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Apathy at Bay

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PD Research

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Disability Benefits

# PARKINSON

# *Pathfinder*

SUMMER 2017



## Go Green and Save Green!

Join us in our effort to cut back  
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Simply contact APDA,  
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**apda**

**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**

Strength in optimism. Hope in progress.

SUMMER 2017

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COVER

Chris Jewell, diagnosed with PD in 1999, rides 202 miles in Seattle to Portland Bike Ride for the 15th year in a row!

*Photo by Ken Kisch*

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PARKINSON DISEASE  
ASSOCIATION  
NORTHWEST CHAPTER

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*Every day we provide the support, education and research* that will help everyone impacted by Parkinson's disease live life to the fullest. To fund this mission, we held two fundraisers this spring: Magic of Hope Auction & Gala on April 29 and Optimism Walk on June 4.



**The Magic of Hope Auction & Gala** was truly a magical evening. Guests enjoyed fabulous appetizers and drinks, while bidding on items ranging from sports memorabilia to stay-cation packages to exotic international getaways. During dinner, the Schofield family was honored for their energy, dedication and

unwavering commitment to help countless people impacted by Parkinson's disease. Eight year old Buckley Schofield stole the show by helping the auctioneer during the Fund a Need portion of the evening. We raised over \$410,000 thanks to the PD community's generosity and faith in our mission.



At our **4th Annual Optimism Walk**, over 350 walkers were inspired to step up and help put an end to Parkinson's disease. Participants gathered near the Ship Canal Trail in Seattle to wave team posters and show their enthusiasm in support of a family member, friend or colleague that is battling Parkinson's. Seattle radio legend John Maynard emceed the event, and 21 individual fundraisers

were awarded a Circle of Optimism medal for raising more than \$1,000 each. The after party featured live music, drinks, and a buffet lunch, and trophies were awarded for most team spirit, biggest fundraising team, and largest team. The event raised over \$87,000, and just as important, offered walkers a tremendous sense of community and optimism.

**Every dollar donated at these events will help APDA Northwest provide innovative education programs and effective patient services, and invest in research.** Nationally, APDA spends 50% of the budget on direct patient services and education programs, and 50% on research. Our local chapter remains focused on enabling people to live better today by providing the highest quality of patient education and support, while fostering hope for tomorrow through our investment in

promising research and scientific projects focused on finding the cure for Parkinson's disease.

Each of us has been affected by Parkinson's in different ways. Thanks to the hundreds of attendees and donors who helped us exceed our fundraising goals and make a positive impact on Parkinson's, so that everyone can find strength in optimism and hope in progress. To start your own third party fundraiser for APDA Northwest contact us today!

# APATHY

## *in Parkinson's Disease*

**Dr. Rosalind Chuang**

*Movement Disorders Neurologist at  
Swedish Medical Center*

APATHY IS A COMMON NON-MOTOR symptom of Parkinson's disease but often times not recognized or commonly mistaken for depression. Some studies show that 30-40% of PD patients have apathy, but the frequency can range from 20-70%, depending on how patients are asked. It can occur at any stage of PD and can even occur before motor symptoms develop. It is important to assess for apathy because those with apathy are 2.5 times more likely to report poor quality of life in comparison to those without apathy. Apathy is also associated with more severe motor impairment. PD patients with apathy are less physically active and may not adhere to medical recommendations. Relationships may suffer as well since caregivers often experience more frustration and stress.

### WHAT IS APATHY?

Apathy is defined as:

- Loss of motivation or lack of initiative
- Loss of pleasure
- Decreased goal directed behaviors
- Decreased goal directed cognitive activity
- Decreased interests and emotions (reduced display of emotions)

### WHAT TO LOOK FOR IF YOU ARE CONCERNED ABOUT APATHY

A common complaint from family and friends is that the PD patient just "sits around" or "doesn't seem to care about anything." Nothing gets done and a person often declines social activities if given a choice. This can be misinterpreted as

fatigue, laziness, or lack of empathy/uncaring.

Persons with apathy generally do not recognize the symptoms, so caregivers will need to bring it to medical attention. Medical providers may ask specific questions from the Starkstein apathy scale to determine apathy. Some questions on the scale include:

- *Any interest in learning new things?*
- *Does anything interest you?*
- *Do you look for things to do?*
- *Are you concerned about your condition? Or unconcerned about many things?*
- *Does someone have to tell you what to do each day? Do you need a push to get started on things?*
- *Are you neither happy nor sad, just in between?*

As you can see, these questions are similar to those to assess for depression, so sometimes it can be difficult to separate apathy from depression. Often times, patients can have both depression and apathy, but in ~10-28% of time, patients can have apathy alone.

