

WINTER/SPRING 2019

MINNESOTA | Newsletter of the Minnesota
American Parkinson Disease Association

MESSENGER

IN THIS ISSUE

Medical Marijuana and Parkinson's
Disease

Coordinator's Column

Medical Director's Column

Introducing *A Closer Look*

Traveling with Parkinson's Disease

Smart Patients - PD Online
Community

APDA Optimism Walk 2018

DBS Support Group

Update from the APDA Board
of Directors

Women Connect

APDA Resources - Grant Program,
Free Literature, Webinars
Available Online

Resource Spotlight: Senior
LinkAge Line

APDA Healthcare Communication
Graph

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Medical Marijuana and Parkinson's Disease

*Dr. Rebecca Gilbert, Chief Scientific Officer, American
Parkinson's Disease Association*

Parkinson's disease (PD) can be very challenging to cope with, causing a mixture of motor and non-motor symptoms that affect nearly every aspect of daily living.

Although the medications that doctors prescribe can be helpful, there remain gaps in what the medications can treat. Understandably, people with PD are eager to find alternative methods to help their symptoms, leading many of these patients to look into whether other therapies, such as medical marijuana, also known as medical cannabis, can be useful.

Cannabis and the brain

Cannabis is a genus of plant that when ingested by humans, can exert numerous effects on the brain and body. The cannabis plant, of course, did not evolve to be used by humans. Humans however, are naturally curious about their environment, and discovered these effects nevertheless. In this regard, cannabis is no different from many other plants from which humans have extracted products, such as the foxglove plant from which digoxin, a medication for heart disease was derived, or the *Taxus* species of plants from which paclitaxel, a medication for certain cancers was derived.

With further scientific investigation, it was discovered that the effects of the cannabis plant occur through the binding of certain chemicals in cannabis to a system of receptors in the human brain, named the endocannabinoid system (ECS). Cannabis contains more than 60 of these chemicals.

The Endocannabinoid System

The endocannabinoid system (ECS) is composed of:

- receptors that are expressed throughout the nervous system
- ligands, which are natural chemicals manufactured in the body that bind to these receptors

(continued on page 3)

Coordinator's Column



*Anushka Mohideen, APDA
Minnesota Information &
Referral Coordinator*

Dear Readers,

I hope you all are doing well and enjoying the 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.

2018 was marked by more growth for APDA in Minnesota. We brought several educational events to the community, including the Spring Parkinson's Symposium in collaboration with the Udall Center of Excellence in Parkinson's Disease Research at the University of Minnesota, and the Fall Parkinson's Conference in collaboration with Essentia Health in Duluth. We also held a seminar on advanced Parkinson's disease in Roseville, MN, in November. This event will be replicated in other cities in MN, including Duluth, St. Cloud, and Rochester, in the future.

In 2018, we continued to dedicate ourselves to giving back to the PD community. We have awarded over 160 grants totaling more than \$71,500 to people with PD in Minnesota. Our 2018 Optimism Walk, which took place on October 13, raised \$44,000 in support of our grant program and for Parkinson's disease research. This was our most successful Optimism Walk yet. We hope to beat that number in 2019 with your help, and to continue awarding grants across the state.

I was happy to visit and share presentations at many Parkinson's disease support groups last year. The list includes Albert Lea, Owatonna, St. Michael, Coon Rapids, Woodbury, Burnsville, Maple Grove, Parkshore in St. Louis Park, Red Wing, Mankato, Stillwater, Marshall, Minneapolis VA, and all three St. Paul support groups – Como, Bethesda, and Fairview. It is always a joy to meet people at these groups. Please let me know if there are any resources that I can provide for your local Parkinson's support group, whether that is a speaker or informational literature for the group.

Thank you for helping to make 2018 such a great year. Looking forward to a great 2019! I always enjoy hearing from you via phone or email, and seeing you all at educational events, support group visits, social programs, and the Optimism Walk.

Please "Like" APDA Minnesota Chapter on Facebook to stay connected between issues of the newsletter!

Also, please note that there have been several changes to the listing of Parkinson's exercise programs in the back of the newsletter, as several new boxing for PD programs have opened up across the state.

I wish you all a happy winter and spring with your families.

Warmest regards,

Anushka

Medical Marijuana and Parkinson's Disease *(continued from page 1)*

Through this binding, the ECS regulates many functions including mood, pain, memory, and appetite. The name of this system is unfortunate, as it implies that it evolved with cannabis in mind. The reverse is true. First the ECS evolved in humans. Then scientists discovered that certain chemicals in the cannabis plant could mimic the naturally occurring chemicals that are meant to bind the receptors.

Marijuana and Public Health

Cannabis is a substance that can be abused – that is, taken for non-medical reasons in a manner that can be harmful. Cannabis can stimulate the reward system of the brain and cause a pleasurable “high”, which can then be sought after by the user, leading to further use. Cannabis can change how a person perceives their surroundings and affect memory, reaction time, judgement, and ability to learn. Despite this, it was noted anecdotally by users that certain medical problems, such as chronic pain for example, were improved with marijuana. This led to efforts to create medical marijuana – purified chemicals from the cannabis plant, used at the doses that produce the desired result without harmful effects.

THC and CBD

The two primary chemicals that are isolated from the cannabis plant are Delta-9-tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC exerts the mind-altering effects that recreational marijuana is known for, whereas CBD does not. For the most part, medical marijuana consists of purified combinations of these two chemicals in varying ratios. The combination can be dispensed as a liquid, pill or nasal spray. Both THC and CBD interact with the ECS.

