

American Parkinson Disease Association
Iowa Parkinson Disease Information and Referral Center
UnityPoint Health – Des Moines
1200 Pleasant Street, E524
Des Moines, IA 50309

Non Profit Org
U.S. Postage
PAID
Des Moines, IA
Permit No. 2462



Thank you!

for reading *Live it!* Magazine,
and for your support
of the Parkinson's disease community.

Live it!

A Resource for Iowans
with Parkinson's Disease and
those who care for them.

Live it! is a publication of the
Iowa Chapter of the American Parkinson Disease Association

volume 8 • issue 1
fall 2017



My Parkinson's Journey

by Ruth Roghair

**Go Green
and Save Green!**
Join us in our effort to cut
back on physical mailings.
Simply call (877) 872-6386 or email
apdaiowa@apdaparkinson.org
to receive *Live it!*
via email.

"I'm embracing
what I have,
not chasing what
I had yesterday."

table of contents

- 3 • From the Editor
- 3 • Contact Us
- 4 • From Our Medical Director
- 5 • Nutrition
Managing Constipation
- 6 • Cover Story
My Parkinson's Journey
- 8 • Get Moving
Volkssporting with Parkinson's
- 9 • Artability
Poem Submission by Ethel Sylvester
- 10 • Past Event
- 11 • Donors / Acknowledgements
- 13 • Future Events / Save the Date
- 14 • Support Groups
- 15 • Links and Resources



Scan the QR code at left to go directly to www.apdaparkinson.org/iowa

Live it!
ONLINE

Live it! is also available online! Visit www.apdaparkinson.org/iowa for an electronic copy.

Also, follow us on Facebook (www.facebook.com/lowalandR) and Twitter [@IowaParkinson](https://twitter.com/IowaParkinson) (twitter.com/IowaParkinson)



Live it! Staff

Medical Director: Lynn Struck, MD
Managing Editor: Kylie Thompson
Editors: Vicki Ingham, Linda Jordening, and Sarah Purdy
Art Director: Patrick Vaassen

Live it! Editorial Board

Lynn Struck, M.D., Medical Director
Kylie Thompson, Coordinator, Iowa Parkinson Disease Information and Referral
Vicki Ingham
Linda Jordening
Patrick Vaassen

Reader Submissions

Live it! magazine is intended to be a voice for the Parkinson's disease community. We encourage and are pleased to consider your words, an article, art, and photo submissions for future issues from our readers – anything that shows how you Live it! Please send your submission requests to Iowa Parkinson 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 apdaiowa@apdaparkinson.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.

Disclaimer

All material related to Parkinson's disease contained in this magazine is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the editorial staff, the Information and Referral Center, the medical director of the Center, The Iowa Chapter of APDA, or the APDA.

letter from the editor

Greetings Live it! Readers,

As summer turns into autumn, we become excited about the thought of cooler days—a welcome change from the humidity and heat of an Iowa summer. You may also notice many progressive changes taking place at the Iowa Chapter of the American Parkinson Disease Association (APDA). We have a new logo and color scheme, a new website, and a focused vision: Every day, the American Parkinson Disease Association provides the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.

There has also been transition within the Iowa Chapter Board of Directors and the Information and Referral Center (I & R Center). Bob Miller, a retired superintendent, has stepped into the role of board president, and we have welcomed a handful of other new board members. New I & R Center Director Kylie Thompson is settling into her position. "I cannot tell you how excited and grateful I am to be in a position where I can help people with Parkinson's and their loved ones every single day," said Kylie, who was lucky to meet many of you at our 2017 Iowa Parkinson's Disease Conference. The conference was a hit, and we had approximately 540 attendees! If you haven't viewed pictures from the event, you can see them on our Facebook page at www.facebook.com/lowalandR.

On behalf of the Live it! staff, thank you for your patience as we put out this Fall 2017 issue of Live it! magazine. We can assure you it was worth the wait! This issue is all about movement—from the good to the bad. In her letter on page 4, Dr. Lynn Struck, MD, gives us a rundown on dystonia and how it can be managed. On page 9, Ethel Sylvester of Lynnville, Iowa, shares another poem about her journey with Parkinson's, but this time it's about boxing! For our cover story on page 6, Ruth Roghair of Orange City shares her Parkinson's story and reminds us that you can fight back against your PD at any age. Finally, on page 8 Diana Whited shares information about Volkssporting with Parkinson's and an invitation to attend monthly group walking events and educational programs.

We hope this issue of Live it! fills you with hope and optimism.

Best,

Live it! Staff

contact us:

American Parkinson Disease Association
Iowa Parkinson Disease Information and Referral Center
UnityPoint Health – Des Moines
1200 Pleasant Street E-524, Des Moines, Iowa 50309

(877) 872-6386
www.apdaparkinson.org/iowa





Lynn K. Struck, MD
Neurologist
Physician Specialty Clinic
UnityPoint Health – Des Moines

from our
**medical
director**

The Iowa Parkinson 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.

Dystonia and Parkinson's Disease

Dystonia is a condition that can occur in Parkinson's disease and several other illnesses. Patients experiencing dystonia exhibit an abnormality of motor control, causing sustained or intermittent muscle contraction. This can result in repetitive postures or movements, such as frequently twisting or turning. Dystonia can be precipitated or worsened by voluntary actions such as walking or running.

Dystonia can affect different parts of the body, including the eyes and neck—which are respectively referred to as blepharospasm and torticollis. It can also affect the entire trunk of the body, as well as the extremities, which is called limb dystonia.

This posturing can interfere with normal function. In Parkinson's disease, dystonia frequently occurs when a patient is having an "off" period. This is because dopamine levels are low. A physician will likely increase the levodopa dosage and/or frequency. Other options include adding longer-lasting medications in addition to the levodopa. Muscle relaxers or anticholinergics may be useful in certain situations.

The most common time for dystonia is in the early-morning hours before the first dosage of levodopa has been taken, often impacting one or both of an individual's legs. Typically, as the daytime medications kick in, this will resolve or at least improve. There are other times during the day that dystonia can occur, and it is important that patients keep a diary to record when it occurs and how long it lasts so they can discuss it with their physicians. ■



Copyright Statement:

Statement of Copyright
The entire contents of this magazine are copyrighted under United States copyright laws by the Iowa Parkinson Disease Information and Referral Center. All rights reserved. Written permission from the Iowa Parkinson 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 Disease Information and Referral Center.

What You Cannot Do Without Written Permission

Reproduce any Iowa Parkinson 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.

Managing Constipation

a Common Non-Motor Symptom of Parkinson's Disease

By Kylie Thompson, MS, RD

Parkinson's disease has a way of slowing down certain things in daily life, like buttoning a shirt or making a sandwich. Parkinson's disease is also known to slow down the gastrointestinal system and cause constipation, a common non-motor symptom. A recent study reported that 46.8% of people with Parkinson's experience constipation, as compared to 6.8% in the general population¹. It is important to note that constipation is not the lack of a daily bowel movement. In fact, it is normal to have a bowel movement every three to four days. The key is to know what is normal for you.

