

SUMMER 2017

MINNESOTA | Newsletter of the Minnesota
American Parkinson Disease Association

MESSENGER

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PARKINSON'S DISEASE AWARENESS MONTH



Valerie Marquardt, M.S., CCC-SLP, speech-language pathologist, Courage Kenny Rehabilitation Institute at Mercy Hospital

A display of hand-hewn wooden bowls, music coming from homemade ukuleles, balance tests, and loud talking. Why were these things happening in the hallway of Mercy Hospital on April 11, 2017?

On World Parkinson's Day, members of the LSVT Community Class at Courage Kenny Rehabilitation Institute at Mercy Hospital decided that they wanted to raise awareness of Lee Silverman Voice Treatment (LSVT) Big and Loud Therapy as a treatment option for Parkinson's disease. The goal of LSVT therapy is to empower people living with Parkinson's disease to move and speak better.

Parkinson's Awareness Day was a good time to promote a greater understanding about Parkinson's disease and its symptoms. The members of the LSVT community group at Mercy Hospital hosted a public demonstration to show that the disease does not define them and that they continue to engage in meaningful hobbies.

For example, participant Al Maier creates beautiful wooden bowls. Another member, Bob Wilsie, started making ukuleles about a year ago. Susan Marx is vocal about how LSVT therapy (both physical therapy and speech therapy) have greatly improved her quality of life.

During the event, Physical Therapists Beth Millage and Erin Vesey conducted balance tests, and Speech-Language Pathologist, Valerie Marquardt, demonstrated how LSVT speech therapy works. LSVT participants were on hand to give vocal testimony about how the therapy has improved their quality of life. LSVT participants shared how their

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COORDINATOR'S COLUMN

Dear Readers,



Anushka Mohideen

I hope you are all doing well and enjoying a beautiful summer. As always, I encourage you to call me with any questions that you have about Parkinson's disease, support groups, exercise classes, other resources in

your community, and requests for books and informational literature about PD. You can reach me at **651-241-8297**, or email me at **anushka.mohideen@allina.com**.

The Minnesota Messenger has traditionally been released in spring and fall, and I am happy to share our first ever summer update of the Messenger with you. Summer updates of the Minnesota Messenger will spotlight the many exciting upcoming PD events in our community.

Spring was an eventful season for the APDA in Minnesota. World Parkinson's Disease Awareness Day 2017 took place on April 11. The APDA Minnesota Chapter corresponded with the office of Governor Mark Dayton about this important issue, and Governor Dayton issued an official proclamation naming April Parkinson's Disease Awareness Month in the state of Minnesota.

The **Spring 2017 Symposium**, presented in collaboration with the Udall Center for Excellence in Parkinson's Disease Research at the University of Minnesota, was a great success. Over 240 guests attended this event on May 13. I would like to thank our speakers and panelists for their participation. Dr. Daniel Corcos, Dr. Eleanor Orehek, Ann St. Jacques, CCC-SLP, Dr. Paul Tuite, and Dr. Lauren Schrock shared a great deal of valuable information with our guests. I would also like to thank our event sponsors: AbbVie, Acadia Pharmaceuticals, Lundbeck, Medtronic, and US World Meds, for their generous support of the Spring Symposium.

The Parkinson's Roadmap for Education and Support Services (PRESS) pilot support group for people newly diagnosed with PD (within the last five years) successfully concluded on June 8. APDA in Minnesota was one of only seven

locations across the country chosen to pilot this new support group. The PRESS group will have another eight-week session later this year or early next year, open to individuals diagnosed with PD within the past five years. This group addresses the unique and specific issues faced by people newly diagnosed, and it provides a safe place to share experiences, feelings, and strategies for coping among others living with PD. Stay tuned for more information about the next session of the PRESS program and how to register.

On July 25, APDA and the **Noran Neurological Clinic** offered a presentation on Deep Brain Stimulation as a treatment option for people with Parkinson's disease. 160 people attended this event, and we are looking forward to bringing this program to the community again in the near future. Please call or email me if you are interested in early sign-up for our next DBS program. Seats fill up fast!

The following pages and event invitations describe what APDA MN has in store for this summer. Please call or email me to register for these events. I hope to see you there!

The APDA Minnesota Chapter is preparing for our **Optimism Walk** on Saturday, October 14 **at the Jaycees Shelter** at Roseville Central Park in Roseville, MN. The Optimism Walk is APDA's fundraiser of the year – the funds that we raise at the walk support the APDA's excellent patient grant program. The more funds we raise, the more people we can help. This will be a fun community activity for people with PD and their friends and family. Aside from the walk, we will also have family activities like a free raffle, silent auction, cake walk, and exhibitions from local Parkinson's exercise programs. Register online today at **APDAparkinson.org/MNWalk**.