Medical Marijuana and Parkinson's disease

Since CBD and THC are chemicals that occur naturally in a plant, they were by definition not designed to combat any of the symptoms of PD. It is unreasonable therefore to expect that they will be a solution to all that ails a person with Parkinson's. More research needs to be done, but based on what

is known about the biology of cannabis, one could hypothesize that THC and/or CBD may be helpful for aspects of PD such as tremor, stiffness, insomnia, dystonia, pain, dyskinesias or weight loss. However, clinical trials are needed to prove:

- Which of these specific symptoms are helped?
- What ratios of THC and CBD work for a particular symptom?
- What doses of THC and CBD work for a particular symptom?

Because the history and politics of marijuana trigger such strong emotions, it is understandable that the public has begun to think of THC and CBD as unique substances with their own rules. But they should not be viewed this way. They are chemicals found in plants that have effects on the human brain and body and may help humans cope with some difficult medical symptoms. And if they are used by humans to cope with a medical symptom, then they are medications. To that end, we need to treat THC and CBD as the medications that they are and subject them to the same standards that we do any medication. Clinical trials can help us understand what symptoms they treat and what doses are needed. A major limitation to performing clinical trials with medical marijuana is that the federal government continues to consider marijuana an illegal substance and will not fund research involving marijuana. There are various efforts to try to change this, with the hope of opening up medical marijuana to further study.

One must also consider that just like any medication, medical marijuana can interact with other prescription medications such as those that cause sleepiness or thin the blood. In addition, medical marijuana can have side effects. And just like any medication, the side effects will vary depending on the person taking it. Elderly patients are typically more susceptible to side effects, for example. Some side effects that might occur include sleepiness, confusion, difficulty concentrating, apathy, mood

(continued on page 5)

Medical Director's Column



*Eleanor Orehek, MD, Noran
Neurological Clinic*

Dear Readers,

Well, here we are again with the cold setting in. Many of you know that apathy, or lack of motivation, is a significant and often challenging part of Parkinson's disease. In these cold winter months, it can get even more difficult to find the motivation to stay engaged and active. It is still so important to continue with your social outings and activities, physical exercise, and engage in hobbies that keep your mind active. The best way to combat apathy is to schedule in regular activities with others, such as support groups, exercise classes, personal training, and outings with friends or family to help hold you accountable.

Thank you again to those who turned out for the Optimism Walk in October. We surpassed our fundraising goal and the money raised will go a long way to helping people and families affected by Parkinson's disease in Minnesota. Start planning your teams for next year!

I would like to take this opportunity to address common questions and hot, trending topics in the Parkinson's world.

A recent study published in the Science of Translational Medicine at the end of October shared information about the link between appendix removal and Parkinson's disease. The study was performed by neuroscientist Viviane Labrie, PhD, and her team at the Van Andel Institute in Grand Rapids, in partnership with researchers from Northwestern University, Lund University, and Michigan State University. The study reviewed health records from 1.7 million Swedish people over a 50 year time span. Records showed that people who had had their appendix removed early in life for appendicitis were 20% less likely to develop Parkinson's disease later in life.

The appendix, a pinky size appendage that comes off the first part of the colon, is a long way from

the brain. What's the connection? Like many things involving the brain, it's unclear what the significance of this finding is at this point. It is part of a growing body of evidence supporting the theory that PD pathology may start in the gut and spread to the brain, possibly via the vagus nerve. The vagus nerve is a large nerve that connects the brain to many vital organs, including the gastrointestinal tract.

People who had their appendix removed and did develop PD later in life had a delay in onset by an average of 3.6 years. Another interesting finding was that the abnormal clumps of protein called alpha-synuclein that are found in people with PD were also found in 46 out of 48 appendixes of people without PD, as well as people that developed PD. The researchers found that levels of this clumped protein in the appendix were higher in people with PD than in people without PD. At this point, it is unclear why that is. It is also unclear why or how these clumps of alpha-synuclein develop into what we recognize as Parkinson's disease at this point.

Research in this area is exciting and interesting, but still in its infancy. We are definitely not at the point where we can make any recommendations to people based on these findings, and especially would not recommend people have their appendix taken out preventatively.

Cannabis products continue to be a hot topic in Parkinson's and health in general. There are a lot of people with PD that are trying CBD-only products. These are available legally when they are extracted from Hemp plants, because Hemp plants have very low levels of THC. These plants are not considered psychoactive (meaning that you will not get a high from it). Therefore, they are illegal or tightly regulated like marijuana plant products are.

CBD products are like any other supplement. There is a lack of regulation of the products, and so it is important to use caution when trying these products. In the world of PD, there is some limited evidence that cannabis products could be beneficial for some symptoms associated with PD. In small placebo controlled trials, there was not any significant benefit that was noted. Those were very small trials, and there is a lot left to be researched.

As with any drug, supplement, or medication, side effects must be considered. Side effects for cannabis can include dizziness, mood or cognitive changes, or hallucinations, among others.

I have mentioned an inhaled form of levodopa, called Inbrija, in prior articles and clinic visits. Inbrija is currently under review at the FDA for approval. It was previously set to be approved by October, but the review period has been pushed back to January. You can look for that hopefully getting approved the first part of the year

Finally, I can't get through an article about PD without mentioning the importance of exercise. As hard as it is to stay motivated during these cold winter months to do an exercise program, it

is even more important to exercise now. In winter, most people are not getting outside as much and generally not getting as much regular activity. Aim to do a combination of cardio three times a week, strength training 2-3 times a week, and stretching and flexibility exercises daily if possible. The benefits of regular exercise cannot be overstated. Regular exercise has great short term and long term benefits to maintain strength, mobility, flexibility, balance, and improved mood. Additionally, there's strong evidence pointing towards exercise having a protective effect for the brain.

