One Good Turn

Chad and Kristen Pierson find fulfillment in giving back
Table of Contents

- From the Staff
- Contact Us
- From Our Medical Director
- Caregiving Resources
- Cover Story
  One Good Turn:
  Couple finds fulfillment in giving back
- Move!Ability and Exercise Groups
- Past Events
- Kudos
- Move!Ability
- Tools You Can Use
- Donors, Donations
- Links, Resources and Sign Language
- Support Groups, Membership Application

Reader Submissions
Live it! magazine is intended to be a voice for the Parkinson’s disease community, and we are pleased to consider article, art and photo submissions for future issues from our readers. Please send your submission requests to Iowa Parkinson’s Disease Information and Referral at UnityPoint Health – Des Moines, 1200 Pleasant St. E-524, Des Moines, Iowa 50309, with Live it! on the attention line, or email them to informreferral@apdaiowa.org. Please note: The decision to include reader submissions is at the discretion of the editorial staff. The editorial staff reserves the right to edit or otherwise alter any material submitted. If you would like submission material returned to you, please include a stamped, self-addressed envelope.
Dear Live it! Readers,

In recent months you have more than likely heard of Robin Williams’ passing. The entire world grieves this talented actor and comedian. When it was revealed that he had Parkinson’s disease, Parkinson’s organizations offered help and information to anyone struggling with depression, a common symptom of the disease.

Many people were surprised to find that depression was a common symptom for those with Parkinson’s disease. We are all familiar with the other outward manifestations of the disease like a tremor, slow movements, a soft voice, and poor balance or unstable walking. These are all motor symptoms and are easily observable.

But what really makes Parkinson’s disease the insidious presence that it is are the non-motor symptoms. These symptoms cannot be seen and sometimes go on and even the patient fails to realize the connection with Parkinson’s disease. Symptoms such as the loss of smell, drooling, constipation, incontinence, or sleep disturbances can join depression and one or more of the motor symptoms to create a unique disease in each and every one of us with Parkinson’s disease. I have begun to call these the ‘Dirty Little Secrets’ – symptoms many of us experience but seldom want to talk about.

As we enter a time of the year that tends to isolate those of us living in Iowa because of the weather, it is important for those living with Parkinson’s not to get totally isolated. Surround yourself with the person or group of people that makes you feel happy. No one person has all the answers, but we encourage you to lean on those supportive family and friends who bring joy and happiness in your life. It could even mean pampering yourself with your favorite movie or music or hobby. Friends, family, favorite pastimes and activities are things we all have that can support us on this journey.

With each issue of Live it! we try to offer you information and stories that help you on this journey. In this issue we bring you Chad and Kristen Pierson from Hubbard, Iowa – advocates and motorcycle enthusiasts. They have rallied their group of friends to not only raise money for Parkinson’s but for various other causes and charities.

The Parkinson’s community in Iowa is active and growing. The more people understand and learn about the disease, the more they are willing to support the cause to ease the burden and find a cure.

Here’s hoping you have a great holiday season and a mild winter. See you on the other side!

Sincerely, John Krumbholz
Iowa Chapter of the APDA Board Co-President
from our medical director

The Iowa Parkinson’s Disease Information and Referral Center and Live it! magazine are privileged to have board certified clinical neurologist Lynn Struck, MD, as our advisory Medical Director. Dr. Struck is on staff with UnityPoint Health Physicians, Des Moines, and is a leading expert in movement disorders in Iowa. She has focused her career on advances in treatment of her many patients with Parkinson’s disease and ongoing research to find better treatments and, ultimately, a cure.

Fatigue and Parkinson’s Disease

Fatigue is a common symptom in Parkinson’s patients and can be a disabling symptom that affects activities and quality of life.

A recent study reviewed fatigue in 394 patients. They found that about one third of patients reported significant fatigue. This symptom was more common for those with a poor quality of life, serious social and psychological behaviors, higher severity of depression, and sleep disturbances.

Fatigue is a very subjective symptom. What one person has difficulty coping with another might be able to tolerate without difficulty. Nonetheless, it is important that we do further research to find better treatments for the fatigue in Parkinson disease. We are currently limited in medications to treat fatigue, but you should discuss treatment options with your physician. Also, the literature regarding what, if any, medications used in the treatment of Parkinson’s may intensify fatigue if mixed with other medications.

