

SPRING 2017

# MINNESOTA | Newsletter of the Minnesota American Parkinson Disease Association

# MESSENGER

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## TOOLS FOR LIVING WELL WITH PARKINSON'S DISEASE: MY YOUNG ONSET JOURNEY



Jillian Carson, BSC, PT |  
Chair of ParkinGo Wellness  
Society, Victoria, BC

*Introduction: The triennial World Parkinson Congresses provide an international forum for dialogue on the latest scientific discoveries, medical practices, and caregiver initiatives related to Parkinson's disease.*

*Each Congress brings together physicians, neuroscientists, a broad range of other health professionals, care partners, and people with PD (PwPs) from around the world, for a unique and inspiring experience. The most recent World Parkinson's Congress took place in September 2016 in Portland, Oregon. Several Ambassadors were involved with the WPC. WPC Ambassadors are members of the Parkinson's community who live with PD and are leaders in their community, both on the ground and online. Jillian Carson served as the WPC ambassador from Canada. Jillian was diagnosed with PD in 2009, at the age of 49. Her symptoms began after a neck injury with spinal cord damage. Once the neck was fused, she noticed a tremor and cramping in her right arm. In the following article, Jillian shares her journey with PD, and tells the story of how she became the chair of the ParkinGo Wellness Society in Victoria, British Columbia.*

We never know what the next day will bring. Life was going well for me – I was 48 years old, and I had been running my own physiotherapy clinic with the same partner for 19 years. I had great support from my husband and our three children were growing up fast. It was a good routine!

I suffered a neck injury at age 42 and hit my head, causing 2 discs to herniate in my neck. As a physiotherapist, I treated myself. My pain subsided, but I found that I could not get the strength back in my right dominant arm. I visited a neurologist, a physiatrist, and a neurosurgeon, and had many physiotherapy visits. In 2008 I had a C4/5 discectomy and

*(continued on page 3)*

## COORDINATOR'S COLUMN

### Dear Readers,



*Anushka Mohideen*

I hope you are all doing well and that your 2017 is off to a great start. As always, I encourage you to call me with any questions that you have about Parkinson's disease, support groups,

exercise classes, and 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**.

I have a few pieces of exciting news to share with readers. The American Parkinson's Disease Association's most recent webinar, "Spotlight on Addressing Motor and Non-Motor Symptoms: The Changing Landscape," is now available for viewers to access for free at **www.apdaparkinson.org/webinar/**. Previous webinars archived on our website include "Staying on Your Feet: Balance Matters," and "Playing an Active Role in Your Treatment Plan." There are also webinar presentations on mental and emotional health, clinical trials, and treatment advances available on the APDA website, **www.apdaparkinson.org/webinar/**.

I am excited to announce that the APDA's **Spring 2017 Symposium** will be presented in collaboration with the Udall Center for Excellence in Parkinson's Disease Research at the University of Minnesota. The symposium will take place on Saturday, May 13 at the Envision Event Center in Oakdale, MN. The address is 484 Inwood Ave N, Oakdale, MN 55128, and the event will be from 9 a.m. to 1 p.m. The Udall Center and APDA have a day of fascinating presentations planned for our guests. Speakers include Dr. Daniel Corcos, visiting from Northwestern University in Illinois, Dr. Eleanor Orehek of the Noran Neurologic Clinic, and Ann St. Jacques, SLP, of the Minneapolis VA. We will also have a panel

of speakers presenting and taking questions from the audience during the lunch hour. Our panelists include Dr. Eleanor Orehek, Dr. Paul Tuite, Dr. Daniel Corcos, and Dr. Lauren Schrock. We will also have demonstrations from several Parkinson's exercise groups at the symposium. Details on how to register for this event are located on the spring symposium flier later in the newsletter.

Mark your calendars now for the APDA's **Optimism Walk**, which will take place on Saturday, Oct. 14 at Roseville Central Park! Details on how to register for this event are located on the Optimism Walk flier later in the newsletter.

This year, the American Parkinson Disease Association is launching an eight-week support group to be test piloted in seven locations across the country, starting in March 2017. Minnesota is one of the seven states chosen to pilot this new support group. In an effort to reach every person diagnosed with Parkinson's, APDA has developed this support group designed to address the psychosocial aspects of life with PD. The group, entitled **Parkinson's Roadmap for Education and Support Services (PRESS)** will be facilitated by a credentialed healthcare professional and will serve as an "onboarding" for people who have been diagnosed with PD within the past five years, to address the unique and specific issues they face. The group will provide a safe place to share experiences, feelings and strategies for coping among others living with PD.

While many of the existing peer-led support groups around the country are highly beneficial to those whom attend, APDA's PRESS group offers a time limited, closed group format with predetermined topics for each session. While peer-led support groups offer many benefits, the PRESS group is an important starting point to help the newly diagnosed get the information and support they need.

The PRESS group was designed by a committee of health care professionals with extensive experience working with support groups and the PD community. APDA will evaluate the program in all test locations in order to maximize the effectiveness. The test pilot program is open to anyone who

has been diagnosed with PD within the past five years and care partners, but will be limited to 15-20 members per eight-week sessions.

The group will be piloted in seven cities, beginning in March 2017:

- Madison, WI
- **Minneapolis, MN**
- Los Angeles, CA
- Tucson, AZ
- Deerfield Beach, FL
- Boston, MA
- Seattle, WA

For information about the PRESS group and how to register, contact me by phone or email.

