk. Falls are more ▶

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likely to happen due to the reduced foot clearance, or shuffling, that occurs while walking with knees bent. Also forward slouching limits arm swing which can cause shoulder and neck problems, and can reduce lung volume leading to shortness of breath and/or softness of speech. Benefits of a straighter spine include better balance, improved breathing and less energy expended for daily activities.

#### **What are the treatments?**

A good exercise program with a focus on increasing FLEXIBILITY in the stronger muscles, and STRENGTH in the smaller mus-

cles in the spine, and back of the shoulder, will help to delay postural changes and help maintain a more upright stance. Muscles to target include stretching of the abdominal, hip flexors, and pectoral muscle groups as well as the hamstrings. Strengthening exercises should focus on the spine muscles, rhomboid muscles (between the shoulder blades), the lateral and posterior hip muscles, and the quadriceps muscles. Increasing endurance is very important because our posture tends to worsen when we get tired. Swimming and walking with hiking poles are two excellent endurance activities that encourage a straighter back. A

back brace is also sometimes helpful to remind you to straighten up your spine.

#### **How can I get started?**

Physical Therapy can assist with improving your posture by instructing you in a comprehensive exercise program to increase your flexibility including spine motion, instruction in strengthening exercises, and normalizing the strength/length of your muscles. P

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*Ann Zylstra is a Physical Therapist at Booth Gardner Parkinson's Care Center in Kirkland, WA.*

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## RESEARCH CORNER

### **Complementary and Alternative Care in Parkinson's Disease**

RESEARCH OFTEN FOCUSES ON DISEASE; its progression, symptoms, and manifestation within the body. Laurie Mischley, ND, MPH, a Clinical Research Assistant Professor at Bastyr University Research Institute, is taking a different approach and focusing on health rather than disease. In her new study, Dr. Mischley explores the commonalities shared between those who managed the disease most successfully, in an effort to answer the question: 'Among those with Parkinson's who are doing unusually well, what are they doing differently?'

The study uses an online survey to collect a broad range of data from patients with Parkinson's and related diseases. Participants will complete a survey every six months, answering questions about medications, diet, herbal supplements, exercise, meditation and an array of other factors. This information will allow Dr. Mischley to build an ever-growing data set to analyze, searching for common traits among those who maintain their health despite the disease. Their discoveries could lead to new clinical trials on Parkin-

son's therapies. "It's just taking advantage of what we can now do with statistics," says Dr. Mischley.

Rather than investigating one variable at a time through double-blind placebo-controlled trials, Dr. Mischley's study uses the "positive deviance" model of focusing on those who deviate from the norm in their success. "We have this really diverse disease in Parkinson's, and it's just not likely we're going to come up with one single agent that's going to stop the whole thing... for a complex disease like Parkinson's, an unconventional approach makes sense" says Dr. Mischley.

The study needs participants from anywhere in the world at all stages of Parkinson's, regardless of whether they use alternative therapies. The data becomes especially powerful once researchers have tracked people for two years or longer, Dr. Mischley says. Researchers can also adjust the survey over the course of the project, letting them hone in on promising trends.

For more information about this study and eligibility requirements, please e-mail [neuroresearch@bastyr.edu](mailto:neuroresearch@bastyr.edu) or call 425-602-3306. P

*A Personal Experience...*

"I was diagnosed with Early Onset Parkinson's Disease in 2009 at the age of 50. I have been doing Yoga for Parkinson's disease since January, 2013. At first, I was attending classes only twice a week. Then, since the offering of a third class in April of 2013, I have been faithfully attending all three of the sessions three times a week.

# SPOTLIGHT Yoga for Parkinson's

**Bill Curr**

IN THE BEGINNING, I DID not know if the class was going to provide any benefits. My wife kept encouraged me to attend, and she accompanied me to all of the sessions. In doing so, it has helped keep me interested, engaged and committed to practicing.

It took a while, but slowly my body became more flexible, my pain subsided, and my balance, as well as my outlook, improved. During my last appointment with my neurologist, she was genuinely amazed at my progress. There had been

no changes in medication since my prior visit; the only difference was the yoga. Even though I knew that I felt a lot better, somehow having a medical authority that you trust verify how much your symptoms have improved was a wonderful feeling!

Yoga for Parkinson's disease is not as easy as one might assume. Peter Lynch, the instructor, makes it clear that the challenge is within yourself. He emphasizes to put forth all that is available to you at the moment, but not to push yourself to the point of risking injury or strain.

He is extremely careful in his guidance and support, and has a special expertise and experience with people who have Parkinson's.

Peter Lynch's style is also informative and engaging. Each position is refined, addressing the individual limitations and concerns of each participant, and providing each individual with one-on-one attention.