Just as constipation takes time to develop, it will also take time and patience to resolve. Making small dietary changes is the first step in resolving constipation. We will focus on two key changes: increasing fiber intake and increasing water intake.

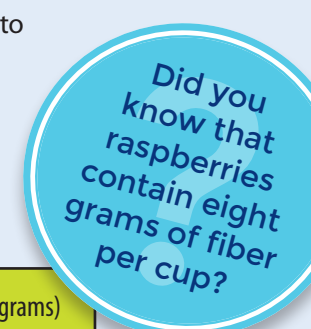
1. Increasing Fiber Intake: The average American adult only consumes 15 grams of fiber per day. It is recommended that men over the age of 50 consume 30 grams of fiber per day, and that women over the age of 50 consume 21 grams of fiber per day. Sources of fiber include fruits, vegetables, beans, peas, lentils, nuts and nut butters, and whole grain products (brown rice, 100% whole wheat bread products, quinoa, bran cereal, oatmeal, etc.).

2. Increasing Water Intake: This piece is critical, since eating a large amount of fiber without drinking the recommended amount of water can actually make constipation worse. It is recommended to drink six to eight glasses of water (eight oz. each) per day. This does not include caffeine or alcohol, which can make constipation worse.

You may be wondering how you can track your fiber and water intake. Here are a few strategies:

- MyFitnessPal is a website and mobile app that allows you to track the food you eat and monitor your daily fiber and fluid intake. There are also many other food-tracking tools available on the internet.
- Use the chart below to estimate your fiber intake.
- Use a water bottle that has defined measurements listed on the side.
- Work with a Registered Dietitian to make a plan that works for you.

Again, be mindful that these changes will not occur overnight. It can take a couple of months to notice a reduction in symptoms. If your constipation does not improve, then discuss the next step with your physician or Registered Dietitian.



FOOD GROUP (serving size)	# of servings	X Approximate Fiber Content Per Serving (grams)	= Fiber Intake (grams)
(Example) Medium Whole Fruit (apple with skin)	1	X 2	= 2
Whole Fruit: 1 medium or 1 cup cut		X 2	
Vegetables: 1 cup cut or 2 cups raw, leafy		X 4	
Whole Grains: 1 slice bread or 1/2 cup cooked rice, pasta, oatmeal		X 2	
Beans, Peas and Lentils: 1/2 cup cooked		X 6	
Nuts & Nut Butters: 1/4 cup nuts or 2 Tbsp nut butter		X 2	
Whole Grain Breakfast Cereals: See Nutrition Facts label on package		X 3	
TOTAL:			

1. Barichella M, et al., Dietary habits and neurological features of Parkinson's disease patients: Implications for practice, Clinical Nutrition (2016)

My Parkinson's Journey

By Ruth Roghair

Parkinson's disease is a journey that challenges you to keep active and refrain from sitting in your chair feeling sorry for yourself!

My symptoms started with restless legs. Later in the year, the pharmacist informed me the drug I was taking for that was for Parkinson's. I started having tremors in my right hand, and a few weeks later in my right foot. I asked the doctor if this was Parkinson's. No answer, but he said he would refer me to a neurologist.

I had also been having some back issues for which I required several weeks of physical therapy. Then the numbness and tingling started in my legs and feet. Our daughter, who is an RN, said, "It's time for a second opinion to verify what's going on."

During the consult appointment, I had to reveal all my medical issues. In addition to the tremors and numbness, I also had a lipoma mass under my right arm that I was planning to have taken care of when the autumn farm work was near completion. The doctor was so concerned he said, "You will have an MRI of your back and the mass yet this afternoon."

The MRI of my back showed spinal stenosis. Back surgery was more urgent than the mass, but nothing would be done until I had had an extensive neurological consult and all the tests for confirmation of a Parkinson's diagnosis. I was put on a Sinemet schedule of four doses a day: before each meal and at bedtime. Sometimes it took care of the tremors, and sometimes it didn't. To top it off, the neurologist who diagnosed me left the state for another practice six weeks later!

I had the back surgery with bone graft and fusion instead of rods. It would take longer to heal, but the surgeon said it would be a better option even though I'd be in a back brace for almost a year. I followed his orders of walking a lot and reclining when sitting in a chair. Nine weeks

later, I had the lipoma mass surgery. It was benign! The surgeon put me in a second immobilizer, saying it would heal faster if I couldn't move my right arm. Are we having fun yet?

I'm a retired certified nursing assistant/patient care technician. I used to work on a medical-surgical floor, and I learned the patient role quickly after years of being the caregiver. Thankfully, my husband accepted the caregiver role throughout the healing process.

I was fortunate to get a new neurologist who was also a movement specialist for Parkinson's disease and multiple sclerosis. The first visit took longer because she wanted to see my movements instead of just reading what the other neurologist had written in his dictation. She completely changed my med schedule to one Sinemet between 4:30 and 5:00 p.m., followed by a second dose at 9:00 p.m. At 9:00 p.m., I would also take a two-milligram ropinirole extended release. No more drugs until those times the next day. It's amazing that that schedule worked, and I've been on it ever since—almost four years!

I'm counting my blessings that my back and mass area have both healed. I have a 45-pound weight-lifting restriction for my back, and I take no pain meds. When I sit in the chair, I sing to keep my voice strong and embroider or write letters to keep my hands busy.

In early 2014, my husband and I decided it was probably time to leave the family farm after we both had some health issues. It was a hard decision because my husband had lived there for 75 years, and I had shared this experience with him for 53 years. We bought a handicap-accessible house in Orange City, which was eight miles from the farm. This town has all the needed services, and the golf course and walking/biking path are just across the road from our house.

Moving, having sales, and sorting a lifetime accumulation were traumatic and exhausting. We had no family to take over the acreage where we had restored a 1916 barn with the Iowa Barn Foundation. We also had flower gardens, which had been open to the public for viewing since 1991. I wanted to take some of my favorite flowers to town, which was an undertaking before the acreage was sold! Wouldn't you agree that I had plenty of exercise to keep the tremors away?

In the spring of 2015, Parkinson's again showed its ugly head. This time it was "shake-the-bed" tremors, which lasted for an hour before an extra Sinemet kicked in. I was walking the 3.2-mile golf course path, gardening, working in the yard, and doing everything else a household demands. I was having these tremors two to three times per week. It was depressing, so I called the neurologist and asked if I could try group exercise classes at the fitness center. Within six weeks, I was down to two times per month. Kickboxing and BodyPump are my two favorite classes, but I also do core, PiYo, and Zumba. At my next neurologist appointment, she was totally amazed at what the strenuous, vigorous exercise had done for me!

In 2016, the time elapsed since my last two shake-the-bed tremors was 10 months and 1 week. I call that a major improvement!