Strength in optimism. Hope in progress.

Until next time....

Eleanor K. Orehek, MD

Medical Marijuana and Parkinson's Disease *(continued from page 3)*

changes and gait imbalance. Therefore, before even considering medical marijuana, especially in the elderly, patients need to discuss how marijuana interacts with their other medications and weigh all the risks and benefits with their doctor.

Clinical Trials in Parkinson's disease with CBD and THC

A few clinical trials have been conducted investigating the role of CBD and THC in PD. In one, an open label study of CBD (in which doctor and patient were both aware that the patient was receiving treatment and there was no control group) was conducted on six patients with psychosis. Psychotic symptoms decreased. In a second trial, an open label study of CBD was conducted on four patients with REM behavior sleep disorder. Symptoms decreased. In a third, a double blinded trial of 21 patients were treated with CBD. Motor scores did not improve, but quality of life scores did. In another, patients at a movement disorders center were asked to fill out an anonymous questionnaire about their experience with cannabis. Of the 84 patients who admitted to using cannabis, 39 described mild or substantial improvement of PD symptoms including tremor and dyskinesias.

In 2017, the National Academies of Science, Engineering and Medicine released a report based on a review of 10,000 scientific abstracts concerning

research into marijuana's effects on all aspects of health and disease. They published their conclusions. They concluded that there was not enough evidence in the literature to currently support the use of medical marijuana in PD – as opposed to conditions such as chronic pain, chemotherapy-induced nausea, and multiple sclerosis among others, for which supportive evidence is available. This means that more studies need to be done in PD. One study is currently underway at University of Colorado.

Despite this lack of data, PD is typically one of the diseases for which a patient can obtain medical marijuana in the states in which it is available. Now the medical community needs to play catch up – and after the fact, provide the data to decide whether these medications truly work for symptoms of PD and are safe.

Medical Marijuana Availability

In the United States, medical marijuana is available in some form in 46 states, as well as Guam, Puerto Rico and the District of Columbia. However, there are vast differences between the states as to how the medical marijuana is regulated.

- In nine of those states, no doctor's recommendation is needed and marijuana is available for purchase by all adults.

(continued on page 6)

Medical Marijuana and Parkinson's Disease *(continued from page 5)*

- In 20 other states, medical marijuana products are available via a doctor's prescription.
- In 17 others, only CBD and low THC products are allowed to be dispensed with a doctor's prescription.
- In the remaining four states, there are no medical marijuana provisions. Marijuana in any form remains illegal from the federal government's perspective.

In the states that require a doctor's prescription for medical marijuana, it is usually distributed from specific dispensaries and not from a general pharmacy. Doctors often are required to take a special course before they are allowed to prescribe. Many doctors have not taken this course which means that only a subset of doctors can prescribe marijuana. This leaves the ability to obtain medical marijuana highly variable from state to state. In some states, a person can purchase any product that he/she wants. In other states, a person needs to see a specific doctor (often not his/her own) to obtain the medical marijuana.

Tips and take-aways

- Discuss the decision of whether to try medical marijuana with your physician. Discuss whether you have particular symptoms that may be amenable to treatment with medical marijuana. Discuss whether you take any medications that could interact with medical marijuana and whether you might be at lower or higher risk for adverse side effects from medical marijuana.
- If you try medical marijuana, assess the positive benefits and the side effects just like you would any medication that you try and report back to your physician.
- Keep on the lookout for additional clinical trials to help assess whether medical marijuana is useful for specific PD symptoms.

Introducing a Closer Look – APDA's Parkinson's Disease Blog

In today's hyper-connected world, you can find an almost infinite amount of information about Parkinson's disease (PD) in every corner of the Internet and on every social media outlet. It can be hard to know what to read, what to believe, and most importantly, what changes you should (or shouldn't) implement in your life in response to the information that is out there.

If this is your experience, then *A Closer Look* was designed for you. This is the new blog of the APDA, written by Dr. Rebecca Gilbert, APDA Vice President and Chief Scientific Officer. Dr. Gilbert received her MD degree at Weill Medical College of Cornell University in New York and her PhD in Cell Biology and Genetics at the Weill Graduate School of Medical Sciences. She then pursued Neurology Residency training as well as Movement Disorders Fellowship training at Columbia Presbyterian Medical Center. Prior to coming to APDA, she was an Associate Professor of Neurology at NYU Langone Medical Center.

Through the *A Closer Look* blog, Dr. Gilbert will address both timely and timeless topics related to the disease and aim to explain them to people with PD, their care partners (and everyone else who is interested) in a way that's easy to understand and relevant to your lives. The blog will also focus on practical tips to help you determine how to best apply the information to your PD journey.

New posts are added every Tuesday.

A Closer Look's posts thus far have focused on topics including gene therapy for PD, dystonia and PD, wearable technology and how it can help people with PD, the GI system and PD, the link between PD and diabetes, the role of inflammation in PD, stem cell therapy in PD treatment, and more.

You can view posts from *A Closer Look* (and subscribe to weekly posts) at the following link: <https://www.apdaparkinson.org/author/dr-rebecca-gilbert-closerlook/>.