If you are struggling with fatigue, you should discuss this with your neurologist. They will be able to review what could be contributing to your fatigue and recommend treatment options.


Copyright Statement:
Statement of Copyright
The entire contents of this magazine are copyrighted under United States copyright laws by the Iowa Parkinson’s Disease Information and Referral Center. All rights reserved. Written permission from the Iowa Parkinson’s Disease Information and Referral Center is required for reposting, republishing or retransmitting any material in this publication.

What You Can Do Without Written Permission
Articles may be reproduced only if the text of the article is reproduced in its entirety and attributed to the Iowa Parkinson’s Disease Information and Referral Center.

What You Cannot Do Without Written Permission
Reproduce any Iowa Parkinson’s Disease Information and Referral Center materials within any commercial publication or for any commercial purpose. Print more than a single copy for your personal use.
November is National Family Caregiver Month. Caregivers make up 29 percent or 65.7 million of the U.S. adult population, providing care to someone who is ill, disabled or aged. There are different types of caregivers: spouses, children, family members, friends and professional caregivers. There are a wide variety of caregiver resources to choose from depending on your needs. Here are some resources within Iowa and outside of Iowa that may be helpful for caregivers:

**Iowa Area Agencies on Aging**

Iowa’s Area Agencies on Aging will guide you to a multitude of services including nutrition, long-term care, legal aid and caregiver assistance among many others. There is no charge for information and referral services.

Visit [www.iowafamilycaregiver.org](http://www.iowafamilycaregiver.org) to contact your local area agency on aging.

**Easter Seals Iowa Rural Solutions Program**

Offers home modification consultations, peer support, information and referral and equipment loan.

Any farm family member with a disability or individual with a disability living in a town with a population less than 2,500 is eligible for services through the Rural Solutions program. Easter Seals Rural Solutions services are provided free of charge.

To apply for this service contact Renee Bell for additional information at (515) 309-1783.

**Caregiver to Caregiver Program**

Let the APDA National Young Onset Center help you expand your Parkinson’s support network by connecting you with another person who has a profile similar to yours.

Visit [www.youngparkinsons.org](http://www.youngparkinsons.org) or call (877) 223-3801 for more information.

See page 18 for websites on other caregiving resources. Need more help? Call the Iowa Parkinson Disease Information and Referral Center at (877) 872-6386 or email informreferral@apdaiowa.org
For the last five summers, a striking procession has rumbled down the roads of central Iowa. The Shake, Rattle, and Roll motorcycle ride and fundraiser was started in 2009 by Kristen and Chad Pierson of Hubbard, Iowa, with their motorcycle group to raise awareness and money for Parkinson’s disease research. This event is just one of the ways the Piersons give back to their community, but the cause is particularly close to their hearts—Chad was diagnosed with the disease in 2006.

Chad was born and raised in Hubbard, and Kristen, who was born in nearby Iowa Falls, was his junior high sweetheart. They celebrated their 25th anniversary in April. After their marriage, Chad became a welder, then settled down in his hometown to become a farmer, which he did until 1995. He started work at John Deere in 1993, and it was this job that led to his diagnosis. After injuring his arm in a skid loader, Chad went to physical therapy. The therapy didn’t seem to help—his dexterity decreased to the point that he couldn’t even hold a pencil to sign his name.

He went to a specialist, who quickly diagnosed him with PD. Kristen said she was in denial: “We walked right out the door, but other specialists said the same thing.” Chad, on the other hand, said he knew immediately it was true. He had been experiencing minor symptoms since 2003, and the injury simply brought it to the forefront.

“I was so scared,” remembered Kristen. “I thought life was over. We were very active people, so I thought we’d be transformed into homebodies. The biggest thing for Chad was to keep riding his motorcycle as long as possible.” Chad got his first motorcycle when he was about four years old, and Kristen and Chad both belonged to a motorcycle group. The group decided to call itself Lost Cause because getting everyone together for a motorcycle ride seemed to be a lost cause. The group is like family to the Piersons.

When Chad was diagnosed, their motorcycle family learned the signs and symptoms of PD, and they can now help him out. “A 300-pound biker is good to have around for when you fall down,” Chad says. A couple of guys in the group knew he wouldn’t be able to keep riding on two wheels forever, so they
entered him in the Good Turn Trike Award sponsored by Lehman Trikes. The winner would receive a kit worth $20,000 for his or her motorcycle to convert it from a two-wheel bike to three-wheel trike. They wrote articles and made films and recordings to argue their case for Chad to win the national award—and it paid off. When Lehman Trikes traveled to Hubbard to present Chad with the prize, the city closed Main Street for the celebration.