I am 74 years old, the grandma in every class. I attend classes five or six days per week.

I have a four-foot bar, weights, stretchy straps, and a yoga mat at home to use between classes and when the weather is inclement. "I can't" isn't in my vocabulary. I'll try to do what I can. I'm embracing what I have, not chasing what I had yesterday. My attitude is "move it or lose it!"

My husband and I both attend a PD support group. We count our blessings for the positive outcome of our PD journey thus far and for all the encouragement we receive from others. ■

I am 74 years old. "I can't" isn't in my vocabulary. I'll try to do what I can.



Volkssporting with Parkinson's

Come Walk With Us

By Diana Whited

Prior to retirement from my position as a school administrator three years ago, I began my search for a group that would combine my desire for social contact and regular exercise, as well as my love of the outdoors. By luck, I ran across an article in the paper announcing an upcoming walk at Big Creek State Park sponsored by the Greater Des Moines Volkssport Association. Intrigued by the name and the familiar setting, I decided to attend. I was welcomed by a group of lively, friendly people who were passionate about their sport. One walk and I was hooked! This group met all my needs and so much more.

When I was diagnosed with Parkinson's a year ago, one of my first thoughts was how this would affect my ability to join my friends on walks. My neurologist encouraged me to continue my regular activities and shared research about the benefits of regular exercise for Parkinson's patients. I now walk with a new sense of purpose and count each walk as one more day I have beaten Parkinson's.

So, just what is volkssporting? Volkssporting is an international sports phenomenon that promotes personal physical fitness and good health by providing fun-filled, safe exercise in a stress-free environment through self-paced walks, bike rides, and swims. Walking is the most popular of all U.S. volkssporting activities and has been identified by the U.S. Surgeon General as the most beneficial form of exercise.

Volkssporting in the U.S. is sponsored by the American Volkssport Association (AVA, ava.org), which is a nationwide, grassroots network of about 300 clubs offering more than 3,000 volkssporting events each year. The local chapter, Greater Des Moines Volkssport Association, was formed over 30 years ago and sponsors monthly group walking events and monthly educational programs, as well as 12 self-guided walks around the state that are available at any time.

The average volkssporter is a "Baby Boomer" in his or her mid-fifties. They are also usually "empty-nesters," either approaching or beginning retirement. Many people adopt volkssporting as part of their lifestyle and have completed hundreds of events and thousands of kilometers. While many begin walking for fitness (or maybe a medical "wake-up call"), most are like me and continue because of the friendship and social benefits. There are always new places to explore, time to catch up with friends, chit-chat, and laughs. And there is almost always food following an event at a new or favorite restaurant, a picnic, or a potluck. Volkssporters are known for their awesome potlucks!

I look forward to seeing you on the trail at one of our volkssport events. For more information, visit our website, <https://sites.google.com/site/walkgdmva/home> or like us on Facebook. ■

One walk
and I was
hooked!

**BEGIN YOUR
ADVENTURE!**



Parkinson's (Not always easy to live with)

Today I was told I have Parkinson's
I thought; another issue to complicate my life
Wonder what it is? And what will it do to me?

I was anxious to learn more
My computer would tell me what I wanted to know
So much information, my mind was overloaded
How would I know what was new and also true?

Ah, the local library should have up-to-date material
A couple books found—date 1998, 1984.
They told me the definition of Parkinson's and a few other things
I wanted material that was newer—at least 2010.

I decided to go to a large bookstore
They surely would have lots of information
That was up-to-date and easy reading.
I found it: Parkinson's for Dummies actually exists!

When I went to a local Parkinson's support group
Guess what! Hurrah books with new information
Reading and studying the material in the books
Helped me a great deal to understand Parkinson's

Also found that the State of Iowa Parkinson's Association
Had many books and leaflets about Parkinson's
All free and easy to obtain—too bad it took me so long to find

Three things I found very important for people with Parkinson's:

- Find a Neurologist who specializes in Parkinson's or a Movement Disorder Specialist, one who listens and adjusts your medicines to your needs
- Exercise, Exercise, Exercise—even a short walk will help
- Keep a positive attitude—not easy, but keep trying.

— a poem submission by
Ethel Sylvester

Iowa Parkinson's Disease Conference

Yet again, the Iowa Parkinson's Disease Conference was a hit—thank you to all for coming out! We had over 20 speakers who covered topics like non-motor symptoms, walking, reclaiming intimacy, art therapy, and so much more. We hope you walked away with skills you are continuing to use as you fight back against Parkinson's.



Iowa State Parkinson's Disease Research Forum

Two academic researchers, Dr. Kanthasamy from Iowa State University and Dr. Gammon Earhart from Washington University, discussed their current Parkinson's research. Dr. Kanthasamy spoke on findings in animal models of PD and their implications for future treatments. Dr. Earhart spoke on her research on exercise and dance and their impact on both motor symptoms and quality of life. Matt Jefferson, a Ph.D., spoke about inflammation in PD. Graduate and undergraduate students also presented their Parkinson's research during a poster session. Thank you in part to Medtronic for its support.



Eastern Iowa Parkinson's Disease Symposium

About 90 people with Parkinson's and their caregivers attended the Eastern Iowa Symposium on April 22. The event, organized by John Krumboltz and the Cedar Rapids area support group, helped make people hopeful for the future. This year, Brian Grant was the keynote speaker. He spoke of his diagnosis from the beginning; how it has shaped his life; problems he has run into, such as depression; and the work of the Brian Grant Foundation. Several other speakers presented on topics ranging from exercise to applying for medical disability.

Shake, Rattle, and Stroll 5K

The air was cold, but the skies were clear the morning of April 29 for the 2nd Annual Shake, Rattle, and Stroll 5K along the shores of historic Clear Lake. More than 120 walkers, joggers, and runners participated in the event, generating \$7,250 for the Iowa Chapter of the APDA. ACADIA Pharmaceuticals, Inc., was the signature sponsor for the day, with Hy-Vee providing refreshments. Next year's event is scheduled to occur on April 29, with plans for an even bigger turnout and more sponsors and activities for people with Parkinson's and their caregivers, family, and friends.



The 9th Annual Shake, Rattle and Roll Motorcycle Ride and Fundraiser Saturday, August 26, 2017

Thank you to the Lost Cause Motorcycle Group for raising over \$20,000 for the Iowa Chapter of the American Parkinson Disease Association. Each year, the group organizes a ride through different cities in north-central Iowa and ends the ride with a raffle and silent auction. As always, a special thank you to event organizers Chad "Beads" and Kristen "Teen" Pierson for their support.



Exercise Classes

Black Hawk County/Waterloo - Delay the Disease

Covenant Wellness Center, 3421 W 9th St, Waterloo, IA 50702. Classes are held Wednesday and Friday from 1:30-2:15 p.m. Contact class instructor Timi Brown, Med-Fit Facilitator at Wheaton Franciscan Healthcare, at (319) 272-1755 for more information. **Cost:** \$20 for an 8 week session.