Readers may have noticed a change in the design of the *Minnesota Messenger*. In March 2017, the American Parkinson's Disease Association unveiled a brand update. APDA's new mission statement is, *"Every day, we provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest."*

To reach APDA Minnesota for questions and support, please call **651-241-8297**.

The I&R Center is expanding our digital offerings. If you are interested in receiving future issues of the *Minnesota Messenger* and other event announcements by email rather than postal mail, please email me so that I can add you to our Minnesota chapter's email list. I am also happy to send out informational literature on Parkinson's disease via email. The APDA Minnesota Board of Directors is looking to grow in 2017. Are you looking for a great organization to be affiliated with, and an opportunity to give back to the Parkinson's community? If you're interested, or know a friend or family member who would enjoy being part of this wonderful organization and volunteering with some amazing people who want to improve the life of all people living with Parkinson's Disease in the state of Minnesota, please contact me by phone or email.

Warmest regards,

*Anushka*

## TOOLS FOR LIVING WELL WITH PARKINSON'S DISEASE: MY YOUNG ONSET JOURNEY (continued from cover)

fusion of my neck. I believed that this was going to solve my issues and my life would get back to normal. Post-operative care went well. I was pain free and I became more active.

One day while playing tennis, my right hand couldn't let go of the racket handle. I thought to myself, "Hmm, that is strange." Another time, my right arm jerked while I was drinking tea, which ended up on my husband. That was weird. I started walking slower and became clumsy, as my children noted. I was having some falls, and my right arm had a slight tremor.

I went off to the neurologist, and my first diagnosis was myelopathy from my cord compression. The next diagnosis came from a movement disorder specialist who said I had a single limb focal point dystonia in my right arm. The treatment would be Botox injections. I continued on this path and experienced that the cramping was less, but the tremor continued.

Finally, at age 50 and two years after my neck surgery, I was told I had Parkinsonism. I couldn't believe it. I was only 50, a wife, a mother, a daughter, a physiotherapist, and a friend to many. I was absolutely devastated and thought my life was over. All my hobbies had to do with exercise, not to mention the job that I had embraced with great enthusiasm. I dove head first into a deep depression. I was stuck in a black hole thinking my life was over, and I had wrecked my family's life as well.

Afterward, I visited a support group. I was the youngest person in the room. All they talked about was what we might not be able to do in the future and to make plans. I lasted 15 minutes in that meeting. I walked out and burst into tears.

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## TOOLS FOR LIVING WELL WITH PARKINSON'S DISEASE: MY YOUNG ONSET JOURNEY (continued from page 3)

One day while at work, I received my quarterly edition of the *Directions in Physiotherapy Journal*. I saw they were offering a physical therapy course on Parkinson's care. Somehow I signed up and made it to the course, and this is what changed my path. Dr. Becky Farley was teaching physical therapists the latest and the greatest techniques on how to treat people living with Parkinson's and EXERCISE was the hot topic.

After that point, there was no turning back. I began to set goals for myself. One goal was to walk in the Unity Walk 2012 in NYC. With the help of my colleagues, I worked on retraining my gait and completed the 4 km walk. I met so many other people living with Parkinson's, many of whom I had met on the Internet through online young onset support groups. I spoke with the WPC, PDF, NPF, APDA, Davis Phinney Foundation, and even met Michael J Fox. There were thousands of people in Central Park that day, and I was struck by seeing that many were much younger than I was!

Upon returning home I had a new start. I wrote down more goals. I started volunteering for my local PD family here in Victoria BC. I shared the exercises I learned from Dr. Becky Farley. I became certified as a Parkinson's Wellness Recovery therapist. I felt that I had my life back.

Advocacy was the next step. Advocates speak for change, and the younger generation of researchers and movement disorder specialists are open to listening to us and finding out what we offer as people living with Parkinson's. I believe that people with Parkinson's should be in the driver's seat and steer the healthcare workers, scientists, regional and national organizations, and government. At the World Parkinson's Congress in 2013, I submitted an abstract titled, "How to Start a Community Exercise Program for People with PD." I also submitted a video I created called, "A Physiotherapist's Journey with PD." It was played in the opening ceremony!

Moving forward, I was asked to be an ambassador for the WPC2016 in Portland. The three years leading up to this conference involved monthly telephone meetings to plan for the WPC2016 and staffing booths at local PD conferences. So much learning was had! I continued my Parkinson's advocacy work in my community, and to my delight, more and more people with PD were joining the exercise group I started. We became a registered charity, and you can learn more about us at [www.parkingo.org](http://www.parkingo.org). In 2016, we opened a central ParkinGo Wellness Centre in Victoria BC.

I have learned that being diagnosed with young onset PD is a very different experience than the typical age PD onset of 62. Furthermore, 62 is looking younger and younger! Nowadays, when we are diagnosed with PD, we tend to turn to the Internet and research every bit of information we can. We meet many people on the same path. They become our support group. I encourage you to stay out in the world and get involved with other people living with PD. We learn the most from each other! Life doesn't have to end upon diagnosis. Fill your life raft with other like-minded people. Stay connected and keep moving!

You never know what the next day will bring.