The Information & Referral Center is in the process of planning our **Fall Parkinson's Symposium** on October 28, 2017. You will receive the event invitation, with details about the topics and speakers of the day, in the mail by the end of this summer.

The I&R Center is expanding our digital offerings. If you are interested in receiving future issues of the Minnesota Messenger and other event announcements by email rather than postal mail, please email me so that I can add you to our Minnesota chapter's email list. I am also happy to send out informational literature on Parkinson's disease via email.

Warmest regards,

Anushka

PARKINSON'S DISEASE AWARENESS MONTH (cont. from cover)

balance and walking abilities have improved, and how family and friends could hear and understand them so much better.

Do you have Parkinson's Disease and would like to learn more about LSVT Big and Loud therapy?

1. Contact us for more information about the LSVT Big and Loud program at 763-236-8910, or email Valerie.Marquardt@allina.com.
2. Look for a LSVT certified speech-language pathologist and physical therapist near you at www.LSVTglobal.com.
3. Tell your doctor you would like an order for an evaluation and treatment for LSVT Big and Loud. You will complete an evaluation to determine if LSVT is a good fit for you. It's never too early or too late to start therapy!



Pictured from left to right: Al Maier, Susan Marx, Lisa Wilsie, Bob Wilsie, Beth Millage (PT), Erin Vesey (PT), Valerie Marquardt (SLP)

UPDATE FROM THE APDA MINNESOTA BOARD PRESIDENT



Patty Flynn, President of the American Parkinson Disease Association, Minnesota Chapter

Our new APDA logo and tagline “Strength in optimism. Hope in progress.” was launched in March 2017. We know that by definition “optimism” means to be hopeful and confident about the future of something. I would like to share a few examples of how the APDA Minnesota Chapter is seeing strength in optimism and hope in progress lived out in our community.

Earlier this year, we were successful in asking Governor Mark Dayton to proclaim April as Parkinson's Awareness Month in the state of Minnesota. We remain optimistic that the more awareness we can spread about this disease, the more support we can receive medically, emotionally, physically and financially. Financially, funds collected enable our local APDA chapter to host conferences and seminars, award grants, provide information and education, and fund scientific research. Each of those can give us “hope in progress.”

As many of you know, our chapter recently started awarding grants. These grants help defray the cost of the following: Parkinson's disease medication, exercise for Parkinson's disease, assistance at home, respite care, transportation, and driving assessments. Some of our grant recipients have written to us and shared the following.

- “All in all the grant money went a long way to living my life to the fullest.”
- “I've told several people in my class that on my drive home from the gym it's the only time I feel like I don't have Parkinson's.”

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UPDATE FROM THE APDA MINNESOTA BOARD PRESIDENT

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- “I want to thank you for the medication grant, every little bit helps.”
- “You don’t realize how out of shape you are until you apply yourself to a regimen and become stronger and more confident.”

Again, each of those statements can give us “hope in progress.” If you are interested in applying for an APDA MN grant, please contact our Information & Referral Coordinator, Anushka, via email or phone.

Our local board of directors is busy preparing for the upcoming 2017 Optimism Walk. This event will take place on Saturday, October 14th at the Jaycees Shelter in Central Park in Roseville, MN. I would like to invite you to join us for this fun event. This is a fundraising event that offers a short walk (1.1 miles) that is optional. It’s an opportunity to gather as a community and support one another in the journey with Parkinson’s disease as an individual, a friend, or family member of someone living with PD. When we gather together there is “Strength in Optimism.” Please mark your calendars and join us for a community filled morning of fun. The day will include a silent auction, exercise demonstrations, vendor tables, pharmaceutical exhibits, and raffle prizes.

Thank you for your ongoing support of our APDA Minnesota chapter. You all give our local board a reason to remain optimistic and hopeful about the future.

Sincerely,

Patty Flynn

MESSAGE FROM THE APDA BOARD OF DIRECTORS

The APDA MN Board of Directors is looking to grow in 2017!



Are you looking for a great organization to be affiliated with? Are you looking to give back and make a difference in the Parkinson’s community?

If you’re interested, or know a friend or family member who would enjoy being part of this wonderful organization, and volunteering with some amazing people who want to improve the life of all people living with Parkinson’s Disease in the state of Minnesota, please contact Patty Flynn (President of the Board of Directors) or Anushka (I&R Coordinator) for more information.