Traveling with Parkinson's Disease

Jackie Hunt Christiansen

The following article is an excerpt from Christiansen's excellent book, "The First Year with Parkinson's Disease: An Essential Guide for the Newly Diagnosed."



It is important to be prepared when you travel. There are some things you shouldn't leave home without:

- A list of all your current medications and dosages. If you want to be really high-tech, you can subscribe to Medic-Alert or a similar company. You purchase a stainless-steel bracelet or pendant with your name, ID number, and a phone number engraved on the back. You can also have a phrase, such as "Has Parkinson's disease" on the front. Paramedics or health professionals who contact the company will have access to the most recent medication and physician information that you have provided. Keep in mind, though, that this can be tricky to keep current if you are just starting a medication or trying different drugs such as antidepressants.
- Contact information for your physician(s).
- All of your medications, plus at least one full day's extra.
- Your health insurance contact information.
- Good, comfortable walking shoes.
- A bottle of water for taking meds.

Useful travel items for overnight/out-of-town trips:

- A telescoping (one that folds into itself) cane or walking stick. You never know when your medication may wear off unexpectedly or you may become tired from extra walking and need the extra support.

- A medication timer or watch with an alarm. Even if you normally get by without one, using an alarm is helpful for keeping track of time zone changes and to avoid missing medications while on sightseeing tours or during a nice, long visit with an old friend.

Hotel tip:

- Ask for handicapped-accessible rooms. I know that it is difficult to put aside one's pride the first time or two, but even if you don't need grab bars in your tub or shower at home, hotel and motel bathrooms can be very slippery. If an accessible room is not available, ask for a rubber bath mat to be placed in the tub.

Car travel tips:

- Make frequent stretch stops. This will keep you from becoming even stiffer than you already are. Stopping often is especially important if you are taking dopamine agonist medications, which have been shown to cause drowsiness.
- Keep a large plastic bag in your glove box. If you find yourself having trouble sliding across leather/vinyl car seats, easing the plastic under yourself can provide just the slippery surface you need.
- Keep a couple of extra doses of medication in your car (if you can keep them from extreme heat) or in your wallet or purse.
- When you're renting a car, choose a vehicle that is easy and comfortable to enter and exit. Sport-utility vehicles and minivans are generally just the right height.

Train travel tips:

- On subways and commuter trains, where a high volume of passengers may cause standing-room-only conditions, take advantage of handicapped seating. Explain that you have Parkinson's disease, a condition that affects your balance, so you need to sit down.
- If you can't get a seat or choose to stand, be sure to hold tightly to a handrail.

(continued on page 14)



The APDA Minnesota Chapter and the Udall Center of Excellence in Parkinson's Disease Research Present:

Spring Parkinson's Disease Symposium

Saturday, April 27, 2018 | 9 AM - 1 PM

484 Inwood Avenue N., Oakdale, MN 55128

Conference Highlights

Update on Pharmaceutical Treatments for Parkinson's Disease - Dr. Paul Tuite, University of Minnesota

Understanding and Treating Depression in Parkinson's Disease - Dr. Alik Widge, University of Minnesota

Nutrition & Parkinson's Disease, Dr. Eleanor Orehek, Noran Neurological Clinic

Self-Care for the Parkinson's Caregiver - Susan Vold, RN, University of Minnesota

This is a free event.

Lunch is included. Certificates of attendance will be available for those seeking CEU credit.

Call Anushka at 651-241-8297 to register, or email anushka.mohideen@allina.com.

Register online at udall.umn.edu.



AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.



JOIN US!

Minnesota Optimism Walk

Saturday, September 14, 2019

Roseville Central Park

Jaycees Shelter • Roseville, MN 55113

Arrive: 9:00 am • Walk: 10:00 am

Register online today!

apdaparkinson.org/minnesota



ph 651.241.8297

What is an Optimism Walk?

- A fun-filled fundraising event!
- A short non-competitive walk with family-friendly activities!

Raise \$100+ and get an Optimism Walk t-shirt!
 Raise \$500+ and get an Optimism Walk hat!

Why Walk?

- Every 9 minutes someone is diagnosed with Parkinson's disease.
- Funds raised provide local support, education and research.
- **The more funds we raise, the more people we can help.**

Walk with us and help put an end to Parkinson's disease!

NATIONAL SPONSORS



APDA Board of Directors Update

Dr. Gregory F. Molnar Named APDA Minnesota President for 2019



Dr. Gregory F. Molnar, PhD, Associate Professor – Dept of Neurology, Director – Deep Brain Stimulation Research Program, Udall Center of Excellence PI, University of Minnesota

It is our pleasure to announce that the APDA Minnesota Board of Directors has selected Dr. Greg Molnar to be their President for 2019. Greg joined the Board of Directors in early 2018 and has been a very active member since then. His participation to date has demonstrated his commitment to the efforts of APDA Minnesota. The Board of Directors is confident that under his leadership, APDA Minnesota will continue to grow in support of those who are impacted with PD in our community.

Greg has over 20 years of experience in the study of PD and as a medical device innovator. He was previously the Director of Neuromodulation Research at Medtronic Inc. Greg currently serves as an associate professor of neurology at the University of Minnesota and Udall Center, and was more recently announced to be the Chief Scientific Officer for a new start-up business in the Twin Cities, SynerFuse.

Greg, his wife Gabi, and their two children live in the northern suburbs and enjoy the outdoors and spending time at their lake cabin. Greg has a secret passion for BBQ, so you might just get to try his famous grilled broccoli at the next APDA Optimism Walk!