### WHY IS IT NOT DEPRESSION?

In both depression and apathy, a person may no longer enjoy things. However, someone with depression may endorse feeling "blue" or sad. Other "negative" symptoms of depression include inappropriate guilt, loss of appetite, loss of sleep, or thoughts of death. An apathetic person does not cry frequently or have suicidal thoughts.



*Small changes can have a big impact on apathy, rekindling enthusiasm for family, friends, and activities.*

### TREATMENT

It is important to evaluate if the symptoms are from apathy alone because it can affect treatment. If apathy is associated with depression or anxiety, treatment of co-morbid conditions can help reduce apathy. Sometimes isolated apathy can also respond to the SSRIs used to treat depression, but generally studies don't show good response. Dopamine medications (levodopa or dopamine agonists) may also improve apathy. (In some patient who have undergone deep brain stimulation for PD, rapid withdrawal of their PD medications resulted in apathy.) In one trial, PD apathy responded to rivastigmine, a medication used for dementia, even though the patients did not actually have dementia.

For isolated apathy, I generally recommend non-pharmacologic treatment. These include:

- Write down at least 3 daily goals and 3 weekly goals. These goals can be

physical, social, or thinking activities.

- Daily goals should be specific and can be reasonably achieved.
- Create a schedule: be specific when each task will should be accomplished.
- Review the written list at breakfast, lunch and dinner to remind yourself of the next goal.
- Cross off each task as you complete them.
- Say "yes" to at least one thing every day even if you don't feel like it.
- Maintain routine: continue to do things you used to do, even if you don't feel like it.
- Recall an activity that you used to enjoy and try to restart that activity.
- Exercise even if you don't feel like it.
- Must leave the house at least once a day

Even though apathy is not as easily treated as the motor symptoms of PD or other non-motor symptoms such as depression, simply recognizing and understanding apathy is an important part of overall management of Parkinson's disease.

# LIVE WITH OPTIMISM!

## Support Groups

Attending a Support Group is a great way to connect with others, build community and learn.

Support Groups vary greatly from place to place and from group to group. There can be guest speakers or exercise demonstrations and some cover specific topics or are for a particular group.

On [apdaparkinson.org/northwest](http://apdaparkinson.org/northwest) you will find Over 200 support groups in our 5 state region (Washington, Oregon, Idaho, Alaska, and Montana). Select your state and you can see if there is a group active in your community!

There are groups designed specifically for:

- Young Onset
- Care partners
- General PD
- Women's Groups
- Men's Groups
- Atypical Parkinsons
- Veterans
- And more

*Want to start a group in your area?*

*Call us, we can help!*

*Know of a group in your area that is not listed?*

*Let us know!*



**No access to the web?**  
Call us and we will help you find a group that is right for you or we can send you a complete list.  
206-695-2905

*Introducing*



### **APDA Launches Online Support Site**

In collaboration with Smart Patients, APDA has launched an online support forum, through which people with Parkinson's, their care partners and families can interact and learn from each other in a safe, supportive environment.

[smartpatients.com/partners/apda](http://smartpatients.com/partners/apda)



# MOVE WITH OPTIMISM!

## Be Active!

Exercise is now recognized as a vital part of the treatment of PD. There is a growing body of literature describing the benefits of exercise for people with PD. The research reveals the importance of endurance, strengthening, balance, and stretching exercises to optimize function and enhance quality of life.

Find an activity you will enjoy in the Local Resources and Support section of [apdaparkinson.org/northwest](http://apdaparkinson.org/northwest).

New Opportunities are being added on a regular basis! So check back often.

