

2 Track your Function
and **Gain Control**

6 New Funding in
PD Research

8 How to Choose a
Home Care Agency

PARKINSON *Pathfinder*

FALL 2017

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION

NORTHWEST CHAPTER

Strength in optimism. Hope in progress.

**Go Green
and Save Green!**

Join us in our effort to cut back
on physical mailings.

Simply contact APDA,
apdanw@apdaparkinson.org or
(206) 695-2905, to receive the
Parkinson's Pathfinder
via email in the future or to
update your address.

FALL 2017

TABLE OF CONTENTS

- 1** What a Year! Join the Mission
- 2** Self-Assessment: Track your Function and Gain Control
Dr. Nate Coomer
- 4** Live with Optimism
- 5** Move with Optimism
- 6** Washington State Researcher is awarded Competitive APDA Research Grant
Ronda Clark
- 8** How to Choose a Home Care Agency
Nicey Hilton, Home Care Liaison with Home Care Assistance
- 10** APDA's Impact
- 12** Fundraising Highlights
- 13** Upcoming Events



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www.apdaparkinson.org/Northwest

COVER

It's almost time for winter activities! Joann, Cal and Linda snowshoeing last winter in the mountains near Seattle.

Photo by Ken Kisch



NORTHWEST CHAPTER

Strength in optimism. Hope in progress.

APDA Northwest
 180 Nickerson, Ste 108
 Seattle, WA 98109
 Phone: 206.695.2905
 Fax: 206.455.8980
apdanw@apdaparkinson.org
apdaparkinson.org/Northwest

APDA NORTHWEST
 EXECUTIVE DIRECTOR
Jean Allenbach

PROGRAM DIRECTOR
Jen Gillick

FINANCE AND DEVELOPMENT
Kirsten Richards

BOARD OF DIRECTORS
 PRESIDENT
Dwight Jones

MEDICAL DIRECTOR
Rosa Chuang, MD

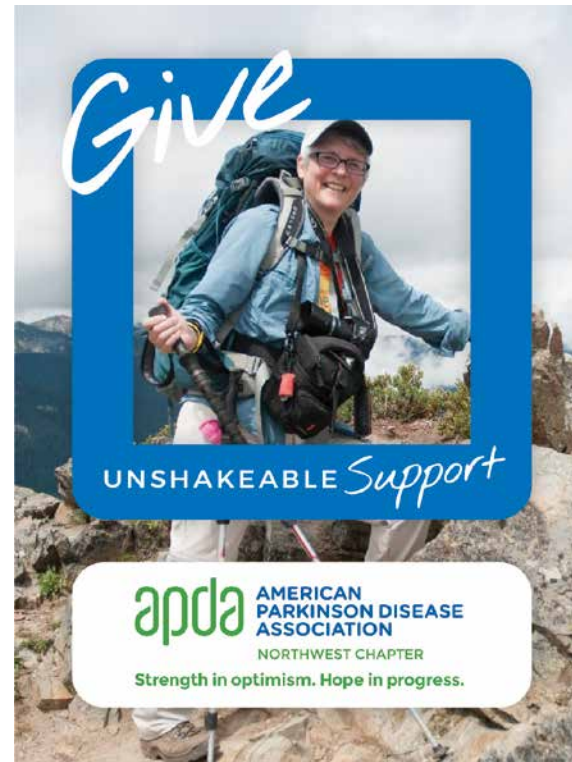
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We're moving!

Our new address:
180 Nickerson, Ste 108
Seattle, WA 98109



Optimistic. Caring. Tireless.



Three words that can stand alone, but together offer a powerful statement of how we see ourselves at APDA Northwest. Employing those three qualities, the three of us—along with an army of outstanding volunteers - have accomplished more than we dreamed possible. And the reward for all this hard work? Hearing from you. We are fueled by the stories of how attending an education program, a support group, or an exercise class, were “life changing.” Or how the answer to a question on our resource line made your day just a little bit easier. And so we keep going, because our mission is too important to slow down.

What did APDA Northwest accomplish in 2017?