Carroll County/Carroll - Delay the Disease

St. Anthony's Hospital, 311 S Clark St, Carroll, IA 51401. Classes are held every Thursday at 11 a.m. Contact class instructor Melanie Hundling at (712) 792-3581 or Melissa Schultes at (712) 794-5815. **Cost:** Free

Cass County/Atlantic

- *Delay the Disease:* Heritage House, 1200 Brookridge Cir, Atlantic, IA 50022. Classes are held every Monday from 1-2 p.m. Contact class instructor Jon Jordan at (712) 243-9458 or JJordan@wesleylife.org for more information. **Cost:** Free
- *Rock Steady Boxing:* Heritage House Wellness Studio, Heritage House, 1200 Brookridge Cir, Atlantic, IA 50022. Contact: Jon Jordan, class instructor, at (712) 243-1850 or JJordan@wesleylife.org for more information.

Clay County/Spencer - Delay the Disease

Spencer YMCA, 1001 11th Avenue West, Spencer, IA 51301. Classes are held Monday and Wednesday from 10:15 – 11:15 a.m. Class instructor is Josh Kelly. Contact the Spencer YMCA for more information at (712) 262-3782.

Des Moines County/West Burlington

- *Delay the Disease:* Great River Medical Center, Hawkeye Room, 1221 S Gear Ave, West Burlington, IA 52655. Classes held every Tuesday and Thursday from 12:30 – 1:30 p.m. Contact class instructor Matt Kelley at the Great River Medical Center High Performance Center at (319) 768-4112 for more information. **Cost:** \$5 a class.
- *Gentle Yoga Class at the Great River Medical Center High Performance Center:* Classes held every Monday at 12:45 p.m. in the Chief Room. Contact class instructor Julie Kirk at (319) 768-4112 for more information.
- *Delay the Disease:* Burlington Area YMCA, 2410 Mt. Pleasant St, Burlington, IA, 52601. Classes held every Monday and Wednesday from 1 – 2 p.m. Contact the Burlington Area YMCA at (319) 753-6734 or cara@burlingtonymca.org for more information. **Cost:** Free for YMCA members; \$5 a class for non-members.

Iowa County/Williamsburg - ReNu Your Life – Exercise for Parkinson's Disease (formerly Delay the Disease): Highland Ridge, 100 Village View Cir, Williamsburg, IA 52361. Classes held every Wednesday from 9-10 a.m. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information. **Cost:** Free

Johnson County/Iowa City

- *ReNu Your Life – Exercise for Parkinson's Disease (formerly Delay the Disease):* Iowa City Senior Center, 28 South Linn Street, Iowa City, IA 52240. Classes are held Wednesdays and Sundays from 12:45 – 1:45 p.m. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information. **Cost:** \$5 per class or \$50 punch card available.
- *Movement with PD:* Nolte Dance Academy, 1619 2nd St, Coralville, IA 52241. Classes are held Thursdays from 1:00 – 1:45 p.m. Contact Leslie Nolte at (319) 688-9289 or frontdesk@nolteacademy.com. **Cost:** \$3 per class
- *Rock Steady Boxing:* ICOR Boxing, 1127 Shirken Dr., Iowa City. Classes are held Thursdays from 3:30-5:00 p.m. and Saturdays from 12:00 – 1:30 p.m. Contact Emily or Cliff at (319) 244-8282 or iowacity@rsbaffiliate.com

Jones County/Anamosa - Delay the Disease

UnityPoint Health – Jones Regional Medical Center, 1795 HWY 64 East, Anamosa, IA 52205. Classes are held Monday and Wednesday from 3:15-4:15 p.m. at the therapy department. Contact class instructor John Wagner, PT, DPT at (319) 481-6195 or John.Wagner@unitypoint.org. **Cost:** FREE

Kossuth County/Algona - Delay the Disease

Algona Family YMCA, 2101 E. McGregor Algona, IA 50511. Classes held every Tuesday from 1-2 p.m. at the Algona Family YMCA. Every third Tuesday of the month the class meets at Van Buren Terrace, 520 S Blackford St., Algona. Contact the Algona Family YMCA at 515-295-7701 or jeni@algonaymca.org for more information. **Cost:** \$12 for a 6 week session or \$3 for a one day pass.

Linn County/Cedar Rapids

- *ReNu Your Life – Exercise for Parkinson's Disease (formerly Delay the Disease):* Stonebridge Church, 1829 Stoney Point Rd, Cedar Rapids, IA 52404. Classes are held Mondays and Fridays from 10:30-11:30 a.m. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information. **Cost:** Free
- *ReNu Your Life – Exercise for Parkinson's Disease (formerly Delay the Disease):* The Church on Northland, 5200 Northland Ave NE, Cedar Rapids, IA 52404. Classes are held Tuesdays and Thursdays from 11:00 a.m. – Noon. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information. **Cost:** Free
- *Parkinsingers – Vocal Exercise/Movement for PD:* West Music, 1398 Twixt Town Rd, Marion, IA 52302. Classes are held Wednesdays from 1:00 – 1:45 p.m. Contact instructor Kyle Wilhelm at (319) 389-4074 or kwilhelm@westmusic.com for more information.

Linn County/Cedar Rapids (continued)

- *PD Dance Moves:* Cannon Studios, 26033rd Ave, Cedar Rapids, IA 52404. Classes are held Wednesdays from 10:30 – 11:30 a.m. Contact Tallis Straub at (319) 329-5151 or tallis.dance@gmail.com
- *Fighting PD:* Bruce TKD, 139 Marion Blvd, Marion, IA. Classes are held Mondays from 1:30-2:30 p.m. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information.
- *Fighting PD:* Down to Fight MMA, 1500 20th St. SW, Classes are held Thursdays from 1:30-2:30 p.m. Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for more information.

Muscatine County/Muscatine - Delay the Disease

Hillcrest Baptist Church, 1613 Bidwell Road, Muscatine, IA 52761. Classes are held twice a week: A rotating schedule of Tuesdays and Thursdays for 4 weeks followed by Mondays and Wednesdays for 4 weeks. Contact instructor Anthony Krumbholz at (319) 981-3321 or AnthonyKrumbholz@yahoo.com for more information. **Cost:** \$5 per class.