I feel that not only do I get the knowledge, support and encouragement from a great instructor, but from the Yoga for Parkinson's disease group as a whole. It consists of fantastic people who sup-

port one another; bringing humor and kinship to the experience - both trials and tribulations of living with Parkinson's, and the rewards of doing something about it!" **P**

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*The Yoga for Parkinson's class, taught by Peter Lynch, is sponsored by the Washington Chapter APDA and is located at Northwest Hospital in Seattle, WA. For more information on classes in your area please visit the "Classes & Events" tab on our website [www.waparkinsons.org](http://www.waparkinsons.org) or call 206.277.5516.*

# Support Groups

## *in the Pacific Northwest*

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
<b>ALASKA</b>	General	923 W 11th Ave Anchorage	3rd Saturday of the month at 3:30 pm	Peter Dunlap-Shohl	(907) 350-9691 dunlapshohl@gmail.com
<b>ANACORTES</b>	General	Island Hospital, 1211 24th St.	3rd Thursday of the month at 1:00 pm	Jerry Ramsey and Nola Beeler	(360) 293-2185 njbeeler@yahoo.com
<b>BELLEVUE</b>	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.eller@providence.org
<b>BELLEVUE</b>	General	Bellevue Family YMCA 14230 Bel-Red Rd.	1st Monday of the month at 2:45 pm	Allison Fine	(206) 226-1097
<b>BLAINE</b>	General	Blaine UCC, 885 4th Street	2nd Friday of the month at 5:00 pm	Inge Reuter	(360) 332-4564 blaine-pdsg@hotmail.com
<b>BOTHELL</b>	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
<b>BREMERTON</b>	General	Canterbury Manor 703 Callahan Dr.	1st Tuesday of the month at 1:30 pm	David Hull	(360) 895-6220
<b>CHEHALIS</b>	General	Bethel Church 132 Kirkland Rd., Napavine, WA	2nd Thursday of the month at 1:00 pm	Jan Erickson	(360) 273-9987
<b>CLARKSTON</b>	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
<b>COVINGTON</b>	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
<b>COEUR D'ALENE</b>	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
<b>DES MOINES</b>	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
<b>EDMONDS</b>	Deep Brain Stimulation	*group meets quarterly; date, time and location to be determined*		Michelle Bauer	(206) 320-2883 michelle.bauer@swedish.org
<b>EDMONDS</b>	General	Edmonds Senior Center 220 Railroad Ave	2nd Wednesday of the month at 1:00 pm	Carol Agueyo	(425) 743-6029 agua549@frontier.com
<b>ELLENSBURG</b>	General	Rosewood Senior Park Club House	2nd Monday of the month at 1:00 pm	Delores Moerer	(509) 933-3801 wd40rose@charter.net
<b>EVERETT</b>	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
<b>GIG HARBOR</b>	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
<b>GIG HARBOR</b>	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
<b>HOQUIAM</b>	General	Hoquiam Library, 420 7th St.	Last Tuesday of the month at 6:00 pm	Betsy Seidel	(360) 533-5968 betsycamel@yahoo.com
<b>IDAHO</b>	General	Good Samaritan Village Moscow, ID	Last Wednesday of the month at 2:00 pm	Phyllis Vetrus	(208) 882-5770 dpvet@turbonet.com
<b>ISSAQUAH</b>	General	Our Savior Lutheran Church 745 Front St. S	2nd Monday of the month at 2:00 pm	Suzanna Eller	(206) 938-8298 suzanna.eller@providence.org
<b>KIRKLAND</b>	Caregiver	EvergreenHealth room TAN-121 12040 NE 128th St	2nd & 4th Tuesday of the month at 1:00 pm	Amy Cole	(425) 899-3122 alcole@evergreenhealth.org
<b>LONGVIEW</b>	General	Canterbury Inn/Chateau Dining Room 1324 3rd Ave	3rd Wednesday of the month at 1:45 pm	Barbara Sudar	bnbsudar@msn.com
<b>LOPEZ ISLAND</b>	General	The Gathering Place Lopez Village	3rd Monday of the month at 4:30 pm	Jackie Ashe	(360) 468-2435 jackieashe@centurytel.net
<b>LYNNWOOD</b>	Caregiver	Center for Healthy Living 4100 Alderwood Mall Blvd Suite 1	1st & 3rd Wednesday of the month at 2:00 pm	Carmen Rasmussen	(425) 670-8984 x 22 crasmussen@lcsnw.org
<b>MT VERNON / BURLINGTON</b>	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
<b>OLYMPIA</b>	General	Olympia Senior Center 222 Columbia Street NW	Every Wednesday at 11:00 am *membership required*	Joyce Beckwith	(360) 586-6181 admintemp@southsoundseniors.org

