

SPRING 2018

MINNESOTA | *Newsletter of the Minnesota American Parkinson Disease Association*

MESSENGER

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APDA Young Parkinson Website:
www.youngparkinsons.org

Respite Care Options

Jackie Hunt Christiansen

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

Some care partners feel guilty using respite care, because they feel they are letting down their loved one with Parkinson's. On the contrary, if occasional respite care helps keep your care partner happy, healthy, and loving, it's good for everyone.

Care partners may also feel like using respite care means they are complaining or that using respite care is spending money on a luxury. Again, I urge you to think of this as an investment in your relationship.

There are two types of respite care, which is essentially adult day care. There's in-home care, where someone comes to your home to look after you, and there are respite facilities where you go to the facility for care. Some facilities offer only daytime programs. Others are equipped for overnight stays.

If you require only minimal assistance, in-home care may be the most cost-effective and easiest to organize. Outside facilities offer activities and socializing that are often missing from in-home care. Otherwise, the deciding factors are cost, availability, and personal preference.

In-home care

A growing number of companies and small businesses provide differing levels of in-home care, so choosing one all comes down to your individual needs. Some, such as the franchise-operated Right At Home, offer staff who will come into your home to assist with light housekeeping, take you grocery shopping and run errands, and provide companionship. They do not provide nursing or medical care and do not lift patients. Clients generally pay an hourly fee, which may be calculated

(continued on page 3)

Coordinator's Column

Dear Readers,



Anushka Mohideen

I hope you are all doing well and enjoying the warm weather!

2018 has several exciting APDA events on the calendar, which you will be able to read about in this newsletter. We are excited to present our annual Spring Parkinson's Symposium in collaboration

with the Udall Center of Excellence in Parkinson's Disease Research at the University of Minnesota on June 9, 2018 at the Envision Event Center in Oakdale, MN. This event is free to attend and registration is open. We are also offering summer educational events focusing on learning more about Duopa and Deep Brain Stimulation as treatment options for Parkinson's disease – see pages 12 and 10 for details.

Our Fall Parkinson's Conference this year will take place in Duluth, and invitations will be mailed out as we approach the season.

Another big event taking place this fall will be the APDA Minnesota Optimism Walk, on Saturday, October 13 at the Roseville Central Park in Roseville, MN. The Optimism Walk is a great opportunity for people with PD and family,

friends, and community members, to enjoy a morning of exercise and fun activities (including Parkinson's exercise demonstrations, silent auction, free raffle, cake walk, and face painting) in an encouraging, positive environment. The funds raised at the Optimism Walk support APDA Minnesota's Patient Grant Program. (See page 13 for details about the grant program and how to apply.)

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.

My question for you is, what kind of Parkinson's exercise program would you like to see offered in your community? What kinds of Parkinson's exercise (such as boxing, cycling, dancing, yoga, etc.) interest you most? In 2018, APDA Minnesota would like to support Parkinson's exercise programs and make more of these available to the community. Please send me your feedback via email or phone.

I look forward to seeing you at support group visits, APDA educational events, and the Optimism Walk this year!

Warmest regards,

Anushka

WOMEN CONNECT – PARKINSON'S GROUP



Women Connect is a collaborative initiative led by women for women to foster connections among women living with Parkinson's Disease. Women Connect was created in 2016 by women living with

Parkinson's Disease (PD) seeking opportunities to connect and learn from other women living with PD. Members are able to share successes, concerns, and needs with other participants. Specific issues identified by the group guides future programming.

All sessions include time to meet and interact with other women with PD.

The group meets on Saturdays in February, May, August, and November, at 12:30 p.m. 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 at 651-334-5622, or Sharon at 651-343-5905.

Respite Care Options *(cont. from cover)*

based on income. The cost varies by geographic location.

Other businesses have available LPNs (licensed practical nurses), CNAs (certified nursing aides), or HHAs (home health aides) to offer assistance administering or overseeing medications and assist with bathing and other self-care issues. Fees may be hourly or daily. The cost of these services also varies widely by location and may be based on income.