New Board of Directors Members



Ed Mielech was diagnosed with PD in 2018 by the VA due to exposure to Agent Orange during the Vietnam War. One of his goals is to raise awareness about Parkinson's disease in other Vietnam veterans. Ed is a retired technology sales professional with over 35 years of experience, and he has spent the past 12 years selling real estate. He has a BA and MBA from St. Thomas University.



Susan Vold, BSN, RN, PHN, BA, HNB-BC, is a board-certified holistic nurse who manages patient care within the movement disorders clinic at the University of Minnesota. She has extensive experience working with patients with Parkinson's disease, essential tremor, and dystonia. In addition, she manages the Deep Brain Stimulation Program for Movement Disorders. She leads patient education classes in Parkinson's disease and deep brain stimulation. She is a speaker for many Parkinson's groups and support group facilitator for the American Parkinson's Disease Association (APDA).



Teri Gustafson is the director of the Protocol School of Minnesota, and has served in a consultant role at Medtronic Neuromodulation for 14 years. She is thrilled to have the opportunity to do something to benefit the Parkinson's community. She has a background in human resources, special events, and education, and will use existing skills and acquire new ones to complement and assist the Board of Directors. She lives in Shoreview with her husband Dan, and they have a grown daughter in Minneapolis. Teri and Dan travel often, love college football, and play golf.



Erin Holker, Ph.D, LP, ABPP-CN, is a board-certified neuropsychologist and Assistant Professor at the Neuropsychology Laboratory of the University of Minnesota. She completed her Ph.D. in Clinical Psychology at the Pacific Graduate School

of Psychology (Palo Alto University), in Palo Alto, California, a predoctoral internship at the Memphis VA Medical Center, and a postdoctoral fellowship in Clinical Neuropsychology at Mayo Clinic in Jacksonville, Florida, before coming to the Neuropsychology Laboratory at the University of Minnesota in 2001.

Erin has had an interest in movement disorders since her postdoctoral fellowship. She is a co-investigator for the Clinical Core at the University of Minnesota Udall Center of Excellence for Parkinson's Disease Research. Erin provides neuropsychological evaluations for all patients at the University of Minnesota who are interested in deep brain stimulation surgery. She also has a general practice including evaluation of individuals with a wide variety of neurocognitive disorders, including those associated with cerebrovascular disorders including stroke, cancer and its treatment, degenerative brain disease, traumatic brain injury, infectious diseases, and psychiatric conditions.



Devyn Bauer graduated with a Bachelors of Science in Mechanical Engineering from University of Wisconsin-Platteville. His degree, coupled with minors in Chemistry and Biology, provided a strong foundation to perform translational research in Parkinson's Disease

at the University of Minnesota Medical School - Neuromodulation Research Center. This center, focused on a bench to bedside approach, allows him to fully use my diversified skill set to improve the lives of those affected by Parkinson's Disease. As an aspiring physician, Devyn enjoys promoting outreach into the Minneapolis community, fundraising money, and developing new ideas to promote awareness for Parkinson's Disease.

Women Connect – Group For Women With PD



*Kris Gjerde, PT,
MPH, CEEAA*

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. You can also call Kris Gjerde at 651-334-5622, or Sharon at 651-343-5905.

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. 28th St., MR 12209, Minneapolis, MN 55407.

For more information about our services in MN, please contact Anushka Mohideen, Information and Referral Coordinator, at 651-241-8297, or via email at anushka.mohideen@allina.com.

APDA Optimism Walk 2018



It was a chilly but beautiful October morning for the 2018 Optimism Walk in Roseville, Minnesota, sponsored by the Minnesota Chapter of the American Parkinson Disease Association. The Optimism Walk was very well attended, with over 300 people present. In addition to the walk, participants enjoyed health and wellness exhibits, silent auction, raffle, cake walk, visiting our pumpkin decoration and face painting stations, and complimentary barbecue lunch. We raised over \$36,000 at the event, exceeding our goal of \$30,000. We are grateful for your support!

The APDA MN Board of Directors would like to thank our national and our local sponsors for their support of this event.

The National Sponsors include:

- AbbVie
- Adamas
- Lundbeck
- Sunovion

Our local Gold Sponsors include:

- Abbott
- Acadia Pharmaceuticals
- Boston Scientific
- Capistrant Center for Parkinson's Disease and Movement Disorders
- Impax
- US WorldMeds

Our local Silver Sponsors include:

- Allina Health
- Minneapolis Clinic of Neurology
- Noran Neurological Clinic
- Medtronic
- Udall Center for Excellence in Parkinson's Disease Research

We look forward to seeing you at the Optimism Walk in 2019!

DBS Support Group



Jim Russell

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 I 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. 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.

The group meets at the Ramsey County Library in Shoreview at 10 AM. My phone number is 651-470-3349, and my email address is jimkayruss@earthlink.net. Please feel free to call me or email me with questions about the DBS support group.

You can also contact Anushka with your questions about the DBS support group, or other DBS questions, at 651-241-8297 or anushka.mohideen@allina.com.

APDA Minnesota Grant Program



The mission of the APDA is, “Every day, we provide the support, education, and research that will help everyone impacted by Parkinson’s disease live life to the fullest.” The APDA Minnesota Chapter has implemented a set of Patient Grant Programs to support the PD community. People with PD and their families can apply for and receive monetary grants that help subsidize various expenses. Certain grants will be given in an amount of \$500.00 per year, but may be less based on need and the availability of funds.

