

FALL 2017

MINNESOTA | Newsletter of the Minnesota  
American Parkinson Disease Association

# MESSENGER

## IN THIS ISSUE

Addressing the Stress of Caregiving  
Coordinator's Column  
Upcoming DBS Support Group  
Medical Director's Column  
Fall Parkinson's Conference 2017  
Researcher Spotlight  
Research Opportunities  
APDA 2017 Optimism Walk  
APDA Social Program:  
Coffee & Chat  
Women Connect  
APDA Free Parkinson's Literature  
APDA Webinars Available Online  
Classes  
Support Groups

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[www.apdaparkinson.org](http://www.apdaparkinson.org)

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

## Addressing the stress of caregiving – from the perspective of people with Parkinson's Disease



*Valerie Marquardt, M.S., CCC-SLP,  
Courage Kenny Rehabilitation  
Institute-Mercy Hospital*

LSVT community group classes at Courage Kenny Rehabilitation Institute - Mercy Hospital are comprised of people with Parkinson Disease who have completed LSVT Big and Loud.

During one of our meetings, the topic of caregiving was brought up. Group members voiced enthusiastic appreciation for their caregivers, but also expressed their concern about caregivers getting the support that THEY need. Group members Al Maier, Susan Marx, Lyle Root and Bob Wilsie had these suggestions on how caregivers could take care of themselves:

- Connect with neighbors for support.
- Contact APDA for resources (such as the APDA Patient Grant Program).
- Attend a Parkinson disease support group. Invite friends and family to go with you.
- Help the person with Parkinson's become comfortable using other modes of transportation so they don't rely exclusively on you to get around.
- Fill out an advanced health care directive.
- Educate family, friends and neighbors about Parkinson's disease. Don't assume that they know what to expect.
- Accept offers from friends and family to make meals, do yardwork, provide respite care, etc.
- Ask for help.

*(continued on page 3)*

## Coordinator's Column

### Dear Readers,



Anushka Mohideen

I hope you are all doing well and enjoying the beautiful fall season. As always, I encourage you to call me with any questions that you have about Parkinson's disease, support groups, exercise classes, other 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](mailto:anushka.mohideen@allina.com).

**PLEASE NOTE that the listing of exercise classes and BIG and LOUD therapy services, and the listing of support groups at the back of the Minnesota Messenger has expanded.**

At the end of the year, we take time for retrospection, to look back on the successes and challenges of the year. I feel that 2017 was a year of growth for APDA in Minnesota. Our Information & Referral Center organized a total of nine educational events this year. We presented our Spring Symposium in collaboration with the University of Minnesota in May and our Fall Parkinson's Conference in Rochester, our three Deep Brain Stimulation educational events in partnership with the Noran Neurological Clinic, and our summer and fall educational events in partnership with our local sponsors at Acadia Pharmaceuticals and AbbVie. It was wonderful to see the Parkinson's community come out to attend these events.

In addition to education, the APDA Information & Referral Center and the APDA Minnesota Chapter focused on building community. From April to June of 2017, the I&R Center partnered with the University of Minnesota to offer a new support group for people diagnosed with Parkinson's disease over the past five years. We received excellent feedback from participants in

that program, and the people who attended built meaningful friendships and connections with one another as they learned from each other.

In September, the I&R Center began the new Coffee & Chat program, a social program dedicated to providing a space for people with PD and their family members/care-partners to connect, share, and form friendships with others. The APDA Minnesota Optimism Walk in fall, on October 14, brought together 250 people with PD and their family, friends, and community members, to enjoy a day of exercise and fun activities (including Parkinson's exercise demonstrations, silent auction, free raffle, cake walk, and face painting) in an encouraging, positive environment.

The principle that underlies all that we do at the Minnesota Chapter and I&R Center, from our education to our social programs, is service and a desire to meet the needs of the community. The APDA Minnesota Grant Program flourished this year, as the Minnesota Chapter awarded grants to over 100 individuals.

At the end of the year, we look to the future as well, and contemplate what the next year holds for us. The Minnesota Chapter will continue offering our grant program. The I&R Center will continue to focus on community building as we continue our Coffee & Chat social program and begin a new DBS support group for people who have undergone deep brain stimulation and people who are interested in DBS.

If you have any ideas for new programs and services that you would like to see brought to our community, please let me know. I would love to hear your thoughts!

Thank you for helping to make this year such a great one; I always enjoy seeing you all at educational events, social programs, the Optimism Walk, and support group visits.

I wish you a wonderful holiday season with your families.

Warmest regards,

*Anushka*

## Stress of caregiving (cont. from cover)

- Plan for periods of respite. For example, have a friend take you somewhere so your caregiver can have alone time. Or schedule someone to come visit you so your caregiver can get out of the house for a time.
- Buy the book “Parkinson’s Disease for Dummies” to have on hand as an easy reference
- Have someone lined up to provide help in case of an emergency (i.e., in case your caregiver gets sick.)

Lyle Root, group member, was inspired to write and dedicate the following poem to all Parkinson’s caregivers:

Caring and sharing...giving from their heart  
 Able to adjust...each person doing their best  
 Respected for loyalty...for giving tender care  
 Enriched by patients, abundant caring to share  
 Giving, a way of life...treating people with love  
 Intent on improvement...with help from above  
 Venerated patients given the help they deserve  
 Exercise a part of caring, to safety to lead  
 Respite care provided, helps people to rejuvenate  
 Satisfaction for patients...caregivers are great.