Patty Flynn: apdamn@apdaparkinson.org

Anushka: 651-241-8297, anushka.mohideen@allina.com



AMERICAN PARKINSON DISEASE ASSOCIATION



Minnesota
October 14, 2017
Roseville Central Park

Jaycees Shelter
2540 Lexington Ave N.
Roseville, MN 55113

Check-in: 9:00 am
Walk: 10:00 am

Register online today!
APDAParkinson.org/MNwalk

apda AMERICAN PARKINSON DISEASE ASSOCIATION
MINNESOTA CHAPTER
Strength in optimism. Hope in progress.
ph 651-241-8297

What is an Optimism Walk?

- A fun-filled fundraising event!
- A short non-competitive walk with family-friendly activities!

Raise \$100 or more and get a free Optimism Walk T-shirt!

Why Walk?

- Every nine minutes someone is diagnosed with Parkinson's disease.
- Funds raised provide local support, education and research
- **The more funds we raise, the more people we can help.**

Walk with us and help put an end to Parkinson's disease!

NATIONAL SPONSORS





PARKINSON'S DISEASE – BEYOND MOTOR SYMPTOMS

Most people are well aware of the motor symptoms associated with Parkinson's disease. However, non-motor symptoms of Parkinson's may be more unexpected. It may be surprising to learn that 50% of people living with Parkinson's disease will experience hallucinations or delusions over the course of their disease. Danielle Koenig, a nurse practitioner from the Capistrant Parkinson's Center, will share some information about this topic, as well as a new treatment option for people experiencing these symptoms.

DATE: Tuesday, August 29

TIME: 5:30 PM

PLACE: Oxboro Library Meeting Room
8801 Portland Ave. S.
Bloomington, MN 55420
OR

DATE: Thursday, September 7

TIME: 5:30 PM

PLACE: Maple Grove Library Meeting Room
8001 Main Street
Maple Grove, MN 55369

PRESENTER: Danielle Koenig, C.N.P., Bethesda Outpatient Clinic

RSVP: Anushka Mohideen, APDA Minnesota Information & Referral Coordinator, 651-241-8297, Email: anushka.mohideen@allina.com

There is no charge for this program, but seats are limited. Light refreshments will be provided.



The APDA is happy to announce a new social program for people with Parkinson's disease in the community, **Coffee & Chat**. This social program provides an informal, relaxed, and casual place for people with PD and their care-partners/family members to connect, share, and build friendships with others.

Location: Perkins
1495 County B Rd W,
Roseville, MN 55113

Time: 3rd Monday of the month
at 10 AM

First Meeting: 3rd Monday of the month
in September 2017

APPLY FOR AN APDA MN GRANT TODAY!

The APDA MN chapter has six excellent grant programs available for people with Parkinson's disease. These grants are designed for people with PD and their family members to apply for and receive monetary grants that help subsidize various expenses. Grants will be given in an amount of \$500.00 per year but may be less based on the availability of funds. Please apply for one grant per calendar year.

An overview of the APDA's grants follows:

- **Exercise:** A program to reimburse costs associated with exercise programs and activities that focus on treatment to improve and maintain the health of a person with PD. This grant is for exercise related activities and classes such as, but not limited to: boxing for Parkinson's, dancing for Parkinson's, yoga, tai-chi classes.
- **Medication:** A program to help defray expenses not covered by other programs or health insurance.
- **Respite Care:** A program designed to help subsidize the cost of respite care. Respite Care enables care partners to take time away from their responsibilities to rejuvenate. A Respite Care grant will be limited to one grant per calendar year per family. The grant is not given to be used for expenses for the care partner: the grants help to cover the cost of respite care for the person with Parkinson's Disease.
- **Assistance at Home:** A program to help cover expenses for home services, such as housework, light yardwork, snow shoveling, and other tasks that may not be able to be done anymore by a person with PD or a care provider.
- **Transportation Assistance:** A program to reimburse costs associated with travel to and from doctor's appointments, support groups, and other events for people who are no longer driving due to the effect of Parkinson's disease/the medications used to treat Parkinson's disease.
- **Driving Assessment Assistance:** Funds will be distributed on a first come, first serve basis based on availability. The driving assessment assistance grant program is available to anyone in need of financial assistance and is based on the honor system. Applicants can attach the receipt from their driving assessment test and request up to 50% of the fee paid, and limited to no more than \$200, to defray the cost of the driving assessment.

To qualify for a Support Grant, you must:

- Be on the APDA Minnesota Chapter mailing list.
- Reside within Minnesota.
- Have a diagnosis of Parkinson's Disease or be caring for a family member at home with a diagnosis of Parkinson's disease.
- Complete and submit the entire Patient Grant Program Application.

To receive a grant application, call Anushka at the Information and Referral Center at 651-241-8297, or email anushka.mohideen@allina.com.