Funds are distributed on a quarterly basis. The grant program is available to anyone in need of financial assistance and is based on the honor system.

- **Exercise Class Grant:** A program to reimburse costs associated with exercise programs and activities that focus on treatment to improve and maintain the health of a person with PD. This grant is for exercise related activities and classes such as, but not limited to: boxing for Parkinson’s, dancing for Parkinson’s, yoga, tai-chi classes, etc. (Gym memberships and one-on-one personal training are not covered by this grant.)
- **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. The grant is not given for expenses for the care partner; the grants helps to cover the cost of respite care for the person with Parkinson’s disease.

- **Transportation:** 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.
- **Driving Assessment Grant:** A grant that reimburses 50%, or not more than \$200, of the fee paid for the driving assessment test of the person with Parkinson’s disease.
- **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.

To qualify for a Support Grant, the applicant 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.
- Not currently have a grant with another Parkinson’s organization.

To receive a Patient Grant Program application, please contact Anushka Mohideen, APDA Minnesota Information & Referral Coordinator, at 651-241-8297 or anushka.mohideen@allina.com.

Traveling *(continued from page 7)*

- Avoid traveling at peak times to minimize your stress about catching the train you need and getting a seat.
- For all trains: arrive at the station or prepare for your stop early. Give yourself plenty of time to purchase your ticket or fare card and to get to the platform, and gather your belongings in preparation for disembarking (though avoid standing) before you pull into the station.
- Avoid walking while the train is moving whenever possible. If you need to go to the restroom or dining car, go slowly and hold on to handrails and seat backs for balance.

Air travel tips:

- If you are unable to get the seat that you want when booking your flight online or with a travel agent, very often if you arrive at the airport a little early and check in at the ticket counter, the attendant can give you a bulkhead seat or an aisle seat toward the front of the plane. It doesn't hurt to ask. If that doesn't work, you can always ask the person in the seat you'd like if he is willing to switch with you.
- Don't be shy about asking for assistance in getting through an airport. Many airports have electric carts that will transport you and your luggage to your gate. Others have wheelchairs available, with attendants to take you to the gate. Either of these options allows you to save your energy for your trip.

- Take advantage of the opportunity to board the airplane first. It is much easier to get settled into your seat when you have ample room and fewer people standing in line behind you waiting for you to get your bag into the overhead bin. (I have always found a direct correlation between the number of people queuing up behind me and the difficulty I have doing things like stowing my bag.)
- Have a great time, but pace yourself. Take naps. Sit down frequently. Drink plenty of fluids.

Note: To receive a free ID card stating that you have Parkinson's disease, with emergency contact information, please contact Anushka at 651-241-8297 or via email at anushka.mohideen@allina.com.

Parkinson's Disease Online Community



The American Parkinson's Disease Association has partnered with Smart Patients to help people with PD and their care partners/family members connect with each other. This is a new online discussion forum for people with PD and their loved ones. Members in this online forum can share help, advice, and information about treatments, symptoms, and side effects. You can join the online forum for free to share, interact, and learn from each other in a safe, supportive environment. To join the Smart Patients PD Forum, visit <https://www.smartpatients.com/partners/apda>.



APDA Healthcare Communication Graph

The American Parkinson's Disease Association has recently unrolled a Healthcare Communication Graph. This graph will allow you to consistently track important PD symptoms, identify any changes in symptoms, and make visits with your healthcare professionals focused and productive. You can find a link to this tool by visiting <https://www.apdaparkinson.org/national-resources-support/>.

RESOURCE SPOTLIGHT: Senior Linkage Line

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 a.m. – 4:30 p.m. by phone at 1-800-333-2433, or via chat at www.MinnesotaHelp.info.



MINNESOTA'S LINK TO A LOCAL EXPERT

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

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. – 12 p.m. 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.

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 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 Tammy 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.

Yoga Classes for Parkinson's

Ongoing Yoga for Parkinson's taught by instructor with PD experience.

Bethesda Hospital, St. Paul.

Call Jill Riley at 651-232-2166 to register.

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

Parkinson's Disease community exercise classes take place on Tuesdays and Thursdays from 11:15-12 p.m. at the Regions Neuroscience Center Conference Room, 1st floor.

Signup will be for 1 month at a time and registration for the following month will begin the week prior.

The fee is \$70/month if participating in 2 classes/week and \$35/month if participating in 1 class/week.

To sign up, individuals must first complete a phone screen with Amanda Elliott at 651-495-6764. Please call Amanda for more information.

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 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, Lakeville/Apple Valley, Woodbury and Arden Hills locations.

The Lakeville/Apple Valley class meets Tuesday and Thursday, from 2-2:45 p.m.

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.

Element Gym offers the **Rock Steady Boxing** program for people with Parkinson's Disease.

Element Gym is located at 655 Fairview Ave. N., St. Paul, MN 55104.

Call **651-757-6731** for more information.

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 for more information.

MONTICELLO CLASSES

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.

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.

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.

RED WING CLASSES

Underground Boxing and Fitness Club offers the **Rock Steady Boxing** program on Mondays and Fridays from 10:45 a.m. to Noon.

Underground Boxing and Fitness is located at 415 Main Street, Lower Level.

You can call with questions at 651-327-2660.

Parkinson's Wellness Recovery is an evidence-based exercise program designed to assist people with mild to moderate PD to improve their posture, mobility, endurance, strength, and function. Participants must be able to get up and down from the floor independently and should bring a yoga mat to class.