## Here are a few featured new programs!



COVINGTON, FERDALE & SNOHOMISH, WA

### Rock Steady Boxing programs!

#### Covington, WA

M-W-F 1:00 - 2:30

Contact: Mike Sellars

425-830-4472

[Fight@RockSteadySKC.com](mailto:Fight@RockSteadySKC.com)

#### Ferndale, WA

Frankie LaSasso

[Box2fitsurrey@gmail.com](mailto:Box2fitsurrey@gmail.com)

778-384-6284

#### Snohomish, WA

Tue & Thurs 12:30pm

Snohomish Fitness

Lacey Ramon, (360) 568-0588

[admin@snohomishfitness.com](mailto:admin@snohomishfitness.com)

[www.snohomishfitness.com](http://www.snohomishfitness.com)

Want to strap on some gloves? You can find classes in Arlington, North Seattle, Kirkland, Wenatchee, Seattle, & Sequim



#### RENTON, WA Yoga for PD

Thursdays: 1-2:30

Valley Medical Center:  
Fitness Center

Contact: Peter Lynch  
206-719-8007,  
[thagrdner@yahoo.com](mailto:thagrdner@yahoo.com)

Want to try yoga? Yoga for PD is now offered in Arlington, Monroe, North Seattle, Bothell, Puyallup, & Vashon Island

#### MARYSVILLE, WA Pedaling for PD

M-W-F, 10:45-11:45

Marysville YMCA

Contact: Carrol Bailey  
360-651-1605

Want to pedal?  
You can find programs in Bellevue, Bellingham, Bothell, Everett, Gig Harbor, Mill Creek, Seattle, Shoreline, & Spokane

**Check [APDAParkinson.com/northwest](http://APDAParkinson.com/northwest) for the most up to date wellness listings!**

If you are involved in a program that is not listed, please let us know!



## Hope in Progress: Research in PD



Since 1961, APDA has invested more than \$46 million in research and has been a funding partner in most major Parkinson's disease (PD) scientific breakthroughs.

HOPE IN PROGRESS ISN'T JUST a tagline in our mission, but a commitment to invest in the most promising clinicians and scientific projects that will eventually lead to a cure for Parkinson's disease.

Since 1961, APDA has invested more than \$46 million in research and has been a funding partner in most major Parkinson's disease (PD) scientific breakthroughs. Our focus on nurturing talent and bringing new scientists into PD research programs has resulted in many APDA-funded researchers receiving multi-million dollar grants from the National Institute of Health and other funding partners to continue and expand their work.

Currently, there are many promising areas of research and APDA proudly supports some of the most passionate clinicians and researchers working to find the cause and a cure for PD. Today, we're focused on these key research areas:

- **Neuroprotection** - new drugs and strategies to avoid degeneration of nerve function
- **Biomarkers** - imaging and biochemical indicators for early intervention and diagnosis
- **Novel therapies** - continuing to advance DBS and other surgical techniques, along with evidence base and wellness programs

Nationally recognized scientists in leading areas of PD research are members of APDA's Scientific Advisory Board (SAB) who lend their expertise and advice to support APDA's mission. They have a critical role in advancing PD research by evaluating applications and recommending recipients for APDA's grant and fellowship programs. In order to be considered for funding, only applications which meet the highest quality are recommended for approval by the SAB.

Locally, the SAB has approved and funded more than \$1.1 million in innovative research and fellowships in Washington and Oregon at such institutions as the University of Washington, Oregon Health Sciences University, Washington State University, and the Seattle Institute for Biomedical and Clinical Research.

APDA has developed the George C. Cotzias Memorial Fellowship to assist promising young neurologists in establishing careers in





research, teaching and patient service relevant to the problems, causes, prevention, diagnosis and treatment of Parkinson's disease. Dr. Cotzias played a critical role in developing L-Dopa treatment in the 1960's, which is still the most commonly used treatment for Parkinson's disease. This fellowship awards \$240,000 over a 3 year period.

Local researcher Vivek K. Unni, MD, PhD, of Oregon Health Sciences University, was the recipient of the 2017 George C. Cotzias Fellowship. This funding supports Dr Unni's work utilizing powerful new imaging approaches to distinguish between the many types of alpha-synuclein protein aggregates, which can either be protective or toxic, and can potentially lead to new treatments which may slow the progression of the disease.



The **Washington State Parkinson Disease Registry (WPDR)**, which is entirely funded by APDA, is a database of individuals who are interested and willing to participate in PD research.

APDA also recognizes the importance of connecting researchers to individuals willing to participate in research. For a researcher, this can be a difficult, time-consuming, and expensive process. In order to combat this challenge, in 2007 the Washington State Parkinson Disease Registry (WPDR) was created.

The WPDR, which is entirely funded by APDA, is a database of individuals who are interested and willing to participate in PD research. Local researchers can apply to the registry to help find participants for their specific research projects. This expedites the recruitment process so that researchers can spend their time and money on progressing the science versus identifying study participants. It is also an easy way for people interested in being involved in research to become aware of research opportunities.