We added **new education programs**, such as Live Well South Sound in Tacoma, and Live Well Tri-Cities. These symposiums were developed to provide timely and valuable information about health, wellness and research to these underserved communities. We piloted an 8 session Parkinson’s Roadmap for Support Services (PRESS) group for people newly diagnosed, which was overwhelmingly successful.

APDA helped **launch 12 new exercise programs**, and consulted on countless others. An estimated 3,000 people benefit every week from the exercise programs listed on our website.

We have **increased direct services**, growing our APDA Ride Repay by 11% and Caregiver’s Day Off by 19%. We held a support group training for our volunteer leaders across the region, so that they can

be armed with the tools and resources to benefit their members in the best way possible.

APDA Northwest is the **sole funder of the Washington State Parkinson’s Disease Registry**, which connects researchers to people with Parkinson’s so that research can happen faster. Nationally, APDA awarded \$1.5 million in research grants, each one holding the promise of improved quality of life for people with Parkinson’s.

Delivering all these programs and services, while making an investment in research, costs money. Please consider making a contribution which will help us maintain critical programs and expand new ones to meet the needs of our growing Parkinson community. It will enable us to support the research being conducted into finding the causes and ultimately a cure for Parkinson disease.

As you read through this issue, keep in mind the three words from above. **Optimistic. Caring. Tireless.** We hope that you can join APDA in our mission to help everyone impacted by Parkinson’s live life to the fullest by making a donation to APDA.

Jean Allenbach
 Executive Director

Jen Gillick
 Program Director

Kirsten Richards
 Finance & Development Director

SELF-ASSESSMENT*

*Track your Function
and Gain Control*

As a Physical Therapist, countless Parkinson's patients have told me how unnerving and frustrating it is to feel like you are no longer in control of your body. One of my goals is to teach people how to take some control back from their disease. We know that exercise is one way that people can help slow the progression of Parkinson's disease and fight against the symptoms, but how can you tell if you're operating at your best?

Tracking yourself over time is a terrific way to know whether the steps you are taking to manage your disease are helping. Your neurologist tests you every few months, but having some way to measure your function easily and frequently while at home can be a valuable way to evaluate your function and give you a little more information and control. It's also a great way to compare your symptoms before and after you have started a new medication, changed your diet, adjusted your sleeping habits or jumped into a new exercise program. Seeing positive results can be empowering and motivating, making it likely that you will continue to do those beneficial things in your daily routine.

With new technology, there are many ways that people can assess their function throughout the day. Mainstream devices such as Fitbits and other pedometer apps now track steps per day, distance walked, and other valuable data. Apple's Health app is available on iPhones and also tracks steps per day, minutes spent on exercise, and sleep patterns. These are all focused on the general population but could be easily applied to give you data on how much you're moving each day. I tell my clients to log their step count every day for a week in order to calculate the daily average and then to repeat this process again at least every 3 months. This easy task alone gives you something to compare to over time to ensure you are keeping up with the same amount of activity day in and day out.



The Daily Dose App

For an option specific to Parkinson's disease, the Parkinson's Fitness Project has developed the Daily Dose App to track steps and many other PD symptoms. This app couples weekly PD-specific exercise videos with simple tests to track neurologic status, cognitive function, vocal volume, steps/day and emotional state. These results are graphed over time so that you can see how you're doing.

At APDAparkinson.org you can also find a new tool to help track your symptoms. The APDA Healthcare Communication Graph allows you to rate how you feel in several specific areas. Your results are then generated and graphed on a report which can be printed and shared with your healthcare team. Done weekly, it can be used as a valuable tool to track how you are feeling and recognize any patterns.

There are also new tools in development. Investigations into the use of accelerometers on Smartwatches and smartphones are now being used in research to gather data

and analyze movement throughout the day in people with Parkinson's disease. Accelerometers are analyzing functions such as walking mechanics and arm movement when trialing different medications and procedures to see if there is improvement in function. Though much of this technology is still in the research phase, investment in this area by companies such as Intel and Apple signal there may be more to come.