For more information about the LSVT Big and Loud Community Group at Mercy Hospital, Coon Rapids, Minnesota, call 763-236-8910 or email Valerie.Marquardt@allina.com.

## UPCOMING DBS SUPPORT GROUP

Those of us who decided to have Deep Brain Stimulation (DBS) did so based on our own evaluation of our life with Parkinson’s disease. I have made the decision and now live with DBS. There is hardly a day that goes by that I do not wonder, “Am I using it properly? Am I getting the most of it that I can? What are others’ experiences with DBS? How can I explain DBS to my best friend, or life partner, or my other family members?”

It is this type of thinking that has led my wife Kay and me to seek out others who have questions about DBS, its usage, and the amount of clinical support that exists. We are interested in hearing the experience of other people with Parkinson’s disease who have had DBS. I believe we can learn from each other’s experiences with DBS, and I would like to start an informal DBS support group to learn from and share with each other. All are welcome – people with PD who have had DBS, their family members or care-partners, and people without DBS who are interested in learning more about it.

If you are interested in participating in this informal DBS support group, please call or email Anushka or I with your name, telephone number, and/or email address. She will forward them to me and Anushka and I will contact those individuals to arrange our first meeting.



*Jim Russell*

My phone number is 651-470-3349.

You can reach Anushka at 651-241-8297 or [anushka.mohideen@allina.com](mailto:anushka.mohideen@allina.com).

## Medical Director's Column

### Dear Readers,



*Eleanor Orehek, M.D.,  
Noran Neurological  
Clinic*

Happy Winter!

Thank you to those who turned out for the Optimism Walk in October. It was a great day and the money raised will go a long way to helping people affected by Parkinson's in Minnesota. Start planning your teams for next year!

If you're feeling that your Parkinson's symptoms are a lot worse since the cold weather set in, you're not alone. It's common among people with Parkinson's to feel worse in the cold weather. With Parkinson's, you already have a problem with muscles and joints feeling stiff, and the cold worsens that. However, that does not mean your disease is progressing. Also with Parkinson's, it can be harder to regulate body temperature and so cold or hot temperatures can have a larger impact. Stay warm this winter but don't let the cold and darkness get in the way of your regular exercise routine!

I spend a lot of time with patients in the clinic reviewing what's not working well, so we can try to fix it or improve upon it. To change things up, in this newsletter, I want to focus on positive things happening in the world of Parkinson's disease.

One of the major challenges in Parkinson's disease is the variability between patients, and the different subtypes of the disease, which can lead to difficulty in diagnosis and prognosis. This is one reason it is crucial to find biomarkers for the disease. A biomarker is a marker in the body that can be measured to indicate a normal biologic process, or the presence and/or progression of a disease. In Parkinson's, we have the DaTscan, which looks at dopamine transporters in the brain and can aid in the diagnosis, but we don't have a reliable way to

track the progression of the disease.

We are making a lot of progress towards this goal however. There is a large multicenter study called the Parkinson's Progression Markers Initiative (PPMI) that started in 2010 and with funding from the Michael J Fox Foundation, leading the search for biomarkers. When we look at all the therapies in development to try to stop or slow the progression of the disease, it becomes increasingly important to have additional ways to track the disease progression so that we have more accurate ways of assessing whether or not a particular therapy is working.

The development of therapies targeting a protein called alpha-synuclein is a promising disease modifying area of research. Alpha-synuclein is a protein that is abundant throughout the nervous system and in a soluble form, has important functions, admittedly still poorly understood. The problem in Parkinson's is that alpha-synuclein misfolds and clumps together, forming aggregates of protein which then become toxic for the nerve cell and leads to cell death. Logically then, preventing the proteins from misfolding, or reducing the amount of the abnormal protein clumps, would help prevent disease progression. There are several drugs in development aiming to target these toxic forms of alpha-synuclein. They are still in early phases, but showed promise in animal models and are proving to be safe in Phase One of human trials.

There are a couple symptom management therapies currently in testing that are worth noting as well. Carbidopa-levodopa is well known to be effective at managing the motor symptoms of Parkinson's, such as tremor, stiffness, and slowness. The challenge in treating the symptoms in pill form is that it can start to cause fluctuations in response to the drug, where you can either have dyskinesias, the wiggly, extra, uncontrolled movements from the levodopa, or the breakthrough motor symptoms. There is a patch pump system in development from a company called NeuroDerm, that would allow more even release of the drug into the system. Results of trials so far are showing significant improvement in symptom management. There is also an inhaled form of levodopa through Acorda Therapeutics called Inbrija

that is in the process of seeking FDA approval and could be helpful for a quicker effect for those unexpected times the medication has not kicked in as expected or wears off early.

I obviously cannot cover all of the exciting treatments that are in development in this article, but this gives you some idea of real progress that is being made for potential treatments of Parkinson's disease. I encourage you to stay connected to information resources like this newsletter. You can also stay connected to the most updated information by attending conferences and support groups. Participation in research is always encouraged. If you are interested in becoming involved with research, there is a list of studies at the University of Minnesota and the Mayo Clinic in this newsletter.

Strength in optimism.  
Hope in progress.

Until next time....

Sincerely,

*Eleanor K. Orehek, M.D.*

## Fall Parkinson's Conference 2017

This fall brought another significant milestone for the APDA Minnesota Information & Referral Center – our first educational event in Rochester. On October 28, despite the early snowfall the previous day, 100 people with Parkinson's disease and their family



*Pictured above: Dr. Anhar Hassan addressing the guests at the Fall Parkinson's Conference.*

members joined us at the Wood Lake Meeting Center for the Fall Parkinson's Conference. It was a fantastic day filled with informative, fascinating presentations.