The trike means Chad can participate in the group’s nearly weekly get-togethers to ride, go out to eat, or attend fundraisers across Iowa. They also do three large events every year: a weekend getaway, a fun run, and the Shake, Rattle, and Roll fundraiser for PD. The fundraiser was started after Chad won the Good Turn Trike Award—he felt that one good turn truly deserves another. When friends wanted to hold a benefit to raise money for him, he said he would rather raise money for research in the hope of finding a cure.

For the last two years he and Kristen and Lost Cause members have partnered with the Iowa Chapter of the American Parkinson Disease Association. The fundraiser consists of a live and silent auction, food and music, a dunk tank, and a short ride for motorcycles and cars. The group has sold cookbooks, patches for vests, koozies, t-shirts, and sponsorships. Everything is usually donated, from the food to the port-o-potties. The local newspapers print their press releases, and law enforcement cooperates to handle more than 300 motorcyclists and other guests. The benefit raised more than $40,000 in 2013 alone and has raised well over $100,000 total since it began.

This year’s fundraiser took place on August 23 and featured a ride route from Story City to Baxter to Maxwell. “Our families are phenomenal and help set up while we go on the motorcycle ride,” said Kristen. “We have a committee to plan the fundraiser. It’s a lot of work, but it is well worth it in the end.”

Chad and Kristen, along with the rest of their motorcycle group, find other ways to give back throughout the year. Once a month, all members bring in food items and donate them to food banks. For a Christmas in July event for a Des Moines children’s hospital, they collected $2,000 worth of
Young Onset Information

The American Parkinson Disease Association’s Young Onset Center in Winfield, Illinois is one of a kind in the United States. The Center primarily focuses on information and issues that are important to those diagnosed at a younger age (median age for being diagnosed with Parkinson’s is 62). “Young” can mean different things to different people – Young Onset Parkinson’s is typically considered someone diagnosed under the age of 50.

The Center has great information, stories and even a Person to Person connect program!

Call the APDA Young Onset Center at (877) 223-3801 or email them at apda@youngparkinsons.org. See more at: www.apdaiowa.org/young-onset-parkinsons

toys. This winter Kristen heard the homeless shelter was running out of warm clothes, so she gave the motorcycle group one week to come up with donations. They ended up with four pickup loads of boxes full of clothes. They attend benefits across Iowa for people with diseases, and feel especially inspired to visit those for children. “Kids with cancer are the hardest ones,” says Chad. “We’re lucky—Parkinson’s is easy compared to that.” Chad has been known to bid a pie up to $250 at such benefits. “It’s pretty fulfilling to give back,” adds Kristen.

Though this might seem like an action-packed lifestyle, the Piersons have had to modify their activities since the diagnosis. “We are a lot more patient than we were before,” says Kristen. “We used to be spontaneous people. Now we’re spontaneous people with a plan. We live life in the slow lane. But God never dishes out more than we can handle.”

One reason Chad has been able to stay active is the deep brain stimulation (DBS) surgery he underwent three years ago in January. Chad still takes his medication, walks frequently and stretches, takes care of the house, and plays with their dogs, Aussie and Blue. He also uses his farming and mechanical expertise to help his neighbors—for example, a neighbor might bring over a lawnmower for him to take a look at. The couple tried attending a support group, but most of the members were older, and Chad, in his 40s, found it difficult to relate to their experiences and life outlook. Chad and Kristen don’t read much about the disease because it can become overwhelming. Instead they take it one day at a time.

“I’m not mad about PD,” says Chad. “There are a lot worse things I could have. Parkinson’s is a doable thing. But if it wasn’t for the caregivers, I don’t know where people with PD would be. People always ask how I’m doing, but they never ask how Kristen is doing.” Kristen adds that she has seen stories about people with PD whose significant others left because they couldn’t handle it. The key, she says, is patience: “I’ll be the first one to tell you it’s hard. But I wouldn’t change a thing. It has probably made us better people.”

“And I was pretty darn good before,” adds Chad.