Finding home care

If someone is going to be coming into your home, you will want to feel safe having that person around. When hiring through an agency, ask whether a background check has been done, and if so, review the results.

Ask for references from previous home-care clients as well as the aide's other jobs. For instance, you might be a bit apprehensive about hiring someone who has worked for twenty years in a factory and is now applying to work for you. Such a person may have a stellar performance record on the assembly line, but that is not the job that he will be doing for you.

If at all possible, you, as the person receiving care, and your care partner, who has to feel comfortable leaving you in someone else's care, should both interview applicants. It is critical that both of you trust and get along with this person.

Ideally, you will find someone who has experience dealing with people with Parkinson's disease. This may be difficult, though, particularly if you are in a rural area or far from a major city, so don't rule out candidates who don't have PD experience. They can do just as good a job caring for you as long as they're well trained.

Respite care programs or facilities

There are many more choices for care if you only need it during the work-day, Monday through Friday. Senior centers, hospitals, nursing homes, and facilities dedicated to caring for people with PD and other seniors offer adult day programs. If you will

need overnight or weekend care, your choices may drop.

Day programs are often scheduled with morning, afternoon, or full-day care. Usually, there is a series of activities throughout the day, such as bingo, singing, and games. Meals are offered and there may be exercise programs, too.

Unfortunately, there are not many respite care programs that cater specifically to people with PD and offer overnight and weekend care. If this is what you need, get recommendations from your doctor, or from people in your support group.

Obviously, you want to have more selection criteria for care programs than whatever happens to be the first listing in the phone book. Here are some factors to consider, and key questions to ask when choosing a respite care facility.

- Is it near your home?
- Is it open 24 hours/day, 7 days/week? If not, what are the days and hours of operation?
- What is the capacity of the facility?
- What is the maximum ratio of staff to clients?
- Does the facility serve only families dealing with PD? If not, how likely is it that you would be the only person with Parkinson's there at any given time?
- Is the staff specifically trained to handle the needs of people with PD?
- Is all the staff trained, or just some?
- Is there a doctor on-site at all times?
- If not, what is their protocol for obtaining medical care for clients?
- How long has the facility been in business?
- What is the cost?
- Is there a sliding scale fee or reduced-cost option for lower-income families?
- Do they allow drop-in or last-minute care options?
- What sort of advance reservation is required?

(continued on page 5)

Medical Director's Column



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

Dear Readers,

Happy Spring!

Congratulations on making it through another winter. As always, I'm going to start this column discussing exercise. With the days getting longer and warmer this is a perfect time to reinvigorate your exercise

routine. If you are having trouble getting motivated, that's likely part of the apathy (lack of motivation) that affects so many people with PD. A good way to work around that is to find an interesting class like boxing, yoga, tai chi, or cycling to sign up for and commit to going regardless of how you feel on that day. You could also consider getting a personal trainer to get you started, or you can ask your doctor about a referral to physical therapy if you feel you have more significant physical limitations to exercising. Simply finding an exercise buddy to go with you can help you feel more motivated. Regular exercise has great short term benefits for maintaining strength, mobility, flexibility, and balance. Exercise also improves mood, especially if you can get outside in the fresh air. Additionally, there's strong evidence pointing towards exercise having a protective effect for the brain.

I'd like to use the rest of the column to address common questions that have been coming up at office visits from my patients.

What's with these commercials highlighting scary hallucinations and disorienting delusions in PD?

This commercial is by a pharmaceutical company that has a drug available, pimavanserin, to treat Parkinson's-related hallucinations and delusions. The ad does not mention the drug, so it would be hard to recognize who is behind the ad. This ad, while bringing attention to an important aspect of PD, can be alarming and frightening. Pretty much all of my patients have seen it and asked me about it.

The incidence of hallucinations in PD varies in the research, but about 25% of patients with Parkinsons will experience hallucinations on at least one occasion. Hallucinations can occur in PD from the disease itself, but often can be a side effect of the medications used to treat PD. There are often adjustments we can make in the medications you take that can resolve or reduce the hallucinations. Additionally, underlying infections or metabolic changes such as high or low blood sugar would be important things to consider for new onset hallucinations.

