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ABOUT US

The **Parkinson's Post** is published by the Northwest Parkinson's Foundation, a 501(c)(3) charitable organization.

Our mission is to establish optimal quality of life for the Northwest Parkinson's community through awareness, education, advocacy and care.

We welcome your comments on this newsletter and all our activities.



**NORTHWEST
PARKINSON'S
FOUNDATION**



Ron and Ilyse Post, owners of Ritrovo, toast a special moment. The Posts will host Ritrovo's second-annual "Take a Bite Out of Parkinson's" on September 29 in Seattle.

Couple finds rhythm with PD

BY ALECHA NEWBERN

Ron and Ilyse Post are lifelong partners with a love story that could be a box office hit. They have been married and working side by side for more than 20 years. Their life together is full of adventure, passion, drama, fun, and good food and wine.

They met at the University of Washington in an English-as-a-second-language course. Ilyse was planning to go to South America to teach, and Ron had his sights set on teaching in Japan. But they wound up together—in Italy, where they lived joyfully for six years.

The Italian lifestyle of living slowly, taking long walks, eating “real” food, and

spending time with friends completely suited the spirit of love and romance Ron and Ilyse shared.

When they returned to the United States they continued their education and taught for several years before they decided to go into business together as importers and wholesale distributors of Italian food products. Their company, Ritrovo International Regional Foods LLC, works with small-scale farmers and organic producers to develop and import regional Italian foods.

In 1997, when Ron was getting his sommelier certification, he noticed a tremor in his right hand while he was demonstrating how to correctly pour wine. Around the same time, Ron—a strong, athletic type who had always

> CONTINUED ON PAGE 7

One man's best friend eases life with Parkinson's

By Charles Countryman

Four years ago, my dog—Friday—was featured in this newsletter. I am happy to report that the indispensable Friday remains a close companion on my daily journey with Parkinson's disease. He continues to be essential to me in maintaining movement, cardiovascular fitness, and muscular strength.

On urban sidewalks and public transportation, dog Friday has a harness with a handle for me to hold. This identifies him as my assistance dog.

Usually, though, we take our daily walk on developed and undeveloped urban trails near our home. For these exercise walks, Friday sports a simple harness with a retractable leash.

The retractable leash allows Friday to lead me forward if I'm experiencing slowness and rigidity. It allows him to help me walk up hills, gently pulling me if I tire.

In combination with a cane or walking stick, Friday provides a third point for balance when I'm walking up and down slopes.

The retractable leash allows Friday to assist me as well as to run and play, as dogs are wont to do.

Sharing in Friday's outdoor play also helps me better cope with having Parkinson's. Friday himself, and the nature around us on our walks, remind me to appreciate all the many good things life has to offer.

Recently we walked together down



Charles Countryman's dog, Friday, guides him on a walk through a wooded trail.

a trail to the Spokane River. Friday had an opportunity to sniff and run, which he loves to do.

While my constant companion kept his nose close to the ground, I looked up to see a hawk soaring along the ridge. Looking toward the river, I saw an osprey rising from the water. Now, nearly 16 years since I was diagnosed with early onset

Parkinson's disease, daily walks with Friday, my exercise buddy and loyal friend, help make just about every day a good one.

Charles Countryman lives in Spokane, WA. His story was featured on the cover of the September/October 2005 issue of the Parkinson's Post. You can read that story by visiting our online newsletter archive at mpf.org.

Disease registry vital link in region's Parkinson's research efforts

The Washington State Parkinson Disease Registry sets out to speed Parkinson's research by connecting people with Parkinson's with the researchers studying the disease.

This is achieved by letting patients know about research trials for which they would be good candidates, and by assisting researchers with the recruitment of eligible patients, according to the registry website (wpdr.washington.edu).

Why is the registry important? It is crucial for people with Parkinson's disease to participate in research. Without their help therapeutic advances will be slow.

There is still much scientists need to learn about the causes and the mechanisms of Parkinson's disease. Continued research is essential to finding new therapies, and—one day—the cure.