RESOURCE SPOTLIGHT: SENIOR LINKAGE LINE



MINNESOTA'S LINK TO A LOCAL EXPERT

Brought to you by the Minnesota Board on Aging
and Area Agencies on Aging

Getting older – it's a normal part of life. And with getting older comes change and challenges. The Senior LinkAge Line® is Minnesota's link to a local aging expert. By calling 1-800-333-2433 from anywhere in the state, the Minnesota Board on Aging's Senior LinkAge Line® helps older Minnesotans and their caregivers find the help they need. Trained, certified staff and volunteers from six Area Agencies on Aging located throughout the state, provide information, answers to questions, and connections to local services.

Whether you need help understanding your Medicare benefits, need long-term care options counseling or need help paying for your prescription drugs, or you would like to learn more about caregiver support or just need help filling out some forms or applications, the Senior LinkAge Line® can help. Specialists are available Monday-Friday 8 a.m. to 4:30 p.m. by phone at 1-800-333-2433, or via chat at www.MinnesotaHelp.info.

COMMUNITY CLASSES ALLINA HOSPITALS

ATTN: LSVT Big and Loud Graduates!

Courage Kenny Rehabilitation Institute (CKRI), part of Allina Health, is offering community exercise and speech classes for people with Parkinson's Disease. The group setting is led by therapists certified in the LSVT technique. This is a great way for participants to review exercises, renew enthusiasm for completing home exercises, interact with others who have completed LSVT, and have some fun!

Classes are offered at the following locations. Days and times are also listed:

United Hospital Campus, Exercare Fitness Center (BIG) and Outpatient Rehab (LOUD), St. Paul, MN 55102

Classes meet the 1st and 3rd Thursday of each month, 10-11 a.m. BIG (physical therapy)

Classes meet the 1st and 3rd Thursday of each month, 11 a.m. – 12 p.m. LOUD (speech therapy)

For more information or to register at this location, call 651-241-8290.

Abbott Northwestern Hospital, Coyne Conference Room (LOUD), and Physical Therapy gym (BIG), Minneapolis, MN 55407

Classes meet the first Tuesday of each month. 3-4 p.m. LOUD (speech therapy); 4-5 p.m. BIG (physical therapy)

For more information or to register at this location, call 612-863-1924.

Mercy Hospital, Lower Level, Classroom C (BIG & LOUD), Coon Rapids, MN 55433

Classes meet the 1st and 3rd Wednesday of each month, 10-11 a.m. BIG (physical therapy); 11-noon LOUD (speech therapy)

For more information or to register at this location, call 763-236-8910.

Mercy Hospital – Unity Campus, Lower Level, Classroom C or Boardroom (BIG & LOUD), Fridley, MN 55432

Classes meet the 1st and 3rd Tuesday of each month, 9-10 a.m. BIG (physical therapy); 10-11 a.m. LOUD

(speech therapy)

For more information or to register at this location, call 763-236-3000.

CKRI – St. Croix, Fitness Center, (BIG & LOUD), Stillwater, MN 55082

Classes meet on Friday from 10-11 a.m.

The cost is \$55 for a 10-week session

For more information or to register at this location, call 651-241-3336.

CKRI – St. Croix, Pool Exercise Class (for people with PD and/or other neurological disorders), Stillwater, MN 55802

Classes meet Monday, Tuesday, Wednesday, and Thursday, 10 – 11 a.m.

Cost is \$105 for a 10-week session

New participants, please call 651-241-3346 to schedule an orientation prior to attending your first class.

For more information or to register for pool exercise at this location, call 651-241-3346.

PARKINSON'S DISEASE/ MOVEMENT DISORDERS FITNESS EXERCISE CLASSES, CAPISTRANT CENTER AT BETHESDA HOSPITAL

Fitness Exercise Classes for Parkinson's Disease/ Movement Disorder

4 classes designed to provide fitness opportunities for participants across the continuum of their disease. This unique exercise program emphasizes 4 key components; cardiovascular, stretching, strengthening, and balance.

The class schedule varies by class level; **Fitness 1, Fitness 2, Fitness 3, Fitness 4.**

Classes follow a circuit and highlight Parkinson's specific exercises from the PWR! Fitness training model.

Prior to starting an exercise class, every new participant will meet with a physical therapist for a free assessment to determine appropriate class. New participants please call 651-326-2150 to schedule a free fitness assessment.

Bethesda Hospital B Level Gym

Class day and time vary per class.

\$5 per class; scholarships available.

Call Jill for information at 651-232-2776.

Nordic Walking

Nordic walking makes walking a new fitness experience. Using poles while walking has all of the benefits of walking, plus engaging the muscles of the upper back, shoulders, arms, and torso. The swinging arm motion of walking with poles is important for the balance and coordination of people with Parkinson's. \$5 participation fee; caregiver/care-partner walk for free.