On behalf of the Information & Referral Center, and all of the people who attended the conference, I would like to thank our presenters.

- Dr. Anhar Hassan of the Mayo Clinic presented on the treatment of advanced Parkinson's disease, motor and non-motor symptoms.
- Dr. Rodolfo Savica of the Mayo Clinic presented on risk & protective factors, and survival in Parkinson's disease.
- Beth Millage, DPT, NCS, and Erin Vesey, DPT, of Courage Kenny Rehabilitation Institute and Allina Health, presented on exercise research in PD and the role of physical therapy.

We were lucky to have such knowledgeable and caring professionals share their expertise with us. The presenters have kindly shared their presentation slides with me as well. If you were unable to attend the Fall Parkinson's Conference on October 28, please call me at 651-241-8297 or email me at [anushka.mohideen@allina.com](mailto:anushka.mohideen@allina.com) to request the presentation slides.

I would also like to thank AbbVie, Acadia Pharmaceuticals, Lundbeck, Medtronic, and US WorldMeds for their generous sponsorship of this event.

I am looking forward to many more educational events in the Rochester community!

Warmly,

*Anushka*

## PARKINSON'S DISEASE RESEARCHER SPOTLIGHT



*Kelly Sovell, R.N., MPH, AHN-BC, Research Nurse, Department of Neurology, Udall Center of Excellence in Parkinson's Disease Research at the University of Minnesota*

My path through the health sciences has truly come full circle. I have the privilege of working as a Research Nurse for the Udall Center of Excellence for Parkinson's Disease at the University of Minnesota. This position is one that I did not foresee when I started on my nursing journey, but in hindsight, now it seems it was a sure destination.

My choice to go to nursing school came after a Bachelor's degree in neuroscience and a Master of Public Health degree in epidemiology. I had been caring for my mother with dementia and through that experience felt a pull to find

a career that could be based in scientific inquiry and research but also include heart-centered work with patients and their families. After completing a Master's in Nursing, I became a bedside nurse, one year in a Vascular unit and two years in Labor/Delivery/Postpartum. I'd also always had an interest in holistic nursing, but it was in maternity care where I truly saw its effects—being able to integrate things like healing touch, aromatherapy, and music to relieve stress and pain. As a nurse, you are both a witness and a guide during people's most vulnerable moments. I can't help but see my patients holistically—a whole made up of a parts—a body, surely, but also of a mind, spirit, emotions, relationships, family, values, culture, etc.—we see a snapshot of someone comprised of all of these things at one point in their life. This view resonated with me in bedside nursing, and so I became a certified holistic nurse. Fortuitous indeed that I then found my current position in the Department of Neurology—I had found my way back to my

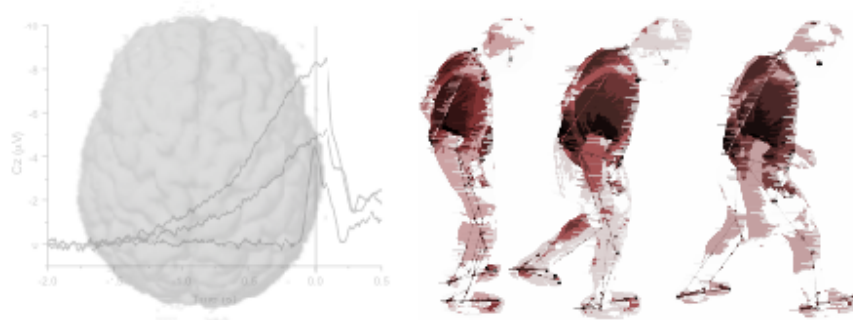
neuroscience, and realized that I now could combine neuroscience, epidemiological research principles, and holistic nursing skills to give back to people with Parkinson's Disease as a research nurse.

The University of Minnesota was named a Udall Center of Excellence in Parkinson's Disease in 2016. With it came a grant of over \$9 million from the National Institutes of Health to research PD and Deep Brain Stimulation (DBS). The University of Minnesota joins a network of eight other elite research universities across the country, allowing collaboration and accelerating research between centers. The goal of our Udall Center is to improve DBS for people with Parkinson's Disease. As the research nurse for our Udall, I focus on one study in particular, the Clinical Core Study, which will enroll a cohort of patients approved to undergo elective DBS surgery and follow them over 5 years (and perhaps longer). By closely following this cohort, we hope to learn even more about the benefits and side effects of DBS and how we can further optimize this treatment. At select time points over 5 years, we will collect information in many ways, standard PD rating scales, neuropsychological exams, questionnaires, and a movement watch that tracks symptoms. In addition, we will closely follow changes over time to medications and other health events. What I love most about working on this study is getting to know patients and their families and their unique story. In addition to collecting study elements, I coordinate the care of this cohort in our neurology clinic, so I can act as a resource for them over time.

The study is termed Clinical CORE because those participants in this core observational study (no changes to their treatment from the standard) can then opt to create their own package of "add-on" research studies. For example, they can choose to also volunteer in an imaging study, a post-DBS surgery programming study, an operating room study, and even a two-day study where the medical

*(continued on page 11)*

## SLEEP AND MOVEMENT IN PARKINSON'S DISEASE



### INFORMATION FOR POTENTIAL RESEARCH VOLUNTEERS

**Project Title: Predictors of progress to freezing of gait in Parkinson's disease**

*Thank you for your interest in learning more about this study.*

**The problem we are studying:** We are seeking volunteers to participate in a research study examining the relationship between sleep disturbances and the development of movement problems in people with Parkinson's disease. Movement problems such as freezing of gait are common causes of falls for people with Parkinson's disease and can have a major impact on mobility and quality of life.

