

Live it!

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



One Good Turn

Chad and Kristen Pierson find fulfillment in giving back

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Kudos
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Live it!
ONLINE

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Reader Submissions

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

letter from the *Live it!* staff

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Request for Submissions:

The staff would like to invite words and photographs from you. Share with us photographs of you, your artwork, your words – anything that shows how you *Live it!* Please see submission guidelines on the bottom of page 2.

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.

Dear Live it! Readers,

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

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

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

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

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

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

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

Sincerely, John Krumbholz

Iowa Chapter of the APDA Board Co-President

contact us:



Iowa Parkinson Disease
INFORMATION AND REFERRAL

Iowa Parkinson Disease Information and Referral Center

UnityPoint Health – Des Moines

1200 Pleasant Street E-524, Des Moines, Iowa 50309

(877) 872-6386 | www.apdaiowa.org 

from our medical director



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

The Iowa Parkinson's Disease Information and Referral Center and Live it! magazine are privileged to have board certified clinical neurologist Lynn Struck, MD, as our advisory Medical Director.

Dr. Struck is on staff with UnityPoint Health Physicians, Des Moines, and is a leading expert in movement disorders in Iowa. She has focused her career on advances in treatment of her many patients with Parkinson's disease and ongoing research to find better treatments and, ultimately, a cure.

Fatigue and Parkinson's Disease

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

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

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

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

Reference: Neurology, Volume 83, 2014, pp. 215-220

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Caregiving resources

November is National Family Caregiver Month. Caregivers make up 29 percent or 65.7 million of the U.S. adult population, providing care to someone who is ill, disabled or aged. There are different types of caregivers: spouses, children, family members, friends and professional caregivers. There are a wide variety of caregiver resources to choose from depending on your needs. Here are some resources within Iowa and outside of Iowa that may be helpful for caregivers:

Easter Seals Iowa Rural Solutions Program

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

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

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

Iowa Area Agencies on Aging

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

Visit www.iowafamilycaregiver.org to contact your local area agency on aging.

Caregiver to Caregiver Program

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

Visit www.youngparkinsons.org or call (877) 223-3801 for more information.

See page 18 for websites on other caregiving resources. Need more help? Call the Iowa Parkinson Disease Information and Referral Center at (877) 872-6386 or email informreferral@apdaiowa.org

One Good Turn

couple finds fulfillment in giving back

For the last five summers, a striking procession has rumbled down the roads of central Iowa. The Shake, Rattle, and Roll motorcycle ride and fundraiser was started in 2009 by Kristen and Chad Pierson of Hubbard, Iowa, with their motorcycle group to raise awareness and money for Parkinson's disease research. This event is just one of the ways the Piersons give back to their community, but the cause is particularly close to their hearts—Chad was diagnosed with the disease in 2006.



Chad and Kristen Pierson

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

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

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

When Chad was diagnosed, their motorcycle family learned the signs and symptoms of PD, and they can now help him out. "A 300-pound biker is good to have around for when you fall down," Chad says. A couple of guys in the group knew he wouldn't be able to keep riding on two wheels forever, so they



Chad on his converted three-wheel trike

entered him in the Good Turn Trike Award sponsored by Lehman Trikes. The winner would receive a kit worth \$20,000 for his or her motorcycle to convert it from a two-wheel bike to three-wheel trike. They wrote articles and made films and recordings to argue their case for Chad to win the national award—and it paid off. When Lehman Trikes traveled to Hubbard to present Chad with the prize, the city closed Main Street for the celebration.

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

For the last two years he and Kristen and Lost Cause members have partnered with the Iowa Chapter of the American Parkinson Disease Association. The fundraiser

consists of a live and silent auction, food and music, a dunk tank, and a short ride for motorcycles and cars. The group has sold cookbooks, patches for vests, koozies, t-shirts, and sponsorships. Everything is usually donated, from the food to the port-o-potties. The local newspapers print their press releases, and law enforcement cooperates to handle more than 300 motorcyclists and other guests. The benefit raised more than \$40,000 in 2013 alone and has raised well over \$100,000 total since it began.

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

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



The Lost Cause motorcycle group is like family to the Piersons

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

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

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

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

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

Young Onset Information

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

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

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

Move! Ability

Marilyn and Ken Magel
ride the bike trails in
West Des Moines, Iowa



“Once you ride a bike, it stays with you forever,” says Ken Magel of West Des Moines. Ken and his wife, Marilyn, are lifelong bicycle enthusiasts. They like to get out and enjoy good weather every day if they can.