Call Jill for information at 651-232-2776.

Tai-Chi Classes for Parkinson's and Wellness

Tai Chi is a Chinese exercise of slow circular movements that help promote energy flow and a sense of well-being. This Tai Chi can be done standing or sitting in a chair.

New members begin on the 1st Monday of each month. 9:30 a.m. orientation / 10-11 a.m. class.

Bethesda Hospital, 7th Floor Conference Room

\$5 per class; no charge for caregiver/care-partner

Call Jill for information at 651-232-2776.

Clay Class with Northern Clay Center Artist

Try something new and creative in a fun, supportive, and relaxed atmosphere. This class allows participants to work on fine motor skills and hand strength. People with Parkinson's and caregivers/care-partners are welcome. No charge.

Bethesda Hospital Therapeutic Recreation Department, 2nd Floor

Call Jill for information at 651-232-2776.

SAINT CLOUD PARKINSON'S EXERCISE CLASSES

Whitney Senior Center

The Whitney Center offers a variety of classes that are evidence-based and Parkinson's-inclusive. These classes include Enhance Fitness, Matter of Balance, Stepping On, Tai Ji Quan: Moving for

(continued on next page)

Better Balance, and Tai Chi for Arthritis. Health and Fitness Coordinator Paula Woischke teaches many of the classes. Paula has worked with people with Parkinson's for over 10 years, and has trained her staff as well. All of these classes are very beneficial for those with and without Parkinson's, making the classes a great place for care-partners to join in and get a chance to exercise in a group setting.

You can call the Whitney Center at 320-255-7245, or email paula.woischke@ci.stcloud.mn.us for more information.

The Whitney Center is located at 1527 Northway Dr., St. Cloud, MN 56303.

Independent Lifestyles

The Saint Cloud Area Parkinson's Disease (PD) Support Group offers support meetings and exercise classes through their facilitator, Independent Lifestyles.

Tae Guk Kwon Do (a slow controlled full movement exercise for all abilities) meets Fridays, 3-4 p.m. Call Scott Ridlon at **320-267-7717** or come on Friday for your free one-month introduction classes; wear loose clothing and bring your water bottle.

Adaptive Martial Arts meets Fridays, 4-5 p.m. Call 5th degree black belt, Master Scott Ridlon at **320-267-7717** or come on Friday for your free one-month introduction classes; wear loose clothing and bring your water bottle. All abilities are welcome to attend.

Nordic Walking begins in Spring 2017 as a **FREE** program.

Join in at Independent Lifestyles, 215 North Benton Dr., Sauk Rapids. For more information call 320-529-9000.

BOXING CLASSES FOR PARKINSON'S EXERCISE

Title Boxing Club runs a fitness-based non-contact boxing program called Knock Out Parkinson's for individuals with Parkinson's disease. Classes are available at the Coon Rapids, Lakeville/Apple Valley, and Arden Hills locations.

Classes are located at 12475 Riverdale Blvd., Coon Rapids, MN 55433.

The Coon Rapids class meets Monday and Wednesday, 2-2:45 p.m.

Call 763-323-0100 for more information or to register.

Classes are located at 7630 160th St. W., Lakeville, MN 55044.

The Lakeville/Apple Valley class meets Tuesday and Thursday, 2-2:45 p.m.

Call 507-581-8113 for more information or to register.

Classes are located at 3529 Lexington Ave. N., Arden Hills, MN 55126.

The Arden Hills class meets Tuesday and Thursday, 2-2:45 p.m.

Call 651-204-0560 for more information or to register.

Upper Cut Boxing offers the Rock Steady Boxing program for people with Parkinson's disease.

Classes meet on Tuesday and Thursday, 9:30-10:30 a.m. Participants must schedule an assessment and have a note from their doctor in order to participate.

Upper Cut Boxing is located at 1324 Quincy St. N.E., Minneapolis MN 55413.

Call 612-822-1964 for more information.

WAYZATA CLASSES

Pilates Reformer for Parkinson's

The Pilates MN studio offers Pilates Reformer for Parkinson's, a class designed especially for people with Parkinson's. Pilates Reformer exercises assist clients in movement so they can acquire flexibility, strength, joint mobility and core stabilization.

Classes are offered Tuesdays from 2:30-3:30 p.m. and Thursdays from 1:30-2:30 p.m.

The Pilates MN studio is located at 864 Lake St. E., Wayzata, MN 55391.

Call 952-476-0304 or e-mail pamela.h@pilatesmn.com for more information.

