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A B O U T U S

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NORTHWEST
PARKINSON'S
FOUNDATION

'Yardening' helps cultivate physical and mental health

BY MONICA WEIDMAN

Like many of you reading this, I have Parkinson's. Our chronic disease takes ongoing treatment and comprehensive therapy involving physical, mental and emotional dimensions.

Being a nature lover, I'm lucky because "yardening" *is* comprehensive therapy for me.

I use the term yardening because I am really tending to all things in the yard. But since most of them are not vegetables, "gardening" just doesn't seem to fit.

So it's yardening to me.

There are two symptoms of Parkinson's that bear close attention over time. One is self-absorption; our perspective on the world can turn progressively inward. The second is reduced muscle control and range of motion.

My yardening provides an antidote for both these concerns. After all, my roses, rhodies and azaleas don't know I have Parkinson's. In fact, when I'm tending them I often forget the fact myself. They want and need my TLC and, in return, they reward me with life, color, beauty and wonderful fragrances.



Courtesy photo

The author in her garden in Tacoma, WA.

Every morning, usually in bathrobe with my first cup of coffee, I am out inspecting my roses and surveying what I need to do get them happy and smiling.

What I see always prompts me to action. I get focused on something important and on something other than myself. Parkinson's moves to the back-ground as I kneel, bend, stoop and stretch to weed, trim, prune, fertilize and water those growing plants.

The hours fly by and I am always amazed when the lunch hour has come and gone already! I have put in several hours of hearty exercise and didn't even need to think or plan.

"Just do it," right?

The only thing that seems to stop me is that I tire more quickly than I used to.

But the true benefits of daily yardening are those hours when I am just not thinking about, or somehow being

> CONTINUED ON PAGE 8

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

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Left: Team Parkinson's member Forest Lane crosses the finish in the Group Health Seattle-to-Portland Bicycle Classic in July. Below: Team members Tom Mayer, Martin Hovenkotter and Mark Weiss are all smiles.



All hail the team!

RIDERS, CONTRIBUTORS, VOLUNTEERS—a job well done! Inspired by the six team members with Parkinson's, fueled by Cameron Catering, refreshed by Cherrish energy drink, kept on the road by the mechanical skill of Kyle Fisher of Alpine Hut and the deft hands of massage therapists Meghan Hintz and Linda Knickerbocker, and supported by more than 1,000 individual contributions and the sponsorship of Hardel Mutual Plywood, Maroni Construction, MidMountain Contractors, Starbucks and Teva Neuroscience, the 83 riders of 2011 **Team Parkinson's** pedaled the 204-mile Group Health Seattle-to-Portland Bicycle Classic, raising awareness and support for the Northwest Parkinson's community.

As of the end of July, the team had raised more than \$100,000 through individual donations and business sponsorships—funds that will support programs and services that make a difference in the lives of those with Parkinson's throughout the Northwest.

In addition to thanking the hundreds of individuals who contributed to this effort and our generous sponsors and in-kind supporters, we express sincere gratitude to the Team Parkinson's riders and volunteers who made the journey a memorable one:

Riders

Robert Allen, Paul Austin, Lynn Birmingham, David Boone, Steve Boone, Dave Boyce, John Burnett, Paul Carr, Drew Dalton, Jay Dark, Kelly Davidson, Joseph DiChiaro, Ray Donahue, Scott Emmons, Emma Epstein, Kristy Fleming, Sha'ari Garfinkel, Wyatt Garnand, George Gavros, Richard Graves, Chrys Hansen, Robert Heller, Angie Hertz, Charlie Hertz, Cody Hiatt, Martin Hovenkotter, Lauren Humphrey, Chris Jackson, Larry Jacobson, Eric Jensen, Chris Jewell, Frank Jewell, Pat Jewell, Sam Jewell, Jane Kenyon, Justin Kimble, Marc Knickerbocker, Brendan Korb, Markus Korb, Roy Kornbluh, Forest Lane, Peter La Russa, Michelle Longstreth, Kathleen Lopez, Ron Lumsford, Steven Matalon, Tom Mayer, Greg McElfresh, Mary McMullin, Richard Mintz, Joseph Morris, Jonathan Oleyar, Mike Ouelett, Gregory Pash, Jonathan Patnaude, Alexander Powell, Kristin Repyak, Sam Ryan, Vince Ryan, Beatrice Seaward, Howard Sewell, Cory Sieg, Joseph Solis, Mike Staley, Ryan Staley, Sara Staley, Summer Staley, Kristin Steele, Marisol Summers, Margaret Tiffany, Greg Touchton, Frank

