

FALL 2016

MINNESOTA | Newsletter of the Minnesota  
American Parkinson Disease Association

# MESSENGER

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APDA Young Parkinson's Website:  
[www.youngparkinsons.org](http://www.youngparkinsons.org)

## HALLUCINATIONS AND DELUSIONS AMONG PEOPLE WITH PARKINSON'S DISEASE

*J. Eric Ahlskog, Ph.D., M.D., Department of Neurology, Mayo Clinic, Rochester, MN*



Parkinson's disease (PD) is associated with loss of brain dopamine and many PD symptoms respond to dopamine replacement therapy (e.g., carbidopa/levodopa). However, the neurodegenerative process that causes PD (Lewy neurodegeneration) is not restricted to brain dopamine systems; hence symptoms variably develop that are not due to dopamine. One such category of symptoms is "psychosis", which implies hallucinations or delusions.

Hallucinations imply seeing something that is not actually present (e.g., "pink elephants") whereas delusions represent patently false beliefs (e.g., paranoia). Such problems develop in PD when the Lewy neurodegenerative process affects higher level brain centers such as the cortex.

Often hallucinations surface among people with PD and cognitive impairment (e.g., Parkinson's disease-dementia). However, they may be provoked by medications in the absence of dementia. Importantly, many of the ancillary drugs prescribed for Parkinson's disease may trigger psychosis.

If psychosis develops out of the blue in association with a general confusional state, there may be a medical condition as the cause. In other words, if the person with PD rapidly becomes disoriented, drowsy, confused plus hallucinates or is delusional, that suggests "delirium" and a medical evaluation is appropriate, sometimes with a lumbar puncture (to measure products in the spinal fluid).

More commonly, hallucinations, delusions develop in isolation, on the background of mild cognitive impairment or dementia, and without delirium. In that case, a more limited workup is appropriate. Occasionally, simple infections (e.g., urinary, pneumonia), or metabolic conditions (e.g., thyroid disorders) may be provocative and a primary care physician should be in a good position to recognize that.

*(cont. on page 4)*



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Staten Island, NY 10305  
800-223-2732

Minnesota American Parkinson Disease Association  
Information and Referral Center  
333 N. Smith Ave., MR 63201, St. Paul, MN 55102  
651-241-8297 or 1-888-302-7762  
[www.allinahealth.org/APDA](http://www.allinahealth.org/APDA)

## COORDINATOR'S COLUMN



Anushka Mohideen

### Dear Readers,

I hope you are all doing well and enjoying a lovely autumn in Minnesota. As always, I encourage you to call me with any questions that you have about Parkinson's disease, resources in your community, and requests for books and informational literature about PD. You can reach me at 651-241-8297, or email me at Anushka.Mohideen@allina.com.

I would like to share some important news with readers. The APDA Information and Referral Center is moving to a new location. Starting on Thursday, December 1, the I&R Center will be located within the Courage Kenny Rehabilitation Institute at Abbott Northwestern Hospital in Minneapolis.

The new address to send mail (including letters, completed grant applications, requests for informational literature/books, and checks) is:

**APDA I&R Center, Attn: Anushka Mohideen,  
Abbott Northwestern Hospital, MR 12209  
800 East 28th Street,  
Minneapolis, MN 55407.**

As of now, my phone number (651-241-8297) and my email address will remain the same, anushka.mohideen@allina.com.

I encourage people to stop by and visit! I would love to talk with you and help you connect with any resources you need. Please send me an email or give me a call a day or two in advance of your visit so that I can check my schedule and ensure that I will be available. Once I hear from you, I will be able to provide you with detailed directions.

**Directions:** To reach the I&R Center within Abbott Northwestern Hospital, you will need to either follow signs within the hospital for

"Courage Kenny Building", or enter directly into the Courage Kenny Rehabilitation Institute building. From the Courage Kenny lobby, take the elevator to the second floor. Upon exiting the elevator, look for the sign that says "Outpatient Rehabilitation Services." This will guide you down a short hallway to the APDA I&R Center, where my new desk will be located.

**Parking:** Visitors can park in the ANW ramp and parking vouchers will be provided. The I&R Center will also be accessible from the Noran Neurological Clinic via the tunnel connecting Noran and Abbott Northwestern Hospital. If you are coming from Noran, directions will be provided to you.

I would like to inform readers that a new webinar has been added to the Parkinson's Disease Spotlight Webinar Series. APDA is pleased to present this special series of education programs to allow people with Parkinson's, care partners, families, and medical professionals to gain insight into the treatment and management of Parkinson's symptoms and quality of life. These excellent programs are archived to offer the option of listening at your convenience. The latest topic in the webinar series is Spotlight on Parkinson's Choices – Playing an Active Role in Your Treatment Plan. You can view this webinar, as well as others in the series, at <http://www.apdaparkinson.org/webinar/>.

Readers of this issue will notice that the listing of Parkinson's exercise classes at the back of the newsletter has expanded. Please see the listing to learn more about these great class offerings in Saint Cloud, Brainerd, Mankato, Minnetonka, and Duluth. All classes are Parkinson's-inclusive, making them ideal for people with Parkinson's, as well as their spouse/care-partner, to enjoy together. Regular exercise improves mood, reduces stress, and improves quality of sleep, meaning that staying active is just as important for care-partners as it is for people with PD.