**The project:** We think there might be a link between disturbances in sleep early in disease and the development of walking, balance and freezing problems. This is potentially important because the sleep disturbances we are studying are often seen a long time before a diagnosis of Parkinson's disease is made. If there is a link between sleep and movement problems, then routine sleep studies can be used to identify people in early stages of disease who may be at risk of developing balance and walking problems so that early interventions can be used to possibly slow or prevent these symptoms.

**Who can participate?** We are looking for:

- volunteers between the ages of 21-75 who have been diagnosed with Parkinson's disease, or
- volunteers between the ages of 21-75 who do not have Parkinson's disease

**Time commitment:** You will be asked to visit the University for 3 baseline visits which include a screening visit, sleep study, movement tests and brain imaging scans (MRI). *Three years later* you will be asked to repeat the same visits.

**Compensation:** You will be paid \$300 for completing the baseline visits and \$300 when you complete the visits at 3 years. We will pay for all costs of the tests, your transportation to and from the University and any meals.

*If you are interested or have questions about this study, please contact:*

Joshua De Kam, Project Coordinator  
Department of Neurology  
University of Minnesota Medical School  
Tel: (612) 626-8052  
E-Mail: [jadekam@umn.edu](mailto:jadekam@umn.edu)

or

Dr. Colum D. MacKinnon, PhD, Principal Investigator  
Department of Neurology  
University of Minnesota Medical School  
Tel: (612) 625-8938  
E-Mail: [cmackinn@umn.edu](mailto:cmackinn@umn.edu)



Department of Neurology  
Motor Neurophysiology Laboratory

# UNIVERSITY OF MINNESOTA

## Driven to Discover<sup>SM</sup>

## Participants Needed

### Studying Response Inhibition in Parkinson's disease



Figure 1

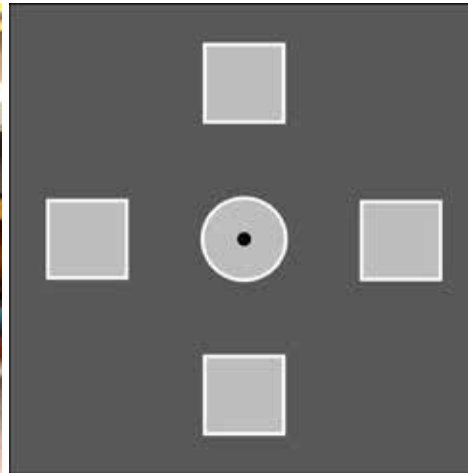


Figure 2

#### We are looking for:

- Adults aged 18-75
- Diagnosed with Parkinson's disease
- OR
- No prior history of neurological disorder (to serve as a control)

#### What you will do in the study:

- You will be tested in the Motor Neurophysiology Laboratory, Dept. of Neurology, 717 Delaware St, University of Minnesota.
- The task is computer based and takes approximately 20-30 minutes to complete.
- You will be given a joystick and asked to wear TV goggles (Fig 1). When wearing the TV goggles, you will see four square targets and a cursor within a circle at center of the screen (Fig 2). Following a cue to "go", you will use the joystick to move the cursor as fast and as accurate as possible to one of the indicated square targets. Your accuracy and speed will be recorded. On random trials, immediately following the "go" cue will be a cue to "stop". On those trials you will be asked to abort your movement before the cursor leaves the center circle.

This study is being conducted by Dr. Scott Cooper, MD, PhD, and Dr. Joshua Aman, PhD, Department of Neurology, University of Minnesota. If you are interested in participating in this study or would like information regarding other studies you may qualify for, you may contact Dr. Aman at **612-626-5777** or via email ([aman0038@umn.edu](mailto:aman0038@umn.edu)).



## PARKINSON'S DISEASE RESEARCH OPPORTUNITIES – ROCHESTER, MN



### High Frequency Oscillations in Neurologic Disease

This study is designed to evaluate the high-frequency range deep brain oscillations (HFO) as pathologic markers in patients undergoing deep

brain stimulation for epilepsy or Parkinson disease. Newly developed technology allows for the chronic recording of these brain signals at the same time as clinical stimulation is occurring. We will learn both whether these HFO correlate with disease activity and whether the HFO change in response to ongoing stimulation (potentially giving insight into the underlying mechanism of action of DBS). Study participants will undergo DBS in the same way as is usually done but will receive this newer battery with ability to record brain signals.

Principal Investigator: Bryan Klassen, M.D.

To learn more, contact: Karla Crockett, 507-538-4880, or Crockett.Karla@mayo.edu.

### A Study to Understand the Differences of Walking on a Treadmill and Overground in Patients with Parkinson's Disease

The purpose of this study is to compare treadmill walking and over ground walking gait characteristics in people diagnosed with Parkinson's disease.

Principal investigator: Debra Ness, P.T., D.Sc., DScPT, NCS.

To learn more, contact: Debra Ness P.T., D.Sc., DScPT, NCS, 507-255-4605.

### Deep Brain Stimulation (DBS) for the Treatment of Parkinson's Disease

The purpose of this study is to evaluate the safety and effectiveness of Boston Scientific's Vercise Deep Brain Stimulation (DBS) system in the treatment of patients with advanced, levodopa-responsive

bilateral Parkinson's disease (PD) which is not adequately controlled with medication.