> CONTINUED ON PAGE 8

2011 HOPE Conference

The Northwest Parkinson's Foundation and the American Parkinson Disease Association, Washington Chapter, are co-hosting an educational symposium focusing on hope and wellness for patients, family, friends, and caregivers on **Saturday, October 29.**

PROGRAM

9:15 Welcome

Colleen Crowley, Executive Director, Northwest Parkinson's Foundation; Lauri Hennessey, Executive Director, American Parkinson Disease Association

9:30 Keynote: Why Me?

Jim Marsh, President, Washington State Mentors

10:15 Break

10:30 New Treatment in the Pipeline for Parkinson's

Dr. Hojoong Mike Kim, Acting Assistant Professor of Neurology, UW Medicine

11:30 Research Update

Dr. Cyrus Zabetian, Associate Professor of Neurology, UW Medicine

11:45 to 12:45 Lunch and Exhibits

12:45 Preventing Burnout: Neuropsychological Strategies for Patients, Caregivers and Families

Kristoffer W. Rhoads, Ph.D., Neuropsychologist and Director, Memory Disorders Clinic, Virginia Mason Medical Center

1:45 Break

2:00 Dance for PD: Building Confidence, Creativity and Community through Movement and Music

David Leventhal, Program Manager and Founding Teacher, Dance for PD, Mark Morris Dance Group, Brooklyn, NY; Shawn Roberts, Education Director, Spectrum Dance Theater, Lead Teacher, Dance for PD, Seattle, WA

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 #504
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

Marinated chicken breast with olive tapenade

Chickpea flour cake with tomatoes and asparagus (vegetarian)

OTHER REQUESTS

Escort at drop-off entrance

Scholarships available upon approval

Special dietary need: _____

CONFERENCE FEE

The conference fee includes admittance to speaker presentations, breakfast rolls, lunch, afternoon snack, vendor exhibits and free parking.

\$30.00 on or before October 22

\$35.00 after October 22

Please mail this completed registration form with your payment. If you are unable to attend, please consider making a gift to support a scholarship for a person in need.

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. To learn more about volunteering, contact Alecha Newbern at alecha@nwpf.org.

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

CONFERENCE DETAILS

Check-in time 8:30 a.m.

Conference duration 9 a.m. to 3:30 p.m.

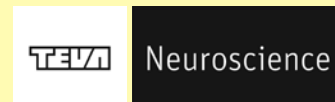
Date Saturday, October 29, 2011

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

Free parking is available in the Conference Center garage and designated parking facilities only. Drop-off accessibility is at the north Conference Center main entrance on 176th Street.

The 2011 HOPE Conference presents information on medications, movement, speech, exercise and research that patients and families can use. Exhibits will feature information on Parkinson's medications, research, treatments and care options. Additional exhibitors include organizations and businesses that will share information and resources for people with Parkinson's and care providers. Limited scholarship assistance is available. Requests will be reviewed for approval.

Special thanks to our sponsors:



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When exploring options for housing, ask questions

ASSISTED LIVING IS AN OPTION many families will face when additional care and support is needed for a loved one. It can be a complex process to navigate.

Assisted living exists to help those who are having difficulty living on their own. Assisted living offers help with day-to-day tasks such as dressing, bathing, housekeeping, medication management, cooking and round-the-clock emergency care, as well as provides a social and recreational environment.

Some facilities may offer physical therapy, hospice care and advanced care. Many also offer transportation to and from medical appointments.

The core areas that Parkinson's patients need help with tend to be similar, especially as symptoms progress: help with day-to-day activities like dressing and bathing; help avoiding falls (many assisted-living facilities have handrails and ramps); management of medication; physical therapy; and help getting to and from appointments and medical services.

In addition to providing a viable, alternative living arrangement to someone with Parkinson's, assisted living can provide peace of mind to loved ones.