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
OLYMPIA	Exercise	Lacey Senior Center 6757 Pacific Ave SE, Olympia	Every Tuesday at 11:15 am	Joyce Beckwith	(360) 586-6181
ORCAS ISLAND	General	Orcas Senior Center 62 Henry Rd., Eastsound, WA 98245	Tuesdays at 1:00 pm	Ted Grossman	(360) 376-4979 tfgrossman@yahoo.com
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@olypen.com
PORT ANGELES	General/ Dance	Sons of Norway, 131 West 5th St.	3rd Saturday of the month	Darlene Jones	(460) 457-5352 djones@olypen.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	General/ Exercise	Poulsbo Athletic Club 19611 7th Avenue NE	3rd Monday of the month at 1:30 pm	Lana Gills	(360)779-7178 lanagale@earthlink.net
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 560 Gage Blvd, Ste 106	3rd Monday of the month at 1:30 pm	Heidi Hill	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.eller@providence.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 socialwkr@earthlink.net
SEATTLE	General	Horizon House 900 University Street	4th Monday of the month at 1:30 pm	Carin Mack	(206) 230-0166 socialwkr@earthlink.net
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 socialwkr@earthlink.net
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	Erica Campbell	(206) 774-5173
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.eller@providence.org
SEATTLE (WEST)	General	The Kenney Retirement Community 7125 Fauntleroy 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 Jackson	(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
TACOMA	General/Voice	Tacoma Lutheran Home 1301 N Highlands Parkway	3rd and 4th Friday of the month at 11:30 am	Sharon Jung	(253) 752-7112 psnhogan@aol.com
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

# Thank you

for your generous donations

Donations received November 2013 – February 2014

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 Pinky's Passion for a Parkinson's Cure

CITY/REGION	FOCUS	MEETING SITE	TIME	LEADER	CONTACT INFO
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 Steffen	(206) 463-2655 steve_steffen@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
WENATCHEE	General	*contact group leader for information*	3rd Tuesday of the month at 2:00 pm	LaVerna Armintrout Sandy Erickson	(509) 884-6833 condovikings@gmail.com
WENATCHEE (EAST)	Caregiver	Aging and Adult Care Center	4th Tuesday of month at 2:00 pm	Marilyn Jorgensen	(509) 663-2768
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

# MARK *your* CALENDARS!

## Parkinson's Education Programs

### April 11th 2014 Puyallup, WA

Life care Center of Puyallup Valley  
West Dining Room  
511 10th Ave SE, Puyallup, WA 98372

## More Information Coming Soon!

### April 26th 2014 Port Angeles, WA

Red Lion Hotel Ballroom  
221 N Lincoln St.  
Port Angeles, WA 98362

### May 22nd 2014 Kirkland, WA

### May, 2014 Tacoma, WA

### June 19th 2014 Tri-Cities, WA

### June 20th 2014 Yakima, WA

THERE IS NO COST TO attend,  
but please register ahead of time!  
For more information please visit our website  
at [www.waparkinsons.org](http://www.waparkinsons.org) or call 206.277.5516



## 12th Annual Gala & Auction

benefitting Washington Chapter  
APDA programs and services.

**May 17th, 2014  
at 5:30 pm**

**Seattle Design Center**  
5701 6th Ave S, Seattle, WA 98108

Price: \$95 before April 26th,  
\$115 after April 26th

RSVP: 425-243-2732 or  
[auction@waparkinsons.org](mailto:auction@waparkinsons.org)

Questions: Kristi Murphy  
206.419.7872  
[Kristi@waparkinsons.org](mailto:Kristi@waparkinsons.org)

[www.waparkinsons.org/magicofhope](http://www.waparkinsons.org/magicofhope)

## RECENT EVENTS

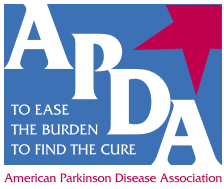
### Firewolves against Parkinson's

MIDDLE SCHOOL STUDENTS AND STAFF at Tumwater Middle School (TMS) came together during the week of November 18th-22nd to raise awareness and funds for Parkinson's disease. This inspirational act of kindness was in honor of beloved teacher, coworker, and friend Katy Carter, who had been recently diagnosed with Parkinson's disease. Two students, Taylor Reed and Emily Dobson, took charge and organized many of the events in collaboration with the TMS Builder's Club. In exchange for donations, students made ribbons and wore hats to showcase their support. The Tumwater Middle School Firewolves were able to raise over \$300 in just one short week—all of which they donated to the Washington Chapter APDA in Katy Carter's name.

Thank you Tumwater Middle School for your generosity, compassion, and undeniable spirit!



Taylor Reed, Katy Carter,  
and Emily Dobson



APDA Information and Referral Center  
GRECC-S-182  
1660 S Columbian Way  
Seattle, WA 98108

**SUBSCRIBE TO OUR NEWSLETTER!**

Sign up for our newsletter by visiting our website [www.waparkinsons.org](http://www.waparkinsons.org) or emailing [coordinator@waparkinsons.org](mailto:coordinator@waparkinsons.org)

**YES!** I want to help “ease the burden, and find the cure” for Parkinson’s Disease.

**ENCLOSED IS MY TAX-DEDUCTIBLE GIFT OF: (CHECK BOXES)**

\$25  \$50  \$100  \$250  \$500  \$1000  Other amount

My employer will match my gift

Please send me information on wills and how a bequest can support WA APDA.

I’m interested in learning more about Parkinson’s Disease.  
Please send me information.

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This gift is given in honor of/in memory of

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Please notify the individual(s) listed above

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or call **425.243.2732**

The Washington State Chapter of the American Parkinson Disease Association is a non-profit 501(c)3 organization. Our tax ID number is 13-1962771.

**Thank you  
for your  
generosity!**