Principal investigator: Ryan Uitti, M.D.

To learn more, contact: Kelsey McGrane R.N., at McGrane.Kelsey@mayo.edu.

### Natural History Study of Synucleinopathies

Synucleinopathies are a group of rare diseases associated with worsening neurological deficits and the abnormal accumulation of the protein alpha-synuclein in the nervous system. Onset is usually in late adulthood at age 50 or older. Usually, synucleinopathies present clinically with slowness of movement, coordination difficulties or mild cognitive impairment. Development of these features indicates that abnormal alpha-synuclein deposits have destroyed key areas of the brain involved in the control of movement or cognition. Patients with synucleinopathies and signs of CNS-deficits are frequently diagnosed with Parkinson disease (PD), dementia with Lewy bodies (DLB) or multiple system atrophy (MSA).

The purpose of this study is to document the clinical features and biological markers of patients with synucleinopathies and better understand how these disorders evolve over time. The study will involve following patients diagnosed with a synucleinopathy (PD/DLB and MSA) and those believed to be in the "pre-motor" stage (with isolated autonomic impairment and/or RBD). Through a careful series of follow-up visits to participating Centers, we will focus on finding biological clues that predict which patients will develop motor/cognitive problems and which ones have the resilience to keep the disease at bay preventing spread to the brain.

Principal investigator: Phillip Low, M.D.

To learn more, contact: Tonette Gehrking CAP, 507-284-4462, gehrking.tonette@mayo.edu

## Update From The APDA Minnesota Board President Apda Optimism Walk 2017



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

Dear Readers,

On behalf of the APDA Minnesota Chapter and I&R Center, I want to thank everyone who participated in our 2017 Optimism Walk on October 14.

Whether you joined us as a sponsor, a team member, an individual participant, a donor, a volunteer, an exercise

presenter, a displayer at a table, or a donator who couldn't be present, I want you to know how grateful we are to every one of you for helping to make our 2017 Optimism Walk a success. What started out as a chilly morning turned into a wonderful day.

Because of you, the APDA Minnesota Chapter continues to raise awareness of Parkinson's disease and offers vital programs, educational seminars, Information and Referral services,

and grants to people living with Parkinson's in the great state of Minnesota. I am proud to report that we raised over \$34,000 at our 2017 Optimism Walk. The more money we raise, the more people we can help. Thank you for helping us to be able to help so many people living with Parkinson's disease. We've been able to assist many folks in Minnesota with financial need-based grants for exercise, medication, respite care, and help at home. In addition to those programs, we also offer grants for a partial reimbursement for a driving assessment, as well as a transportation grant. These grants are funded from money raised at our Optimism Walks. Again, we are grateful to you for your support. We wouldn't be able to offer the grant program or our other support services without you.

The Minnesota Chapter and I&R Center of the American Parkinson Disease Association would also like to acknowledge and thank the generous sponsors of our 2017 Optimism Walk. We are grateful for their sponsorship and their commitment to helping people in Minnesota with Parkinson's disease.

**National Sponsors**

AbbVie  
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**Platinum Sponsorship**

US WorldMeds

**Gold Sponsorship**

Acadia Pharmaceuticals  
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Udall Center for Excellence in Parkinson's Disease Research  
at the University of Minnesota

**Other Sponsors**

Cherokee Bank  
Citizens Bank  
Gateway Bank

As fall and winter arrive, and as the end of 2017 draws closer, I reflect on the wonderful year that our chapter has had. Three words that I believe sum up the year for us are: Gratefulness, Optimism, and Hope. To you, readers and donors, we are so appreciative for your support. You help the APDA Minnesota Chapter to live out our philosophy of Strength in Optimism, Hope in Progress. We remain optimistic about a future where Parkinson's disease can be a thing of the past, and until then, we remain hopeful for a cure.

In December, I will end my tenure as the President of the APDA Minnesota Board of Directors. I have enjoyed meeting so many of you over the past years and I look forward to seeing you all again soon.

Sincerely,

*Patty Flynn*

**Parkinson's Disease  
Researcher Spotlight**

*continued from page 6*

team records brain activity from the DBS device in real time. Of course there is no obligation for participants to do any or all studies, but having them organized this way allows participants to have a hand in designing their experience.

On top of being part of these important research studies, my position allows me to help with patient education classes, engage in support groups, attend lectures and seminars in neurology, and present at outreach events. I truly could not ask for a more intriguing place to work, and am grateful for the privilege to contribute to the body (and heart) of knowledge of Parkinson's Disease.

To learn more about our Udall Center of Excellence for Parkinson's Disease, visit <http://udall.umn.edu/>. If you are interested in participating in Parkinson's Disease research at the University of Minnesota, please contact Kelly Sovell, Research Nurse, at 612-301-2140 or [sove0015@umn.edu](mailto:sove0015@umn.edu).



The APDA is happy to announce a new social program for people with Parkinson's disease in the community, **Coffee & Chat**. This social program provides an informal, relaxed, and casual place for people with PD and their care-partners/family members to connect, share, and build friendships with others.

**Location:** Perkins  
1495 County B Rd W,  
Roseville, MN 55113

**Time:** 3<sup>rd</sup> Monday of the month at 10 a.m.

Upcoming meetings will be December 18, January 15, February 19, March 19, April 20, and May 21.