There are a few key questions you should ask when exploring an assisted-living facility:

- ❑ Is the facility licensed?
- ❑ Is the facility in good standing with the health department/state in terms of code and safety regulations?
- ❑ Are the staff adequately trained?
- ❑ Is the facility equipped to handle residents with balance, orientation and memory difficulties?
- ❑ Can the facility safely and responsibly administer, store and record the medications you need to take?
- ❑ What personal care services are provided, such as help with bathing, dressing, shopping, etc.?
- ❑ Is there access to physical therapy?
- ❑ What are the costs of the facility, and do additional/specialized services and amenities incur an additional charge?
- ❑ Does the facility receive favorable reviews?
- ❑ How long has the facility been in operation?
- ❑ Can the facility handle a progressive disease?
- ❑ Is there 24-hour care on site?
- ❑ Can the facility accommodate a special diet, if needed?
- ❑ What is the discharge policy, if there is one?

These are only a few of the important considerations. Your personal preferences, such as your social and recreational needs, should also be considered, as well as location and size of the facility.

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FROM THE EXECUTIVE DIRECTOR

BY COLLEEN CROWLEY, J.D., CFRE



THE SUMMER has flown by for all of us at the Northwest Parkinson's Foundation! I am pleased to report that we have expanded our outreach to the Parkinson's community through a number of new initiatives in the past few months.

We have presented education programs in Washington, Idaho and Montana.

We have created and presented a Parkinson's training program for case managers associated with the Area Agencies on Aging in Washington, and we will bring that program to Alaska in September.

We have connected with support group leaders in Washington, Idaho, Montana and Alaska to encourage them to share the wealth of knowledge and information available through the Northwest Parkinson's Foundation website, our Wellness Center, the *Parkinson's Post* and our weekly email update.

Through these programs and services we are reaching thousands of people living with Parkinson's, their families and care partners.

Our Team Parkinson's successfully completed the annual Group Health Seattle-to-Portland Bicycle Classic. This event engaged the efforts of nearly 90 riders and a large crowd of volunteers and supporters all along the 204-mile route.

A huge thanks to the hundreds of donors who made gifts to support the riders and the work of the Northwest Parkinson's Foundation!

Looking ahead to the fall, we continue to have a full program of outreach to the Parkinson's community.

We hope many of you will be able to attend the 6th annual HOPE Conference on Parkinson's on October 29. As always, it will be a day full of great information and inspiration.

In the meantime, I encourage you to stay in touch with us and up to date on all that is happening by checking our website at nwpf.org.



TRIBUTE GIFTS

GIFTS TO THE NORTHWEST
Parkinson's Foundation support our educational publications and self-care tools, including this newsletter, weekly email news updates, a content-rich website, patient-education programs and our annual HOPE Conference on Parkinson's.

In addition to sustaining existing programs, your donations support our efforts to develop and implement innovative new programs that respond to the changing needs of the Parkinson's community.

We are privileged that so many in the Northwest Parkinson's Foundation family support our mission by giving generously throughout the year. In each issue we list tribute contributions made in honor or memory of loved ones touched by Parkinson's.

Those wishing to establish a permanent memorial may create a family fund with a minimum donation of \$2,500, either from a single gift or many. New family fund donors are listed below. To learn more, contact Joseph DiChiaro at 1.877.980.7500 or joseph@nwpf.org.

Listed here are tribute gifts received between **June 10** and **July 28, 2011**.

Please notify us of any errors in spelling or attribution.

FAMILY FUNDS

**Alvord Medical Director Fund
in Honor of Roger Evans**

Mel Bacher Family Fund

Mary A. Mitchell Memorial Fund

**Margaret (Martie) Philbrick
Family Fund**

Tina Bell Torrance Family Fund
Bill & Margo Bell

Ed Fleming
Rochelle F Mitchell

Fleming Family
Samantha Swaim

Karyn Giles
Mr. & Mrs. Mike Bridges

Dick Gumm
Larry Latkin

John Gunlogson
Elaine Girard

Gary Hahn
Nina Ramsey

Richard Hammermaster
Mr. & Mrs. Andrew Helling

Charlie Hertz
Roy Kornbluh
Mr. & Mrs. Bruce Marson
Lynn Wilson

Bill Hesse
Rubina Carmona

Clark Hiatt
Jeff Hiatt

Bill Hunt
Shari Dunn Krueger

Chris Jewell
Mr. & Mrs. John Fallon
Dianne L. Girard
Craig Howard
Dana Scarp

Peter Johnson
Lisa Swenerton

Lewis Kelley
Joan Kelley

Chris Knickerbocker
Reba Knickerbocker

Jean Kolb
Kirsten Elling

Gisela Kriebaum
Roger W. Kriebaum

Stan Kweciak
Renate Kweciak

Isabelle Losvar
Albert Losvar

Loved ones with Parkinson's
Jody Meldrum
Krystie Rose Millich
Donna Ullman
Jessie Waltho