MINNETONKA CLASSES

Living Well with Parkinson's Disease

The Ridgedale YMCA offers a Living Well with Parkinson's Disease exercise class, led by an instructor certified in the Delay the Disease program.

The Ridgedale YMCA is located at 12301 Ridgedale Dr., Minnetonka, MN 55305

The class is offered every Thursday from 9:30-10:30 a.m.

Call 952-544-7708 or email heidi.weinberg@ymcamn.org for more information.

Mind Body Solutions Adaptive Yoga

The Mind Body Solutions yoga studio offers adaptive and traditional yoga classes that are Parkinson's-inclusive. Adaptive yoga classes are appropriate for individuals who use wheelchairs. Students at all levels of ability and yoga experience are welcome. Class schedules can be viewed online at www.mindbodiesolutions.org.

Mind Body Solutions is located at 17516 Minnetonka Blvd., Minnetonka MN 55345.

Call Amy Samson-Burke, yoga instructor and Director of Programs, to learn more or talk about getting started, at 952-473-3700.

MANKATO CLASSES

YMCA Mankato offers a Therapeutic Water Exercise program. The class focuses on low-impact exercises ideal for individuals with Parkinson's disease, Multiple Sclerosis, and other joint and muscular limitations. The class includes range of motion exercises that increase flexibility and balance. The Mankato YMCA also offers Chair Yoga classes and Silver Sneakers classes that are Parkinson's-inclusive, making these classes ideal for the person with Parkinson's and their spouse/care-partner to enjoy together.

The Mankato YMCA is located at 1401 S. Riverfront Dr., Mankato, MN 56001.

You can call YMCA Mankato at 507-387-8255 for more information.

DULUTH CLASSES

Parkinson's Dance Studio

Classes are based on the Dance for PD Program of the Mark Morris Dance Group.

A fun, energizing class that draws on many dance forms. Class begins in chairs; later dances can be done standing or seated. People with Parkinson's and their family, care partners, and friends are welcome.

Unitarian Universalist Congregation, 835 W. College St., Duluth MN

Class meets on Fridays, 1-2:15 p.m. Suggested donation: \$3 per person or \$5 per pair/group

For more information, see www.tinyurl.com/pdsduluth, or call Jessica at 218-727-8286.

Courage Kenny Rehabilitation Institute – Duluth

CKRI Duluth provides quality recreational opportunities for youth and adults with physical disabilities, including Parkinson's disease. Friends and family members are invited to participate, as space allows. The adaptive sports offered at CKRI Duluth include curling, skiing, adaptive yoga, dog sledding and sleigh rides, power soccer, archery, adaptive swimming, adaptive water ski, fishing, cycling, sailing, kayaking (lessons and day trips), and climbing.

CKRI Duluth is located at 424 W. Superior St., 200 Ordean Building, Suite 201, Duluth, MN 55802.

To learn more or get started, contact sports and rec coordinator Mark Hanna at 218-726-4834, or mark.hanna@allina.com. You can also contact sports and rec coordinator Tara Gorman at 218-726-4834, or tara.gorman@allina.com.

BRAINERD CLASSES

YMCA Brainerd Lakes offers a number of Parkinson's-inclusive exercise classes, including water exercise, Silver Sneakers, and Gentle Yoga. Spouses/care-partners are welcome to enjoy the classes as well.

The Brainerd Lakes YMCA is located at 602 Oak St., Brainerd, MN 56401.

You can call YMCA Brainerd Lakes at 218-829-4767 for more information.

ROCHESTER CLASSES

Power Classes

Classes are held 4 times per week at ExercisABILITIES, INC., a physical therapy and medical fitness clinic.

For more information, contact Melanie Brennan, PT-DPT, at 507-259-7570.

HELP US CONTINUE THIS VITAL SERVICE IN MINNESOTA. DONATE NOW!

Checks can be mailed to the APDA I & R Center of MN, Abbott Northwestern Hospital, 800 E. 28th St., MR 12209, Minneapolis, MN 55407.

For more information about our services in Minnesota, please contact Anushka Mohideen, Information and Referral Coordinator, at 651-241-8297, or via email at anushka.mohideen@allina.com.