Hallucinations in PD can take different forms. They can range from "sense of presence" hallucinations, where it feels as though something is nearby and when you turn to see, there's nothing there. People can have more well-formed visual hallucinations that can be in the form of small animals or people. These are usually non-threatening or frightening. Illusions can occur as well, which are defined as misinterpreting existing visual stimuli, like thinking a coat rack is a person.

It is important to discuss with your doctor if you are experiencing any of these symptoms to see if there's a correctable underlying cause or medication adjustment that could help, and to monitor these symptoms over time.

Is deep brain stimulation (DBS) only for if you have tremors as part of your PD?

No, this is absolutely incorrect, and it is a common misconception among patients and other medical professionals. About 30% of people with Parkinsons do not have any tremor, and have more problems with the motor symptoms of slowness, stiffness, or dystonia. DBS is very effective at treating these symptoms, as well as tremor. DBS can also lessen dyskinesias, which are the abnormal involuntary wiggly movements that can occur as a side effect to the dopamine medications.

I would encourage you to ask your neurologist or primary care physician about DBS if you are struggling with any of your motor symptoms on medications alone.

Lastly, I'll end with some recent and upcoming advances. There is now a third company out with a DBS system. Boston Scientific came out with their

Vercise system. They join Medtronic and St. Jude Medical in the field of DBS.

There is also an inhaled form of levodopa that was developed by Acorda Therapeutics called Inbrija. The FDA has accepted their New Drug Application. Inbrija could be out as early as October of this year. This would be a potential option for patients to use

for unexpected OFF times while taking carbidopa-levodopa.

Until next time.... Strength in optimism. Hope in Progress.

Sincerely,

Eleanor K. Orehek, M.D.

Respite Care Options (cont. from page 3)

- Is there a waiting list? If so, how long?
- Are there any beds kept available for emergencies?
- What is the staff turnover rate? (This can be an indicator that the facility is not well managed. If turnover is very high and you're going to be there on a frequent basis, you might want to ask the senior staff how they deal with training and consistency of care.)
- Do you know anyone who has used the facility? Can the facility provide any references? (For privacy reasons, the center cannot give you names of clients without prior permission, but frequently when there are satisfied clients, they will volunteer to serve as references.)
- When you visit (and you should visit before using the facility), do the clients seem happy, safe, engaged, and well supervised?
- Is the site clean, well maintained, and well lit?
- Does the staff check in daily with care partners, or is communication only "as needed"?
- What sorts of activities are provided for clients?

There are more questions that could be asked, but this list should get you and your care partner thinking about what you might look for in a respite care program.

Note: For details about the APDA's Patient Grant Program that offers funding for respite care, please contact Anushka at 651-241-8297 or by email at anushka.mohideen@allina.com. For help finding a respite care program, either in-home or at a facility, please contact Anushka.

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

What You Need In A Physician

Hal Newsom

Author of HOPE: Four Keys to a Better Quality of Life for Parkinson's People; former board member at the Northwest Parkinson's Foundation. This article is an excerpt from HOPE: Four Keys to a Better Quality of Life for Parkinson's People.

Your physician is a critical person in your life if you are to experience hope. You may not have had a close relationship with a physician in the past. If you're like most people in the U.S., you have seen a doctor for a checkup every five years or so, or only when you had a physical problem that was treated by a doctor you knew little about. If you've had an operation, the surgeon was no doubt in and out of the operating room without so much as a handshake. You may have seen a specialist for one problem and another specialist for another ailment. The result has been you haven't been quite sure who was ultimately responsible for your well-being.

There should be none of this with Parkinson's. You need a professional ally who is committed to building a long-term relationship. The attributes of your physician partner should be as follows:

1: A listener: Someone you know will hear your concerns and guide you to solutions. Someone who is willing to take your phone call when "things aren't going quite right" and won't always pass you off to a nurse, or delay returning your call for three days.