Classes take place at the Pier 55 Red Wing Area Senior Center.

To register, call Patty Svien, PT, at 651-380-8752.

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. Suggested donation: \$3 per person or \$5 per pair/group

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

For more information, see 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. You can also contact sports and rec coordinator Tara Gorman at 218-726-4834, or 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.

PARK RAPIDS CLASSES

CHI St. Joseph offers the **Rock Steady Boxing** program for people with Parkinson's Disease.

CHI St. Joseph is located at 600 Pleasant Ave., Park Rapids, MN 56470.

Call 218-616-3008 for more information..

FERGUS FALLS CLASSES

Lake Region Healthcare offers the **Rock Steady Boxing** program for people with Parkinson's Disease.

Lake Region Healthcare is located at 619 South Cascade Street, Fergus Falls, MN 56537.

Call 218-736-8451 for more information.

ALEXANDRIA CLASSES

The Nelson Wellness Center offers the **Rock Steady Boxing** program for people with Parkinson's Disease.

The Nelson Wellness Center is located at 4403 Pioneer Rd. SE, Alexandria, MN 56308.

Call 320-759-4615 for more information.

BRAINERD CLASSES

Takedown Gym in Brainerd offers the **Rock Steady Boxing** program for people with PD.

Classes meet on Tuesdays and Thursdays from 2:30-3:30 p.m.

Takedown Gym is located at 17192 State Highway 371, Brainerd, MN 56401.

You can call 218-454-1770 for more information.

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.

Speak Out and **BIG Programs** at Essentia Health in Brainerd provides speech therapy and physical therapy. Speak Out is a highly effective speech therapy program that strengthens the muscles used for speaking and swallowing by teaching patients how to speak with intent. There are 12 individual sessions followed by the LOUD crowd, a group that provides ongoing vocal practice, accountability, and support. The group meets weekly and is FREE. BIG is a research-based exercise program to improve walking, balance, and activities of daily living.

Essentia Health in Brainerd is located at 2024 S 6th St, Brainerd, MN 56401.

To learn more or get started, call 218-828-7375.

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.

Parkinson's Disease Support Groups

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Albert Lea	Senior Center	4 th Tuesday	9:30 a.m.	Anne Troska	507-874-3367
Alexandria	Nelson Gables, Governor's Room	4 th Wednesday (except Nov. & Dec.)	3 p.m.	Val Trumm	320-762-2196
Aurora	White Community Hospital Cafeteria	2 nd Thursday	6 p.m.	Barb Hammer	218-229-2493
Baxter/ Brainerd Lakes	Edgewood Vista	1 st Thursday	1:30 p.m.	Lynda Erickson	218-829-4017
Bemidji	Sanford Health WindSong (Theatre Room)	3 rd Tuesday	1:30 p.m.	JoAnn Tyk	218-318-0845
Big Lake (Young Onset)	Saron Lutheran Church	2 nd Tuesday	6:30 p.m.	Camille Johnson	763-350-7401
Bloomington	Friendship Village	1 st Monday (2 nd Monday on holidays)	11 a.m.	Mary Marcoux	952-830-9545
Blue Earth	MN Valley Action Council	2 nd Thursday	1:30 p.m.	Merry McGowen Mary O'Rourke	507-526-4684 507-553-5603
Breckenridge	Twin Town Villa Assisted Living	2 nd Thursday	2 p.m.	Hannah Walberg	218-643-8544
Burnsville	Prince of Peace Church	2 nd Thursday	6 p.m.	Jody Slaughter	952-898-9321
Cambridge	River Hills Assisted Living	3 rd Wednesday	10 a.m.	Dale Peterson	763-444-9352
Cloquet	Community Memorial Hospital	3 rd Monday	2 p.m.	Mary Beck	218-269-2211
Coon Rapids	Coon Rapids Senior Center	2 nd Thursday	1 p.m.	Milo Hartmann	763-755-2175
Crookston	Villa St. Vincent	2 nd Tuesday	4 p.m.	ReNae Sperling	218-281-3424 x252
Delano	Delano Senior Center	3 rd Thursday	1:30 p.m.	Nick Naton	763-972-0574
Detroit Lakes	Ecumen Detroit Lakes	Last Thursday of the month	2 p.m.	Jody Griesen	218-844-8355
Duluth	Primrose Retirement Community	3 rd Monday (except July and Dec.)	10 a.m.	Joan Setterlund Catharine Larsen Bonnie Niemi	218-728-4986 218-733-9903 218-349-8095