The Fall Parkinson's Conference took place on Saturday, Oct. 1 at United Hospital in St. Paul, and it was a success. We had a full house, with 165 guests in attendance. I am grateful to our guests for attending and to our volunteers from the APDA Minnesota Chapter for helping ensure the event went smoothly. Our speakers, Dr. Eleanor Orehek of the Noran Neurological Clinic, Joy Gullikson of Bradley, Hagen, and Gullikson, Melissa Spiess and Brianna Larsen of Living Spirit Music Therapy, and Jeannine Myrviik of the Allina Mental Health Clinic, delivered excellent and informative presentations. This event was made possible by generous sponsorships from the APDA Minnesota Chapter, Lundbeck, AbbVie, Acadia Pharmaceuticals, and Medtronic, and I am thankful for their support.

If you were unable to attend the conference and would like to request a DVD recording of the conference presentations, or the presenters' slides for you to review, you can place a request by phone or email. I would be happy to send those to you.

Please keep an eye out for the invitation to our next conference, which will take place in Spring of 2017!

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

I wish you all a wonderful holiday season with your families.

*Warmest regards,  
Anushka*

## MEDICAL DIRECTOR'S COLUMN



*Dr. Okeanis Vaou*

### Dear Readers,

It is with mixed feelings that I am announcing my resignation from the position of Medical Director of the APDA as of January 2017. It is with great sorrow that I will have to step down from my position for family reasons, and allow for a smooth transition of my duties and responsibilities.

I began my role with the APDA in Fall of 2013, and in the three years that have passed, I feel that we have been on a fascinating voyage of real innovation, assistance, and awareness. I am confident that we will continue to progress in the years to come. We have combined our best efforts to make a significant impact in the lives of patients through provision of information about all things relevant to PD, and by offering financial aid and psychological support. We have raised awareness about Parkinson's disease among the general public and other healthcare professionals. We have educated the community on what Parkinson's disease is by sharing information about accurate diagnosis, symptoms, facts about the condition, and progress in treatment options. Finally, we have provided support, encouragement, and information to the families and friends of people with Parkinson's, in order to assist with symptom management and supporting individuals through this difficult journey.

It has been an absolute honor to have been part of such a tremendous cause. I truly appreciate the opportunity to have worked with and assisted all the incredible people on the APDA Board of Directors. I have admired the enthusiasm and dedication of all board members in serving our

*(continued next page)*

community of people with Parkinson's and their care-partners. On a more personal note, while I am excited about the future and the challenges it holds for me, I will always remember my time with the APDA with fondness and will continue, even from afar, to aid and spread awareness through the same or similar organizations.

The American Parkinson Disease Association's Optimism Walk took place on September 10, 2016. Before the walk commenced, I shared ten points of optimism for people with Parkinson's disease. Here they are, for individuals who were not able to make it to the Optimism Walk.

- 1: Research into new medications to cure Parkinson's disease is blooming and sounds positive.
- 2: Current medications and other treatment options such as DBS offer good symptom control and quality of life.
- 3: Exercise can slow down the progression of the disease, while improving mood and sleep.
- 4: There is growing awareness among the general public of Parkinson's disease.
- 5: In the next decade, there will be significant breakthroughs in treating Parkinson's disease and slowing the progression of the disease.
- 6: Early detection of Parkinson's disease may improve future treatments.
- 7: The number of Parkinson's disease specialists is increasing.
- 8: Scientists are getting closer to understanding the cause of Parkinson's disease.
- 9: Despite common belief, Parkinson's disease is not a death sentence. Positive attitude, optimal treatment, and exercise all help to ease the burden.
- 10: Parkinson's disease responds to medication more than other neurodegenerative diseases.

*Best, Okeanis*

## HALLUCINATIONS AND DELUSIONS AMONG PEOPLE WITH PARKINSON'S DISEASE (cont.)

Among those experiencing ongoing hallucinations/delusions without evidence of a medical condition, review of medications is important. Whereas carbidopa/levodopa is usually not the cause, all of the other PD drugs may well be culpable. This includes the dopamine agonists (pramipexole, ropinirole, rotigotine), MAO-B inhibitors (rasagiline, selegiline), the NMDA blocker, amantadine as well as the anti-cholinergic drugs, trihexyphenidyl, benzotropine. A physician should advise about tapering off these drugs if psychosis develops. PD treatment should proceed with carbidopa/levodopa alone. Often carbidopa/levodopa can be tolerated in substantial doses if not accompanied by these other drugs. Note that any drug that enters the brain may provoke psychosis in susceptible people and a clinician should review the entire medication list.

Specific medical treatment for psychosis is limited. Most of the drugs conventionally prescribed for psychosis in other conditions block brain dopamine and hence, are not tolerated in PD (e.g., haloperidol, risperidone). For a number of years, quetiapine has been used to treat PD-related psychosis, administered as a single bedtime dose. However, this often fails if the offending medications discussed above are not first eliminated. The Alzheimer pro-cholinergic drugs, such as donepezil or rivastigmine also may attenuate psychosis in PD.

A new drug for PD-related psychosis was recently approved by the USA Food-and-Drug-Administration (FDA), pimavanserin. There has been no head-to-head comparison to quetiapine, so it is unclear if pimavanserin is advantageous. From a medical-legal standpoint, it is the only drug FDA-approved for PD-psychosis. Pimavanserin is very expensive (around \$2000 per month) but certain medical plans may help cover this expense.