The WPDR recruits for a wide variety of studies including drug trials, exercise and therapy studies, and studies involving new technologies. There are even studies that can be done from home on the computer or via phone. To learn more about the Washington State Parkinson Disease Registry please visit [www.registerparkinsons.org](http://www.registerparkinsons.org) or call 888-365-9901.

There is still much to learn about Parkinson's disease. Continued research is essential to a better understanding of the disease progression, continued therapies, and ultimately a cure. APDA has been committed to this since 1961 and will continue to invest in the most promising clinicians and scientific breakthroughs. Hope in progress.

# Thank you!

The APDA Northwest Board says thank you & farewell to three members.



From left to right: Stephen Bergenholtz, Suzanna Eller with her daughter, and Loryn DeMers with her family.

VOLUNTEERS ARE THE BACKBONE OF APDA Northwest. With a staff of 3 people and a 5-state region to cover, volunteers help build capacity and get things done. The APDA Board of Directors is a critical volunteer entity, one which provides insight, expertise, and hands on assistance to the APDA staff.

The APDA Board recently said farewell to three of its valuable members. We want to say thank you to these outstanding individuals. We shall miss you and we appreciate your many contributions!

**STEPHEN BERGENHOLTZ** joined the Board 6 years ago and has held the position of President for the past year. Having worked with Boeing in Washington, DC, he was thrilled when given the opportunity to relocate to Seattle. As an attorney, the board has appreciated Stephen's professional and personal input. As a Parkinson's patient himself, Stephen's viewpoints showed his real concern for the daily challenges faced by those with PD. He chaired Board meetings with patience, unfailing courtesy and ironic wit. In June, Stephen was the opening speaker at APDA's Education IS Empowerment Symposium where he spoke on the topic of motivation and shared his "8 Disciplines of a Parkinson's Patient". This summer, he is preparing to participate in a hiking and mountain climbing trip to the Bugaboo Mountains in Canada. Many thanks for the professional information you provided, Stephen!

**SUZANNA ELLER** became a Board member approximately 8 years ago and has been going strong ever since! At present, Suzanna coordinates 6 support groups which meet monthly. She is touched with Parkinson's in her family. Suzanna's father, grandfather and great aunt all have been diagnosed with PD, so she has firsthand experience with the disease. She works as a social worker at Swedish Neuroscience Institute and brought to the board valuable insight on many issues. As former board president, she successfully juggled her many responsibilities with a positive attitude and practical solutions. She leaves the board to prepare for her second child expected in August and will continue to lead support groups and serve on the programs committee. Thanks for your on-going dedication and support of the PD community!

**LORYN DEMERS** has served on the board since 2012 and for the past three years has chaired the annual Magic of Hope Gala and Auction. The spring event has blossomed under her leadership and has raised more every year due in large part to Loryn's organizational skills, attention to detail, flexibility and encouraging words. Loryn DeMers will continue her involvement with APDA and the PD community in her role as Medtronic DBS representative. At present, Loryn has a new set of responsibilities... in April she delivered twin baby girls. She and husband Zach will now focus on their new daily life—raising twins! Thanks and congratulations, Loryn!

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*If you are interested in learning more about the APDA Northwest Board, committee, or leadership roles please contact Jean Allenbach at APDA, 206-695-2905 or [jallenbach@apdaparkinson.org](mailto:jallenbach@apdaparkinson.org)*



by **Anne Kysar**  
Social Security  
Disability Attorney

THE PROCESS OF GETTING DISABILITY benefits can be long and frustrating. There are numerous stages to the process and appeals that must be filed. Years ago, I encouraged my clients to be patient and wait for the hearing stage. I would explain that at this stage they have an excellent chance of getting the benefits they deserve. My advice has changed. Now I tell my clients “Don’t wait for a hearing. Do everything you can to get benefits granted at the initial application stage.”

### THE PROGRAM

There are two types of disability programs, SSI and SSDI. Supplemental Security Income (SSI) is a program for low-income people without a lot of resources who are too disabled to work. The current basic monthly SSI check for an individual is \$733. People who receive SSI benefits also receive Medicaid, a federally funded health care insurance program.

Social Security Disability Insurance (SSDI) is a program for people who have worked in recent years but are now too disabled to work. The amount of money that a person receives from SSDI depends on how high their income was before they became disabled. People who receive SSDI benefits are eligible to receive Medicare after two years. Medicare is another federally funded health care insurance program.