The Lost Cause motorcycle group is like family to the Piersons
Exercise groups

Delay the Disease Classes

**Algonia** - Algona Family YMCA, $12 for a 6 week session, Contact Jeni Car at jeni@algonaymca.org or (515) 295-7701

**Atlantic** - Heritage House, free. Contact Jon Jordan at (712) 243-1850 or jjordan@wesleylife.org for information.

**Carroll** - Every Thursday at 11 a.m. at St. Anthony’s Hospital in Carroll. Contact Tabetha Ernster at (712) 792-3581 or Melissa Schultes at (712) 794-5815.

**Cedar Rapids** - Stonebridge Church, Mondays and Fridays at 10:30 a.m., free, call (319) 431-5332.

**Clive** - YMCA Healthy Living Center, payment required, call (515) 226-9622 for more information.

**Des Moines** - Wesley Acres, free, every Wednesday at 1 p.m., pre-registration is required, call (515) 271-6500 for more information.

**Iowa City** - 28 South Linn Street, payment required, for more information or questions please contact instructor Kris Cameron (319) 361-7673 or email renuyourlife@yahoo.com

**Muscatine** - Muscatine Community YMCA, contact Anthony Krumholz at (319)981-3321.

**South Sioux City, Nebraska** - Norm Waitt Sr. YMCA in South Sioux City, payment required, contact Jacque Perez, Wellness Programs Coordinator, at jperez@nwsymca.org or (402) 404-8439.

**Spencer** - Mondays and Thursdays, Contact the Spencer YMCA for more information at (712) 262-3782.

**Waterloo** - Covenant Wellness Center. Registration is required. Contact Timi Brown, Med-Fit Facilitator, Wheaton Franciscan Healthcare- Iowa, at (319) 272-1755 for more information.

**West Burlington** - Great River Medical Center, Hawkeye Room, 12:30 p.m. every Thursday, instructor Matt Kelle. Call the Great River Medical Center High Performance Center (319) 768-4112 for more information.

**Williamsburg** - The class meets on Wednesdays from 9am-10am for 6 weeks and is FREE. Contact instructor Kris Cameron (319) 361-7673 or email renuyourlife@yahoo.com.
2014 Iowa Parkinson’s Disease Conference

“Ya Gotta Move It!” on Friday, June 20, was a wonderful day filled with information on various topics related to Parkinson’s disease. More than 400 people attended the conference in West Des Moines, which included keynote presentations and breakout sessions. A DVD for purchase of the keynote presentations and video links are available at www.apdaiowa.org.

Thank you to Teva Pharmaceuticals, US World Meds, Medtronic, UCB and UnityPoint Health for their support!
Iowa State University’s Singing Study Choir

Participants in ISU’s singing study performed a concert for the public in Ames on Friday, September 26, led by Dr. Elizbeth Stegemoller, ISU researcher and assistant professor in the Department of Kinesiology.

NW Iowa Symposium

The NW Iowa Parkinson’s Disease Symposium was held on Saturday, October 25 in Sioux City and featured Dr. Diego Torres, Neurologist, University of Nebraska Medical Center; John Baumann, Motivational Speaker; Jacque Perez, Delay the Disease Instructor/Wellness Director at the Norman Waitt Sr. YMCA; Katy Hendron, Physical Therapist from the Center for Neurorehabilitation at Boston University; and Mike Kendall, Social Worker and Team Leader of Senior Outreach Counseling at Eyerly Ball Community Health Mental Services in Des Moines. Over 100 people attended for a knowledge-packed day! Thank you to Medtronic and Interstates Foundation for their support!

RAGBRAI

This year we had a few representatives from the Chapter participate in RAGBRAI. Rich Mills, Chapter vice president, and Jeff Molander, Chapter Co-President, rode on different days of RAGBRAI.
Thank You to the Lost Cause Riders Motorcycle Group

They raised over $30,000 for the Iowa Chapter of the American Parkinson Disease Association with their annual Shake, Rattle and Roll Fundraiser - “Shaken, Not Stirred” on Saturday, August 23, 2014.

We are grateful for your advocacy and generosity! Special thank you to Chad “Beads” and Kristen “Teen” Pierson for their support.

(Pictured above with LaDonna Molander, center)
Grey Out Night

Thank you to the East Sac High Girls’ Varsity Volleyball Team in Sac City, Iowa, for their annual Grey Out Night on Tuesday, September 2, 2014.

They raised more than $3,000 for the Iowa Chapter of the American Parkinson Disease Association.