Gregory F. Molnar, PhD

## UNIVERSITY OF MINNESOTA NAMED UDALL CENTER FOR EXCELLENCE IN PARKINSON'S RESEARCH.



Associate Professor,  
Department of Neurology  
Director – Deep Brain  
Stimulation Research  
Program Medical School,  
University of Minnesota

*Gregory F. Molnar, PhD*

The University of Minnesota was recently named a Morris K. Udall Center of Excellence for Parkinson's Disease Research by the National Institutes of Health (NIH) (<http://www.health.umn.edu/news-releases/university-minnesota-named-udall-center-excellence-parkinsons-disease-research>).

This is a proud accomplishment by the broad, multi-disciplinary team at UMN led by our site director, Professor Jerrold Vitek MD, PhD, Professor and Chair of the Department of Neurology. UMN joins a select national network of nine Udall centers aimed at better understanding PD, advancing treatments, and serving people with PD and their families. The goal of the UMN Udall Center is to improve deep brain stimulation (DBS) for PD.

The UMN Udall Center team will use a variety of brain recording techniques, clinical measurements, high resolution MRI, and computer modelling to optimize DBS therapy settings. New DBS technologies will also be explored in these studies, namely new DBS leads that shape the stimulation better and new devices that sense signals from the brain and deliver special types of electrical therapy pulse patterns. Please visit the link to our Udall site (<http://udall.umn.edu>) to meet the team and learn more about our projects.

The journey to the UMN being recognized as a Udall Center began years earlier when Dr. Vitek returned to Minnesota as the Chair of Neurology.

His goals were to build a strong clinical department, assemble a collaborative team of PD researchers, and establish the Neuromodulation Research Center (<http://nmrc.umn.edu>). The U's clinical program is built on close collaboration between the Neurology and Neurosurgery departments in partnership with researchers in biomedical engineering and neuroscience. A Minnesota state investment known as MnDRIVE (<https://mndrive.umn.edu/brain>) also further built up the resources, infrastructure and faculty expertise at the U for treating brain conditions, including PD, with neuromodulation therapies, like DBS.

I'm also new to UMN, having joined Department of Neurology and Udall Center this past winter. I first met Dr. Vitek when I was training in DBS in Toronto, Canada, nearly 20 years ago. I partnered with Dr. Vitek and UMN for many years when I was Director of Neuromodulation Research at Medtronic. It was certainly an honor when Dr. Vitek asked me to join the department and work with such a special team of PD researchers. I am looking forward to returning to working directly with people with PD and their families again. Another special part of this journey is that the new DBS technologies that I mentioned above were first created and developed by my wife, Gabi, and I while we worked at Medtronic. These new technologies were initially tested at UMN. In my new role I hope to build this translational focus to our program and help make sure our Udall discoveries will get on track to benefit patients of all types.

### What's next at UMN?

We will continue to expand our preclinical and clinical research programs focused on improving DBS for people with PD, Dystonia, Essential Tremor, and more. Important research questions remain, including: What are the changes in the brain function associated with PD? How does DBS work? How can we better help people? How do we improve DBS? These are just some of the questions we continue to tackle as a collaborative team.

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One area of innovation is in the actual DBS operating room procedure. We are currently evaluating the ability of our exclusive 7T MRI and analysis from Dr. Noam Harel at UMN's Center for Magnetic Resonance Research (CMRR) to predict the optimal DBS targeting and validating it to Dr. Vitek's world renowned brain mapping technique. Dr. Michael Park is pioneering the use of robotics to further improve DBS. If these explorations prove valuable it will be possible in the nearer future to conduct a full asleep DBS procedure that is faster and easier for patients, opening up this life changing therapy for more people with PD around the world. DBS could also be used in the treatment of new conditions like epilepsy, dementia, and depression.

My hope is that the UMN Udall Center will serve as a regional hub for people with PD and their families for many years to come.

For research or clinical questions about movement disorders or DBS therapy, please call the Department of Neurology at 612-626-9302. We look forward to hearing from you.

## SPECIAL EVENT: PARKINSON'S DISEASE SHOWCASE OF TALENT



**Front row:** Irene Eiden, Valerie Marquardt, Bob Wilsie  
**Back row:** Connie McCormick, Al Maier, Susan Marx, Lyle Root

August 24, 2016 marked a special event in the Parkinson's community. A group of six people with Parkinson's disease presented at a Showcase of Talent, sharing their talents and passions with an audience at Courage Kenny Rehabilitation Institute in Mercy Hospital. These individuals are all graduates of the LSVT BIG and LOUD program and now attend community classes for Big and Loud graduates.

Bob, who has lived with Parkinson's for 10 years, opened the program with a guitar performance on a very unique guitar. The guitar was an instrument of his own creation, crafted out of a wooden cigar box and an old baseball bat that had been cut in half.

Lyle, the first presenter, has had a long history of community involvement through volunteer and church work. "I have Parkinson's, it does not have me," is a philosophy he believes in. Lyle writes poetry and performed a reading of several of his uplifting, encouraging poems. One of the poems is entitled "Handle" and you can read it below.