The test for determining if a person is disabled is the same for SSI and SSDI - does a disability or combination of disabilities prevent you from working for at least a year. All kinds of disabilities are

considered. You can be disabled from almost any mental or physical condition. The only disability that Social Security does not cover is drug and alcohol addiction. The type of illness a person has is less important than how severe it is. In other words, the eligibility for disability benefits depends on how badly a person is affected by Parkinson’s or another disability.

### THE PROCESS

There are numerous stages in the disability process. The first stage is the initial application stage. To apply, you either go to your nearest Social Security office or call Social Security’s 1-800 number. It usually takes about six months for Social Security to issue a decision at this stage of the process. Approximately, forty percent of cases are granted at the application level. If you are denied at the initial application stage, you have 60 days to file an appeal.

The next stage is the Request for Reconsideration stage. It usually takes 3-6 months for Social Security to issue a decision at this stage of the process. Approximately, 10

percent of cases are granted at the reconsideration stage. If you are denied benefits at this stage, you have 60 days to file an appeal.

The third stage is the Hearing stage. In Washington State, it takes about 15 months from the time you ask for a hearing, until the date of the hearing. Unlike the other stages of the process, at the hearing stage, you appear in person before an Administrative Law Judge. The number of cases that are approved at the hearing level has fallen in recent years and varies greatly by location. For example, the Tacoma hearing office grants approximately 50 percent of cases while the Seattle hearing office grants only 30 percent of cases. If you are denied benefits, you have 60 days to file an appeal.

After the hearing stage, you can file a subsequent appeal to the Appeals Council. If you are denied benefits at this stage, you can file a law suit in the United States District Court.

## **MAXIMIZE YOUR CHANCES OF GETTING BENEFITS AT THE INITIAL APPLICATION**

Many clients will tell me that the initial application stage doesn't matter because, "everyone is denied at that stage." This is untrue. As explained above, about 40 percent of cases are granted at the initial application stage. By treating this stage as if it doesn't matter, you are wasting an opportunity to get your benefits granted. Further, it is much harder

**MOST IMPORTANTLY,**

***DONT GIVE UP***



now than in years past to get disability benefits at the hearing stage. There are several things that you can do to maximize the chances that your initial application will be approved.

Go regularly to the doctor and report your problems before you apply for benefits. Social Security will base their decision on the medical records in your case. This is why it is important that your medical records document your disability.

Get a lawyer before applying for benefits. A lawyer can work with your doctor to write a report explaining the problems you have functioning. Social Security's own rules require that they consider reports from your doctor to determine if you are disabled. Having your doctor explain your limitations to Social Security can make the difference between having a claim granted or denied. Although Social Security will get medical records from your doctors, they do not generally ask your doctor for reports.

Tell Social Security about all of your impairments when you apply for benefits. Lupus may be your main problem, but the anxiety and depression that you experience are also very important for Social Security to consider.

Do not apply for disability benefits or claim to be disabled while getting unemployment benefits. In Washington, and in most states, when you collect unemployment benefits, you must certify that you are able to work, available for work and actively seeking suitable work. When you apply for disability benefits you are stating that

you are unable to work on a regular full time basis. It is usually a contradiction to also apply for Social Security benefits at the same time.

Return all your forms. Social Security will send multiple forms for you to fill out in order to process your application. Social Security can deny your claim for "insufficient evidence" if you fail to return the forms.

Go to any consultative evaluations that Social Security schedules for you. If you refuse to go to the examination, Social Security may deny your claim. Social Security only schedules these evaluations if they find that there is insufficient evidence you are disabled. If you do not go to the evaluation, Social Security will make a determination about your case based on the evidence currently in the file, and that determination will likely be a denial.

Most importantly, if you are denied at the initial application stage, don't give up. All the things that you have done to increase your chances of success at the initial application stage will make it easier for you to get benefits at reconsideration and the hearing stage.