**Please RSVP to:** Anushka Mohideen, APDA Information & Referral Coordinator, at 651-241-8297 or [anushka.mohideen@allina.com](mailto:anushka.mohideen@allina.com). RSVP is required as tables or a meeting room at Perkins will be requested depending on the size of the group.

## WOMEN CONNECT – PARKINSON'S GROUP

Women Connect is a collaborative initiative led by women for women to foster connections among women living with Parkinson's Disease. Women Connect was created in 2016 by women living with Parkinson's Disease (PD) seeking opportunities to connect and learn from other women living with PD. Members are able to share successes, concerns, and needs with other participants. Specific issues identified by the group guides future programming. All sessions include time to meet and interact with other women with PD.

The group meets on Saturdays in February, May, August, and November, at 12:30 PM. The meeting place is Woodbury, MN (or as arranged by coordinators.)

If you would like to be added to the email contact list for Women Connect, please email [womenconnectmn@gmail.com](mailto:womenconnectmn@gmail.com). You can also call Kris at 651-334-5622, or Sharon at 651-343-5905.



*Kris Gjerde, PT, MPH, CEEAA*

## APDA Free Parkinson's Literature

The Minnesota Chapter of the American Parkinson's Disease Association is pleased to provide free information to individuals about Parkinson's Disease. You can call 651-241-8297 or email [anushka.mohideen@allina.com](mailto:anushka.mohideen@allina.com) to request your selections and receive them via postal mail or email.

- Parkinson's Disease Handbook
- Be Active & Beyond – A Guide to Exercise and Wellness for People with Parkinson's Disease
- Helping Those Who Serve: Parkinson's Disease Information For The Veterans Community
- Speaking Effectively: A Strategic Guide for Speaking and Swallowing
- My Mommy Has Parkinson's Disease But It's Okay!
- Aquatic Exercise
- Keys to Caregiving
- Hospitalization of a Parkinson's Patient
- The Living Will & Durable Power of Attorney for Health Care
- Parkinson's Disease and Oral Health
- The Family Unit and Parkinson's Disease
- The Challenge of Parkinson's Disease: Adapting to a Nursing Home
- When Should PD Patients Go to the Emergency Room
- Neuro-Ophthalmology and PD
- Fatigue in Parkinson's Disease
- Depression and Parkinson's Disease
- Employment and Parkinson's Disease
- Understanding Bladder Symptoms in Parkinson's Disease – What You Need to Know
- Constipation and Parkinson's Disease
- What is Dysphagia
- Cognitive Changes with PD
- Too Little Exercise and Too Much Sitting: A Recipe for Change
- Basic Information about Parkinson's Disease
- Clinical Trials

- Support Services for People with Parkinson's
- Neurogenic Orthostatic Hypotension in Parkinson's Disease
- Motor Fluctuations in Parkinson's Disease: What You Need to Know
- Deep Brain Stimulation for Parkinson's Disease
- Fact Sheet: Communication and Intimacy in Parkinson's Disease
- Everyday Helpful Hints for Living with Parkinson's Disease
- Medications Approved for the Treatment of PD in the USA
- Medications to Avoid
- Living Well with Parkinson's Disease – 10 Things You Can Do Now

## APDA Webinars: Available Free Online

Visit <https://www.apdaparkinson.org/webinar/> to view all of the webinars listed below. If you have questions or encounter difficulties, please contact Anushka via phone or email.

- Spotlight on Young Onset Parkinson's Disease: Exploring Treatment & Managing Options
- Spotlight on Parkinson's Disease: Communication & Intimacy
- Spotlight on Parkinson's Disease: Living Well Every Day
- Spotlight on Movement Function: Coping with On/Off Periods
- Addressing Motor and Non-Motor Symptoms – The Changing Landscape
- Staying On Your Feet – Balance Matters
- Playing an Active Role in Your Treatment Plan
- Spotlight on Well-Being: It's A Family Affair
- Everything You Need to Know About Clinical Trials for Parkinson's Disease Research
- Spotlight on Parkinson's Disease Treatment Advances

## 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 and 3rd Thursday of each month, 11 a.m.-noon LOUD (speech therapy)

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

**Abbott 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.*

**Mercy Hospital – Unity Campus, 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 Jill for information at 651-232-2776.*

### 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 Jill for information at **651-232-2776**.

### 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

Call Jill for information at **651-232-2776**.

### 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**

Call Jill for information at **651-232-2776**.

## PARKINSON'S DISEASE EXERCISE CLASSES AT HEALTHPARTNERS NEUROSCIENCE CENTER

Contact Sandra Varpness at 651-495-6343.

## 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.

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

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.

### Independent Lifestyles

The Saint Cloud Area Parkinson's Disease (PD) Support Group offers support meetings and exercise classes through their facilitator, Independent Lifestyles.

**Tae Guk Kwon Do** (a slow controlled full movement exercise for all abilities) meets Fridays, 3-4 p.m. Call Scott Ridlon at **320-267-7717** or come on Friday for your free one-month introduction classes; wear loose clothing and bring your water bottle.

**Adaptive Martial Arts** meets Fridays, 4-5 p.m. Call 5th degree black belt, Master Scott Ridlon at **320-267-7717** or come on Friday for your free one-month introduction classes; wear loose clothing and bring your water bottle. All abilities are welcome to attend.

**Nordic Walking** is also available as a **FREE** program.

Join in at *Independent Lifestyles, 215 North Benton Dr., Sauk Rapids*. For more information call **320-529-9000**.