2: An active person. Someone who is positive and firm about what you need to do. Someone who is up-to-date on the latest Parkinson's drugs and treatments. Someone in whom you have confidence.

3: An empathetic person. Someone who understands your condition. Someone who can identify with your tremor problem, your slowness, the occasions when you fumble with your wallet, and your constant fight to live a full life.

4: An optimistic person. Someone who believes Parkinson's is not a one-way ticket to early old age. Someone who gives you encouragement and makes

your visits to his or her office a pleasant experience.

These are not unreasonable requests. You're on a pathway to hope. If you have a physician with a Dr. Droll disposition, it can't help but influence your attitude. That means you may have to change physicians several times or more before you find just the right match. Some medical plans are restrictive as to physician selection, and you may have to take the doctor the plan accepts. But if you have the opportunity to pick the best Parkinson's specialist in your community, do so.

Don't be hesitant about moving from one doctor to another. Too often people are shy about telling a doctor they are changing to someone else because "I don't want to hurt their feelings." Nonsense. Doctors are used to patient changes. And most doctors accept the idea that no one physician is a good match for all Parkinson's People.

Your treatment is not a one-way street. Just as your physician has obligations to you, you have some clearly defined responsibilities to him and her. They run like this.

I: You must define your current problems clearly. It is most helpful for the doctor if you prepare a written statement listing the three or four problems that you need answers to during your visit. Keep the list short and be specific. An example is:

Problem #1: I have nights in which I awaken five or six times. Sometimes I will lie awake for 30 to 40 minutes. My last medication in the day is at 5 p.m. I retire around 10:30 p.m. How do we fix this?

Problem #2: Some days I can barely use my right hand. I have difficulty cutting meat or spearing salad. Often I will have to use my left hand while eating. This usually occurs during the evening meal. What can be done to improve my dexterity?

Problem #3: I get a freeze-up of my mouth so that my lips don't move to form words properly. This usually occurs around 9 a.m. after my 7 a.m. dosage. It seems to be related to the medication. Am I overdosing? If so, what can be done about it?

Record your physician's recommendations and keep them on file so you can refer to them periodically. Changes in your medication should be carefully monitored. A history of your scheduled medication will be most helpful. In other words, you must do your part to record your progress and not rely solely on the doctor to keep a file on you.

2: Don't treat your doctor's advice lightly. Follow his or her suggestions to the letter. This is particularly true with changes in medication dosage amounts and scheduling. You'll need a defined schedule if you are to have success with controlling the symptoms. If your doctor has used medical jargon you don't understand, ask for a clarification. You shouldn't be confused when you leave the office. Ask for a written statement from the doctor regarding the medication schedule.

3: Be honest with your doctor. If you slip up with medication, tell them. If you're depressed at times, be open about it. The doctor is less effective if he or she can't see the whole you.

4: Use the phone judiciously. There will be times when you need to talk to your doctor right away. You feel you need help immediately. For example, you have had nausea for several days due to the medication you've been taking. You are at your wit's end. Call. Your doctor may be able to help you on the phone or may ask to see you in the office. But if you're simply wondering if you should take Vitamin E along with your medication, save that question for your next appointment. Be respectful of your doctor's time, and he or she will be more committed to helping you live a better quality of life.

5: Don't overstay your welcome. Your physician is a busy person. He is concerned about you. But he's also concerned about 100 or so other people. You want his undivided attention for your scheduled appointment but you should honor the 20 to 30 minutes that have been allocated just for you. This emphasizes the importance of being organized and to-the-point with your questions and about your state of health during your visit.

6: If you need support in expressing your concerns, have your spouse, caregiver, or significant other go to the appointment with you. Most movement disorder specialists welcome another person in the conversation. It may give new insight or perspective to the doctor.

7: Be sure to have a clear idea of when your next appointment will be. It may not be for three months but confirm with the doctor that you can call or see him or her before the scheduled time if you have complications.

Your physician can provide hope. He or she is the professional link to medication and professional advice that can make your life more enjoyable.

For help finding a movement disorder specialist, please contact Anushka at 651-241-8297 or anushka.mohideen@allina.com.