### More information about the ParkinGo Wellness Center:

*ParkinGo Wellness Society focuses its attention on people with movement disorders and their caregivers, and on the role of exercise in slowing the progression of the disorder. It provides community-based exercise programs wherein clients can exercise together or individually guided by experts in Parkinson's specific exercises. The ParkinGo Wellness Society aims to facilitate social interactions and empower people to self-manage their chronic disease. The ultimate goal is better health and less strain on the medical system. ParkinGo provides a safe place for our members, a place to meet and be supported by others who are on the same journey. It addresses the stigma associated with having a movement disorder, one that can keep many sufferers homebound, depressed and isolated, with limited resources.*

## LETTER FROM THE MEDICAL DIRECTOR



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

### Dear Readers,

I am honored and excited to be taking on the role of medical director of APDA Minnesota. It was unfortunate for APDA Minnesota and the Minnesota community that Dr. Okeanis Vaou had to move to Boston. She is always dedicated to delivering high quality care to her patients.

While she is missed, I know she is still committed to working with the APDA and improving the lives of our patients and families.

My commitment to helping people with Parkinson's disease started in residency at Boston University, continued through my fellowship at the University of Minnesota and is a primary focus in my practice at Noran Neurological Clinic. Always working to find ways to live better, I am continually inspired by the passion I see in people with Parkinson's disease and their families. While I am new to the APDA, I have been impressed by the people at the APDA who work tirelessly to raise awareness, provide resources and support to improve the lives of people living with Parkinsons.

In my almost 10 years as a physician, I've come to understand the limits of the care we can provide. The success of the treatment plans we develop together depends on the motivation of the patients themselves and the network of care they have around them. Parkinson's disease is definitely a daily battle that changes how you live and it's not one you want to fight alone. The APDA is an organization that is here to help in that fight and I am thrilled to join this team as yet another resource you can depend on.

With advances in research leading to breakthroughs in finding possible causes of Parkinson's, diagnostics, and treatments for both symptom management and potential disease modifying treatments, this is an exciting time in the world of Parkinson's disease. I plan on addressing some of these topics and others in future newsletters, so stay tuned.

Lastly, the importance of regular exercise cannot be stressed enough. I encourage you to check out the growing list of different exercise groups and classes available for people with Parkinson's, such as boxing, biking, yoga or tai chi. Pick activities that you enjoy, don't be afraid to try new ones and do them as often and as vigorously as you can!

Sincerely,

*Eleanor K. Orehek, MD*

## APDA AT THE WORLD PARKINSON'S CONGRESS 2016

*Stephanie Paul, APDA Vice President of Development and Marketing*



*A portion of APDA's 25-person delegation brought to the World Parkinson's Congress to serve as APDA Ambassadors.*

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## APDA AT THE WORLD PARKINSON'S CONGRESS 2016 (continued from page 5)

The American Parkinson Disease Association (APDA) had a significant presence throughout the 4<sup>th</sup> World Parkinson Congress (WPC) held in Portland, Oregon in September 2016. Each WPC brings together physicians, neuroscientists, and a broad range of other health professionals, care partners, and people with Parkinson's disease (PD) from around the world for a unique and inspiring experience, and is important in the effort to expedite the discovery of a cure and cultivate best treatment practices for this devastating disease.

As a Bronze Sponsor of the congress, APDA was pleased to bring a delegation 25+ of attendees from around the country.

In the days leading up to the start of WPC, nearly 200 Parkinson's organizational partners gathered to network and learn from each other at the first ever WPC Leadership Forum. The Forum allowed PD advocacy leaders to talk about their outreach, fundraising, and educational efforts and to strategize with each other on how to improve their work and better serve the community. As a leader in the PD arena, APDA participated actively in the Forum, with Leslie Chambers, President & CEO of APDA speaking on the topic of Outreach to the Spanish Community: Different Models and Solutions.

Recognizing the importance of collaboration, APDA was the exclusive sponsor of the "WPC Health Professional Networking Session" that was attended by more than 200 social workers,

nurses, occupational and physical therapists and speech language pathologists and was a highlight of APDA's presence at the congress. This new networking program was a unique opportunity for these professionals to meet and share impactful ideas about their respective areas of service to the PD community.

APDA was thrilled to meet so many WPC attendees and traffic to the exhibit booth was record-breaking due in part to a special Meet the Expert session held daily to allow attendees to speak one-on-one with experts who are making a difference in the world of PD. Topics included Staying Active, APDA Research:

Launching Careers, and Diversity & Outreach to the Spanish Speaking Community. The APDA booth was always bustling as people stopped by to ask questions, share their experiences, get important PD information and learn more about APDA.

APDA's work is truly a team effort and WPC was a wonderful



*APDA's strong presence at WPC was led by President & CEO Leslie Chambers, pictured here with Dr. David Standaert, APDA Chairman of the Board, and Dr. Vivek Unni and Dr. Ian Martin, all of whom are APDA-funded researchers and key players in current PD research.*

opportunity to celebrate special friends of APDA to lend their support, expertise and efforts to our mission at an exclusive APDA Cocktails and Conversation reception. More than 100 friends of APDA attended this festive social gathering including, researchers, medical professionals, corporate sponsors, volunteers, and APDA staff from around the country. APDA was honored to bring this amazing group together and have the opportunity to personally thank them for their support.

WPC 2016 was a successful and important event and APDA was proud to have such a strong

presence throughout all aspects of the Congress. From meeting new people who weren't familiar with APDA and reconnecting with old friends and colleagues, to hosting events and presenting lectures, APDA was well-represented. WPC happens once every three years, and APDA is excited to see everyone at **WPC 2019** in Kyoto, Japan!