The registry is beneficial to the research community because patient recruitment is often the essential and limiting factor in how quickly the research can be completed.

The Washington State Parkinson Disease Registry is a collaboration of Washington physicians, scientists, and Parkinson's advocacy groups. It is led by physicians Cyrus Zabetian and James Leverenz and based at the University of Washington and Veterans Affairs hospital in Seattle working in partnership with the American Parkinson Disease Association, Washington Chapter; Northwest Collaborative Care; the Northwest Parkinson's Foundation; and the Parkinson's Resource Center of Spokane.

Learn more about the registry at wpdr.washington.edu. ■

Sharing in Friday's play helps me better cope with having Parkinson's.

2009 HOPE Conference

The American Parkinson Disease Association, Washington Chapter, and the Northwest Parkinson's Foundation are co-hosting the region's largest educational symposium for patients, family, friends, and caregivers.

Saturday, November 7, 2009

PROGRAM

9:00 – 9:15 Welcome and opening remarks
Craig Howard, Chairman of the Board, Northwest Parkinson's Foundation

9:20 – 9:30 The Pacific Northwest Udall Center
Dr. James B. Leverenz, Associate Professor of Neurology and Psychiatry & Behavioral Sciences, University of Washington and Veterans Affairs Puget Sound Health Care System

9:30 – 10:30 An Update on Parkinson's Research
Dr. William Langston, CEO and Scientific Director, the Parkinson's Institute

10:30 Break

10:45 – 11:45 Beyond Drugs and Surgery: What Does Alternative Medicine Have to Offer?
Dr. Laura Mischley, Seattle Integrative Health

11:45 – Noon Stretch / Yoga Break

Noon – 12:30 Second Chances
Dr. Robert Wu, Patient and Anesthesiologist

12:30 – 1:15 Lunch

1:15 – 2:15 The Role of Chicken Soup and Medications
Dr. Stephen M. Setter, Associate Professor of Pharmacotherapy, Washington State University

2:15 – 2:30 Stretch / Yoga Break

2:30 – 3:15 Parkinson's Disease and the Art of Moving
John Argue, Author

REGISTRATION FORM

Register online at nwpf.org or toll-free at **877.980.7500**—or complete and mail this portion of the page to:

Northwest Parkinson's Foundation
Attn: Conference Office
400 Mercer Street #401
Seattle, WA 98109-4641

ATTENDEE INFORMATION

Please supply the name of each attendee. This form may be copied for additional attendees.

Attendee 1: Mr. Ms. _____

I am a: Patient Caregiver Family Friend

Attendee 2: Mr. Ms. _____

I am a: Patient Caregiver Family Friend

Address _____

City _____

State _____ **Zip** _____

Telephone _____

Home Work Cell

Email address (for your registration confirmation)

LUNCHEON SELECTION

ATTENDEE

1 2

Grilled chicken

Mushroom risotto

OTHER REQUESTS

Escort at drop-off entrance

Scholarship request—limited number available

Special dietary request: _____

Other: _____

CONFERENCE FEE

The conference fee includes conference speakers, activities, continental breakfast, lunch, afternoon snack, conference folder, and vendor exhibits.

On or before October 30—\$30.00

After October 30 and on November 7—\$35.00

Please mail this completed registration form with your payment. Additional donations to help underwrite the costs of speakers and program materials are welcomed. Thank you!

Enclosed is my check for \$ _____
(payable to Northwest Parkinson's Foundation)

Master Card Visa

Please bill my credit card \$ _____

Card # _____

Expiration date (month/year) _____ / _____

Name on credit card (please print)

Signature _____

Address of cardholder: Same as attendee

Address _____

City _____ State _____ Zip _____

Volunteers needed: This conference relies on a team of volunteers who assist the event coordinator for all or part of the day. We especially welcome teens, who are eligible to earn community service credit for school. To learn more about volunteering, contact Evie Davis at 425.443.8269 or eviedavis@gmail.com.