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, June 9, 2018 | 9 a.m.– 1 p.m.

Envision Event Center

484 Inwood Ave N, Oakdale, MN 55128

Conference Highlights

Exercise and Physical Therapy for People with Parkinson's Disease

Dr. Laurie King, Oregon Health & Science University

Autonomic Dysfunction in Parkinson's Disease

Dr. Joseph Matsumoto, University of Minnesota

Neuropsychology and Parkinson's Disease

Dr. Erin Holker, University of Minnesota

Deep Brain Stimulation and Parkinson's Disease

Dr. Michael Park, University of Minnesota

Question & Answer Panel

Featuring Dr. Joseph Matsumoto, Dr. Eleanor Orehek, and Dr. Lauren Schrock

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.



AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.



JOIN US!

Minnesota Optimism Walk

Saturday, October 13, 2018

Roseville Central Park

Jaycees Shelter
2540 Lexington Ave N.
Roseville, MN 55113

Arrive: 9:00 am • Walk: 10:00 am
Rain or Shine!

Register online today!
apdaparkinson.org/Minnesota

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 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



EVENT INVITATION: Parkinson's Disease & Deep Brain Stimulation

Life-Enhancing Advances in Symptom Control

You're invited to attend a special educational event to hear how advances in the treatment of Parkinson's disease are making a difference in people's lives. An expert neurologist and a neurosurgeon will present medical and surgical information on Deep Brain Stimulation, a surgical option that can minimize the difficult symptoms of Parkinson's disease. Patients will share how their lives have been enhanced by this treatment. This compelling presentation is intended to enlighten and encourage all who are touched by Parkinson's disease.

Tuesday, June 12, 2018

5:30 p.m. - Registration

6-7:30 p.m. - Presentation

Cambridge Medical Center, Conference Center
701 S Dellwood St, Cambridge, MN 55008

PRESENTERS:



*Eleanor Orehek, MD,
Neurologist, Noran
Neurological Clinic*



*Kyle Nelson, MD,
Neurosurgeon,
Metropolitan Neurosurgery*

RSVP:

Anushka Mohideen, APDA Information & Referral Coordinator

Register by phone at: 651-241-8297

Register by email at: anushka.mohideen@allina.com

There is no charge for this program, but seats are limited.

Light refreshments will be provided.

DBS Support Group

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

It is this type of thinking that has led my wife Kay and 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 a.m. Our next meeting will be June 5.

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.



Jim Russell

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.

UPDATE FROM THE APDA BOARD OF DIRECTORS



*Dave Ihle,
President,
APDA Board
of Directors*

My journey with Parkinson Disease began in the summer of 2015 when I was diagnosed with PD. It was a struggle to understand the disease so I looked for as much information as I could. This led me to the Minnesota Chapter of the APDA. I was encouraged to join the Board of Directors, and I became a member of the Board in late 2016.

I retired from 3M in June of 2015 after a 33 year career in the Manufacturing and Supply Chain organizations. I believe that my management experience, combined with my volunteer service in raising funds and board membership for Habitat For Humanity and for the United Way, will help me make a difference in our PD community. I am looking forward to helping serve those with PD in the Twin Cities' community as well as learning more about the disease and possible treatments.

As I begin my role as President of APDA MN, I would like to recognize three previous board members for their outstanding service to our Board and to those with PD. Through the end of 2017, Patty Flynn served as President of the organization, Daniel Dodge served as Secretary and Raina Nguyen served as Treasurer. We will miss

their commitment and dedication to our APDA MN chapter. We wish them well and thank them for their volunteer efforts in making our chapter successful.

I would like to take this opportunity to welcome and introduce Dr. Gregory Molnar as a new member of our Board of Directors. He is Professor of Neurology at the University of Minnesota and leads the Deep Brain Stimulation (DBS) Research Program and team there. He has worked in the field of PD/movement disorders neurology and DBS innovation for 20+ years both in academia and in Industry. His professional involvement as well as his experience in working with other non-profit organizations make him very well qualified to help with our chapter efforts in assisting those with PD.