This is the fifth year the team has held the fundraiser in honor of their coach, Dave Waggie, who has Parkinson’s and is a teacher at East Sac High.

Eastern Iowa Parkinson’s Golf Classic

The Cedar Rapids Parkinson’s Foundation held its annual golf classic on Saturday, August 23, 2014. Participants raised more than $10,000 for the Iowa Chapter of the APDA and had a wonderful golf-filled day.
PD Walkers Participate in the Des Moines Marathon

The PD Walkers participated in the Des Moines Marathon on October 19, 2014, and raised over $13,000! Thank you to all PD Walker participants and those who donated!

**PD Walkers 2014 Participants**
Lynette Barrus
Marie Burrows
Sheila Burton
Kris Cameron
Catie Clemens
David Findley
Jessica Findley
Kara Findley
Ervin Fopma
Gayle Fopma
Karen Halder
Cindy Harris
Debra Heard
Richard Heard
Terry Hertges
Becky Holmes
Jennifer Johnson
Angie Klobnak
Alayna Lemcke
Elizabeth Lemcke
Armond Luthens
Erik Luthens
Penny Luthens
Marilyn Magel
Bill Mather
Caitie Mather
Dean Mather
Joe McConkey
Cecilia McLaughlin
Al Mews
Amy Mews
Clara Mews
Jayme Mews
Rodney Moe
Sabrina Moe
Jeff Molander
Krislyn Molander
LaDonna Molander
Ryan Molander
Jon Muller
Colleen Norgren
Roger Norgren
Missy O’Connor
William Olson
Jackie Pekarek
Laurie Politzer
Kim Poll
Jessica Pritchard
Trina Radske-Suchan
Jenny Snyder
Barb Stokes
Dean Sweeney
Marisa Tank
Brian Town
Brooke Twist
Jesse Veenstra
Kevin Wagner
Lynette Wagner
Megan Wick
Louise Winter
Kris Cameron
Jo and Cosmo Catalano
Rita Christianson
Alaine and Harold Claye
Terry and Rachelle Coomes
Scott and Jana DeWhurst
Richard and Susan Elwood
Jan Ferris Goodshop,
Los Angeles, CA
Courtney Goodrich
Jeff and Melissa Grinstead
Janet Hasstedt
Richard and Debra Heard
Allan Heggs
Harlan and Sandy Heidecker
Terry and Bob Hertges
Betty Holmes
Darren and Julie Homb
Marv and Cathy Hoppenworth
Angela Hunt
Chris and Kristy Huston
Keith and Jon Icenbice
Tom Johnson
David and Mada Jones
Elizabeth Kane
Dr. John and Sherle Kasik
Al and Verna Klyn
Glen and Janet Knight
Sharon Kolosik
Linda and Ralph Kundtz
Coleen Landheer
J. Nugent Leonard
Luthens Law Offices,
Erik Luthens
Marilyn Magel
Clara Martens
Marilyn Mather
Dean Mather
Patricia and William McGill
Albert and Jayme Mews
Al Mews
Jerry Miller
Palmira Mitchell
Jeff and LaDonna Molander
Roger and Colleen Norgren
Ruth and Darwin Oehlerich
Cindy and William Olson
Theresa O’Rourke
Jerry and Sherry O’Rourke
John and Kathy O’Rourke
Stephen and Carla Paugh
Curt Paugh
Lynne Paulsen
Jolene and Jon Robberson
Karen and Neil Rohlena
Sharon Rupard
Bruce Scheib
Isabel Schneider
Marisa Tank
Matt and Elizabeth Tate
Brian and Sarah Town
Ron Van Berkum
Melody and Daryl Van Dee
Jennifer and Bret Voorhees
Clayton Voss
Ann and Lornel Wheeler
Megan and Alex Wick
Louise Winter
Darrell and Shirley Wyrick

Many Thanks to Everyone!
The safety and stability of a walker provides peace of mind. A U-Step Walker provides additional stability, maneuverability and control. The U-Step Walker generates many questions when I visit the Parkinson’s support groups in Iowa. This article will summarize those questions as well as the latest and greatest features.

**QUESTION: Why is this walker called U-Step?**
It has a unique U-shaped base that provides a stable foundation. The user is supported on three sides, and the wide base and heavier weight provide stability.