## RESEARCH UPDATE: PARKINSON'S DISEASE AND GUT BACTERIA



Anushka Mohideen

The November 2016 issue of the journal *Cell* featured a report detailing the discovery of a link between intestinal bacteria and Parkinson's disease (PD). Researchers from the California Institute of Technology concluded that changes in bacteria present in the gut, or the gut

bacteria itself, contribute to and may even cause decline in motor skills.

Some of the non-motor symptoms associated with PD include constipation, bloating, difficulty swallowing, and indigestion. These non-motor symptoms, among others, can manifest years before loss of motor control leads to an official diagnosis of PD.

The Caltech research team sought to make a connection between the physical changes to the digestive system associated with PD, and the motor symptoms of PD. Readers may be familiar with mouse models of PD. The Caltech researchers worked with these mouse models, which are mice that have been genetically programmed to develop Parkinson's disease. These mice produce high levels of the protein alpha-synuclein, which is associated with PD. One sample group of the mice were raised in a germ-free setting and not exposed to other bacteria or viruses. These mice remained healthy. The research team, led by Sarkis Mazmanian,

transplanted fecal samples from people without Parkinson's into another group of mice. These mice developed symptoms of PD. Further tests showed that transplanting fecal bacteria from people with PD into another group of mice led to the mice experiencing worsened symptoms.

Dr. Sampson, one of the Caltech researchers, said, "The mice were genetically identical. The only difference was the presence or absence of gut microbiota. We were quite confident that gut bacteria regulate, and are even required for, the symptoms of Parkinson's disease."

Mazmanian's analysis of the findings stated, "What we extrapolate from that is that there is a microbial profile that is different in Parkinson's. Perhaps those changes are contributing to disease; we're a long way from proving that's the case in humans, but at least in mouse models, that's what the data suggest."

An NBC News special report on the Caltech research asked the question of how intestinal microbes could affect the buildup of alpha-synuclein protein in the brain, which is a characteristic of PD. The report went on to explain that many studies have shown that the bacteria, viruses, yeast and fungi living in and on the body, collectively called the microbiome, directly affect health. Not only do they help digest food, but different balances of the microorganisms may influence diseases all over the body. Regarding Parkinson's in particular, the Caltech team believes the bacteria are releasing chemicals that over-activate parts of the brain, leading to damage. Mazmanian and his research team had seen previous studies that showed people with Parkinson's had gut microbiomes that looked different from those of people without Parkinson's. "There are particular classes of bacteria that are selectively missing or depleted in the Parkinson's population and found in the healthy population," Mazmanian told NBC News. "For many neurological conditions, the conventional treatment approach is to get a drug into the brain. However, if Parkinson's disease is indeed not solely caused by changes in the brain but instead

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## RESEARCH UPDATE: PARKINSON'S DISEASE AND GUT BACTERIA

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by changes in the microbiome, then you may just have to get drugs into the gut to help patients, which is much easier to do.”

Mazmanian has founded a company called Axial Biotherapeutics to explore possible treatments.

A 2015 study published in the *Annals of Neurology* journal also supports the idea of PD beginning in the gut. This study reported a lower risk of PD among people whose vagus nerve, the neural connection between the stomach and the brain, had been surgically severed. Scientists have found alpha-synuclein clumps in other areas of the body, such as nerve cells in the gastrointestinal tract, and have found that gastrointestinal symptoms in PD are common. Studies in animal models of PD have shown that alpha-synuclein clumps in the stomach can travel through the vagus nerve to reach the brain.

To test the theory, researchers led by Dr. Elisabeth Svendsen of Aarhus University Hospital in Denmark studied individuals who had their vagus nerve surgically severed, which was a common treatment for peptic ulcers before current medications became available. The individuals studied had undergone one of two surgeries: either one that fully severed the nerve or one that only partially cut the nerve. Dr. Svendsen's team hypothesized that people who underwent the first surgery (the complete cut) might have a lower risk of PD than those who had the partial, nerve-sparing surgery, which would leave the gut-brain link intact. Dr. Svendsen's team searched the Danish National Patient Registry and found 5,339 people who had undergone the full procedure (the complete cut), and 5,870 people who had

undergone the partial cut. Of those groups, 45 and 59 individuals, respectively, went on to develop PD. The researchers also examined the risk of PD in a group of healthy individuals from the general population.

Researchers ran an analysis and found that the risk of PD was significantly lower for those who had undergone the complete vagus nerve cut, especially in individuals who were followed for more than 20 years. In contrast, people who underwent the partial vagus nerve cut had a similar risk of later PD as the general population.

Overall, the findings suggest that the risk of PD was decreased for those who lacked a normal gut-brain connection, although future studies are needed to replicate the results.

*For more information:*

### References

Gut bacteria may affect Parkinson's, study finds - <http://www.nbcnews.com/health/health-news/gut-germs-may-affect-parkinson-s-study-finds-n690941>

Parkinson's disease 'may start in gut' - <http://www.bbc.com/news/health-38173287>

Svendsen E., Horváth-Puhó E., Thomsen R. W., Djurhuus J. C., Pedersen L., Borghammer P., Sørensen H. T. (2015). Vagotomy and subsequent risk of Parkinson's disease. *Annals of Neurology*. <http://doi.org/10.1002/ana.24448>



## AQUATIC THERAPY AND PARKINSON'S DISEASE



Anushka Mohideen

There are many reasons why incorporating exercise into the daily routine is crucial for people with Parkinson's disease. Exercise can alleviate motor and non-motor symptoms of PD, and it is a vital component to maintaining balance, mobility, and the ability to perform activities of daily living. Exercise programs should include

three key ingredients – flexibility or stretching exercises, aerobic activity, and resistance training or strengthening exercises. Yoga and Tai Chi are examples of flexibility and stretching exercises. Biking, running, and Nordic walking have cardiovascular benefits, and weight training with free weights or machines strengthens muscles and bones.