The Board is currently working on preparation of our 2018 Optimism Walk that will be held on Saturday, October 13 at the Jaycees Shelter in Roseville Central Park. Registration begins at 9:00 and the walk begins at 10:00. Please see the information page in this newsletter and register for the event online at apdaparkinson.org/Minnesota.

As we go into 2018, we will be changing our grant program from one where grants were reviewed each month, to a quarterly process. Please see the Coordinator's comments and visit our website in the near future to learn more about this change.

This will be an exciting year, and I am honored to be the President of APDA MN for 2018.



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

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

Time: 3rd Monday of the month at 10 a.m.

Please email Anushka at anushka.mohideen@allina.com to be added to the Coffee & Chat email list. Emails with notices about upcoming meetings will be sent out the week prior to the meeting.

EVENT INVITATION:

Continuing the Journey: A Treatment Option for Advanced Parkinson's Disease A Patient & Physician's Perspective on Duopa

Duopa is a prescription medicine used to treat motor fluctuations in advanced Parkinson's disease, and a treatment option for individuals who experience persistent motor symptoms while using oral carbidopa/levodopa and other Parkinson's medications.

A patient will join to share their experiences with Duopa.

Monday, August 9, 2018 – 1 p.m.

Presentation: Sandeep Thakkar, D.O., Movement Disorder Specialist V.A., Long Beach, CA, Movement Disorder Sub-Specialist/Neurologist, HOAG Presbyterian Program Advisor

Program and Dinner: 6 p.m.

Embassy Suites, 2800 American Boulevard West, Bloomington, Minnesota 55431

Register by phone by August 6 at 877-261-5230
OR call Anushka at 651-241-8297.

Register online: abbvie.meintl.com/NAA11-DU02-18

There is no charge for this program, but registration is required. Dinner will be served.

Monday, August 20, 2018 – 1 p.m.

Presentation: Barbara Pickut, MD, MPH, Mercy Health Saint Mary's Hauenstein Neuroscience Center, Grand Rapids Michigan College of Human Medicine, Department of Translations Science and Molecular Medicine, Michigan State University, Grand Rapids, Michigan.

Independent Lifestyles

215 North Benton Drive, Sauk Rapids, MN 56379

Register by phone: 877-261-5230 OR call Anushka at 651-241-8297

Register online: abbvie.meintl.com/NAA11-DU01-18

There is no charge for this program, but registration is required. Refreshments will be served.

Update: The Latest in Parkinson's News

New DBS Therapy Option

A new DBS therapy option has become available in the United States from Boston Scientific: The Vercise Deep Brain Stimulation System. Deep Brain Stimulation, or DBS for short, is a medical device therapy for certain symptoms of Parkinson's disease when treatment with drugs alone no longer achieves sufficient control. DBS works by stimulating a targeted region of the brain through implanted leads that are powered by a battery, commonly called an implanted pulse generator, or IPG. The Vercise System from Boston Scientific has been available in Europe since 2012, and received FDA approval for use in the United States in December 2017.

The Vercise System is characterized by three features – the shape of the battery (small, thin, and round), the rechargeable battery, and the MICC stimulation technology. MICC stands for Multiple Independent Current Control Technology. This means that doctors use it to control the placement and intensity of DBS therapy with precision.

If you are interested in learning more about DBS, please discuss DBS as a treatment option with your physician. You can call Anushka at 651-241-8297 or email anushka.mohideen@allina.com to receive informational literature about DBS.

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 will be distributed on a first come, first serve basis based on availability of funds. 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.

- **Transportation 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.

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 Minnesota, please contact Anushka Mohideen, Information and Referral Coordinator, at 651-241-8297, or via email at anushka.mohideen@allina.com.

APDA Free Parkinson's Literature

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

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

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

APDA Webinars: Available Free Online

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

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

COMMUNITY CLASSES

ALLINA HOSPITALS

ATTN: LSVT Big and Loud Graduates!