*Have you got a handle on life?  
 Or do you let life get you down?  
 Do you hold out hope for the future?  
 Is a smile natural, or is it a frown?*

*We must not let fear overtake us  
 The pain of life may lead us awry  
 We must not focus on our problems  
 But for the good we must earnestly cry.*

*The handle of fear is overpowering  
 It may lead to derision and anxiety  
 Drawing many from their given potential  
 Fear may lead to a person not being free.*

*The handle of hope we should grasp onto  
 Hope leads to happiness...a life of success  
 Hope gives us a reason to face our tomorrows  
 With hope we can derail fear and distress.*

— Lyle Root, 2016

Susie, a registered dietician, was diagnosed with Parkinson's four years ago. She spent her professional career educating people of all ages about gastric function, and she shared her expertise with the audience. Susie emphasized the importance of making fiber a key part of dietary intake and stated that adults should have 20-35 grams of fiber per day. Fruits and vegetables are a key part of achieving this, and she suggested that adults should eat 4-5 servings of fruits and vegetables per day. Grains, such as oatmeal and barley, are also high in fiber content. Susie closed her presentation by reminding the audience to gradually increase fiber intake in order to avoid stomach discomfort.

Connie was also diagnosed with Parkinson's disease four years ago. She is a stained glass artist who became interested in working with this medium after performing a small home project. Connie displayed her creations, showcasing pieces such as an Arizona-inspired mosaic stained glass photo frame, yard ornaments, and wall art. She described the process of cutting pieces of glass and soldering them together into a finished product.

Irene has been living with Parkinson's disease for 13 years, and has spent the past 24 years as a dedicated volunteer at the Peace House Community in Minneapolis. Peace House is a community for poor and marginalized women and men who are seeking companionship, safety from the streets, and personal affirmation. "Peace House is about giving the poor and disadvantaged a voice," Irene said, in her presentation about her volunteer work. Regarding her long volunteer career with Peace House, she said, "It's a part of who I am."

Al has been passionate about woodworking for many years, and has continued to pursue this interest after being diagnosed with Parkinson's last fall. He is a prolific woodworker and once

created 32 pieces in just three and a half months. He sells his pieces at farmer's markets, and he showed the audience many beautiful pieces he has created, including a segmented bowl made with various colors of wood, a platter, and a zebra-wood square plate. Al told the audience, "I try not to let Parkinson's disease take away my zest for life, and I try to be a contributing member of society."

Bob concluded the Showcase of Talent by displaying his paintings. The paintings were soothing nature scenes featuring ducks, cardinals, eagles, and other wildlife. However, the canvases for these paintings were unique. Bob used shelf fungus from trees as his canvases, and he explained to the audience how he harvested the shelf fungus, sanded them smooth, and painted them white in order to prepare them for painting. Bob also displayed watercolor portraits he had painted of his family, and showed the audience photographs of his most recent creative endeavor of building a rowboat.

Valerie Marquardt, speech-language pathologist at Courage Kenny-Mercy Hospital, said, "These presenters want others to know that Parkinson's disease does not define who they are. Their hands may tremble and their gaits falter, but their lives are filled with plans, ideas, and the joy of creativity."

This was a wonderful program, and I hope sharing these stories inspires you to continue pursuing your passions.

To learn more about the group/request that the artists present at your Parkinson's Disease support group, please email Valerie Marquardt at Valerie.Marquardt@allina.com, or call 763-236-8920.

## DEAR FRIENDS: IT'S THE PARKINSON'S!



*This excellent article about explaining Parkinson's disease to your friends was written by Georgia Schultz of Mankato, MN, on behalf of her late husband, Bob. Mrs. Schultz has graciously permitted us to share the article with our readers.*

Dear Friend,

I have Parkinson's disease. It's not catching or heredity. No one knows what causes it, but some of the dopamine cells in the brain begin to die at an accelerated rate. Everybody loses some dopamine cells as they grow older, but if the process happens at a faster rate, Parkinson's disease develops.

It is slowly progressive and there are medicines that can help. I'll take newer, stronger kinds of medicines over the years. Stick with me. I have good days and bad days.

**TREMORS** – You are expecting me to shake. Maybe I will, maybe I won't. Medicine today takes care of some of the tremors. If my hands or feet are shaky, ignore it. I'll sit on my hand or put it in my pocket. Treat me as you always have. What is a little shakiness between friends?

**MY FACE** – You think you don't entertain me anymore because I'm not grinning or laughing. If I appear to stare at you, or have a wooden expression, that's the Parkinson's. I hear you. I have the same intelligence. It just isn't as easy to show facial expressions. If swallowing is a problem, I may drool. This bothers me, so I just keep a Kleenex handy.

**MY VOICE** – As my deeper tones fade, you'll notice my voice is getting higher and wispy.

That, too, is the Parkinson's disease. Listen to me. I know you can talk louder, faster, and finish my sentences for me. I hate that! Let me get my thoughts together and speak for myself. I'm still there. My mind is okay. The same brain chemistry that makes me slow in movement makes me talk slowly as well. I want to be part of the conversation. Let me speak.

**STIFFNESS** – We are ready to go somewhere and as I get up, I can hardly move. Maybe my medicine is wearing off. This stiffness or rigidity is part of the Parkinson's. Let me take my time. Keep talking. I'll get there eventually. Trying to hurry me along won't help. I just have two speeds: slow and slower. I must take my time. If I seem jerky when I start out, that's normal. It will lessen as I get moving.