Laurie Mann
Mr. & Mrs. Donald A. Browning
Cheryl Gibson
Mr. & Mrs. John Jensen
Mr. & Mrs. Bruce Miller
Rusty Miller
Mr. & Mrs. Jim Morrison
Mr. & Mrs. Ronald S. Norman

Steve Marsh
Martin Korb

Fred McMullin
Mr. & Mrs. Preston McMullin
Mr. & Mrs. Mike Petersen

Margaret Mentzel
David Hilmer

Vera Miller
Lisa Watson

Stanley Moress
Mr. & Mrs. Joel Altshule

Karen Painter
Joan J. Chapman
Mr. & Mrs. Victor Painter

Jim Ross
Judy Ross

Abe Saland
Mr. & Mrs. Irwin Volin

Marcie Sewell & Tom Sexton
M. Laverne Sewell

Ian Smith
Mr. & Mrs. Mike J. Bosko

Charlie Swaim
Christopher Quinn

Christine Thorson
Duane S. Thorson

Steve Van Dyke
Mr. & Mrs. Steve Sieg

Leendert Van Wezel
Rochelle F. Mitchell

Gary Wallace
Lindsay Ledford

Elizabeth Wold
Mr. & Mrs. John M. Anderson

Susan Wrigley
Mr. & Mrs. Richard Gibson

Stephen R. Yarnall
Mr. & Mrs. Donald M. Fowler

Natalie Yurdin
Lisa J. Frank

Cassandra Zarkades
Mr. & Mrs. Bob LaRussa

IN MEMORY

Don Andrews
Cari Andrews
Christine Reeder

Leona Austin
Paul Austin

Olga Barcenas
Nina Barcenas

Fern Corum Bartlett
Mr. & Mrs. Karl A. Boehmke
Mr. & Mrs. John Kizer



INFORMATION WON'T CURE PARKINSON'S, but it's the first step to discovering the possibilities of living well. Here are a few informative events around the region.

Washington

- Overcoming Obstacles for Change and Taking Back Your Energy. September 12, 2 to 3:30 p.m. Kent Senior Center, Kent. No cost. Call 877.980.7500.
- An Evening in SoDo, Northwest Parkinson's Foundation Annual Fundraising Dinner, September 28, 6 to 9 p.m., Sodo Park. Call Joseph DiChiaro, 206.748.9481.

- Dance for Parkinson's™ classes. Every Thursday in October. Garfield Community Center, Seattle. No cost. Call 877.980.7500.

Montana

- Patient education in Kalispell. October date to be determined. Call Lydia Skoog, 406.455.2064.

Alaska

- Brain Health for Parkinson's. September 22, 2:30 to 4 p.m. Providence Alaska Medical Center, Anchorage. No cost. Call 877.980.7500.

Check our website (nwpf.org) for more event listings.

James R. Bell
Tiffany Lindbloom

Charles J. Boyce
Iris Boyce
Jessie McDonald
Mr. & Mrs. Tom Piercey

Boyd Brockmier
Leslie O'Dell

Leon Burke
Mr. & Mrs. Glen A. Hauskins

Ernest Burley
Mr. & Mrs. Walt Morse

Barbara Butzgy
Mr. & Mrs. Jimmie B. Happney
Jeri Veirs

Marie Cardott
Betsy Carmona

Ed Carroll
Tom Carroll

Bernadine Caufield
Mr. & Mrs. Jerry Ferguson
Mr. & Mrs. Ronald C. Huffer
Mr. & Mrs. Mohammad Khoshnood
Louise C. Kirkland
Jean B. Michels
Mr. & Mrs. Edward Tharp