Questions? Call 877.980.7500 or email info@nwpf.org.

CONFERENCE DETAILS

What time? 9 a.m. to 3:30 p.m.

What date? Saturday, November 7, 2009

Where? Hilton Seattle Airport & Conference Center, 17620 International Blvd., Seattle, WA 98188

Free garage parking is available at the Conference Center and is wheelchair accessible. Off-site parking is not free. Drop-off accessibility is at the north Conference Center main entrance on 176th Street.

The 2009 HOPE Conference will offer information on exercise, diet, medications, movement, speech, and research that patients and families can use to live well and improve their quality of life with Parkinson's.

Exhibitors will include a variety of organizations and companies that will share information and resources for people with Parkinson's disease and their care providers. Additional exhibits will feature Parkinson's medications, research, treatments, and care options.

If you are unable to afford the conference fee, please let us know on the registration form. No one will be excluded due to financial hardship.

Special thanks to our sponsors:



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Medtronic



Foundation eases financial burden of Parkinson's

By Marsha Weinstein Anthony and Tracy Gladstone Corcoran

Until 1988 we only knew the words *Parkinson's disease*. We knew just a few people diagnosed with Parkinson's. We did not have any idea what Parkinson's was capable of doing to the person living with the disease and to his or her loved ones.

Then our father and grandfather, Melvin Weinstein, was diagnosed.

Life gradually slowed down for the first five years and the challenges were manageable. During the second five years more difficult challenges began to creep in, making everyday life hard for Melvin and his wife, Mollie.

Home renovations and around-the-clock care gave us what we wanted most—to keep Dad (Pop Pop to his grandchildren) at home for as long as possible.

One night in 1995 Dad's night nurse was not able to work. Mollie tried getting him out of bed. He fell on top of her. Luckily there were no injuries, just the grim realization Dad needed to go to a nursing home.

He lived at the Beth Shalom Home in Richmond, VA, until his passing in December 1997.

The ability to remember Dad as he was before Parkinson's came four years after his death. That was when we decided it was time to make a difference in the lives of people living with Parkinson's who are experiencing financial difficulties.

Because our family was able to provide Dad with anything he needed, we could not imagine what people living with Parkinson's go through when their financial resources are limited. It is unacceptable for anyone to fight Parkinson's without the items that make them safe, comfortable, and independent for as long as possible. We also knew by helping the patient we would provide much-needed relief to the caregiver (often the forgotten one).

Since 2002 the Melvin Weinstein Parkinson's Foundation has been helping people with Parkinson's disease

We could not imagine what people living with Parkinson's go through when their financial resources are limited.

across the United States. Although each person's situation is unique, the one issue

that remains the same is Parkinson's is expensive and, for many, there is just not enough money to make ends meet.

Computers, speaker phones, lift chairs, bedside tables, walkers, canes, medications, home care, motorized beds, lifts, ramps, and shower chairs are examples of items we have provided.

Until the cure is found, the Melvin Weinstein Parkinson's Foundation will continue to provide relief for people living with Parkinson's whose needs exceed their financial capabilities.

Melvin Weinstein was Marsha Weinstein Anthony's father and Traci Gladstone Corcoran's grandfather. Both are co-founding directors of the foundation. Contact the foundation at 1340-1272 N Great Neck Road #193 / Virginia Beach, VA 23454 / 757.313.9729 / mwpf.org

Medical alert cards are free to you

The Northwest Parkinson's Foundation in collaboration with the Booth Gardner Parkinson's Care Center has created a medical alert card for Parkinson's patients. The card describes common Parkinson's symptoms and drug effects. You add your medications, dosage schedule, and key contacts and keep the card in your wallet in case of an emergency.

To order your free card, email us at info@nwpf.org with your name and address, or call us at 877.980.7500.

Get your DVDs

Every third Thursday Parkinson's communities in the Northwest get together to hear from experts in Parkinson's live via webcast.