Whether you are a techie or are computer illiterate, tracking your symptoms has become not only possible, but easy and accessible, and can be extremely valuable in gaining some control over your disease. Find a method that works for you to monitor your function over time. It will give you motivation, keep you on the right track with your home program, and help you take back ownership over your Parkinson's disease. Start tracking yourself today!

Simple and safe home tests to help monitor physical function

I try to give everyone who works with me some simple ways to monitor their function through tests called "outcome measures". These tests have all been proven to monitor physical function in different ways and can be conducted within most home environments to give individuals an awareness of how they are moving over time.

Use these tests at any time but I always encourage clients to test themselves at least every few months and keep a log. It can be useful to share the data with your health care providers in order to keep them informed.

Follow the instructions below for each test. As you follow the instructions for each test it is helpful to have someone else time you. The numbers in bold lettering will help you compare and see when you have made significant improvements and whether you are at risk for falls.



1. TIMED UP AND GO

Assesses your mobility, balance, walking ability and fall risk

INSTRUCTIONS:

- Begin in sitting position on a kitchen chair. Stand, walk 10 feet, turn around, walk back and sit down as quickly and safely as possible
- Timing begins when you start to stand and ends when you sit completely into the chair.

Risk for Falls increases: **>11.5 sec**
Significant Change: **4.85 sec**

2. 5X SIT TO STAND

Assesses your leg strength and speed of transfers

INSTRUCTIONS:

- Sit with arms folded across chest and with back against a kitchen chair. Stand and sit 5 times as quickly as you can.
- Timing begins at "Go" and ends when the buttocks touches the chair after the 5th repetition.

Risk for Falls (age dependent)
60-69 y/o **> 11.4 sec**
70-79 y/o **> 12.6 sec**
80-89 y/o **> 14.8 sec**

Significant Change:
2.3 seconds or greater

3. 10 METER WALKING SPEED

Assesses your normal walking speed

INSTRUCTIONS:

- Walk without assistance 10 meters (32.8 feet) at a comfortable speed. The time is measured for the intermediate 6 meters (19.7 feet) to allow for acceleration and deceleration
- Start timing when the toes of the leading foot crosses the 2-meter mark.
- Stop timing when the toes of the leading foot crosses the 8-meter mark.
- Assistive devices can be used but should be kept consistent and documented from test to test
- Calculate your speed in total meters (6m) divided by time in seconds (m/s)

Significant Change:
0.18 m/s (0.6 ft/sec)

4. SINGLE LEG STANCE TIME

Assesses your overall standing balance

INSTRUCTIONS:

- Stand on one leg with a timer starting when the opposite foot leaves the ground and ending when that foot returns to the ground.

Risk For Falls: **<10 sec**

Dr. Nate Coomer is the owner of The Parkinson's Fitness Project in Seattle, which offers Physical Therapy, Personal Training, Group Classes and Online Exercise Training. Nate is a Doctor of Physical Therapy who has been working with neurologic diagnoses as a physical therapist for over ten years. He received his certification as a Neurologic Specialist in 2010 by the American Board of Physical Therapy Specialties and has centered his career to treating Parkinson's. He has certifications in LSVT BIG, Parkinson Wellness Recovery (PWR!), and as a Brian Grant Foundation Bootcamp Instructor. He serves on the APDA Program Committee, and regularly participates in community events and educational opportunities for the PD community.

LIVE WITH OPTIMISM!

Support Groups



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

Support groups are 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 you will find:

- There are groups designed specifically for:
- Young Onset
 - Men's Groups
 - Carepartners
 - Atypical Parkinsons
 - General PD
 - Veterans
 - Women's Groups
 - 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!

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!

New Support Groups in Lynnwood, WA

Held the 1st Monday of the month
 Verdant Community Health

Working and Living with PD:
 A unique support group designed for those who live with PD and are employed
 6:30pm – 8pm

General PD Support Group
 Come get to know others impacted by PD.
 10:30am – 12:00pm

Smart Patients

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

MOVE WITH OPTIMISM!

Be Active

Exercise is now recognized as a vital part of the treatment of PD, and 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.

Check back often as new opportunities are being added on a regular basis!