PARKINSON'S DISEASE SUPPORT GROUPS

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Albert Lea	Senior Center	4 th Tuesday	9:30 a.m.	Anne Troska	507-874-3367
Aurora	White Community Hospital Cafeteria	2 nd Thursday	6 p.m.	Barb Hammer	218-229-2493
Baxter	Excelsior Place	1 st Thursday	1:30-2:30 p.m.	Jane Berry	218-828-4770
Bemidji	WoodsEdge/ WindSong Apartments	3 rd Tuesday	1:30 – 3:00 PM	Jo Ann Tyk	701-318-0845
Big Lake (Under 60)	Saron Lutheran Church	3 rd Tuesday	6:30 p.m.	Camille Johnson	763-350-7401
Burnsville	Prince of Peace Church	2 nd Thursday	6 p.m.	Jody Slaughter	952-898-9312
Burnsville	Regents of Burnsville	1 st Wednesday	2-3 p.m.	Jane Hubbard	952-898-8728
Carlton	Community Memorial Hospital	3 rd Monday	2-3:30 p.m.	Mary Beck	218-269-2211
Coon Rapids	Coon Rapids Civic Center	2 nd Thursday	1-2:30 p.m.	Milo Hartmann	763-755-2175
Duluth	Primrose Retirement Community	3 rd Monday	10-11:30 a.m.	Joan Setterlund Catharine Larsen	218-728-4986 218-733-9903
Eden Prairie	Victory Lutheran Church/Prairie Adult Care, INC.	2 nd Wednesday	1:30-3 p.m.	Kathleen Fitzgerald	952-949-3126
Forest Lake	Birchwood Arbor Senior Living	1 st Thursday	12:30-1:30 p.m.	Alissa Ralph	651-466-1023
Grand Rapids	Family YMCA	2 nd Wednesday	1 p.m.	April Jespersion	218-246-4377
Hastings	Senior Center	3 rd Wednesday	2-3 p.m.	Laurie Thrush	651-480-7689
Hudson, WI	Hudson Hospital	2 nd Tuesday	10-11:30 a.m.	Vicki Hakala	651-436-1331
Mankato	1 st Congregation UCC Church	3 rd Tuesday	2-3 p.m.	Irene Pfeffer	507-304-7026
Maple Grove	Maple Grove Medical Center	2 nd Tuesday	1-3 p.m.	Sara Dooley Susan Metcalf	763-898-1532 763-898-1533
Maplewood (Caregivers Only)	Gladstone Senior Center	2 nd and 4 th Monday	9:30-11 a.m.	Lorna Breiter	651-770-8172
Marshall	Senior Adult Center	1 st Wednesday	3:30-5 p.m.	Terry Hennen	507-929-5624
Minneapolis	VA Medical Center	3 rd Thursday	1-2:30 p.m.	Ann St. Jacque	612-467-1380

PARKINSON'S DISEASE SUPPORT GROUPS

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Minnetonka (Young Onset-Women)	Byerly's Community Room	3 rd Tuesday	7 p.m.	Ruth Lotzer	952-888-1734
New Prague	Community Library	4 th Tuesday	1-2:30 p.m.	Betty Tupy	952-758-3924
New Ulm	Oak Hills Living Center	2 nd Monday	1:30 p.m.	Linda Tauer	507-227-1497
Northfield	Northfield Hospital	4 th Wednesday	2-3:30 p.m.	Kathy Lathrop	507-646-1195
Red Wing	Red Wing Area Senior Center	4 th Thursday	2 p.m.	Patricia Kerman Patrice O'Reilly	651-327-2255
Rochester	Zumbro Lutheran Church 624 3 rd Ave. S.W.	3 rd Thursday	1:15-3 p.m.	Warren Lopour Sandy & Jim Woodruff	507-288-0359 507-282-3854
St. Cloud	Independent Lifestyles 215 N. Benton Dr. Sauk Rapids, MN 56379	3 rd Monday	1-2:30 p.m.	Pam Tritz	320-281-2031
St. Louis Park	Parkshore Senior Community 3663 Park Center Blvd. St. Louis Park, MN	2 nd Wednesday	1-2 p.m.	Heidi Johnston, Director of Wellness	952-848-8541
St. Paul	Fairview Rehab Services 2200 University Ave. W.	1 st Friday	1-3 p.m.	Sue Metcalf Becky Horton	612-273-7456
St. Paul – Bethesda	Bethesda Hospital	3 rd Thursday	10 a.m.- noon	Kathryn Gilbertson	651-326-2150
St. Paul – Bethesda (Young Onset)	Bethesda Hospital 1 st Floor Board Room	3 rd Thursday	6-8 p.m.	Lynn Erkkala	651-232-2202
St. Paul – Como	Health Partners Clinic 2500 Como Ave.	3 rd Friday	1 p.m.	Nancy Andrews	651-698-4158
Stillwater	Boutwell's Landing Community Room	3 rd Wednesday	10-11:30 a.m.	Aimee Stanton	651-241-3373
Virginia	Evelyth Health Park Services	3 rd Wednesday	2-3 p.m.	Bonnie Saumer	218-638-2692
Wadena	United Methodist Church	2 nd Monday	12:15-1:15 p.m.	Beverly Richard	218-837-6323
Wilmar	Bethesda Pleasantview	2 nd Wednesday	10 a.m.- noon	Jeanette Ardoff	320-235-9532 ext 1263
Windom	Windom Hospital	2 nd Tuesday	2-3 p.m.	Karen Denzer	507-831-0687

BOOK OFFERINGS AT THE INFORMATION & REFERRAL CENTER LIBRARY

The Information and Referral Center has a collection of excellent and informative books about Parkinson's disease that are available for you to check out, free of charge. Please call **651-241-8297** if you are interested in checking out a book, or email **anushka.mohideen@allina.com**. I would be happy to mail your selections to you.