**QUESTION: Why so many wheels?**
The walker has seven wheels, which allows you to swivel and to traverse uneven surfaces. The main turning wheels are in the middle of the base, which allows you to turn and maneuver in tight areas like hallways, washrooms and doorways.

**QUESTION: What is different about the brakes?**
The braking system is reversed. The U-Step will not roll until you lightly squeeze the handbrake. This prevents this walker from rolling away from you.

**QUESTION: Is the U-Step Walker just for Parkinson’s patients?**
Although at times it is referred to as a Parkinson’s walker, people with multiple sclerosis, strokes, brain injuries, ataxia or balance disorders also find that this walker provides the best mobility for them.

**QUESTION: Will my insurance/Medicare pay for a U-Step Walker?**
You will need to check. Most insurance covers walkers but you may need a letter from your neurologist to qualify for the U-Step.

**QUESTION: What if I am really short or really tall?**
The U-Step Walker has a standard 22 inch seat height. A special frame can lower the seat height to 19.5 inches. The company also offers a customized handlebar that raises the grip height from 38 to 41 inches for taller clients.

**QUESTION: What is this “optional” laser feature?**
Pressing the red button on the handle activates a bright red laser line that shows on the floor. That helps with Parkinson’s “freezing” as a prompt to move your feet.

**QUESTION: Does the U-step Walker fold up for transport?**
Depending upon the model, there are one or two quick-release levers by the seat which allow you to fold the walker. It is still heavy at 20+ pounds but will fit in most vehicles.

**QUESTION: The U-Step 2 has come out. What’s new?**
A couple of things: the U-Step now folds and unfolds with a single lever. It previously had two levers. The front casters are larger to better handle uneven surfaces. It weighs three pounds less so it is also easier to handle. It incorporates a curb step on both sides. There is a sound-cuing module to help assist with walking speed. You can also order optional weights to increase stability of the walker.

**QUESTION: My doctor doesn’t seem to be familiar with the U-Step Walker and needs more information. Whom do I contact?**
You can call 1-800-558-7837 or access information at their website: www.ustep.com
Many companies and corporations will match your tax-deductible gift and double or triple the amount contributed to continue the APDA mission “To ease the burden and find a cure.” Gifts can be in the memory of a loved one, friend or to celebrate a special occasion. A card is sent to the designated person telling them of your generosity and thoughtfulness.

Please send your donations to:
- Iowa Chapter of the American Parkinson Disease Association, Inc.
  PO Box 507, Waukee, IA 50263
  www.apdaiowa.org

In Memory:
- In Memory of Sylvia Burke
  Donor Name:
  Sabah Ul Nasar Ahmad Ali
  Jack and Catherine Cline
  Gregory and Lisa Eittreim
  Jamie and Christine Ewing
  K.J. Harkin
  L.J. and Pauline Hildebrand
  Terry and Gwn Luloff
  Hollace Paternoster

- In Memory of Cathleen Curry
  Donor Name:
  Shari Benson
  Jaqueline Curry
  Timothy Curry
  Sara Duhrkopf
  Edelman Financial Services, LLC
  Gristmill Enterprises, Inc.
  Mary J. Jaeger
  Carol and Marlene Kastler
  William and Marcia Newton
  Peggy Peters
  Bill and Mary Schertz
  Larry and Dee Ann Wilson

- In Memory of Peg Diedrich
  Donor Name:
  Janine and David Frettim

- In Memory of Keith Gray
  Donor Name:
  Pam Gray

- In Memory of Leo J. Haman
  Donor Name:
  Bradley & Riley PC
  Clifford and Irene Eimen
  Mary L. Haman
  Michelle Kappmeyer
  John and Mary Krumbholz
  Leo and Theresa Leinen
  Joel and Diane Thompson
  Riverside Casino & Golf Resort
  Thermafiber, Inc.