Pool exercise, or aquatic therapy, can incorporate all three of these important ingredients into one workout. Aquatic therapy is often used for people who cannot move comfortably on land, including individuals with neurologic disorders, people with paraplegia or quadriplegia, and people who have muscle or joint problems. There are many reasons why exercising in water is beneficial.

According to the *Aquatic Exercises for Parkinson Disease handbook*, published by the American Parkinson Disease Association, the buoyancy of water provides support to weakened muscles, promoting increased balance and improved posture just by standing in the pool. Water supports 90% of body weight when a person is submerged in water up to their chest. The water holds you up, reducing the fear of falling. Gait and balance issues can feel like less of a challenge when submerged in a pool, and support bars to hold onto are a common feature in aquatic therapy pools. If you are visiting a community pool, you can grip the side of the pool for extra support, or use flotation devices such as a foam kickboard.

Land-based aerobic activities like running and biking can stress muscles and joints, causing aches and pains. However, aquatic therapy is low-impact. The buoyancy of water makes the body feel lighter, which lessens the strain on weight-bearing joints and reduces stress to muscles, tendons, and ligaments. Exercising in an aquatic therapy pool with warm water can actually reduce aches and pains as the warm water relaxes stiff and painful muscles.

Water is much denser than air, and moving in water provides a higher resistance than moving in air. The resistance provided by water is unique because it is multi-directional. The act of moving your limbs in water, whether you are kicking your legs, moving your arms, doing leg lifts, or swimming laps, means that you are strengthening and toning your muscles, with no weights necessary.

One of the primary goals of exercise in the management of PD is to strengthen leg muscles, promote balance and functional mobility, and increase postural stability. This reduces fall risk (Allen, 2013). Falls are a serious concern for people with PD. A 2005 study published in the journal *Movement Disorders* concluded that people with Parkinson's disease are twice as likely to experience falls as people with other neurological conditions (Stolze, 2005). Falls are not just an inconvenience. They can result in injury, reduced activity levels because of fear of falling, and poor quality of life (Bloem, 2001).

Research studies support the efficacy of aquatic therapy in managing PD, especially in the area of strengthening functional mobility. Ayan and Cancela (2012) studied the effect of two different water-based exercise training programs on functional mobility, motor symptoms, and quality of life on people with PD. Participants were assigned to a low-intensity water exercise program, or a water exercise program focusing on resistance training and building muscle. Group sessions were held twice a week for twelve weeks, for 60 minutes per session. At the beginning of the study period, researchers tested participants' functional mobility using a "sit to stand" test.

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The motor section of the Unified Parkinson's Disease Rating Scale was used to assess motor function. Participants' quality of life was rated using the 39-item Parkinson's Disease Questionnaire. These tests were repeated at the end of the study period. At the end of the study period, both groups of participants in the water exercise programs showed significant improvement in quality of life. The group that went through aquatic therapy focusing on resistance training also showed significant improvements in functional mobility (standing, bending and walking) and motor symptoms. A study conducted the following year yielded similar results. Pompeu et al. (2013) evaluated the effects of aquatic therapy on balance and gait of people with PD. Participants completed 36 sessions of aquatic therapy over a three-month period. At the end of the study period, researchers evaluated participants' balance and gait, and found that their scores on balance and gait assessments had improved significantly compared to their pre-aquatic therapy scores.

Vivas et al. (2011) performed a study comparing aquatic therapy to conventional land-based therapy for PD. Participants were assigned to either aquatic therapy or conventional physical therapy groups. Both groups went through individual sessions twice a week for four weeks, at 45 minutes per session. When the study period concluded, researchers found that only the aquatic therapy group improved in balance testing and a 5-meter walk test. Both the aquatic therapy and the land-based physical therapy groups improved in a test of functional reach ability. Researchers concluded that the improvement in postural stability was "significantly larger" after aquatic therapy, and stated that aquatic therapy is of value in treating postural-stability impairments caused by PD. Volpe et al. (2014) conducted a similar study comparing the effects of aquatic therapy and land-based therapy on balance in people with PD. They found that participants who underwent aquatic therapy showed more significant improvements in balance than participants assigned to land-based therapy. The researchers concluded that aquatic therapy is "feasible and safe" for people with PD.

There are some important considerations for people interested in adding aquatic exercise or aquatic therapy to their exercise program. People with PD should first seek approval from their doctor before beginning a new exercise program. Your doctor can provide a referral for aquatic therapy. Aquatic therapy sessions are provided through rehabilitation services. Courage Kenny Rehabilitation Institute offers aquatic therapy, as well as recreational and community exercise programs for individuals and groups, at 10 sites in Minnesota. These locations include Buffalo, Burnsville, Coon Rapids, Eden Prairie, Fridley, Hastings, Minneapolis, New Ulm, Owatonna, and Stillwater. Prior to beginning aquatic therapy, programs require that you come in for an initial assessment. The following website provides addresses of the aquatic therapy sites, as well as phone numbers you can call to make an appointment: [www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Aquatic-therapy-programs/Locations/](http://www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Aquatic-therapy-programs/Locations/)

Participants who would like to participate in aquatic therapy through the Courage Kenny Rehabilitation Institute should check with their insurance providers regarding coverage and co-payments for aquatic therapy. At all sites, a medical provider's order is needed for an appointment with the therapist. There is an initial evaluation by the therapist in the clinic, before aquatic therapy begins. The therapist will provide you with information about amenities available at the pool facility, such as wheelchair accessibility and availability of lockers. A lifeguard is on duty at some pool sites. At all sites, a therapist is in attendance with the participant. Those who need assistance before or after class may have a family member or care-partner accompany them to sessions.