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

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

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

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

Classes meet the 1st and 3rd Thursday of each month, 11 a.m.-noon LOUD (speech therapy)

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

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

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

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

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

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

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

Mercy Hospital – Unity Campus, Lower Level, Classroom C or Boardroom (BIG & LOUD), Fridley, MN 55432

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

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

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

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

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

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

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

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

Cost is \$105 for a 10-week session

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

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

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

Fitness Exercise Classes for Parkinson's Disease/ Movement Disorder

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

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

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

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

Bethesda Hospital B Level Gym

Class day and time vary per class.

\$5 per class; scholarships available.

Call Jill for information at 651-232-2776.

Nordic Walking

Nordic walking makes walking a new fitness experience. Using poles while walking has all of the benefits of

walking, plus engaging the muscles of the upper back, shoulders, arms, and torso. The swinging arm motion of walking with poles is important for the balance and coordination of people with Parkinson's.

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

Call 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. Takes place at Bethesda Hospital in 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 Coon Rapids, Lakeville/Apple Valley, Woodbury and Arden Hills locations.

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

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

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

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

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

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

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

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

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

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

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

Call **651-204-0560** for more information or to register.

Upper Cut Boxing offers the **Rock Steady Boxing** program for people with Parkinson's disease.

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

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

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

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

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

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

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

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

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

Call **763-516-7219** for more information or email fitnessevolution@rbsaffiliate.com.

WAYZATA CLASSES

Pilates Reformer for Parkinson's

The Pilates MN studio offers Pilates Reformer for Parkinson's, a class designed especially for people with Parkinson's. Pilates Reformer exercises assist clients in movement so they can acquire flexibility, strength, joint mobility and core stabilization.

Classes are offered Tuesdays from 2:30-3:30 p.m. and Thursdays from 1:30-2:30 p.m.

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

Call **952-476-0304** or e-mail pamela.h@pilatesmn.com for more information.

MINNETONKA CLASSES

Mind Body Solutions Adaptive Yoga

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

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

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

MANKATO CLASSES

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

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

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

FARIBAULT CLASSES

Wieber Physical Therapy in Faribault offers the LSVT BIG program.

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

Call Wieber Physical Therapy at 507-333-2986.

NORTHFIELD CLASSES

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

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

DULUTH CLASSES

Parkinson's Dance Studio

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

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

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

For more information, see www.tinyurl.com/pdsduluth, 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.

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.

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.

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

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

ROCHESTER CLASSES

Power Classes

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

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

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	952-898-9312
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 Civic 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
Eden Prairie	Victory Lutheran Church	2 nd Wednesday	1 p.m.	Kathleen Fitzgerald	952-949-3126

continued

Parkinson's Disease Support Groups *continued*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
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	First 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	Senior 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
Maple Grove	University of Minnesota Health Maple Grove Clinic	2 nd Tuesday	1 p.m.	Sara Dooley	763-898-1532
Maplewood (Care Partners)	Gladstone Senior Center	2 nd and 4 th Monday	9:30 a.m.	Lorna Breiter	651-770-8172
Marshall	Adult Community Center	1 st Wednesday	3 p.m.	Terry Hennen Kathy Paxton	507-929-5624 507-828-4690

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
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 Community Library	4 th Tuesday	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	507-646-1195
Oak Park Heights/ Stillwater	Boutwells Landing	3 rd Monday	1 p.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.	Patricia Kerman	651-327-2255
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	1 p.m.	Pam Tritz	320-281-2031
St. Paul (Young Onset)	Capistrant Center at Bethesda Hospital	3 rd Thursday	6 p.m.	Janine Wimmer	651-232-2202

continued

Parkinson's Disease Support Groups *continued*

Location	Site in the Community	Day of Week	Time	Facilitator Contact	Contact Phone
St. Paul	Capistrant Center at Bethesda Hospital	3 rd Thursday	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	12:15 p.m.	Beverly Richard	218-837-6323
Wilmar	Bethesda Pleasantview	2 nd Wednesday	10 a.m.	Jeanette Ardoff	320-235-9532 ext 1263
Windom	Windom Hospital	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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