**EXERCISE** – I need to walk every day; a mile or two is about right. Walk with me. Company makes walking fun. It may be a slow trek, but we'll get there. Remind me if I slump or stoop over. I don't always know I'm doing this. My stretching, bending, and pushing exercises must be done every day. How about helping me with them?

**SLEEPLESSNESS** – I may complain that I can't sleep. If I wander around in the middle of the night, blame the Parkinson's. It has nothing to do with what I ate or how early I went to bed. I sometimes nap during the day; let me sleep when I can. I can't always control when I'm tired or feel like sleeping.

**EMOTIONS** – Sometimes I cry and appear to be upset, and you think you have done something to hurt my feelings. Probably not. It is the Parkinson's. Keep talking to me; ignore the tears. I'll be okay in a few minutes.

Patience, my friend. I need you. I'm the same person. I've just slowed down. It's not easy to talk about Parkinson's, but I'll try if you want me to. I need my friends. I want to continue to be part of your life, and I want you to be part of mine.

—Your friend, Bob



## APDA OPTIMISM WALK 2016



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

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

Thank you to everyone who joined us on a beautiful fall morning on Saturday, September 10th at Central Park in Roseville, MN for our 2016 Optimism Walk. We started the morning with four exercise demonstrators who did a fantastic job of describing how and why Tai Chi, boxing, Pedal, Roll & Stroll Adaptive Bicycling, and Nordic Walking are beneficial for people living with Parkinson's disease. Jim Merle, our 2016 Optimism Walk emcee, cut the ceremonial ribbon to start our 1.1 mile walk around Lake Bennett. Face painting, balloons, and the playground were certainly a hit with the kids. We ended the walk by reading the names of loved ones that we walked in memory or in honor of. The event concluded with prize drawings and the closing of our silent auction. I hope that everyone enjoyed experiencing this fun-filled community event with their friends and family.

On behalf of the APDA Minnesota board of directors, I'd like to thank our 2016 Optimism Walk sponsors. Our national Optimism Walk sponsors were Lundbeck and US WorldMeds. Our local sponsors included Allina Health and Courage Kenny Rehabilitation Institute, Acadia Pharmaceuticals, AbbVie, Teva Pharmaceuticals, Minneapolis Clinic of Neurology, Noran Neurological Clinic, Lyngblomsten Care Center, and Medtronic. We are very grateful for our sponsors' commitment to helping us Ease the Burden for Minnesotans with Parkinson's Disease.

If you're looking for another opportunity to support our local APDA chapter, keep in mind that November 17, 2016 is MN Give to the

Max Day. If you'd like to make a donation to our local chapter, you can find us and donate to our Minnesota chapter by following this link. <https://www.givemn.org/organization/American-Parkinson-Disease-Association>. Donations support our grant program, educational symposiums, and Information and Referral Center.

Thank you for your support.



## APPLY FOR AN APDA MN GRANT TODAY!

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

An overview of the APDA's grants follows:

- **Exercise:** A program to reimburse costs associated with exercise programs that focus on treatment to improve and maintain the health of a person with PD.
- **Medication:** A program to help defray expenses not covered by other programs or health insurance.
- **Respite Care:** A program designed to help subsidize the cost of respite care. Respite Care enables care partners to take time away from their responsibilities to rejuvenate. A Respite Care grant will be limited to one grant per calendar year per family.
- **Assistance at Home:** A program to help cover expenses for home services, such as housework, light yardwork, snow shoveling, and other tasks that may not be able to be done anymore by a person with PD or a care provider.
- **Transportation Assistance:** A program to reimburse costs associated with travel to and from doctor's appointments, support groups, and other events for people who are no longer driving due to the effect of Parkinson's disease/the medications used to treat Parkinson's disease.

To qualify for a Support Grant, you must:

- Be on the APDA Minnesota Chapter mailing list.
- Reside within Minnesota.

- Have a diagnosis of Parkinson's Disease or be caring for a family member at home with a diagnosis of Parkinson's disease.
- Complete and submit the entire Patient Grant Program Application.

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

## RESOURCE SPOTLIGHT: SENIOR LINKAGE LINE



MINNESOTA'S LINK TO A LOCAL EXPERT

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

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

Whether you need help understanding your Medicare benefits, need long-term care options counseling or need help paying for your prescription drugs, or you would like to learn more about caregiver support or just need help filling out some forms or applications, the Senior LinkAge Line® can help. Specialists are available Monday – Friday 8:00 a.m. – 4:30 p.m. by phone at 1-800-333-2433, or via chat at [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info).

## COMMUNITY CLASSES – ALLINA HOSPITALS.

### **ATTN: LSVT Big and Loud Graduates!**

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

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

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

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

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

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

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

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

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

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

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

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

#### **Unity Hospital, Lower Level, Classroom C or Boardroom (BIG & LOUD), Fridley, MN 55432**

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

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

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

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

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

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

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

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

Cost is \$105 for a 10-week session

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

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

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

### Fitness Exercise Classes for Parkinson's Disease/Movement Disorder

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

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

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

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

#### Bethesda Hospital B Level Gym

Class day and time vary per class.

\$5 per class; scholarships available.

*Call Ellen for information at 651-232-2166.*

### Nordic Walking

Nordic walking makes walking a new fitness experience. Using poles while walking has all of the benefits of walking, plus engaging the muscles of the upper back, shoulders, arms, and torso. The swinging arm motion of walking with poles is important for the balance and coordination of people with Parkinson's.