After understanding that Ken’s Parkinson’s impacted his balance and affected his ability to ride a two-wheeled bike, they both sought other options. The best option was a three-wheeled recumbent bike he test drove at the 2014 Iowa Parkinson’s Disease Conference. A company that sells these bikes in Iowa, All Ability Cycles in Jefferson, comes to the conference each year.

“I realized that this is what he needs – he can get on and off the bike easily,” says Marilyn.

The ability to sit down and ride helps Ken tremendously – it takes weight off his spine and he doesn’t have any pain when he cycles. The bike can also fold up easily and be placed in their car.

When the weather is good, Ken and Marilyn ride at Wild Rose Park in West Des Moines, just down the street from their home. Ken’s bike has a mirror, a bell and a bright orange flag. “The flag helps me see where he is if we lose each other the trail,” says Marilyn.

In the winter Ken rides a stationary bike indoors and attends exercise classes at the YMCA Healthy Living Center in Clive. “We enjoy the Delay the Disease class and the Cycle for Neurowellness class. We’ve made a lot of good friends,” he says.

Learn more about All Ability Cycles
at www.allabilitycycles.com

Exercise groups

Delay the Disease Classes

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

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

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

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

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

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

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

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

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

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

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

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

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

2014 Iowa Parkinson's Disease Conference

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

Thank you to Teva Pharmaceuticals, US World Meds, Medtronic, UCB and UnityPoint Health for their support!



NW Iowa Symposium

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



Iowa State University's Singing Study Choir

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



RAGBRAI

This year we had a few representatives from the Chapter participate in RAGBRAI. Rich Mills, Chapter vice president, and Jeff Molander, Chapter Co-President, rode on different days of RAGBRAI.



Rich Mills



Shaky Tracks cycling jersey

Jeff Molander





Thank You to the Lost Cause Riders Motorcycle Group

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



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

(Pictured above with LaDona Molander, center)





Grey Out Night

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

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

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



Eastern Iowa Parkinson's Golf Classic

The Cedar Rapids Parkinson's Foundation held its annual golf classic on Saturday, August 23, 2014. Participants raised more than \$10,000 for the Iowa Chapter of the APDA and had a wonderful golf-filled day.



PD Walkers Participate in the Des Moines Marathon

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



PD Walkers 2014 Participants

Lynette Barrus
 Marie Burrows
 Sheila Burton
 Kris Cameron
 Catie Clemens
 David Findley
 Jessica Findley
 Kara Findley
 Ervin Fopma
 Gayle Fopma
 Karen Halder
 Cindy Harris
 Debra Heard
 Richard Heard
 Terry Hertges
 Becky Holmes
 Jennifer Johnson
 Angie Klobnak
 Alayna Lemcke
 Elizabeth Lemcke
 Armond Luthens
 Erik Luthens
 Penny Luthens
 Marilyn Magel
 Bill Mather
 Caitie Mather
 Dean Mather
 Joe McConkey
 Cecilia McLaughlin
 Al Mews
 Amy Mews
 Clara Mews
 Jayme Mews
 Rodney Moe
 Sabrina Moe

Jeff Molander
 Krislyn Molander
 LaDona Molander
 Ryan Molander
 Jon Muller
 Colleen Norgren
 Roger Norgren
 Missy O'Connor
 William Olson
 Jackie Pekarek
 Laurie Politzer
 Kim Poll
 Jessica Pritchard
 Trina Radske-Suchan
 Jenny Snyders
 Barb Stokes
 Dean Sweeney
 Marisa Tank
 Brian Town
 Brooke Twist
 Jesse Veenstra
 Kevin Wagner
 Lynette Wagner
 Megan Wick
 Louise Winter

PD Walkers 2014

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 Mike and Tracy Andreasen
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 Lisa Bianco
 Steve and Sherry Brouwer
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 Sheila Burton
 Joan Buxton

Kris Cameron
 Jo and Cosmo Catalano
 Rita Christianson
 Alaine and Harold Clavey
 Terry and Rachelle Coomes
 Scott and Jana DeWhurst
 Richard and Susan Elwood
 Jan Ferris Goodshop,
 Los Angeles, CA
 Courtney Goodrich
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 Janet Hasstedt
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 Allan Heggs
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 Terry and Bob Hertges
 Betty Holmes
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 Angela Hunt
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 Clayton Voss
 Ann and Lornel Wheeler
 Megan and Alex Wick
 Louise Winter
 Darrell and Shirley Wyrick

Many Thanks to Everyone!