The American Parkinson Disease Association has a handbook with valuable information about aquatic therapy and PD. You can access this handbook by visiting the following link:

[http://stlapda.org/content/pdfs/Booklet\\_Aquatic\\_Exercises\\_For\\_Parkinson\\_Disease.pdf](http://stlapda.org/content/pdfs/Booklet_Aquatic_Exercises_For_Parkinson_Disease.pdf)

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## PARKINSON'S CLINICAL TRIAL OPPORTUNITIES

### *Minnesota Parkinson's Registry & Parkinson's: Environment, Diet, and Lifestyle (PEDAL) Study*

The University of Minnesota's School of Public Health is working to create a state-wide voluntary registry of Minnesotans with Parkinson's disease (PD) who are interested in PD research. The current research project, the PEDAL Study, focuses on potential causes of PD. Specifically, the study will determine if environmental exposures to pesticides and minerals such as manganese increase the risk of PD along with some genetic causes. This research will enhance knowledge of the connections between food and water exposures and other environmental factors with occurrence of PD in Minnesotans. PEDAL will also be a resource for other PD researchers, so physicians and public health workers can better select and develop therapies, protect from or reduce the risk of PD in others, and plan for future care in Minnesota.

PEDAL Study participants are able to do all aspects of the study from their own homes and receive a \$10 gift card upon completing the study. To date, about 300 Minnesotans with PD have become involved with this research.

Act now and join The PEDAL Study! If you are 18 or older, living in Minnesota, and have PD, please contact the study office for more information: **800-825-2227** or **um-pedal@umn.edu**.

*(continued on next page)*

*Mayo Clinic study: Why does deep brain stimulation (DBS) for Parkinson's disease affect loss of smell or constipation?*

1. Are you considering DBS for treatment of your advanced Parkinson's disease (medication-refractory tremor, motor fluctuations or bothersome dyskinesia)?
2. If you undergo DBS evaluation at Mayo Clinic, you may be eligible to participate in a study to assess the effect of DBS on constipation and smell.
3. The study involves questionnaires and smell tests before and after DBS. There is no reimbursement for participating in the study.

Contact information for the study: Kelsey McGrane, study nurse coordinator, at **507-284-4741**.

Dr. Anhar Hassan  
Department of Neurology  
Mayo Clinic  
200 First St. S.W.  
Rochester, MN 55905

There are four current Parkinson's disease studies and two upcoming studies being conducted at Struthers Parkinson's Center. You can read more about these studies by visiting <https://clinicaltrials.gov/> and searching for "Struthers Parkinson's Center." For more information, please contact Brad Berrington, [bradley.berrington@parknicollet.com](mailto:bradley.berrington@parknicollet.com), or call **952-993-5903**.

## APPLY FOR AN APDA MN GRANT TODAY!

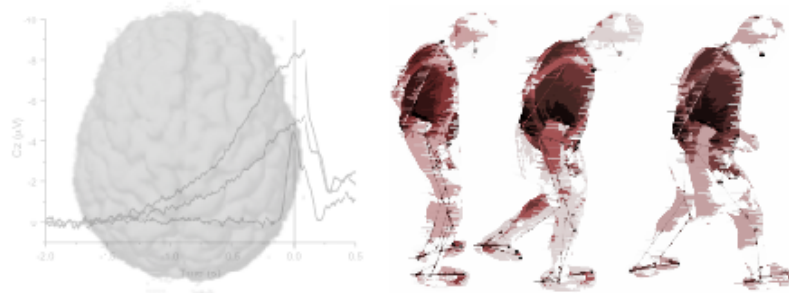
The APDA MN chapter has six excellent grant programs available for people with Parkinson's disease. These grants are designed for people with PD and their family members to apply for and receive monetary grants that help subsidize various expenses. Grants will be given in an amount of \$500.00 per year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

An overview of the APDA's grants follows:

- **Exercise:** A program to reimburse costs associated with exercise programs 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.
- **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 to be used for expenses for the care partner: the grants helps to cover the cost of respite care for 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.

*(continued on page 17)*

## 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

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



# AMERICAN PARKINSON DISEASE ASSOCIATION



**Minnesota**  
**October 14, 2017**  
**Roseville Central Park**

Jaycees Shelter  
 2540 Lexington Ave N.  
 Roseville, MN 55113

Check-in: 9:00 am  
 Walk: 10:00 am

**Register online today!**  
[APDAParkinson.org/MNwalk](http://APDAParkinson.org/MNwalk)

**apda** AMERICAN PARKINSON DISEASE ASSOCIATION  
 MINNESOTA CHAPTER  
 Strength in optimism. Hope in progress.  
 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 or more and get a free Optimism Walk T-shirt!