The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications

J. Eric Ahlskog, M.D.

The Parkinson's Disease Treatment Book: Parkinson's Disease: A Guide for Patient and Family, Fourth Edition

Roger C. Duvoisin, M.D.

Parkinson's Disease: A Guide to Patient Care

Paul Tuite, M.D.

Handbook of Parkinson's Disease, Third Edition

Rajesh Pahwa

Shaking Up Parkinson's Disease: Fighting Like a Tiger, Thinking Like a Fox

Abraham Lieberman, M.D.

Get To the Point: How to Say What You Mean and Get What You Want

Andrew D. Gilman

What Your Doctor May Not Tell You About Parkinson's Disease: A Holistic Program for Optimal Wellness

Jill Marjama-Lyons, M.D.

The Parkinson's Handbook: An Inspiring, Practical Guide for Patients and their Families, by a Mayo Clinic Surgeon with Parkinson's Disease

Dwight C. McGoon, M.D.

Surviving Adversity: Living with Parkinson's Disease, 28 Inspirational Stories

Gord Carley

Fire in the Soul: A New Psychology of Spiritual Optimism

Joan Borysenko, Ph.D.

Caring for the Parkinson Patient: A Practical Guide

J. Thomas Hutton, M.D., Ph.D;

Raye Lynne Dippel, Ph.D.

100 Questions and Answers About Parkinson's Disease, Second Edition

Abraham Lieberman, M.D.

Prescriptions for Living: Inspirational Lessons for a Joyful, Loving Life

Bernie S. Siegel, M.D.

Parkinson's Disease: 300 Tips for Making Life Easier

Shelley Peterman Schwarz

Parkinson's Disease Questions and Answers: Second Edition

Robert Hauser and Thersa Zesiewicz

Living Well with Parkinson's: An Inspirational, Informative Guide for Parkinsonians and Their Loved Ones

Glenna Wotton Atwood

Carolyn's Journey: From Parkinson's Disease to a Nearly Normal Life After Deep Brain Stimulation

Victor Anderson

Enrich Your Caregiving Journey

Pabst & Goldhammer

Mainstay: For the Well Spouse of the Chronically Ill

Maggie Strong

The Heart of Health: Embracing Life with Your Mind and Spirit

Mary I. Farr

How to Care for Aging Parents

Virginia Morris

Making the Connection Between Brain and Behavior: Coping with Parkinson's Disease

Joseph H. Friedman, M.D.

The Season of a Most Beautiful Flower: Living with Parkinson's Disease

Josephine E. Lauckhart

Hope: Four Keys to a Better Quality of Life for Parkinson's People

David Zid

Creative Caregiving

James R. Sherman, Ph.D.

Positive Caregiver Attitudes

James R. Sherman, Ph.D.

The Magic of Humor in Caregiving

James R. Sherman, Ph.D.

Preventing Caregiver Burnout

James R. Sherman, Ph.D.

Proud Hands: Personal Victories with Parkinson's

TEVA Neuroscience

End of Life: Helping with Comfort and Care

National Institute on Aging

**SUPPORT APDA MINNESOTA!**

APDA Minnesota's mission is to be a partner in providing the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.

By providing helpful resources such as our Information & Referral Center, support groups, a well-stocked library, special events and programs, educational symposiums and seminars, we work with patients and their families to maintain the highest standard lifestyle possible for as long as possible. We do this without charge or membership fees.

We need your help, however, and ask that you make a donation to allow APDA Minnesota to continue these services and resources for free. No amount is too small and will have a positive impact on the many families in Minnesota living with a progressive degenerating neurological disease. If you cannot give at this time, please think of those in your life who would like to contribute on your behalf and share this request with them.

If you have an address change or want your name taken off our subscriber list, please give us a call toll free at **888-302-7762** or in the Twin Cities area **651-241-8297**. Also, feel free to call with any questions or comments.

DISCLAIMER: *The material presented in this issue is solely for the information of the reader. It is not intended for treatment purposes, but rather as a basis for discussion with the patient's physician.*

Allina Health 

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