Polk County/Clive & Des Moines

- *Delay the Disease:* Mercy Health & Fitness Center, 12493 University Ave, Clive, IA 50325. Classes are held Monday & Wednesday 1 – 2 p.m. and Fridays from 1:15 – 2:15 p.m. Contact the Mercy Health & Fitness Center at (515) 226-9622 for more information.
- *Delay the Disease:* Walnut Creek family YMCA, 948 73rd St, Windsor Hts, IA 50324. Classes are held Tuesday & Thursdays from 2:15-3:15 p.m. Contact Walnut Creek YMCA at (515) 224-1888 for more information and to register.
- *Delay the Disease:* Wesley Acres, 3520 Grand Ave, Des Moines, IA 50312. Classes are held every Wednesday from 1-2pm. Pre-registration is required. Call (515) 271-6500 for more information and to register.
- *Rock Steady Boxing:* Edgewater, WesleyLife, 9225 Cascade Avenue, West Des Moines, IA 50266. Classes are held every Tuesday and Thursday 11-12pm. Pre-registration is required. Call Abby Harlacher, (515) 978-2404 for more information and to register.
- *Rock Steady Boxing:* Title Boxing 9500 University Ave, Suite 1105, West Des Moines, IA 50266. Classes are held Monday, Wednesday and Friday 10:30-12 p.m. Call (515) 493-4486.
- *Stroke and Parkinson's Program (Urbandale and Ankeny):* The goal of this 1 hour program is to provide meaningful exercise with the addition of fun, laughter, socialization and the overall sensation of accomplishment! (**Urbandale**) Courage League Sports, 4405 121st St, Urbandale, IA 50323. Mondays/Fridays from 9:30 – 10:30 a.m. or 1:00 to 2:00 p.m. (**Ankeny**) Courage League Sports, 110 N Ankeny Blvd, Ankeny, IA 50023. Mondays through Fridays from 9:30 – 10:30 a.m. **Cost:** Monthly Membership: \$55/family | 10-Visit Punch Card: \$65 (financial assistance may be available). Call (515) 421-4021 for more information and to register.

Poweshiek County/Grinnell - Rock Steady Boxing

Contact Georgia Plumb at (641) 236-9570.

Scott County/ Bettendorf & Davenport

- *Delay the Disease:* Genesis West Medical Center, 1401 W Central Park Ave, **Davenport**, IA 52804. Classes are held Monday and Thursday from 12:15 – 1 p.m. Contact class instructor Katie Kostichek at (563) 421-4540 for more information. **Cost:** \$35 for an 8-class card.
- *Delay the Disease:* Scott County YMCA, 3800 Tanglefoot Ln, **Bettendorf**, IA 52722. Classes are held Tuesday and Thursday from 11:15 a.m. – 12 p.m. Contact The Scott County YMCA at (563) 359-9622 or class instructor Marli Apt at (563) 345-4287. **Cost:** FREE for YMCA members; \$30 for 16 weeks for **non-members**.
- *Rock Steady Boxing:* 3565 Utica Ridge Road, Suite B, **Bettendorf**, IA 52722. Mondays, Wednesdays, and Fridays from 11 a.m. – 12 p.m. Contact: Barb Park at (563) 650-1417 or back2actionpt@yahoo.com
- *Pedaling for Parkinson's:* Bettendorf Family YMCA, 3800 Tanglefoot Lane, **Bettendorf**, IA 52722. Mondays, Wednesdays, and Fridays from 9 – 9:45 a.m. Contact the YMCA at (309) 755-0092

Union County/Creston - Neurowellness Exercise Class for

Parkinson's Disease: Southern Prairie YMCA, 1201 W Townline, Creston, IA 50801. Classes are held Monday and Wednesday from 9 – 10 a.m. Class instructor is Mandy Henderson. Contact the Southern Prairie YMCA at (641) 782-9622 for more information. **Cost:** Free for Southern Prairie YMCA members; \$25/month for non-members.

Warren County/ Indianola - Rock Steady Boxing

Location: Anytime Fitness, 402 N Jefferson Way, Indianola, IA 50125. Dates/Times: Classes are held Monday and Thursday from 1 – 2:30 p.m. Contact: Lindsey Payne at (515) 962-4741 or lpayne@wesleylife.org for more information.

Woodbury County/South Sioux City, Nebraska -

Delay the Disease

Norm Waitt Sr. YMCA 601 Riverview Dr., South Sioux City, NE 68776. Classes are held Mondays and Wednesdays 11 a.m. – Noon. Contact instructor Jacque Perez, Wellness Programs Coordinator, at (402) 404-8439 or jperez@nwsymca.org. **Cost:** \$5 per class ; \$50 for a 10 class punch card.

2017 Northwest Iowa PARKINSON'S DISEASE SYMPOSIUM

Friday, October 20, 2017

8:30 a.m. to 2:30 p.m.
Hilton Garden Inn
1132 Larsen Park Road,
Sioux City, IA 51103

Registration and breakfast will start at 8:30 am. Suggested donation of \$10. Lunch is included. For more information on the conference and to read speaker bios, visit apdaparkinson.org/iowa

REGISTER THE FOLLOWING WAYS:

- Online at apdaparkinson.org/iowa
- Email: apdaiowa@apdaparkinson.org
- Call (877) 872-6386

- 8:30 a.m. Registration Open/Visit Exhibitors/Continental Breakfast Served
- 9:30 a.m. Welcome and Tai Chi Warmup, Iowa Chapter of APDA
- 10 a.m. **Cognition in Parkinson's Disease**, Dr. Erin Holker, PhD, LP, ABPP-CN, Clinical Neuropsychologist, Departments of Rehabilitation Medicine and Neurology, University of Minnesota
- 10:45 a.m. Exercise Break – Delay the Disease, Norm Waitt Sr. YMCA
- 11 a.m. **Why Art Therapy?**, Sam Erwin, MS, MA
- 11:45 a.m. Lunch (provided) and visit vendors
- 1 p.m. **The Immune System in Parkinson's Disease: It Cuts Both Ways**, Dr. Lee Mosley, PhD, Director of the Movement Disorders Program in the Center for Neurodegenerative Disorders and the Department of Pharmacology & Experimental Neuroscience at the University of Nebraska Medical Center (UNMC)
- 1:30 p.m. Exercise Break – Chair Yoga, Norm Waitt Sr. YMCA
- 1:45 p.m. **Assistive Technology for Parkinson's disease**, Michelle Culbertson, Easter Seals
- 2:30 p.m. Evaluations and Closing

donors November 1, 2016 – June 30, 2017

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 or friend, or to celebrate a special occasion. A letter is sent to the designated person telling them of your generosity and thoughtfulness.

Please send your donations to:

Iowa Parkinson Disease Information and Referral
1200 Pleasant Street, E-524, Des Moines, IA 50309
apdaparkinson.org/iowa

Iowa Chapter of the APDA

Presidents: Bob Miller

Treasurer: Craig Haas

Directors: Connie Bever, Shirley Burke, Jan Friedel, Keith Fritz, Bruce Hukee, Sean Jenkins, Patrick Johnson, Kristin Lowry, Dave McNeil, Tammy Miller, Victoria Miller, Rich Mills, LaDona Molander, Marisa Tank, Jennifer Voorhees, Brad Winterbottom

Past Co-Presidents: John Krumbholz and Jeff Molander

American Parkinson Disease Association, Inc. - National Office
135 Parkinson Avenue, Staten Island, NY 10305
(800) 223-2732, apdaparkinson.org

In Honor

In Honor of **Angi Lawson, Roger Hefel & Marlene Errthum**

Parkinsons Awareness of Clayton County

In Honor of **Dennis Neubauer**

Dennis & Rebecca Neubauer

In Honor of **Ervin Fopma - Team Rock for Ervin**

Klyn's Tire Service Inc.