\$5 participation fee; caregiver/care-partner walk for free.

*Call Ellen for dates and more information at 651-232-2166.*

### Tai-Chi Classes for Parkinson's and Wellness

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

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

#### Bethesda Hospital, 7th Floor Conference Room

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

*Registration required. Call Ellen at 651-232-2166.*

### Clay Class with Northern Clay Center Artist

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

#### Bethesda Hospital Therapeutic Recreation Department, 2nd Floor

*For dates and information, call Ellen at 651-232-2166.*

### Dancing with Parkinson's

This class is modeled after the Dance for PD program from the Mark Morris Dance Company in Brooklyn, NY. Come alone or with a caregiver/care-partner. Enjoy live music & move to feel energized. This class is an interactive experience for all.

#### The Dancing with Parkinson's class is located at the Jewish Community Center, 1375 St. Paul Ave., St. Paul, MN 55116

Please bring a photo ID for each person. The class meets on Thursdays from 10-11 a.m. \$5 per class; no charge for caregivers/care-partners.

*Registration required. Call Ellen at 651-232-2166.*

## SAINT PAUL PARKS AND RECREATION CLASSES

### Parkinson's Wellness Recovery (PWR!)

This evidence-based program is designed for individuals with early stage Parkinson's, and is focused on improving posture, mobility, agility, endurance, strength, and function. It is appropriate for any adult who is able to get on and off the floor without assistance. Participants may use a chair.

PWR! classes address movement issues common to people with Parkinson's Disease. Exercises are adapted to meet your needs, but you will be challenged. Bring a yoga mat and water bottle to class.

*For more information, contact Arlington Hills Community Center at 651-632-3861. You can also contact the instructor, Kris Gjerde, at 651-334-5622 or [kgjerde@gmail.com](mailto:kgjerde@gmail.com).*

Classes take place on Monday and Wednesday from 9:30 – 10:30 AM. The fee is \$8 for drop-in participants.

**The Arlington Hills Community Center is located at 1200 Payne Avenue, St. Paul, MN 55106.**

## SAINT CLOUD PARKINSON'S EXERCISE CLASSES

### Whitney Senior Center

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

Health and Fitness Coordinator Paula Woischke teaches many of the classes. Paula has worked with people with Parkinson's for over 10 years, and has trained her staff as well. All of these classes are very beneficial for those with and

without Parkinson's, making the classes a great place for care-partners to join in and get a chance to exercise in a group setting.

You can call the Whitney Center at 320-255-7245, or email [Paula.Woischke@ci.stcloud.mn.us](mailto:Paula.Woischke@ci.stcloud.mn.us) for more information.

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

## BOXING CLASSES FOR PARKINSON'S EXERCISE

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

The Coon Rapids class meets Monday and Wednesday, from 2:00 – 2:45 PM. Classes are located at 12475 Riverdale Blvd, Coon Rapids, MN 55433. Call 763-323-0100 for more information or to register.

The Lakeville/Apple Valley class meets Tuesday and Thursday, from 2:00 – 2:45 PM. Classes are located at 7630 160th St W, Lakeville, MN 55044. Call 507-581-8113 for more information or to register.

The Arden Hills class meets Tuesday and Thursday, from 2:00 – 2:45 PM. Classes are located at 3529 Lexington Ave N, Arden Hills, MN 55126. Call 651-204-0560 for more information or to register.

Upper Cut Boxing offers the Rock Steady Boxing program for people with Parkinson's disease. Classes meet on Tuesday and Thursday from 9:30 – 10:30 AM. Participants must schedule an assessment and have a note from their doctor in order to participate.

**Upper Cut Boxing is located at 1324 Quincy Street NE, Minneapolis MN 55413. Call 612-822-1964 for more information.**

## BIKING FOR PARKINSON'S EXERCISE

The mission of Pedal and Roll for Parkinson's is to encourage people with PD to live well through education and structured opportunities for exercise.

Pedal & Roll for Parkinson's holds bicycling events, weekly group bike rides, and Nordic walks. They travel to communities in greater Minnesota to share the benefits of exercise. Pedal & Roll for Parkinson's also has a bike "lending library" at the Pedal and Roll Bike Shack located near the Greenway bike trail in Minneapolis.

*Contact Pedal & Roll to get started with bicycling and Nordic walking by emailing [info@pedalandroll.org](mailto:info@pedalandroll.org) or calling 612-547-6550.*

## WAYZATA CLASSES

### Pilates Reformer for Parkinson's

The Pilates MN studio offers Pilates Reformer for Parkinson's, a class designed especially for people with Parkinson's. Pilates Reformer exercises assist clients in movement so they can acquire flexibility, strength, joint mobility and core stabilization. Classes are offered Tuesdays from 2:30 – 3:30 PM and Thursdays from 1:30 – 2:30 PM. Call 952-476-0304 or e-mail [pamela.h@pilatesmn.com](mailto:pamela.h@pilatesmn.com) for more information

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

## MINNETONKA CLASSES

### Living Well with Parkinson's Disease

The Ridgedale YMCA offers Delay the Disease exercise classes taught by Heidi Weinberg, the only Certified Delay the Disease/Parkinson's Personal Trainer in MN. Delay the Disease is an evidence-based exercise program for Parkinson's that is proven to optimize physical

function & help delay the progression of symptoms.