BAINBRIDGE ISLAND, WA

Boxing for Life

Bainbridge Island Athletic Club
 Weds & Fri

Contact:
 Shayne Turgeon
 206-842-5661
 Shayne@bainbridgeac.com



SAMMAMISH, WA

Pedaling for Parkinson's

Sammamish Community YMCA
 Tues & Thurs
 Begins January 2018

Contact: Katie Fraser
 425-395-7626
 kfraser@seattleyymca.org

GIG HARBOR, WA

Rock Steady Boxing

Tue, Thurs, Sat, 3:30-4:30pm
 Gig Harbor YMCA

Contact: J.J. Hudson, Head Coach
 (253) 678-0927
 jj@global.t-bird.edu

Want to strap on some gloves? You can find classes in Arlington, Covington, Ferndale, Kirkland, Kirkland, Seattle, & Wenatchee.

ANYWHERE!

Neurofitness Training from your own home!

Online Training Videos created by experts in Parkinsons Disease. New videos added weekly.

Find out more:
www.theparkinsonfitnessproject.com

SPOKANE, WA

Boxing for Parkinson's

The Legacy Boxing Club
 Mon & Thursdays @2:30

Contact:
 Shad at 509-270-8731
 thelegacyboxingclub@gmail.com

Washington State Researcher is awarded Competitive APDA Research Grant

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.

One of those promising scientists is Ignacio F. Mata, PhD, Assistant Professor, University of Washington, Department of Neurology and Researcher at the VA Puget Sound Health Care System in Seattle. In March, he was awarded a \$50,000 APDA research grant for his work on genetics in the area of Parkinson's disease (PD) in Latinos. This funding will have great impact on understanding genetic variants that most commonly cause PD in the Latino population. I recently spent the day with Dr. Mata, to learn more about his research.

To date, variants in almost a dozen genes have been clearly shown to cause PD, with most studies including only individuals of European origin. Latinos have largely been excluded from genetic research in general, including Parkinson's research. Interestingly, Dr. Mata has found that many of these variants common in European derived populations appear to be rare in Latino populations who have low European ancestry. This Euro-Centric research has widened the disparities in research and health for this group which will comprise 22%

of the US population before 2050. Dr. Mata aims to change this research disparity.

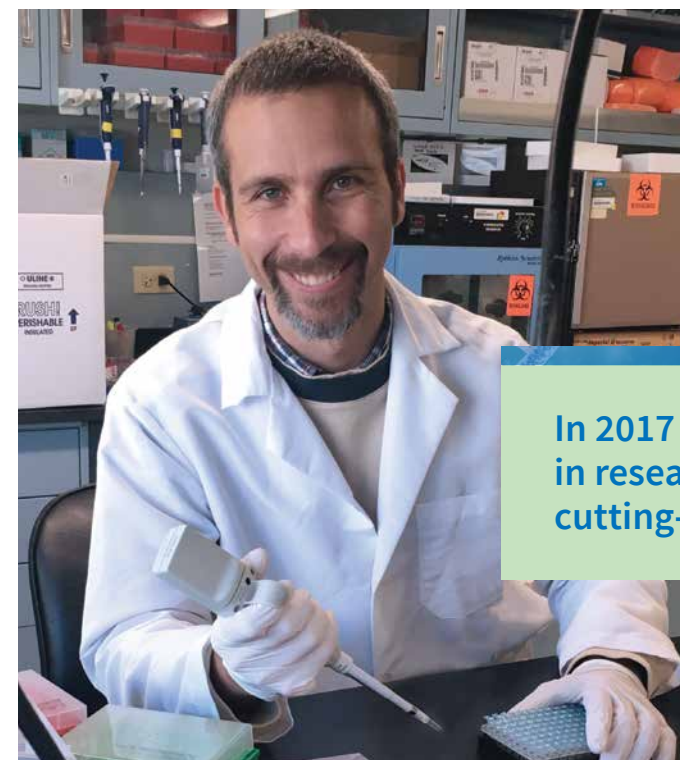
LARGE - PD

To solve this problem and shed some light about the genetics of PD in Latinos, Dr. Mata has been building a consortium of clinicians and researchers in Latin America to recruit and study PD patients. Over the past 10 years, he has been building the Latin American Research Consortium on the Genetics of Parkinson's Disease (LARGE-PD), which is comprised of 9 institutions in 7 different countries, and has recruited over 4,000 individuals, including healthy controls.