## Why Walk?

- Every nine 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





The American Parkinson's Disease Association and the Udall Center of Excellence in Parkinson's Disease Research at the University of Minnesota present:

## Spring Parkinson's Symposium

Saturday, May 13, 2017

9 a.m. – 1 p.m.

Envision Event Center

484 Inwood Ave N, Oakdale, MN 55128

*Free surface parking lot at the venue*

### Conference Highlights

**The Beneficial Effects of Exercise for People with Parkinson's Disease** – Dr. Daniel Corcos, Northwestern University

**Update: Parkinson's Disease Medications Currently in Trials** – Dr. Eleanor Orehek, Noran Neurological Clinic

**Dysphagia and Speech Pathology Issues in Parkinson's Disease** – Ann St. Jacques, M.A, CCC-SLP, Minneapolis VA

**Question and Answer Panel featuring Dr. Paul Tuite, Dr. Daniel Corcos, Dr. Lauren Schrock and Dr. Eleanor Orehek**

**Exhibitions from Parkinson's Exercise Programs**

This conference is free to attend and lunch will be provided. This program offers 4 contact hours of continuing registration.

For more information or to register, call Anushka at 651-241-8297 or visit [udall.umn.edu](http://udall.umn.edu).

[allinahealth.org/APDA](http://allinahealth.org/APDA)

## Parkinson's Specific Music Therapy Group at Gable Pines Assisted Living

This group will provide a fun, therapeutic way to improve clarity & audibility of voice, improve balance & posture, & provide psychosocial support for those with Parkinson's Disease

**Weekly Wednesdays**  
**May 3<sup>rd</sup> - June 28<sup>th</sup> 3:00-4:00**

\$135-\$180 per person for 9 groups. (Cost depends on number of participants)

Melissa Spiess, MT-BC, Neurologic Music Therapy Fellow from Living Spirit Therapy Services, LLC will facilitate groups. Melissa has had extensive experience improving quality of life for those with Parkinson's. Melissa had the privilege of completing her music therapy internship at the Struthers Parkinson's Center, where she also had the opportunity to assist in the research for a book chapter on music therapy with Parkinson's. She was a substitute faculty member for the Allied Team Training for Parkinson's in Houston, TX. She has facilitated Parkinson's specific music therapy groups for residents in nursing & assisted living facilities, & for residents at Parkinson's Specialty Care Homes throughout the metro; as well as guest presented at multiple Parkinson's Support Groups throughout the metro. She has worked with individuals with Parkinson's from initial diagnosis through hospice.

1260 E County Rd E  
Vadnais Heights, MN 55110

**To register for the group please contact:**

Melissa Spiess:  
[melissa@livingspirittherapy.com](mailto:melissa@livingspirittherapy.com)  
651-363-3936

Please note, Melissa will not be able to respond to messages between March 10<sup>th</sup> and March 29<sup>th</sup>





## APPLY FOR AN APDA MN GRANT TODAY! (continued from page 12)

- **Transportation Assistance:** A program to reimburse costs associated with travel to and from doctor's appointments, support groups, and other events for people who are no longer driving due to the effect of Parkinson's disease/the medications used to treat Parkinson's disease.
- **Driving Assessment Assistance:** Funds will be distributed on a first come, first serve basis based on availability. The driving assessment assistance grant program is available to anyone in need of financial assistance and is based on the honor system. Applicants can attach the receipt from their driving assessment test and request up to 50% of the fee paid, and limited to no more than \$200, to defray the cost of the driving assessment.

To qualify for a Support Grant, you must:

- be on the APDA Minnesota Chapter mailing list
- reside within Minnesota
- have a diagnosis of Parkinson's Disease or be caring for a family member at home with a diagnosis of Parkinson's disease
- complete and submit the entire Patient Grant Program Application.

To receive a grant application, call Anushka at the Information and Referral Center at **651-241-8297**, or email [anushka.mohideen@allina.com](mailto:anushka.mohideen@allina.com). You can also send a request by fax to **612-863-2758**.

## RESOURCE SPOTLIGHT: SENIOR LINKAGE LINE



MINNESOTA'S LINK TO A LOCAL EXPERT

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

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

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

## COMMUNITY CLASSES

### ALLINA HOSPITALS

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

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

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

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

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

Classes meet the 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month, 10-11 a.m. BIG (physical therapy); 11 a.m.-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 1<sup>st</sup> and 3<sup>rd</sup> 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 the 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 651-232-2766.*

### **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 651-232-2766.*

### **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 1<sup>st</sup> Monday of each month. 9:30 a.m. orientation/ 10-11 a.m. class.

### **Bethesda Hospital, 7<sup>th</sup> Floor Conference Room**

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

*Call Jill for information at 651-232-2766.*

### **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, 2<sup>nd</sup> Floor**

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

### **Dancing with Parkinson's**

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

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

Please bring a photo ID for each person.

The class meets on Thursdays from 10-11 a.m.

\$5 per class; no charge for caregivers/care-partners.

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

## **SAINT PAUL PARKS AND RECREATION CLASSES**

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

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

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

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

Classes take place on Monday and Wednesday, 9:30-10:30 a.m. The fee is \$8 for drop-in participants.