# Thank you

for your generous donations

Donations from March 2017-June 2017

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Devitt  
Susan & Ren Dike  
Pat & Laurel Doody  
Jonathon Duszynski  
Employee  
Community Fund  
of the Boeing  
Company  
Ramona Falkowitz  
Mark & Eileen Fenick  
C. Don Filer  
Alene Fisher  
The Filer Foundation  
Christopher Valdez-  
Frank & Gemma  
Frank

Bruce Friedman  
Lynn Frink  
Shelley Gill  
Rebecca Graves  
Rick Griese  
Ken Griggs  
Josh & Mai Groff  
Leslie Hayton  
J. Clayton Hering  
Patricia Hitchens  
Barbara Hofstad  
Wendy Holman  
Isobel Hostek  
Chris & Stephanie  
Howell  
Nina Huey  
Catherine Humbert  
Griggs Irving  
Craig Johnson  
Tyler Johnson  
Carol Junglov  
Karil Klingbeil &  
Rebecca Keesling  
Keith Kemp  
Kristin Kenefick  
Jill Kesinger  
Kiwanis of Greater  
Poulsbo  
Karil Klingbeil  
Jack S Olsen &  
James Lambeth  
Tim & Nancy Larsen  
Darla Larson  
Gail & Paul LaRussa  
Tricia Law  
Laurie Mason  
Megan & Cormac  
Meagher  
Jane Bogle & Paul  
Michelson

Patti & Michael  
Mincemoyer  
Karma Nelson  
Katie Newhall  
Ronald Nies  
Ken Noreen  
Jack S Olsen  
Julianne Olson  
Joe Paar  
Carter Nazor  
& Evan Paul  
Holland & Mark  
Peterson  
Charlie Rakatansky  
Gary & Michele  
Raymond  
Stephanie Reeves  
Kirsten & Keith  
Richards  
Laurette Robertson  
Jon Mark Sano  
Peggy Shortt  
Julie Smith  
John Smyser  
Krista Specketer  
Jordan & Jeannie  
Steed  
William (Bill) Stevens  
Matt & Kim Storey  
Susan & Andy  
Tanabe  
John Thelan  
Rebecca Graves &  
Tobin Thompson  
John Tiesi  
Touchmark South  
Hill / Waterford on  
South Hill  
Linda Todd  
Monica Turnbaugh  
William Tuttle  
John Underwood  
Cheryl Werner

**IN MEMORY OF**  
Beth Schofield  
Musmanky  
Donald Anderson  
Don Wilbur  
Eloise Holman  
Jerry Lee  
Jim Allen  
John Gilroy  
Marvin Durning  
Robert Wade

**IN HONOR OF**  
Barb Banfill  
Kent Wilson and  
Read Hanmer  
Nancy Griese



Please join us for our third annual  
**Optimism Retreat!**

Breakout	CHOOSE ONE ACTIVITY PER SESSION (There are two lunch times, be sure to choose ONE lunch in either 2A or 2B)							
	<b>Session 1</b> 10:30 – 11:15	Take Your Cue	Power Forward Boot Camp	I Got Rhythm	Yoga	Unlock the Healing Power of Food!	Nature Portraits	Bigger, Faster, Stronger
<b>Session 2A</b> 11:25 – 12:00		Power Forward Boot Camp	LUNCH 1	Yoga	Unlock the Healing Power of Food!	Nature Portraits	Bigger, Faster, Stronger	Center Ring with the Circus
<b>Session 2B</b> 12:25 – 1:05	Take Your Cue	LUNCH 2	I Got Rhythm	Yoga	Unlock the Healing Power of Food!	Tai Chi	AMP	Rock Steady Boxing
<b>Session 3</b> 1:30 – 2:10	Take Your Cue	Power Forward Boot Camp	I Got Rhythm	Bigger, Faster, Stronger	Practicing Resilience in Everyday Life 1 *Care Partners only	Tai Chi	AMP	Rock Steady Boxing
<b>Session 4</b> 2:20 – 3:30	Take Your Cue	Power Forward Boot Camp		Yoga	Practicing Resilience in Everyday Life 2 *Care Partners only	Tai Chi	AMP	Rock Steady Boxing

**A one day conference focusing on movement and well-being for people with Parkinson’s disease, their families, and care partners**

Explore various activities developed for people with PD such as Boot Camp, yoga, and boxing. Try your hand at juggling, find your inner Picasso, or learn to unlock the healing power of food. This year we are also excited to offer a special workshop designed for carepartners titled Practicing Resiliency. It will be a day filled with movement, optimism and fun designed to help you live your best life.

**Sunday August 27, 2017, 10:30–3:30**

**Mercer Island Community Center, 8236 SE 24th Street, Mercer Island, WA 98040**

**For more information about breakout sessions please visit our website at [apdaparkinson.org/northwest](http://apdaparkinson.org/northwest) or call us: (206) 695-2905**

Conference fee is **\$35** per person / **\$25** if you register before August 12th!