Dr. Mata is a man on a mission. He often travels to Latin America to speak about his work, train scientists, find personnel for research sites and identify local neurological resources for genetic collection protocols.

The APDA research grant will allow Dr. Mata to select 350 subjects from LARGE-PD who have reported a family history of PD. He will use a recently designed neurodegeneration sequencing panel to sequence all known PD genes in these individuals to identify those variants likely to be pathogenic. The results of this study will help evaluate the frequency

★ **LARGE - PD** stands for the Latin American Research Consortium on the Genetics of Parkinson's Disease; its mission is to investigate the genetics of PD in Latinos.



In 2017 APDA awarded \$1.5 million in research grant funding to support cutting-edge PD research

of known variants in Latinos, as well as help identify novel variants that may be specific to these populations.

The LARGE-PD team wants to give people in the Latino community, both globally and in the US, the possibility of benefitting from emerging knowledge and therapies that could improve their lives.

The morning I met Dr. Mata (or Nacho, as prefers), he had just returned from a nine day visit to three countries in South America where he was continuing work on the LARGE-PD project. I accompanied him to a Parkinson's support group meeting where he spoke about long-term goals and the hope that through his work Latinos will be included when developing and trying new therapies for the disease. Especially any therapies based on genetic profiles.

As we drove back from the Parkinson's meeting we had a lively question and answer session, and then he talked about how essential early detection was in PD. He spoke of the promise of neuroprotective drugs, biomarkers, and his early research days at Mayo Clinic in Jacksonville, Florida. He talked about his wife and two sons, and the importance of securing funding for the important work he was doing. Meandering his way through 5 o'clock traffic he said in passing what might best sum up this brilliant young man.

"One of my life skills is how to connect people with one another and with resources. I really like helping people."

He does that. He's a man with a mission.

Since 1961, APDA has invested more than \$46 million in research and have been a funding partner in most major Parkinson's disease (PD) scientific breakthroughs. Dr. Ignacio Mata is just one of sixteen promising scientists to receive funding from APDA in 2017.

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 promising clinicians and projects like that of Dr. Ignacio Mata. There is *Hope in progress*.



Ronda Clark is a writer, software business entrepreneur and successful avionics software recruiter. Today she is a PD care giver.



HOW TO CHOOSE A Home Care Agency

Home care typically refers to non-medical services that help an adult live and thrive at home. In its simplest terms, home care means assistance with activities of daily living and household tasks. Ideally, home care also provides meaningful companionship for older adults and peace of mind for their families.

There are currently over 70 million family caregivers who provide in home care, but there are times and circumstances where hiring a professional caregiver to provide some of this care is a good choice.

Setting up a relationship with a home care agency, before a high-pressure or emergent situation arises, can be a wise decision. Most home care agencies work hard to ensure their clients live as independently as possible while receiving the care they need to maintain a high quality of life.

Paying for Home care

Home care is not a service covered by Medicare but it is sometimes covered by Medicaid and Veterans benefits. Long Term Care insurance covers home care services, typically once you need assistance with at least 3 ADLs (activities of daily living). There are a few public benefit programs, including APDA's Caregivers Day off program that cover respite care services but otherwise, home care is a self-pay service.

The cost varies, depending on the degree of care you need and where you live. You can expect hourly rates to range from \$25-\$35/hour. "Live-in care" is another option where one caregiver stays with you in the home for 24 hours at a time; each state has different regulations for this type of service.



Nicey Hilton is a Seattle Home Care Liaison for Home Care Assistance, which employs more than 6,000 team members across 160 markets and has been recognized in the New York Times and on CNBC for their innovations in home care.

Visit homecareassistance.com/seattle and hospitaltohomecare.com for informative, educational resources.

Tools for choosing the right agency

1. Determine your needs

Doing a self-assessment of care needs is a valuable way to start in order to communicate to an agency what type of home care services are needed. Activities for Daily Living (ADL's) are the basic tasks involved in personal care and household work.