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

*(continued on next page)*

## SAINT CLOUD PARKINSON'S EXERCISE CLASSES

### Whitney Senior Center

The Whitney Center offers a variety of classes that are evidence-based and Parkinson's-inclusive. These classes include Enhance Fitness, Matter of Balance, Stepping On, Tai Ji Quan: Moving for Better Balance, and Tai Chi for Arthritis. Health and Fitness Coordinator Paula Woischke teaches many of the classes. Paula has worked with people with Parkinson's for over 10 years, and has trained her staff as well. All of these classes are very beneficial for those with and without Parkinson's, making the classes a great place for care-partners to join in and get a chance to exercise in a group setting.

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

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

### 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** begins in Spring 2017 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, and Arden Hills locations.

**Classes are located at 12475 Riverdale Blvd., Coon Rapids, MN 55433.**

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

*Call 763-323-0100 for more information or to register.*

**Classes are located at 7630 160<sup>th</sup> St. W., Lakeville, MN 55044.**

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

*Call 507-581-8113 for more information or to register.*

**Classes are located at 3529 Lexington Ave. N., Arden Hills, MN 55126.**

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

*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.*

## 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.

## MINNETONKA CLASSES

### Living Well with Parkinson's Disease

The Ridgedale YMCA offers a Living Well with Parkinson's Disease exercise class, led by an instructor certified in the Delay the Disease program.

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

The class is offered every Thursday from 9:30-10:30 a.m. Call 952-544-7708 or email [heidi.weinberg@ymcamn.org](mailto:heidi.weinberg@ymcamn.org) for more information.

### 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.

## DULUTH CLASSES

### Parkinson's Dance Studio

Classes are based on the Dance for PD Program of the Mark Morris Dance Group.

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

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).

## 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.

*(continued on next page)*

## 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 Information and Referral Center of Minnesota, 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 p.m.	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 Jespersen	218-246-4377
Hastings	Senior Center	3 <sup>rd</sup> Wednesday	2-3 p.m.	Laurie Thrush	651-480-7689
Hudson, WI	Hudson Hospital	2 <sup>nd</sup> Tuesday	10-11:30 a.m.	Vicki Hakala	651-436-1331
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

*(continued on next page)*

**PARKINSON'S DISEASE SUPPORT GROUPS** (continued from page 23)

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
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
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	Jill Baker	320-235-9532
Windom	Windom Hospital	2 <sup>nd</sup> Tuesday	2-3 p.m.	Karen Denzer	507-831-0687



## BOOK OFFERINGS AT THE INFORMATION & REFERRAL CENTER LIBRARY

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

***The Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications***

J. Eric Ahlskog, M.D.

***The Parkinson's Disease Treatment Book: Parkinson's Disease: A Guide for Patient and Family, Fourth Edition***

Roger C. Duvoisin, M.D.

***Parkinson's Disease: A Guide to Patient Care***

Paul Tuite, M.D.

***Handbook of Parkinson's Disease, Third Edition***

Rajesh Pahwa

***Shaking Up Parkinson's Disease: Fighting Like a Tiger, Thinking Like a Fox***

Abraham Lieberman, M.D.

***Get To the Point: How to Say What You Mean and Get What You Want***

Andrew D. Gilman

***What Your Doctor May Not Tell You About Parkinson's Disease: A Holistic Program for Optimal Wellness***

Jill Marjama-Lyons, M.D.

***The Parkinson's Handbook: An Inspiring, Practical Guide for Patients and their Families, by a Mayo Clinic Surgeon with Parkinson's Disease***

Dwight C. McGoon, M.D.

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

Gord Carley

***Fire in the Soul: A New Psychology of Spiritual Optimism***

Joan Borysenko, Ph.D.

***Caring for the Parkinson Patient: A Practical Guide***

J. Thomas Hutton, M.D., Ph.D;  
Raye Lynne Dippel, Ph.D.

***100 Questions and Answers About Parkinson's Disease, Second Edition***

Abraham Lieberman, M.D.

***Prescriptions for Living: Inspirational Lessons for a Joyful, Loving Life***

Bernie S. Siegel, M.D.

***Parkinson's Disease: 300 Tips for Making Life Easier***

Shelley Peterman Schwarz

***Parkinson's Disease Questions and Answers: Second Edition***

Robert Hauser and Thersa Zesiewicz

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

Glenna Wotton Atwood

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

Victor Anderson

***Enrich Your Caregiving Journey***

Pabst & Goldhammer

***Mainstay: For the Well Spouse of the Chronically Ill***

Maggie Strong

***The Heart of Health: Embracing Life with Your Mind and Spirit***

Mary I. Farr

***How to Care for Aging Parents***

Virginia Morris

***Making the Connection Between Brain and Behavior: Coping with Parkinson's Disease***

Joseph H. Friedman, M.D.

***The Season of a Most Beautiful Flower: Living with Parkinson's Disease***

Josephine E. Lauckhart

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

David Zid

***Creative Caregiving***

James R. Sherman, Ph.D

***Positive Caregiver Attitudes***

James R. Sherman, Ph.D.

***The Magic of Humor in Caregiving***

James R. Sherman, Ph.D.

***Preventing Caregiver Burnout***

James R. Sherman, Ph.D.

***Proud Hands: Personal Victories with Parkinson's***

TEVA Neuroscience

***End of Life: Helping with Comfort and Care***

National Institute on Aging



## SUPPORT APDA MINNESOTA!

APDA Minnesota's mission is to be a partner in providing the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.

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

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

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

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

Allina Health 

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**ABBOTT  
NORTHWESTERN  
HOSPITAL**

**American Parkinson Disease Association  
Information and Referral Center of Minnesota**

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