- In Memory of Helen Thompson Haupert
  Donor Name:
  Roger and Colleen Norgren

- In Memory of Dorothy Kieffer
  Donor Name:
  Thomas & Sharon Johnson
  Thomas K Kieffer
  Heidi Morse

- In Memory of Carol Kramer
  Donor Name:
  Mardell Ahnen

- In Memory of Patrick Lanphere
  Donor Name:
  James (Jim) & Jennifer Lanphere

- In Memory of Eldon L. Mann
  Donor Name:
  Carolyn N. Mann
In Memory of Wayne McCullough
Donor Name:
William F Angell
Jim and Barb Bennett
Cory Berry
Robert and Helen Berry
Arthur and Deanna Bocchino
Thomas and Janet Boulund
Carol Lou Bruhn
Edward and Rosemary Caliger
Phillip and Mary Jane Chalupa
Douglas B and Linda L Coder
Raymond and Mary Danz
Tim and Vera Edwards
Robert and Susan Freers
Julia L Fox
W and D Hays
Donald and Carolyn Judge
Dennis and Phylis Kurriger
Jay and Lea Ann Logel
Richard and Evelyn Marr
Robert and Eleanor McCleary
Wanda J McCullough
Robert and Betty McMahon
Gary and Kay Moeller
Jim and Mary Noble
Charlene O’Brien
Harold and Jane Ogilvie, Jr.
Thomas and Sandra Plemmons
Mark and Rhonda Strajack
Patricia L Vanyo
Marilyn Wagler
James and Rhonda Wittmer
In Memory of Harold Ness
Krumboltz
Donor Name:
Duane and Margie Burchett
Bernard and Marla Crawford
Frederick and Marilyn Hawkins
Ritha Ness
In Memory of James Parrott
Donor Name:
Richard and Joyce Borg
Mary Crouse
Garland and Linda Evers
Donald and Velma Frank
John Hutchison
Carolyn Kellen
Lois E Kjar
Michael and Diane Lewis
Marshalltown Fraternal Order
of Police No 2
Gary and Julie McFarling
Larry Meggers
Linda Mortimer
Beverly Peterson
Edward and April Poulsen
Jo Ellen O’Neal
Roger and Heather Soener
Edwin and Evelyn Spiller
Edgar Tegtmeier
Diana Tomlison
Diane Waalk
James Walters
Lauri Weissenerburger
Kris and Sherry Wilkinson
Roger and Beverly Williams
In Memory of Connie Robinson
Donor Name:
Michael & Lynn K Struck
In Memory of Carlene “Joy” Schuld
Donor Name:
Alvin and Jeannette Bahlmann
Carol Bryan
Jean Byl
John and Barbara Dahlby
Terry and Sandra Dahlquist
Carl Eichler
Daniel and Carolyn Eggers
Randi Elesfson
Leann K Hoffman
Patricia Kunkler
Lula Health Care Center, LLC
John and Rosemary McKee
Keith Schultd
William and Janet Striepe
August and Barbara Waltmann
Lester Zelle
In Memory of Irene Schwarz
Donor Name:
Dianne Digney and
Pat McConohy
In Memory of Donald Earl Sneddo, Jr
Donor Name:
Melissa McCoy
In Memory of Robert Case Steele
Donor Name:
Ione and Drew Burham
Bill Chmelar
Mark and Linda Chmelar
Charles and Joyce Chorpening
Kenneth and Jane Ferguson
Judity Ann Fredregill
James and Nancy Hopkins
Gerald and Sandra Kinney
Charles Kivett
Mildred Lewis
Joseph or Delores Overturf
Norman W. Pogemiller
Katherine Salisbury
Thomas and Aileen Sandell
Kim A. Steele
Michael F. Tait
Elizabeth J. Wickman
In Memory of Berniece Sunken
Donor Name:
Norma Jean Thompson
In Memory of Daniel Welsh
Donor Name:
Arnold and Kay Gunderson
In Memory of Bob White
Donor Name:
Richard & Sharon Montgomery
In Honor:
In Honor of
Brian and Brenda Barnwell
Donor Name:
Jerome and Elaine Barnwell
In Honor of Paul Birocci
Donor Name:
Kay La June Fargo
In Honor of
Donald and Nancy Christensen
Donor Name:
Karl and Patricia Knutson
In Honor of Terry Hertges
Donor Name:
Mary Horslund
In Honor of John Krumbholz
Donor Name:
Alicia Jones Geiger
In Honor of LaDonna Molander
Donor Name:
Lowry Mfg. Co., Inc
Corporate:
Donations/Sponsorships
Bronze level - $1000
Interstates Foundation, in
honor/memory of founder
John A. Franken
Giving Campaigns
Nationwide United Way
Campaign
Prudential Foundation
United Way of Central Iowa
Wellmark Foundation