In Honor of **Grandpa Oehlerich**

Stefanie Melcher

In Honor of **Jerry Carlson**

Davis Sanders

In Honor of **Keith Fritz**

Clear Lake Class of 2017

In Honor of **Roger Sievers**

Dave & Kristi Pyburn

In Honor of **Sheri Terrell**

Charles A De Vore JR

In Honor of **The IA Chapter of APDA and all their volunteer time to help those diagnosed with PD**

La Dona Molander

In Honor of **Tim Burkhart & family**

Susan Ryan-Anderson

In Support

2017 Eastern Iowa Parkinson's Disease Symposium

Dian Boysen	Nancy Steehler
Mary Chalupa	Randall Stender
James Lanphere	Jean Todd
Barbara Lee	Barbara Warren
Kent Pearson	Christine Wohlwend
John Schaub	Craig Van Hook

2017 Iowa Parkinson's Disease Conference

Jim & Judy Anderson	Craig Van Hook
Dorothy Armens	Larry & Pat Meeves
Jerome & Elaine Barnwell	Fred and Janie Richtsmeier
Deb Bray	John Schaub
John Burgeson	Larry Stoltenberg
Leon Doxtad	Len Todd
Jackie Eppert	

acknowledgements



The Iowa Parkinson Disease Information and Referral Center is grant funded by American Parkinson Disease Association.



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



In Memory

In Memory of Al Noble

Kimberly Groves

In Memory of Aunt Mary

Joseph J. and
Katherine A. Cascio

In Memory of Bonnie Staudt and Marcus Quade

Parkinson's Support Group

In Memory of

Catherine A. Kloewer

Rhonda Byers

In Memory of Craig Tjaden

Marc & Carol Quade

In Memory of

Dennis W. Travis

Leon & Barb Achey
Mr. & Mrs. Keith Achey
Roland & Cheryl Achey
St. Luke's Auxiliary
Dan & Mona Barz
Jackie Blount
Jim & Sharon Boardman
Noelle Boardman
Dian Boysen
Gary & Sharon Coquillette
Ken Cutts & Pat Achey-Cutts
Kenneth & Patricia Cutts
Barbara DeLarme
Ronald & Terri Duffy
Faye Irene Gerner
Kent & Sharon Goldsmith
Wayne & Nancy Hanson
Ron Heidt
Ron M Heidt
Robert & Deana Johnson
Susan Kersenbrock
Garry & Rosemary
Krutzfeldt
Rev. Michael & Colleen Last
Judith Carlson Lebeda
Bob & Shirley Meier
Renee & Murray Mente
Daryl & Brenda Meyer
Shirley Miller
Lois Moon
Rick & Diane Moon
Nancy Ann Mortimore
George & Mary Lou Olouson

Rick & Peg Opfer
Lois Ralston
Dean & Jean Rekemeyer
Randy & Carol Rentschler
Greg & Doreen Schultz
Jim & Carolyn Selfridge
Dena & Troy Stanerson
Bobby & Linda Stout
Dora Thompson
Gilbert & Norma Thoren
Dennis & Denise Travis
Stacy Wedeners
Mike & Joie Welsh
Randy & Diane Weyer

In Memory of

Dianne DeBruin

Tim & Karen Rhodes

In Memory of Donna Maas

Rex and Ginny Tefertiller

In Memory of

Douglas Hamilton

Shane and Cari Higgins
Lynn Struck
Dave & Marcia Baumberger
Jerald & Virginia Boblenz
Jo Kay Boyle
Janice Bradley
Shonda Deranleau
Tim & Trisha Diercks
Mary Luick & Family
Margaret Fennig
Richard & Carol Fry
Jean Hamilton
Shane & Cari Higgins
Robert & Betty Kuhrt
Bob & Kathy Lickteig
Bob and Kathy Lickteig
Therese McNicholas
John & Jean McPherson
Bruce & Debbie Deneff
Mehlhop
Robert & Betty Mitchell
Paul & Eva Moritz
Walt & Marcia Neighbour
Kevin and Joann Pierce
Jim & Barb Roths
Patrick Ryan
Bruce & Joyce Skidmore
Lynn Struck
Kathy Sullivan

Jack & Deb Troxel

Steve & Myrna Udelhofen
Charles & Lee Anna Walrod
E.R. and Jan Wattonville
Webb Insurance Group LLC
Marge Wysong
Susan Zimmer

In Memory of

Guy Lowell Cagley

Kris Cameron

In Memory of

Jean Pemberton

Karen Nelson

In Memory of John Miller

Mary Fetters

In Memory of Karl Larson

Karen Nelson

In Memory of Keith Markow

Charles Stookesberry

In Memory of LaVon Lutz

Jana Deo Reints, Julie Deo
Herrick and Loretta
Deo Connors

In Memory of Leon Lundy of Greenfield Iowa

Carole Lundy

In Memory of Linda Jordan of Iowa City

Karolyn Wagner

In Memory of Marcus Quade

Shawn Austvold

In Memory of

Marjorie Hintermeister

Rosalie Dietrich
Alma Brogly Stapleton

In Memory of

Marjorie Mather Beneke

Mark Mather

In Memory of

Maureen R. Mentzer

Jana Mentzer

In Memory of Nancy See

Danna Wood

In Memory of Nate Gunderson

Le Allen &
Janelle Nevermann

In Memory of

Richard Warrick

David Brown
Kathryn Gilbert

In Memory of

Thomas Wayne Horton

Diane Shannon

In Memory of Tom Horton

Wendy McGrew

In Memory of

Verdoni Bergling

Jane Bass
Mr. & Mrs. Robert Grabbert
Iola Leland
Mr. & Mrs. Kenneth Patten
Thelma Sborro
Alma Shell
Mr. & Mrs. Mahlon Shell
Mary Lou Sullivan
Leta Willman

In Memory of Virgil Reid

Richard Freeman
Julie Moore

Donations

Emily Adams
Roger & Peggy Ahrenhotz
Robert Allbee
Le Allen & Janelle Nevermann
Alliant Energy Foundation
Rosanne Altenhofen
American Endowment
Foundation
Steven M. and
Deborah A. Anderson
Greg and Cheryl Armitage
Larry Armstrong
Fairfax State Savings Bank
Lola Margaret Barber
Brian R. and Aimee Barlett
Blake Barnes
Nelda Beeler
Julie Betts
Laura Block
Katherine Blockhus
Alvin & Dorothy Boettcher
Paul D Or Gail J Boock
Christine Brackett
Pamela Braga