Parkinson's Disease Support Groups *continued*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Eden Prairie	Victory Lutheran Church	2 nd Wednesday	1:30 p.m.	Kathleen Evanson	952-934-0956
Edina	Walker Care Suites	Call for information		Teresa Kocher	952-230-1304
Elk River	Elk River Activity Center	3 rd Monday	12:30 p.m.	Annette Bonin	763-635-4500
Eveleth	Eveleth Health Services	3 rd Wednesday	2 p.m.	Bonnie Saumer Mary Maki	218-658-2692 218-741-8069
Fairfax	Fairfax Community Home	3 rd Monday	12:30 p.m.	Mary Ann Dummer	507-426-7559
Fairmont	Grace Lutheran Church	Last Thursday of the month	10:30 a.m.	Joyce Peterson Thelma Vickerman	507-235-3833 507-238-2062
Fergus Falls	Mills Street Residence	1 st Thursday	2 p.m.	Mick Siems	218-736-8590
Forest Lake	Birchwood Arbor Senior Living	1 st Thursday (except for Jan. and July)	12:30 p.m.	Alissa Ralph	651-466-1023 ext 1023
Glenwood	Glenwood Retirement Center	3 rd Monday	10:30 a.m.	Mary Freeman	320-239-2786
Golden Valley (Caregiver, Early Stage, Mid-Stage, Young Onset)	Struthers Parkinson's Center	Multiple days	Multiple times	Joan Hlas	952-993-6650
Grand Rapids	Itasca County Family YMCA	2 nd Wednesday	1 p.m.	Robyn Gunnerson	218-999-9233 ext. 287
Hastings	Tilden Community Welcome Center	3 rd Wednesday	2 p.m.	Laurie Thrush	651-480-7689
Hutchinson	Birchwood House	Last Wednesday of the month	2:30 p.m.	Robyn Crocker	320-587-7737
Lakeville	Walker Highview Hills	3 rd Thursday	11 a.m.	Candace Rovang	952-985-9005
Luverne	St. John's Lutheran Church	2 nd Thursday	1 p.m.	Dianne Karlstad	507-530-3307
Mankato	1st Congregation UCC Church	3 rd Tuesday (except Jan. and Feb.)	2 p.m.	Kelly Simmons Betsy Paul	bpaul@gustavus.edu

continued

Parkinson's Disease Support Groups *continued*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Maple Grove	University of Minnesota Health Maple Grove Clinic	2 nd Tuesday	1 p.m.	Sara Dooley	
Marshall	Adult Community Center	1 st Wednesday	3:30 p.m.	Terry Hennen Kathy Paxton	507-929-5624 507-828-4690
Minneapolis	Walker Place (The Waters of Minnehaha)	1 st Wednesday	3 p.m.	Emily Anderson Debra Darby	612-827-8317
Minneapolis	VA Medical Center	3 rd Thursday	1 p.m.	Ann St. Jacque	612-467-1380
Minnetonka	Minnetonka Ridge Point (Rose Room)	3 rd Thursday	12:30 p.m.	Heidi Ewing	952-540-6200
Minnetonka (Young Onset-Women)	Ridgedale Byerly's Community Room	3 rd Tuesday	7 p.m.	Ruth Lotzer	952-888-1734
Montevideo	CCMH Ambulance & Training Center	1 st and 3 rd Monday	3:30 p.m.	Lori Peterson	320-321-8268
Monticello	Monticello Senior Center	1 st Tuesday	1:30 p.m.	Pam Loidolt	763-295-2000
Moorhead	HeartSprings (Messiah Lutheran Church)	1 st Thursday (Sept. – Dec. & Feb-May)	3:30 p.m.	Jan Nelson	701-261-3142
Mounds View	Messiah Lutheran Church	2 nd Tuesday	6:30 p.m.	Jean Lukaszewski	763-442-8752
New Prague	New Prague Public Library	4 th Tuesday (except July & Dec.)	1 p.m.	Betty Tupy	952-758-3924
New Ulm	Oak Hills Living Center	2 nd Monday	1:30 p.m.	Linda Tauer	507-227-1497
North Oaks	Presbyterian Homes – Waverly Gardens	3 rd Monday	1 p.m.	Sandra Boehm Carolyn Cuthill	651-762-6510
Northfield	Northfield Hospital	4 th Wednesday	2 p.m.	Kathy Lathrop	507-646-6510
Oak Park Heights/ Stillwater	Boutwells Landing Community Room	3 rd Wednesday	10 a.m.	Aimee Stanton	651-241-3373
Owatonna	Owatonna Public Library	4 th Tuesday	2 p.m.	Linda Hoffman	507-977-2171
Red Wing	Red Wing Area Senior Center	4 th Thursday	2 p.m.	Pat Kernan	651-327-2255

Parkinson's Disease Support Groups *continued*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
Rochester	Zumbro Lutheran Church	3 rd Thursday	1:15 p.m.	Warren Lopour Sandy Woodruff	507-288-0359 507-282-3854
Sauk Rapids/ St. Cloud	Independent Lifestyles	3 rd Monday (except Aug.)	1 p.m.	Pam Tritz-Okia	320-281-2040
St. Paul	Capistrant Center at Bethesda Hospital	3 rd Thursday (except Feb.)	10 a.m.	Kathryn Gilbertson	651-326-2188
St. Paul	Lyngblomsten	1 st Thursday	1 p.m.	Jay Haukom	651-632-5391
St. Paul	Fairview Outpatient Rehab	1 st Friday	1 p.m.	Becky Horton	612-273-3868
St. Paul	Health Partners Clinic	3 rd Friday	1 p.m.	Nancy Andrews	651-698-4158
Thief River Falls	Zion Valley Home Assisted Living	2 nd Thursday (meets on even months)	4 p.m.	Joan Minks	218-681-2914
Wadena	United Methodist Church	2 nd Monday (except Jan. & Feb.)	12:15 p.m.	Beverly Richard	218-837-6323
Wilmar	Bethesda Grand	2 nd Wednesday (except Aug.)	10 a.m.		320-214-5663
Windom	Windom Hospital Conference Room	2 nd Tuesday	2 p.m.	Karen Denzer	507-831-0687
Woodbury	Woodbury Lutheran Church	3 rd Monday	6 p.m.	Sandy Varpness	651-254-7638

Allina Health 
**ABBOTT
NORTHWESTERN
HOSPITAL**

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

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