## 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, Woodbury and Arden Hills locations.

The Coon Rapids class meets Monday and Wednesday, from 2-2:45 p.m.

**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 2-2:45 p.m.

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Classes are located at 7630 160th St W, Lakeville, MN 55044.

Call **952-300-6800** for more information or to register.

The Woodbury class meets Monday and Wednesday at 2 p.m.

Classes are located at 8150 Collier Way #300, Woodbury, MN 55125.

Call **651-200-3871** for more information or to register.

The Arden Hills class meets Tuesday and Thursday, from 2-2:45 p.m.

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, 9:30-10:30 a.m. Participants must schedule an assessment and have a note from their doctor in order to participate.

Upper Cut Boxing is located at 1324 Quincy St. N.E., Minneapolis MN 55413.

Call **612-822-1964** for more information.

**Dion's Danger Zone** offers the **Rock Steady Boxing** program for people with Parkinson's disease in Baxter, MN. Classes meet on Tuesdays and Thursdays at 3 p.m.

Dion's Danger Zone is located at 13495 Elder Drive, Baxter, MN 56524.

Call **218-850-0872** for more information.

**Fitness Evolution** offers the **Rock Steady Boxing** program for people with Parkinson's disease in Monticello, MN.

Classes meet on Monday, Wednesday, and Friday at 10 a.m. for Level 1-2, and Tuesday and Thursday at 1 p.m for Level 3 and 4.

Fitness Evolution is located at 133 Sandberg Road, Monticello, MN 55362.

Call **763-516-7219** for more information or email [fitnessrevolution@rbsaffiliate.com](mailto:fitnessrevolution@rbsaffiliate.com).

## 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 p.m. and Thursdays from 1:30-2:30 p.m.

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

Call **952-476-0304** or e-mail [pamela.h@pilatesmn.com](mailto:pamela.h@pilatesmn.com) for more information.

## EDEN PRAIRIE CLASSES

### **Parkinson's Disease Exercise Class**

The Eden Prairie Community Center offers a Parkinson's Disease exercise class, led by an instructor certified in the Delay the Disease program.

class is offered on Monday and Wednesday, from noon to 1 p.m.

The Eden Prairie Community Center is located at 16700 Valley View Rd, Eden Prairie, MN 55346.

Call the Eden Prairie Community Center at **952-949-8470** or email [heidi.weinberg@ymcamn.org](mailto:heidi.weinberg@ymcamn.org) for more information.

## MINNETONKA CLASSES

### **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).

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

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

## 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.

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

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

## FARIBAULT CLASSES

Wieber Physical Therapy in Faribault offers the LSVT BIG program.

Wieber Physical Therapy is located at 1961 Cardinal Ln, Faribault, MN 55021.

Call Wieber Physical Therapy at 507-333-2986.

## NORTHFIELD CLASSES

Northfield Hospital and Clinics has two physical therapists experienced in working with people with Parkinson's disease.

Call Northfield Hospitals and Clinics to get more information or to schedule appointments at 507-646-8800.

## DULUTH CLASSES

### Parkinson's Dance Studio

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.

Unitarian Universalist Congregation, 835 W. College St., Duluth MN

Class meets on Fridays, 1-2:15 p.m. Suggested donation: \$3 per person or \$5 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.

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

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).

## BAXTER CLASSES

BIG and LOUD Therapy Programs at Big Stone Therapies in Baxter provides individual physical therapy and speech therapy. BIG consists of a high intensity exercise program to teach patients to use their BIG movements and turn them into lifelong habits. LOUD consists of a high intensity, individual, voice program to carry over into everyday life.

Big Stone Therapies is located at 15620 Edgewood Dr N #240, Baxter, MN 56401.

To learn more or get started, call 218-454-7012.

## 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.

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

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

## 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 APDA I & R Center of MN, Abbott Northwestern Hospital, 800 E. 28<sup>th</sup> St., MR 12209, Minneapolis, MN 55407.

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).