Ivan & Janis Brehmer
Michael & Sara Brinker
Brooklyn Bear Creek
Community Fund
John Brunow
Janes L Bruns
Mary Jo Burchfield
Shirley Burke
Robert & Betty Bush
C4 Workout Fundraiser to Beat
Parkinson's Disease
Billy Jo & Kelly Carlson
Sandra Cates
Cedar Rapids Parkinson
Foundation
Phillip & Mary Jane Chalupa
Kathy Christianson
Lois Christopher
Steven & Mary Citta
Marlene Clayton
Leo & Patricia Cleeton
Judy Clover
Maurice Women's Club
Jane Collison
Brian Costello
George Courter
Darrell & Janice Coy
Peggy Crees
William Cummings
Melody J. or Daryl J. Van Dee
Diane Dennler
Paige Dieken
Randy Dieken
John & Janet Dittmar
Paul D. Dobbie
Chris or Amy Doud
Craig Drotzmann
Jerome & Jackie Dykstra
Elite Dental Studio
Deborah Ellingrod
Richard H. or Susan J. Elwood
William England
Terri Erickson
Lyle & Deb Escherich
Sylvia Facile
Marty D. Feeney and
Susan E. Eggert
Evelyn Fisher
F.K. Stokely Lumber CO.
Ervin & Gayle Fopma
Beverly Van Fossen

Matthew & Megan Fox
Maurine Fox
Donald & Velma Frank
Betsy Frederes
David & Janine Frettim
Keith & Laura Fritz
Susan Fritz
David & Catherine Ganfield
David Garoutte
Dr. D. G. Gasche Jr. &
M. Jolene Gasche
Donna Gatton
Wendy Gerloff
Gary A. or Janet M. Goodhall
GoodShop
Betty Groen
Kay Gunderson
Craig B. Haas
Lorraine and Ronald T. Haas
John D. & Terri Hale
Becky Hall
Susan Hansen
Susan Harmon
Hartland Achievers 4-H Club
Rosalie Hartwig
Carol Harvey
Richard L. and
Debra S. Heard
Adelene Hefel
Paul & Kelly Heffron
Diana Hejhal
Thomas Hendricks
Brad or Jill Herrera
Corrine Hinkle
Todd Hocraffer
Bob Holsappie
Marshall Hoyt
Bonnie Hunter
Donald & Judy Hurn

J Katherine Ihm
Margaret Jackson
Bruce & Patricia Jacobs
Darci Janssen
Carlton Johnson
Janelle Johnson
Malvin Johnson
Marva Joyce Johnson
Jeanie Jurgens
Janice Kain
Peter & Sherle Kasik
Mary Keables
William R. or Betty Kimble
Christine Kingdom-Knoepfler
Mardell Kirchhoff
Jack & Sue Kirk
Lawrence A. and
Joan E. Kloiber
Anne & Herbert Knudten
Sherry Knuth
Richard &
Marlene Knutstrom
Nikkole Koenig
John & Julie Kollman
Sherry Lambi
Phyllis Lange
James & Jennifer Lanphere
Katie Lee
Ellen Livingston
Kerry or Tami Loge
John E. and Brenda J. Lown
Gary & Dora Lozano
Ross Lundell
Erik A. Or Penny L. Luthens
G. Madison
G. Madsen
Jackie & Ryan Malecek
Richard & Jacquelyn Manatt
Mary E. Martin

William Mather
Joan Mattingly
Mac Mattke
Mark & Inez Darlene Mattke
Robert & Marion McCrory
Francis & Ardis McGinnis
James R. Mc Henry II
Kara McKee
McMontag Farms Inc
Thomas Brown, MD
D. Meha
Mary Meis
Kristin Meyer
Meyer Parkview
Apartments LLC
Michael Kors (USA), Inc.
Amanda Miller
Robert and Victoria Miller
Daryl & Deborah Moeller
Jeff & La Dona Molander
William & Beverly Moss
Joseph C Mrstik and
Jacqueline D Robson
Daniel E. or Anita H. Murphy
Francis Murphy
N.B. Theiss Shirts, Inc
Brian S. Nevermann
T.J. Nicholson
Roger A. and
Colleen K. Norgen
Ted & Robyn Oberhauser
Mary O'Brien
Edward Olson
Alvadore & Mary Osborn
Randy and Bobbi Osborn
Betty Osgood
Barbara Ostrander
Nylene Van Patten
Louann Paulsen

Mary Peter
Sarah Petersen
Mary Peterson
Kristen Pierson and the Lost
Cause Motorcycle Club
Piersen &
Betty Vander Plaats
L. David Potter
Arnold Prohaska
William & Karen Reece
Dennis & Sarah Reinert
T. M. & J. Reints
Thomas & Barbara Rich
M. L. Richman
Rebecca Robel
Tom Roberson
Stanley & Helen Robinson
Sye & Ruth Roghair
Eric or Heather Rohe
Neil & Karen Rohlena
Nolan Rumbley
Maureen E. Sammon and
James D. Hansen
Savage Power INC.
Karen Schaub
John Scherrman
Anna Schneider
Melissa Schneider
Shirley Schreiber
Lowell Schroeder
Sandra Schultz
Diane Schwarz
Leaf S. and
James D. Seckington
Carol Sieck
Simmering Cory Inc
Paul & Barbara Jo Spong
Joseph and Sarah Stanisiz
Perry Stevens

Nancy Steward
Lynhon Stout
Delford Strandburg
Marilyn or Oran Struecker
Margaret Sturgis
Dean M. Sweeney
Wilma Tank
Kathy Thomas
Anthony R. and
Janet K. Topping
Sarah Tripp
Truist
United Way of Central Iowa
Sandra Urfer
Leland Vander and
Sally Vander Linden
Evalyn VanZandbergen
Dolores Vesely
Donna Vonk
Virgil Walden
The Wellmark Foundation
Scott E. and Carolyn K. Wells
Wells Fargo Bank, N.A.
Wells Fargo Community
Support Campaign
Daniel J. and Carol C. Werner
Helen Westcot
Anna L. Wheeler
Trisha White
Randall & Karen Wickey
Kim Wilkens
Riley Wilson
Robert & Tracey Wiltse
C. A. Wise
Shirley Wyrick
Diane Young



future events

October 14-15, 2017

10th Annual PD Walkers at the
2017 IMT Des Moines Marathon,
Des Moines, IA

October 20, 2017

Northwest Iowa Parkinson's Disease
Symposium, Sioux City, IA

October 21, 2017

C4 Workout Fundraiser at the Wellmark
YMCA, Des Moines, IA

SAVE THE DATE: JUNE 15, 2018

2018 Iowa Parkinson's Disease
Conference, West Des Moines, IA



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!

support groups

Algona/Kossuth County (EG)
Jen Carr, jeni@algonaymca.org
(515) 295-7701

Ames/Story County
Kari Stock
(515) 239-2323

Anamosa/Jones County (EG)
Allison J. Niedermann
Allison.Niedermann@unitypoint.org
(319) 481-6195