The U-Step Walker

A Helpful Device for Getting Around

By Gary Johnson, ATP
Iowa Program
for Assistive
Technology

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

QUESTION: Why is this walker called U-Step?

It has a unique U-shaped base that provides a stable foundation. The user is supported on three sides, and the wide base and heavier weight provide stability.

QUESTION: Why so many wheels?

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

QUESTION: What is different about the brakes?

The braking system is reversed. The U-Step will not roll until you lightly squeeze the handbrake. This prevents this walker from rolling away from you.

QUESTION: Is the U-Step Walker just for Parkinson's patients?

Although at times it is referred to as a Parkinson's walker, people with multiple sclerosis, strokes, brain injuries, ataxia or balance disorders also find that this walker provides the best mobility for them.

QUESTION: Will my insurance/Medicare pay for a U-Step Walker?

You will need to check. Most insurance covers walkers but you may need a letter from your neurologist to qualify for the U-Step.

QUESTION: What if I am really short or really tall?

The U-Step Walker has a standard 22 inch seat height. A special frame can lower the seat height to 19.5 inches. The company also offers a customized handlebar that raises the grip height from 38 to 41 inches for taller clients.

QUESTION: What is this "optional" laser feature?

Pressing the red button on the handle activates a bright red laser line that shows on the floor. That helps with Parkinson's "freezing" as a prompt to move your feet.

QUESTION: Does the U-step Walker fold up for transport?

Depending upon the model, there are one or two quick-release levers by the seat which allow you to fold the walker. It is still heavy at 20+ pounds but will fit in most vehicles.

QUESTION: The U-Step 2 has come out. What's new?

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

QUESTION: My doctor doesn't seem to be familiar with the U-Step Walker and needs more information. Whom do I contact?

You can call 1-800-558-7837 or access information at their website: www.ustep.com




donors

March 2014 – September 2014

Many companies and corporations will match your tax-deductible gift and double or triple the amount contributed to continue the APDA mission “To ease the burden and find a cure.” Gifts can be in the memory of a loved one, friend or to celebrate a special occasion. A card is sent to the designated person telling them of your generosity and thoughtfulness.

Please send your donations to:

- Iowa Chapter of the American Parkinson Disease Association, Inc.
PO Box 507, Waukee, IA 50263

www.apdaiowa.org 


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acknowledgements



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In Memory of **Sylvia Burke**

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links

and other resources



Web Links

Here are a few helpful websites. See a more complete list, including information on clinical trials, prescription assistance, catalogs for adaptive equipment and clothing, and more at www.apdaiowa.org.

Parkinson's Disease - Iowa Statewide Resources

Caregiving Information	www.iowafamilycaregiver.org
Assistive Technology and possible funding sources.....	www.iowacompass.org
Iowa Prescription Drug Corporation (prescription aid)	www.iowapdc.org
Easter Seals Iowa Assistive Technology Center	www.eastersealsia.org

Parkinson's Disease - General

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

Caregivers

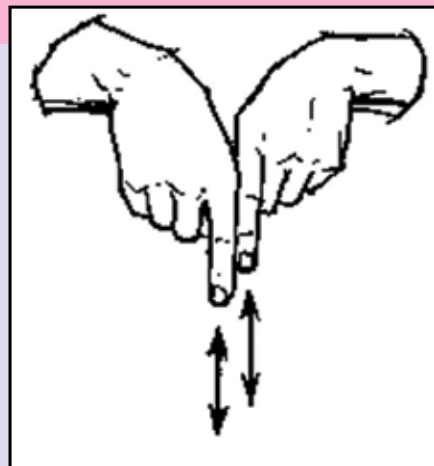
National Family Caregiving Association.....	www.nfcacares.org
Iowa State University Extension Family Caregiving	www.extension.org/family+caregiving
Lots of Helping Hands	www.lotsahelpinghands.com
Caregiver Action Network	www.caregiveraction.org
AARP Caregiving Resources.....	www.aarp.org/caregiving

sign language

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Socks

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





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!

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Membership Application/Renewal or visit www.apdaiowa.org

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

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

Iowa Chapter of the APDA
PO Box 507
Waukee, IA 50263

Membership Levels

- Advocate - \$25** (Tulip pin)
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