*Contact Heidi Weinberg at [Heidi.Weinberg@ymcamn.org](mailto:Heidi.Weinberg@ymcamn.org) or 612-360-7479 with questions.*

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

### Mind Body Solutions Adaptive Yoga

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

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

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

## MANKATO CLASSES

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

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

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

## DULUTH CLASSES

### Parkinson's Dance Studio

Class meets on Fridays from 1:00-2:15 p.m. Classes are based on the Dance for PD Program of the Mark Morris Dance Group.

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

**Class meets at the Unitarian Universalist Congregation, at 835 W. College St., Duluth MN.**

Suggested donation: \$3.00 per person or \$5.00 per pair/group

*For more information, see [www.tinyurl.com/pdsduluth](http://www.tinyurl.com/pdsduluth), or call Jessica at 218-727-8286.*

### Courage Kenny Rehabilitation Institute – Duluth

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

*To learn more or get started, contact sports and rec coordinator Mark Hanna at 218-726-4834, or [Mark.Hanna@allina.com](mailto:Mark.Hanna@allina.com). You can also contact sports and rec coordinator Tara Gorman at 218-726-4834, or [Tara.Gorman@allina.com](mailto:Tara.Gorman@allina.com).*

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

## BRAINERD CLASSES

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

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

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

## ROCHESTER CLASSES

### Power Classes

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

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

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

Checks can be mailed to the American Parkinson Disease Association Information and Referral Center of Minnesota, United Hospital, John Nasseff Medical Building (MR 63201), 333 N. Smith Avenue, St. Paul MN 55102

*For more information about our services in Minnesota, please contact Anushka Mohideen, Information and Referral Coordinator, at 651-241-8297, or via email at [Anushka.Mohideen@allina.com](mailto:Anushka.Mohideen@allina.com).*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Albert Lea	Senior Center	4th Tuesday	9:30 AM	Anne Troska	507-874-3367
Aurora	White Community Hospital Cafeteria	2nd Thursday	6:00 PM	Barb Hammer	218-229-2493
Baxter	Excelsior Place	1st Thursday	1:30 – 2:30 PM	Jane Berry	218-828-4770
Bemidji	WoodsEdge/ WindSong Apartments	3rd Tuesday	1:30 – 3:00 PM	Ann Austad	218-444-9992
Big Lake (Under 60)	Saron Lutheran Church	3rd Tuesday	6:30 PM	Camille Johnson	763-350-7401
Burnsville	Prince of Peach Church	2nd Thursday	6:00 PM	Jody Slaughter	952-898-9312
Burnsville	Regents of Burnsville	1st Wednesday	2:00 – 3:00 PM	Jane Hubbard	952-898-8728
Carlton	Community Memorial Hospital	3rd Monday	2:00 – 3:30 PM	Mary Beck	218-269-2211
Coon Rapids	Coon Rapids Civic Center	2nd Thursday	1:00 – 2:30 PM	Milo Hartmann	763-755-2175
Duluth	Primrose Retirement Community	3rd Monday	10:00 – 11:30 AM	Joan Setterlund Catharine Larsen	218-728-4986
Eden Prairie	Victory Lutheran Church/Prairie Adult Care, INC.	2nd Wednesday	1:30 – 3:00 PM	Kathleen Fitzgerald	952-949-3126



Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Forest Lake	Birchwood Arbor Senior Living	1st Thursday	12:30 – 1 :30 PM	Alissa Ralph	651-466-1023
Grand Rapids	Family YMCA	2nd Wednesday	1:00 PM	April Jespersen	218-246-4377
Hastings	Senior Center	3rd Wednesday	2:00 – 3:00 PM	Laurie Thrush	651-480-7689
Hudson, WI	Hudson Hospital	2nd Tuesday	10:00 – 11:30 AM	Vicki Hakala	651-436-1331
Mankato	1st Congregation UCC Church	3rd Tuesday	2:00 – 3:00 PM	Irene Pfeffer	507-304-7026
Maple Grove	Maple Grove Medical Center	2nd Tuesday	1:00 – 3:00 PM	Sara Dooley Susan Metcalf	218-828-4770 763-898-1532
Maplewood (Caregivers Only)	Gladstone Senior Center	2nd and 4th Monday	9:30 – 11:00 AM	Lorna Breiter	651-770-8172
Marshall	Senior Adult Center	1st Wednesday	3:30 – 5:00 PM	Terry Hennen	507-929-5624
Minneapolis	VA Medical Center	3rd Thursday	1:00 – 2:30 PM	Ann St. Jacque	612-467-1380
Minnetonka (Young Onset-Women)	Byerly's Comm. Room	3rd Tuesday	7:00 PM	Ruth Lotzer	952-888-1734
New Prague	Community Library	4th Tuesday	1:00 – 2:30 PM	Betty Tupy	952-758-3924
New Ulm	Oak Hills Living Center	2nd Monday	1:30 PM	Linda Tauer	507-227-1497
Northfield	Northfield Hospital	4th Wednesday	2:00 – 3:30 PM	Kathy Lathrop	507-646-1195