This joint program of the Northwest Parkinson's Foundation and the Parkinson's Resource Center of Spokane has hosted a range of speakers and topics this year—William Britt on dopamine agonists; Linda Lysne with "The Nitty Gritty of Working with Care Facilities"; Steve Setter on Parkinson's medications; Patricia Butterfield on environmental toxins and Parkinson's; Ron Klein with "How To Be a Successful Patient"; Jeff Shaw with "The Pros and Cons of Nagging Someone with Parkinson's"; and Greg Belenky on sleep issues.

Contact Cate Paul at center@spokaneparkinsons.org or 509.473.2490 to receive a DVD of any presentation you've missed. Future presentations are listed at nwpf.org.



Gifts to the Northwest
 Parkinson's Foundation support educational resources including our website, email updates, caregiver booklet, newsletter, patient-education programs, and conference. Gifts also fuel outreach and advocacy on behalf of patients and families. We are privileged so many in the Northwest Parkinson's Foundation family support our mission by giving generously throughout the year.

We list tribute contributors in each *Parkinson's Post*. All donors are recognized in our annual *Report to Contributors*.

With a minimum donation of \$2,500, family members and friends can create a family fund in honor of a loved one. Gifts we receive through the creation of family funds will support general operations and be listed permanently in our newsletter and on our website. Contact Keri Kellerman at 877.980.7500 or keri@nwpf.org to learn more.

Listed here are those who made tribute gifts from **June 16 to August 15, 2009.**

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> FROM PAGE 1

excelled as a swimmer and runner—also noticed he was running more and more slowly.

It took several years and numerous doctors' visits before he was diagnosed with Parkinson's.

"People challenged with Parkinson's disease are so misunderstood because Parkinson's is not always obvious," Ron says. "Our society has a lack of awareness of how Parkinson's changes the way the brain works."

Ilyse admits to working to curb her tendency to be overprotective of Ron.

But despite the diagnosis, life, love, and business go on for Ron and Ilyse, who are adept at navigating the changes that come with Parkinson's.

"Looking for those special, simple moments and cherishing them," is

how Ilyse says she and Ron cope with Parkinson's. They also focus on eating well, exercising, and minimizing stress, she says.

"We have a good foundation. We are best friends, we work together, make decisions together, and we are always open to something new and willing to change," says Ilyse, explaining how they weather the ups and downs of Parkinson's.

"Life's rhythms change with Parkinson's and I have to adapt to the rhythm."

Even with Parkinson's, their relationship continues to grow, business is thriving, and they cherish what's special—the small moments as well as the big occasions.

One special occasion they're looking forward to is Ritrovo's second-annual "Take a Bite Out of Parkinson's" fundraiser for the Northwest Parkinson's Foundation—from 6 to 9 p.m. Sept. 29 at Pike Brewing Co. in Seattle.

This wonderful evening will celebrate fine regional cuisine with samples of exclusive specialty dishes by Seattle-area culinary stars including Julie Andres of La Medusa, Dan Braum of Oliver's Twist, Matthew Dillon of The Corson Building, Bobby Moore of Barking Frog, and Jerry Traunfeld of Poppy.

To learn more or receive an invitation to this special evening, contact Keri Kellerman at 877.980.7500 or keri@nwpcf.org.

We are best friends, we work together, make decisions together, and we are always willing to change.



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The Parkinson's Post is supported by an independent educational grant from Boehringer Ingelheim Pharmaceuticals, Inc.

Pay it forward with gift of hope

Throughout our 11-year history the Northwest Parkinson's Foundation has remained committed to providing access to all of our resources free of charge. We believe no one should be denied the tools they need to live well with Parkinson's.

To help keep our programs alive and thriving, we rely on the generous donations we receive from members of the community.

As we enter the fall season, we hope you will continue to support us by making a donation at any level and "paying it forward" for the next person in need of hope and inspiration.

A gift envelope is enclosed for your convenience; you can also make a secure gift online at nwpf.org.

Thank you for your support of the Northwest Parkinson's community. ■