Atlantic/Cass County (EG)
Jon Jordan, JJordan@wesleylife.org
(712) 243-1850

Burlington/Des Moines County
Elaine Baxter, elainbax@msn.com
(319) 754-4372

Carroll/Carroll County (EG)
Melissa Schultes
mschultes@stanthonyhospital.org
(712) 794-5815

Cascade/Dubuque County
Brenda Williams
circleb@netins.net
(563) 590-4364

Cedar Rapids/Linn County
John Krumbholz
Krummy1968@gmail.com
(319) 350-7482

Centerville/Appanose County
Katy Dykes
kdykes@mercydesmoines.org
(641) 437-3432

Charles City/Floyd County
Carol Quade, carol@fai.net
(641) 228-5053

Clinton/Clinton County
Don and Rita Schneider
RSchneider@wfp-cpa.com
(563) 357-0562

Council Bluffs/Pottawattamie County (C)
Molly George
mcampbell@heritage-communities.com
(712) 256-2741

Creston/Union County
Myra & Chuck Spindler
chuck.spindlerii@gmail.com
(641) 344-6629

Davenport/Scott County (C)
Barb Warren
Barb/warwar@gmail.com
(563) 579-7378

Decorah/Winneshiek County
David Dobson
davidpauldobson@hotmail.com
(563) 735-5836

Des Moines/Polk County (C)
Valerie Stickel-Diehl
vstickel-diehl@mercydesmoines.org
(515) 358-0002

Des Moines/Polk County Women and Parkinson's Support Group
Sam Erwin
spiritartmove@gmail.com
(515) 419-3307

Des Moines/Polk County
Lindsay Waechter
lwaechter@wesleylife.org
(515) 271-6596

Dubuque/Dubuque County
Gerry Osterhaus
gerryosty@mchsi.com
(563) 582-7313

Dyersville/Dubuque County
Catherine Tegeler
spikesina123@yahoo.com
(563) 875-7029

Estherville/Emmet County
Eric Erickson
eerickson@seasonscenter.org
(712) 209-1159

Grinnell/Poweshiek County
Georgia Plumb
plumbge@gmail.com
(641) 236-9570

Guttenberg/Clayton County
Billee Jo Hefel
bhefel@abcmcorp.com
(563) 252-2288 ext. 128

Independence/Buchanan County
Betty Orr
jorrb@indytel.com
(319) 938-2825

Iowa City/Johnson County
Dottie Armens
d_armens@hotmail.com
(319) 400-0506

Marshalltown/Marshall County
Dennis Eige, Ideige@hotmail.com
(641) 753-8463

Mason City/Cerro Gordo County
Martha Boyes,
marthaboyes@gmail.com
(641) 357-3609 (home)
(641) 231-0007 (cell)

Muscatine/Muscatine County
Wayne & Pat Corriell
pat.corriell@gmail.com
(563) 649-2285
John & Karen Schaub
jschaub@machlink.com
(563) 263-1866

Newton/Jasper County
Eloise Prater
jeprater1607@gmail.com
(641) 791-1018

Pella/Marion County
Natasha Nikkel
nnikkel@wesleylife.org
(641) 620-4219

Sioux Center/Sioux County
Glenda Vanlaren
Glenda.VanLaren@schospital.org
(712) 722-8256

Sioux City/Woodbury County
Sally Reinert
sreinert@evertek.net
(712) 253-2104

Storm Lake/Buena Vista County
Bonnie Hunter
bjhunter6@mediacombb.net
(712) 732-3383

Vinton/Benton County
Stacey Hodges
shodges@vghinc.com
mark.redlinger@RehabVisions.com
(319) 472-6372

Waterloo/Black Hawk County
Terry Hertges
Beno08@aol.com
(319) 239-6865

Waverly/Bremer County
Mary Ochoa
mochoa@waverlyhealthcenter.org
(319) 352-4961

West Des Moines/Polk County
Mary Adkins
bjamla@aol.com
(515) 480-4090

West Des Moines/Polk County Edgewater & WesleyLife Community
Betty Bush
bettyjbush@gmail.com
(515) 978-2937

West Des Moines/Polk County Young Onset Support Group
Sean Jenkins
sjenk@gmail.com
Shirley Burke
xsli77@yahoo.com
Has ability for people to join through online video.

Winterset/Madison County
Tamara Bridgeman
tbridgeman@madisonhealth.com
(515) 202-6151

Moline, Illinois
Marilyn Woelke
mewoelke@gmail.com
(309) 781-6462

Trenton, Missouri
Gloria Koon,
(660) 339-8006

(EG) = Exercise group also available

(C) = Caregiver group also available



links and other resources

Web Links

Here are a few helpful websites.

Parkinson's Disease - Iowa Statewide Resources

- Easter Seals Iowa Assistive Technology Center.....www.eastersealsia.org
- Easter Seals Rural Solutions Program.....www.easterseals.com/ia/our-programs/rural-solutions
- Iowa Family Caregiver.....www.i4a.org
- Iowa Legal Aid.....www.IowaLegalAid.org
- LifeLong Linkswww.lifelonglinks.org
- Senior Health Information Programwww.therightcalliowa.gov
- Telecommunications Access Iowa/Relay Iowa.....www.relayiowa.com/tai
- UERS (Used Equipment Referral Service).....www.eastersealsia.at4all.com

Parkinson's Disease - General

- American Parkinson Disease Associationwww.apdaparkinson.org
- American Parkinson Disease Association, Iowa Chapterwww.apdaparkinson.org/iowa
- Parkinson's Action Networkwww.parkinsonsaction.org
- American Academy of Neurologywww.aan.com
- The Movement Disorder Societywww.movementdisorders.org
- Living Well with Parkinson's Diseasewww.pdplan4life.com
- National Institutes of Health: Parkinson's Diseasenihseniorhealth.gov

Caregivers

- National Family Caregiving Association.....www.nfcares.org
- Iowa State University Extension Family Caregivingwww.extension.org/family+caregiving
- Lotsa Helping Hands.....www.lotsahelpinghands.com
- Caregiver Action Network.....www.caregiveraction.org
- AARP Caregiving Resourceswww.aarp.org/caregiving

Donate to the Iowa Chapter APDA!

Donations help us with our mission: Ease the burden and find a cure for those impacted by Parkinson's disease in communities across Iowa.

Complete this form, detach and mail with a check to:

Iowa Parkinson Disease Information and Referral
1200 Pleasant St., E-524
Des Moines, IA 50309

Mr. Mrs. Ms. (Please print)

Last Name: _____

First Name: _____

Spouse's Name: _____

Address: _____

City: _____ County: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____ Amount Enclosed: \$ _____

Please check one of the following:

- Diagnosed
- Professional
- Family Member

Check here if this is a change of address

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