Donations:
Agree Transport Company
Brooklyn Bear Creek Community
Fund
Gerald Byers
John and Mary Crowley
Terri Dermody
Paul and Hazel Foote
Constance Greig
Russell and Nola Guthart
Amanda Royce-Hale
Jill Hellmer
Bruce Hubbard
Kepler Johnson
Scott and Michelle Jordan
Ann C. Kendall
Dan Koenig
Darrel and Marilyn Lind
Maurice Combined Appeal-
Maurice Women’s Club
Marion Moen
Francis and Audrey Murphy
Karen Nelson
Anzometta Nichols
Virgil and Louann Paulsen
Chad and Kristen Pierson
Gordon and Virginia Piper
Mary A Ritchie
Daniel A Ritchie
Robert and Mary Ross
Francis J. Murphy
Richard Schamerhorn
Barbara Stracke
Leonard and Carleen Tipping
Verena Pitzen Estate

Special Event Donations:
Des Moines Beer Week 2014
Jeffrey L. Bruning
Independence Theatres L.C./Fleur
Cinema & Café
Four Bridges Run, Shell Rock, Iowa
Jennifer Pothast
PD Walkers (Iowa Chapter APDA
event)
Myron and Janet Hasstedt
Pampered Chef Fundraiser
Sarah J. Petersen
Ice Bucket Challenge
Thomas and Jo Mounsdon
Jen Williams

Live it! | Fall 2014
Web Links
Here are a few helpful websites. See a more complete list, including information on clinical trials, prescription assistance, catalogs for adaptive equipment and clothing, and more at www.apdaiowa.org.

**Parkinson’s Disease - Iowa Statewide Resources**
Caregiving Information ...............................................................www.iowafamilycaregiver.org
Assistive Technology and possible funding sources..........................www.iowacompass.org
Iowa Prescription Drug Corporation (prescription aid) ....................www.iowapdc.org
Easter Seals Iowa Assistive Technology Center ...........................www.eastersealsia.org

**Parkinson’s Disease - General**
American Parkinson's Disease Association ..............................www.apdaparkinson.org
American Parkinson's Disease Assn, Iowa Chapter .....................www.apdaiowa.org
American Parkinson Disease Young Onset Center ......................www.youngparkinsons.org
Parkinson's Action Network ......................................................www.parkinsonsaction.org
American Academy of Neurology ..............................................www.aan.com
The Movement Disorder Society ..............................................www.movementdisorders.org
Living Well with Parkinson's Disease ........................................www.pdplan4life.com
National Institutes of Health: Parkinson’s Disease ......................nihseniorhealth.gov

**Caregivers**
National Family Caregiving Association ....................................www.nfcacares.org
Iowa State University Extension Family Caregiving ....................www.extension.org/family+caregiving
Lots of Helping Hands ..............................................................www.lotsahelpinghands.com
Caregiver Action Network .........................................................www.caregiveraction.org
AARP Caregiving Resources.....................................................www.aarp.org/caregiving

sign language

The sign for “socks” is made by pointing both of your index fingers down. Rub the fingers together a few times.
support groups

A special Thank You to all support group facilitators and members for all they do in spreading awareness across Iowa. Thank you for all you do!

Membership Application/Renewal or visit www.apdaiowa.org

Complete this form, detach and mail with a check to:
Iowa Chapter of the APDA
PO Box 507
Waukee, IA 50263

Membership Levels
☑ Advocate - $25 (Tulip pin)
☐ Hope - $50 (Tulip pin & bag)
☐ Optimism - $100 (Tulip pin, bag, t-shirt) Shirt size: DS ☐ M ☐ L ☐ XL
☐ Check here if you wish to “opt out” of the gifts that come with each level of membership.

☐ Mr. ☐ Mrs. ☐Ms. (Please print)

Last Name: ____________________________

First Name: __________________________

Spouse’s Name: ________________________

Address: ________________________________________________________________

City: __________________________ County: ______________ State: ______ Zip: ______

Phone: (_______)________________ Email: __________________________ Amount Enclosed: $__________

If you are making an additional donation at this time, please check one of the following:
☐ In Honor of: ____________________________ ☐ In Memory of: __________________________
☐ General Operating Support ☐ Research

A membership includes tri-annual Live it! magazine, bi-annual member newsletter (electronic version only) and discount to attend Annual Parkinson’s Conference.

Please check one of the following:
☐ Diagnosed ☐ Professional ☐ Family Member

☐ Check here if this is a change of address
Thank you

for reading Live it! Magazine,
and for your support

of the Parkinson’s disease community.