F. M. Cooper
A. J. McElfresh

James B. Crocker
Mr. & Mrs. William Crocker

Mildred Decker
Kara Rogers

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Jeri Veirs

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David Duncan

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Peter J. Hugret
Becky Jackson
Mr. & Mrs. Terry R. Johnson
Florence M. Simmons

Samuel Fishman
Ilona Fried

Benoit Gabbay
Alyssa Gabbay

Karen Gardner
Kayla J. Schuler

Glo
Annie LaRussa

Nina Grass
Eileen Gilmartin

Bob Habegger
Janet B. Zema

John Hepworth
Mr. & Mrs. Arthur T. Duncan

Eric Herdman
Jan Herdman

Clark Hiatt
Cody Hiatt

Patsy Hoffman
Mark & Sue Petersen

Bryce L. Holland
Mr. & Mrs. Bryce Holland

John K. Hoover
Sandra Hoover

Wayne Hunter
Mr. & Mrs. Jeffrey Fehr

Lee S. Jackson Jr.
Sue Jackson

Beverly E. Johnson-Payne
Ferguson-Florissant School District

Jeannie Kelly
John A. Kelly

Henry Krapf
Edna M. Price

Lizzie and Zeus
Mr. & Mrs. Les Standley

Robert Loudon
Mardi Port

Dick Malnory
Mr. & Mrs. Jimmie L. Jones

Herb McClosky
Karine McClosky

Grandpa and Grandma McDougall
Nancy Andrist

Herb Miller
Mr. & Mrs. David L. Terpening

Joseph Brian Morris
Patrick Callahan
Marina Herrera
Kathleen McDonnell
Seth Morris
Suzanne Morris

Judy Nack
Junae Laske

Joseph Nilles
Mr. & Mrs. Duane Beck

Wally Nugent
Michael Schmitt

Natalie O'Neil
Philip W. O'Neil

"Papa" Ouellet
Diana Marshall
Doug Schantz

Mary Jeanne Passé
Mr. & Mrs. Robert D. Boyce
Mr. & Mrs. Harold Rubin

Ove Pearson
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Denise Spencer

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Meredith Dimperio

Mia Van Rijn
Jenna Van Rijn

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Marilyn Flynn

Dorothy Ann Wampler
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Dorothy Watson
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YARDENING | CONTINUED FROM PAGE 1

reminded that I am dealing with, Parkinson's disease.

Sure, I fumble with the nippers and I do have difficulty at times opening those tamper-proof fertilizer containers.

But no matter. I am focused on something outside myself, something external.

I find that the simple act of caring for something like a rose or a tomato plant helps me maintain a wider perspective—the perspective that my life is not defined by Parkinson's.

So, let's all resolve to keep our perspective and not be defined by a disease.

Monica Weidman tends her garden in Tacoma, WA.

TEAM | CONTINUED FROM PAGE 2

Vitolo, Becky Walling, Brianna Walling, Marc Weiss, Rich Wheelen, Corey Whiteman, Andrew Wodka, Daniel Young, Diane Young and Peter Young.

Volunteers

Jacque Beason, Pete Beidler, John Boe, Carol Bolt, Patrick Donahue, Kapri Fleming, Sylvia Graves, Kim Hall, Diane Hamlin, Beth Hardison, Jan Herdman, Sarah Jewell, Yegor Kipkalov, Bob Knickerbocker, Shelly Krishnamurty, Grace Ann Lane, Mary Jane Lane, Elise La Russa, Gail La Russa, Paul La Russa, Rayna Liekweg, Lisa Marin, Amy Meckling, Cathy Oas, Maureen O'Hara, Sue Petersen, Anne Ryan, Ann Schilling, Paula Sonker, Storm Webb, Mariann Wilson and Kimberly Young.

HOUSING | CONTINUED FROM PAGE 5

The number and range of services available in assisted-living facilities is growing rapidly. The perception that assisted living only serves seniors or people with memory disorders is outdated. Facilities are becoming more and more sophisticated, with evermore amenities and services available.

Assisted living can play a significant, meaningful role in the care, happiness and well-being of those who need it.

For information about assisted-living facilities in your community, contact your senior information and referral office or Senior Services agency.

Article written by the staff at Assisted Living Directory (assisted-living-directory.com) and excerpted here with permission.