**To register**, please fill out and return the form below, or register online at [apdaparkinson.org/northwest](http://apdaparkinson.org/northwest)

**Attendee 1:** \_\_\_\_\_

**Attendee 2:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Email Attendee 1:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email Attendee 2:** \_\_\_\_\_

**Attendee 1 Breakout Selections**

**Attendee 2 Breakout Selections**

- 1. \_\_\_\_\_
- 2a. \_\_\_\_\_
- 2b. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

- 1. \_\_\_\_\_
- 2a. \_\_\_\_\_
- 2b. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

To pay by check, mail this registration form with a check made payable to:  
APDA Northwest, 150 Nickerson Street, Suite 100, Seattle, WA 98109



## JOIN US FOR AN ADVENTURE IN BALLARD!

Come out and play on Saturday, Sept. 30 in beautiful Ballard, Washington for a day of adventure and fun that also supports Parkinson's research through the APDA Northwest Chapter.

## The ADVENTURE RACE FOR PARKINSON'S

**is a great reason to come out, enjoy the city and support the community. Teams find clues, answer riddles and complete physical challenges at businesses, parks and landmarks throughout Ballard.**

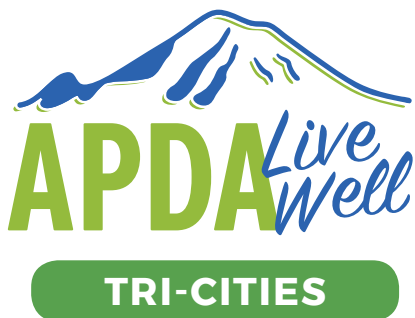
**“The positive energy and spirit behind this day is so fun—there is truly something for everyone to enjoy!”**

The physical challenges offer something for all ages and include stacking apples or balancing dice on a popsicle stick held between your teeth. They are guaranteed to be fun no matter how skilled (or not) your team is.

“We are thrilled to help host the Adventure Race again in 2017,” said Jean Allenbach, Executive Director APDA Northwest Chapter. “The positive energy and spirit behind this day is so fun – there is truly something for everyone to enjoy. In addition, our sponsor and participants’ generosity makes a huge difference in so many lives.”

The day kicks off with a rally at Trident Seafoods and then teams are off to earn as many points as possible in the next two hours. We end with a party at Peddler Brewing Company where we crown the winners, have some great local beverages and thank our hardworking fundraisers.

Last years’ event raised over \$60,000 and the goal in 2017 is to top \$75,000. **Funds raised go towards finding a cure and helping people affected by Parkinson’s disease.** The event will award prizes to top fundraisers and there’s even a costume contest! Head over to the APDA website for more details and to register.



**A one day conference designed to educate, inspire, and empower those impacted by Parkinson’s disease.**

A slate of experts in the field will present on a wide array of topics.

**FRIDAY, NOVEMBER 17th, 2017**

Red Lion Hanford House, Richland, WA

Registration opens in September

**SUBSCRIBE TO OUR  
NEWSLETTER!**

Sign up for our newsletter  
by visiting our website  
[apdaparkinson.org/northwest](http://apdaparkinson.org/northwest) or  
emailing [apdanw@apdaparkinson.org](mailto:apdanw@apdaparkinson.org)



**YES!** I want to help provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.

**ENCLOSED IS MY TAX-DEDUCTIBLE GIFT OF:** \_\_\_\_\_

My company \_\_\_\_\_ will match my gift. I will inform my employer that the American Parkinson Disease Association, Northwest chapter, is the match recipient.

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

\_\_\_\_\_  
Donor's name

\_\_\_\_\_  
Donor's address City State Zip

\_\_\_\_\_  
Donor's email address

\_\_\_\_\_  
This gift is given in honor of/in memory of

\_\_\_\_\_  
Please notify the above individual(s) of my gift

\_\_\_\_\_  
Honoree's address City State Zip

Please clip and return with your check, made payable to: **APDA NORTHWEST**

Send checks to us at  
**150 NICKERSON ST, SUITE 100  
SEATTLE, WA 98109**

To donate by credit/debit card, please visit our website  
[apdaparkinson.org/northwest](http://apdaparkinson.org/northwest) or call **206.695.2905**

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

**Thank you  
for your  
generosity!**