Care Needs	Independent	Stand-By Assistance	Physical Assistance	Totally Dependent
Eating				
Bathing				
Dressing				
Toileting				
Transferring				
Continenence				
Ambulating				
Medication Reminders				
Meal Preparation				
Light Housekeeping				
Transporation				

2. Evaluate the agencies

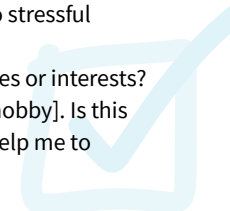
Once you have determined the services needed, you are ready to compare the quality and costs. Feel free to voice any concerns and ask any questions you may have—a top agency should be accustomed to answering these questions and be committed to ensuring that you are comfortable.

Company	1	2	3
Is the agency licensed by the state?			
What are their Yelp and Google reviews & rankings?			
Has the company been responsive, informative and professional?			
How does the agency choose caregivers? Are they screened, bonded, insured and background checked?			
Does the company employ its caregivers and take care of taxes, withholding and workers' compensation?			
Does the company conduct caregiver training? If yes, what is the training procedure for newly hired caregivers?			
How do they match caregivers to clients?			
What happens if a client wants a different caregiver? Is it typical to expect the same caregiver each time or do you rotate caregivers?			
Does the company offer back-up caregivers in case of emergency?			
Is the Care Manager available on-call 24/7, including nights and weekends?			
What kind of service agreement is required? How do you determine what to charge?			
Does the company perform regular quality assurance visits, client satisfaction reviews and caregiver evaluations?			
Does the company require a satisfaction guarantee without any long-term contract or deposits?			

3. Connect with the right caregiver

Once you find an agency that best suits your needs, the next task will be ensuring that the caregiver is a good match. The agency's Care Manager will assess your needs, especially focusing on your unique interests and personality, to match you with the best person. If for any reason you feel the caregiver is not a good fit for you, they can have someone else work with you. The following are questions you can ask the Care Manager regarding your caregiver:

- What is their previous employment history?
- Do they have any credentials, training, education history, awards you can share with me?
- What's their personality style?
- Do they like to engage in conversation or prefer quiet time?
- What is the most rewarding aspect of your job?
- What is the most frustrating aspect of your job?
- What special skills do you have that you think will be useful in working with me?
- How do you respond to stressful situations?
- Do you have any hobbies or interests?
- I enjoy [activity, food, hobby]. Is this something you could help me to continue?



INDEPENDENCE



332

Enrolled in APDA Ride Repay
an **11%** increase

NEWS
GIVE



APDA Northwest fully funds the Washington Parkinson's Disease Registry, to connect researchers to people with PD so that research happens faster

SUPPORT

MORE THAN 650 PEOPLE

attended our many education symposiums, including Good Start, Take Control, Live Well, and Optimism Retreat

COMMUNITY

RESOURCES



Awarded grants to **8** community wellness programs to help reduce the cost for all participants

BROCHURES

WELLNESS
HEALTH

STRENGTH



12

APDA helped launch new exercise programs and were consulted on countless others

MINDFULNESS
GATHER



138

support groups listed on our website



AMERICAN PARKINSON DISEASE ASSOCIATION
NORTHWEST CHAPTER
Strength in optimism. Hope in progress.

RESEARCH



APDA trains and provides ongoing assistance, expertise and materials to volunteer support group leaders

LEARN
HOPE
WEBINARS

RELIEF

STRENGTH



95

Wellness options listed on our website benefitting an estimated **3,000** attendees per week

RESEARCH



Local researcher Dr. Ignacio Mata awarded **\$50,000** grant from APDA

Nationally APDA invests **50%** of our budget in research

PROGRESS

RESEARCH



Caregiver's Day Off average annual benefit **\$629** per family

80 families enrolled a **19%** increase

PROGRESS

Icons: Gan Khoon Lay (exercise), Gregor Cresnar (presentation), Ngadiuba Alina (superhero), Oksana Latysheva (handshake), Adrien Coquet (taxi) all from the Noun Project
Photo courtesy Carl-Evert Kangas on Flickr