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Red Wing	Red Wing Area Senior Center	4th Thursday	2:00 PM	Patricia Kerman Patrice O'Reilly	651-327-2255
Rochester	Realife Cooperative	4th Thursday	2:00 PM	Warren Lopour Sandy & Jim Woodruff	507-288-0359 507-282-3854
St. Cloud	St. Cloud Public Library	3rd Monday	1:00 – 2:30 PM	Pam Tritz	763-350-0368
St. Paul	Fairview Rehab Services 2200. Univ. Ave. W	1st Friday	1:00 – 3:00 PM	Sue Metcalf Becky Horton	612-273-7456
St. Paul – Bethesda	Bethesda Hospital	3rd Thursday	10:00 – 12:00 N	Kathryn Gilbertson	651-326-2150
St. Paul – Bethesda (Young Onset)	Bethesda Hospital 1st Floor Board Room	3rd Thursday	6:00 – 8:00 PM	Lynn Erkkala	651-232-2202
St. Paul – Como	Health Partners Clinic	3rd Friday	1:00 PM	Nancy Andrews	651-698-4158
Springfield	St. John's Lutheran Home	3rd Wednesday	2:00 – 3:00 PM	Dottie Delambent	507-723-8147
Stillwater	Boutwell's Landing Community Room	3rd Wednesday	10:00 – 11:30 AM	Aimee Stanton	651-241-3373
Virginia	Evelyth Health Park Services	3rd Wednesday	2:00 – 3:00 PM	Bonnie Saumer	218-638-2692
Wadena	United Methodist Church	2nd Monday	12:15 – 1:15 PM	Beverly Richard	218-837-6323
Wilmar	Bethesda Pleasantview	2nd Wednesday	10:00 AM – Noon	Jill Baker	320-235-9532
Windom	Windom Hospital	2nd Tuesday	2:00 – 3:00 PM	Karen Denzer	507-831-0687

## BOOK OFFERINGS AT THE INFORMATION AND REFERRAL CENTER LIBRARY

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

*The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications* – J. Eric Ahlskog, M.D.

*Parkinson's Disease: A Guide for Patient and Family*, Fourth Edition – Roger C. Duvoisin, M.D.

*Parkinson's Disease: A Guide to Patient Care* – Paul Tuite, M.D.

*Handbook of Parkinson's Disease*, Third Edition – Rajesh Pahwa

*Shaking Up Parkinson's Disease: Fighting Like a Tiger, Thinking Like a Fox* – Abraham Lieberman, M.D.

*Get To the Point: How to Say What You Mean and Get What You Want* – Andrew D. Gilman

*What Your Doctor May Not Tell You About Parkinson's Disease: A Holistic Program for Optimal Wellness* – Jill Marjama-Lyons, M.D.

*The Parkinson's Handbook: An Inspiring, Practical Guide for Patients and their Families*, by a Mayo Clinic Surgeon with Parkinson's Disease – Dwight C. McGoon, M.D.

*Surviving Adversity: Living with Parkinson's Disease, 28 Inspirational Stories* – Gord Carley

*Fire in the Soul: A New Psychology of Spiritual Optimism* – Joan Borysenko, Ph.D.

*Caring for the Parkinson Patient: A Practical Guide* – J. Thomas Hutton, M.D., Ph.D.; Raye Lynne Dippel, Ph.D.

*100 Questions and Answers About Parkinson Disease, Second Edition* – Abraham Lieberman, M.D.

*Prescriptions for Living: Inspirational Lessons for a Joyful, Loving Life* – Bernie S. Siegel, M.D.

*Parkinson's Disease: 300 Tips for Making Life Easier* – Shelley Peterman Schwarz

*Parkinson's Disease Questions and Answers: Second Edition* – Robert Hauser and Thersa Zesiewicz

*Living Well with Parkinson's: An Inspirational, Informative Guide for Parkinsonians and Their Loved Ones* – Glenna Wotton Atwood

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

*Enrich Your Caregiving Journey* – Pabst & Goldhammer

*Mainstay: For the Well Spouse of the Chronically Ill* – Maggie Strong

*The Heart of Health: Embracing Life with Your Mind and Spirit* – Mary I. Farr

*How to Care for Aging Parents* – Virginia Morris

*Making the Connection Between Brain and Behavior: Coping with Parkinson's Disease* – Joseph H. Friedman, M.D.

*The Season of a Most Beautiful Flower: Living with Parkinson's Disease* – Josephine E. Lauckhart

*Hope: Four Keys to a Better Quality of Life for Parkinson's People* – Hal Newsom

*Functional Fitness: For Everyone Living with Parkinson's* – David Zid

*Creative Caregiving* – James R. Sherman, Ph.D.

*Positive Caregiver Attitudes* – James R. Sherman, Ph.D.

*The Magic of Humor in Caregiving* – James R. Sherman, Ph.D.

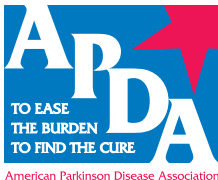
*Preventing Caregiver Burnout* – James R. Sherman, Ph.D.

*Proud Hands: Personal Victories with Parkinson's* – TEVA Neuroscience

*End of Life: Helping with Comfort and Care* – National Institute on Aging



**American Parkinson Disease Association  
Information and Referral Center of Minnesota**  
United Hospital  
John Nasseff Medical Building (MR 63201)  
333 N Smith Avenue  
St. Paul, MN 55102



## **SUPPORT APDA MINNESOTA! JOIN APDA MINNESOTA: A CAMPAIGN TO EASE THE BURDEN HERE AT HOME**

APDA Minnesota's mission is to be a partner in easing the burden of our families and neighbors afflicted with Parkinson's disease.

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

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

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

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