## PARKINSON'S DISEASE SUPPORT GROUPS

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Albert Lea	Senior Center	4 <sup>th</sup> Tuesday	9:30 a.m.	Anne Troska	507-874-3367
Aurora	White Community Hospital Cafeteria	2 <sup>nd</sup> Thursday	6 p.m.	Barb Hammer	218-229-2493
Baxter	Excelsior Place	1 <sup>st</sup> Thursday	1:30-2:30 p.m.	Jane Berry	218-828-4770
Bemidji	WoodsEdge/WindSong Apartments	3 <sup>rd</sup> Tuesday	1:30 – 3:00 PM	Ann Austad	218-444-9992
Big Lake (Under 60)	Saron Lutheran Church	3 <sup>rd</sup> Tuesday	6:30 p.m.	Camille Johnson	763-350-7401
Burnsville	Prince of Peace Church	2 <sup>nd</sup> Thursday	6 p.m.	Jody Slaughter	952-898-9312
Burnsville	Regents of Burnsville	1 <sup>st</sup> Wednesday	2-3 p.m.	Jane Hubbard	952-898-8728
Carlton	Community Memorial Hospital	3 <sup>rd</sup> Monday	2-3:30 p.m.	Mary Beck	218-269-2211
Coon Rapids	Coon Rapids Civic Center	2 <sup>nd</sup> Thursday	1-2:30 p.m.	Milo Hartmann	763-755-2175
Duluth	Primrose Retirement Community	3 <sup>rd</sup> Monday	10-11:30 a.m.	Joan Setterlund Catharine Larsen	218-728-4986 218-733-9903
Eden Prairie	Victory Lutheran Church/ Prairie Adult Care, INC.	2 <sup>nd</sup> Wednesday	1:30-3 p.m.	Kathleen Fitzgerald	952-949-3126
Forest Lake	Birchwood Arbor Senior Living	1 <sup>st</sup> Thursday	12:30-1:30 p.m.	Alissa Ralph	651-466-1023
Grand Rapids	Family YMCA	2 <sup>nd</sup> Wednesday	1 p.m.	April Jespersion	218-246-4377
Hastings	Senior Center	3 <sup>rd</sup> Wednesday	2-3 p.m.	Laurie Thrush	651-480-7689
Mankato	1st Congregation UCC Church	3 <sup>rd</sup> Tuesday	2-3 p.m.	Irene Pfeffer	507-304-7026
Maple Grove	Maple Grove Medical Center	2 <sup>nd</sup> Tuesday	1-3 p.m.	Sara Dooley Susan Metcalf	763-898-1532 763-898-1533
Maplewood (Caregivers Only)	Gladstone Senior Center	2 <sup>nd</sup> and 4 <sup>th</sup> Monday	9:30-11 a.m.	Lorna Breiter	651-770-8172
Marshall	Senior Adult Center	1 <sup>st</sup> Wednesday	3:30-5 p.m.	Terry Hennen	507-929-5624
Minneapolis	VA Medical Center	3 <sup>rd</sup> Thursday	1-2:30 p.m.	Ann St. Jacque	612-467-1380
Minnetonka (Young Onset-Women)	Byerly's Community Room	3 <sup>rd</sup> Tuesday	7 p.m.	Ruth Lotzer	952-888-1734
New Prague	Community Library	4 <sup>th</sup> Tuesday	1-2:30 p.m.	Betty Tupy	952-758-3924

## PARKINSON'S DISEASE SUPPORT GROUPS

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
New Ulm	Oak Hills Living Center	2 <sup>nd</sup> Monday	1:30 p.m.	Linda Tauer	507-227-1497
Northfield	Northfield Hospital	4 <sup>th</sup> Wednesday	2-3:30 p.m.	Kathy Lathrop	507-646-1195
Red Wing	Red Wing Area Senior Center	4 <sup>th</sup> Thursday	2 p.m.	Patricia Kerman Patrice O'Reilly	651-327-2255
Rochester	Zumbro Lutheran Church 624 3 <sup>rd</sup> Ave. S.W.	3 <sup>rd</sup> Thursday	1:15-3 p.m.	Warren Lopour Sandy & Jim Woodruff	507-288-0359 507-282-3854
St. Cloud	Independent Lifestyles 215 N. Benton Dr. Sauk Rapids, MN 56379	3 <sup>rd</sup> Monday	1-2:30 p.m.	Pam Tritz	320-281-2031
St. Louis Park	Parkshore Senior Community 3663 Park Center Blvd. St. Louis Park, MN	2 <sup>nd</sup> Wednesday	1-2 p.m.	Heidi Johnston, Director of Wellness	952-848-8541
St. Paul	Fairview Rehab Services 2200 University Ave. W.	1 <sup>st</sup> Friday	1-3 p.m.	Sue Metcalf Becky Horton	612-273-7456
St. Paul – Bethesda	Bethesda Hospital	3 <sup>rd</sup> Thursday	10 a.m.- noon	Kathryn Gilbertson	651-326-2150
St. Paul – Bethesda (Young Onset)	Bethesda Hospital 1 <sup>st</sup> Floor Board Room	3 <sup>rd</sup> Thursday	6-8 p.m.	Lynn Erkkala	651-232-2202
St. Paul – Como	Health Partners Clinic 2500 Como Ave.	3 <sup>rd</sup> Friday	1 p.m.	Nancy Andrews	651-698-4158
St. Paul - Lyngblomsten	The Heritage at Lyngblomsten 1440 Midway Parkway St. Paul 55108	1 <sup>st</sup> Thursday	1-3 p.m.	Jay Haukom	651-632-5391
St. Paul - Woodbury	Woodbury Lutheran Church 7380 Afton Road Woodbury, MN 55125	3 <sup>rd</sup> Monday	6-8 p.m.	Sandra Varpnessz	651-495-6343
Springfield	St. John's Lutheran Home	3 <sup>rd</sup> Wednesday	2-3 p.m.	Dottie Delambent Shari Koll	507-723-8147 507-227-0386
Stillwater	Boutwell's Landing Community Room	3 <sup>rd</sup> Wednesday	10-11:30 a.m.	Aimee Stanton	651-241-3373
Virginia	Evelyth Health Park Services	3 <sup>rd</sup> Wednesday	2-3 p.m.	Bonnie Saumer	218-638-2692
Wadena	United Methodist Church	2 <sup>nd</sup> Monday	12:15-1:15 p.m.	Beverly Richard	218-837-6323
Wilmar	Bethesda Pleasantview	2 <sup>nd</sup> Wednesday	10 a.m.- noon	Jeanette Ardoff	320-235-9532 ext 1263
Windom	Windom Hospital	2 <sup>nd</sup> Tuesday	2-3 p.m.	Karen Denzer	507-831-0687

Allina Health   
**ABBOTT  
NORTHWESTERN  
HOSPITAL**

**American Parkinson Disease Association  
Information and Referral Center of Minnesota**  
Abbott Northwestern Hospital  
800 E. 28<sup>th</sup> St., MR 12209  
Minneapolis, MN 55407

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