Thank you

for your generous donations

Donations from July 11th–October 23rd

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Laurie Thompson
Lawnkeepers Landscape CO, INC
Lisa van Loben Sels
Louise Kato
Metropolist
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PScott Cummins
Ringler Associates
Robyn Meyer
Scott Cameron
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Valerie Motley
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Derek Shellman
Dion & Emily Gotti
Dwight Jones
Eddie Nielsen
Elizabeth Holohan
Elsie Crouse
Emily Newgard
Employee Giving City of Seattle
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Joe Bauer
- Joe Hannan
Joe Neiford
Joe Peabody
John Young
Jonah-Kai Hancock
Jonathan Parrott
Judy Motoyama
Julie Ann Oiyee
Kamilla Chaudhery
Kari Tetrault
Karl Hanson
Katharine Sjoberg
Kathryn Carbajal
Katie Lanigan
Katie Richards
Kaylie Whitbeck
Kelley Stormont
Kelly Beecher
Kelsey Aanerud
Kerrie Metschan
Kim Kelly
Kimberley Jagielski
Krista Speckter
Kristina De Vadder
Kristy Fammartino
Kyle Burleigh
Larry DeMers
Laura Gilbert
Laura Johns
Laura Poulin
Laura Williams
Lauren Rock
Leslie Gray
Lindsay Leahey
Lindsey Blaine
Lisa Smith
Lisa VanDenBerg
Lisa Viapiano
Luke Just
Madisen Clark
Maggie Foote
Mallory Yorkson
Mara Gearman
Maria Sestero
Mariel Colella
Mark Rice
Mark Silverstein
Mary Ann Unger
Maryann & Byron Sutton
Matt Adams
Matt Ensslen
Matt Wilson
Maura Sullivan
Megan Gebhardt
Megan Luce
Michael Magee
Michael Richardson
Mi-La Delaney
Miya Cohen-Sieg
Mynor Schult
Nancy Flanagan
Natalie Powell
Neil & Nancy McReynolds
Neil Humphrey
Nicey Hilton
Nicholeen Viall-Kepko
Nickolas Zenka
Nina Peterson
Norah Son
- Nordstrom Charitable Giving
Olivia Petrocco
Pamela Alspaugh
Patricia Krohn
Patricia Moen
Patricia Priest
Peter Butler
Peter DeMers
Peyton Manning
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Polly Vaughn
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Sarah Pfau
Sarah Starr
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Sarah Wood
Scott Olsen
Shana Jukes
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Shelly Landschulz
Sherry Jaqua
Sophia Jaqua
Stacey Hackney
Stacey Harris
Stacy Lindbloom
Starbucks Corporate Giving
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UPS
Victoria Cohen
Virginia Sabado
Wendy Piecka
Yesh Ganta
Zachary Schneider
Zanna Satterwhite

ADVENTURE RACE for PARKINSONS 2017

Our BEST year yet!!



Over 220 racers braved the sun, wind and rain to participate in the Adventure Race for Parkinson's on Sept. 30 raising \$75,000 for Parkinson's research! The outpouring of support makes an enormous impact and it's incredible to see what can be achieved when the community rallies together.

- Provide a national APDA research grant to local PD researcher Ignacio Mata, PhD for his groundbreaking research on next generation sequencing of Parkinson's genes.
- Help fund the \$1.5 Million in research grants approved last month.

This event raises valuable funds but also brings together a motivated, inspiring group of people together. Teams had fun, laughed a lot and maybe shed a few tears – especially when they couldn't get those stretchy nylons to cooperate!

Many thanks to top sponsors, Niagara Bottling, Carter Subaru, Lundbeck, Trident, Home Care Assistance, Medtronic, Cameron Catering, Elliott Bay Marina and UW Medicine as well as all participants, donors, sponsors and volunteers – we wouldn't be here without you!

Racers and donors alike may wonder where their donations go after the big day. Here's what we were able to do with your generous contributions:

- Fully fund the Washington State Parkinson's Disease Registry, which gives researchers access to pre-screened study participants.

DIY FUNDRAISING

Want to make an impact on people living with Parkinson's disease in the northwest? Organize a fundraiser at your home, work or in the community and donate the funds to APDA. From Chili Cook-Off's to Dinner Parties, Garage Sales to Jean's Days at the office, there are lots of easy and fun ways to make a difference. Contact APDA or go to apdaparkinson.org/Northwest, click on get involved, then organize an event for our online DIY tools set up an easy and meaningful fundraising campaign. Here is a highlight of a few recent ones...



Fit for the Fourth OrangeTheory Fitness, Ballard \$2,025 Raised for APDA

In June, OrangeTheory Fitness, Ballard, ran an event called Fit for the Fourth. Teams competed for points, prizes and glory by completing various challenges, from positive self-talk videos, dancing, meeting new people in class, and other healthy habits. Their goal was to help raise awareness about Parkinson's disease, while also raising money for APDA. We are so thankful to OrangeTheory and their members who participated!



Pass to Pass Hike \$1,876 Raised for APDA

There are several common threads among the hikers on the Pass to Pass hikes over the past two years; Parkinson's disease, love for the outdoors, willingness to improve one's symptoms and accepting challenges. Seven people with Parkinson's, support hikers and pack animals travel 60 miles in 9 days on the Pacific Crest Trail with the mission to increase awareness and demonstrate that activity can relieve symptoms all while fundraising for Parkinson's research. For information or to participate in 2018 visit passtopass.org.



STP Bike Ride \$5,700 Raised for APDA

Chris Jewell has been living with Parkinson's disease for 19 years. He made a decision to challenge himself 15 years ago, and with a love of cycling he rode his first Seattle to Portland Bike Ride. 15 years later, he is still peddling the 202 miles now with friends and family by his side. Chris wants to give hope to others struggling with Parkinson's disease by raising funds for APDA research, so they too can find strength in optimism too.

STP photo by Ken Kisch

Save the Date!

To register for these and other programs, please contact us:
Phone: (206) 695-2905
Email: apdanw@apdaparkinson.org
Website: apdaparkinson.org/Northwest



APDA Take Control

An educational program designed for individuals in the mid to later stages of Parkinson's and their carepartners.

December 7th, 2017, 1:30 – 3:30pm



2200 E Madison Street, Seattle, WA 98112



Parkinson's Education Program

PD Educational Program Port Angeles

Featuring: Dr. Pinky Agarwal, Movement Disorders Neurologist and Dr. Nate Coomer, Physical Therapist
Registration opens mid-December.



Live Well APDA Live Well South Sound

Please join us for a day of moving, learning, and optimism. Featuring wellness classes and information sessions designed to educate and empower.

Sunday, February 25, 2018, 10:30 – 3:30 pm
Star Center, Tacoma, WA



The Magic of Hope at the Seattle Design Center

A magical night of cocktails, dinner, merriment and more at our largest fundraiser of the year. the APDA Magic of Hope Gala & Auction. Join us for a spirited gathering of guests who are all passionate about APDA's mission to help everyone impacted by Parkinson's disease live life to the fullest!



Please join us for a fun-filled fundraising walk for all ages and abilities! Mobilize your friends, family and co-workers and help us in putting an end to Parkinson's disease.

Seattle, WA

**SUBSCRIBE TO OUR
NEWSLETTER!**

Sign up for our newsletter by visiting our website
apdaparkinson.org/Northwest or
emailing apdanw@apdaparkinson.org

Start small and give monthly.

\$10

PER MONTH

can fund **scholarships** to APDA educational symposiums, so that everyone can access timely and relevant information about how to live well with Parkinson's disease

\$25

PER MONTH

can fund **transportation** to exercise classes and support groups through APDA Ride Repay, giving independence to someone who can no longer drive due to their Parkinson's disease

\$50

PER MONTH

can fund **20 hours of respite care** through the APDA Caregiver's Day Off Program, offering a breather to a partner caring for someone with Parkinson's disease

Make a difference all year long.

To set up a recurring donation, visit our website at apdaparkinson.org/Northwest, click **Donate**, then **Make my gift recurring**. Or give us a call at (206) 695-2905.