

Live it!

A Resource for Iowans with Parkinson's Disease and those who care for them.

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Stay Optimistic Keep Moving and Never Stop!

An interview with Lonny LeMaster

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Also, follow us on Facebook (www.facebook.com/lowalandR) and Twitter ([@IowaParkinson](https://twitter.com/IowaParkinson) (twitter.com/IowaParkinson))



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Reader Submissions

Live it! magazine is intended to be a voice for the Parkinson's disease community. We encourage and are pleased to consider your words, an article, art, and photo submissions for future issues from our readers – anything that shows how you *Live it!* Please send your submission requests to Iowa Parkinson Disease Information and Referral at UnityPoint Health – Des Moines, 1200 Pleasant St. E-524, Des Moines, Iowa 50309, with *Live it!* on the attention line, or email them to apdaiowa@apdaparkinson.org. Please note: The decision to include reader submissions is at the discretion of the editorial staff. The editorial staff reserves the right to edit or otherwise alter any material submitted. If you would like submission material returned to you, please include a stamped, self-addressed envelope.

Disclaimer

All material related to Parkinson's disease contained in this magazine is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the editorial staff, the Information and Referral Center, the medical director of the Center, The Iowa Chapter of APDA, or the APDA.

letter from the editor



Sydney Peterson
Director,
Iowa Chapter of the APDA

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Greetings *Live it!* Readers,

Spring is finally showing us some sunshine and warmth and I am feeling optimistic that there is a light at the end of the winter tunnel! Have you ever felt stuck in the same tunnel, struggling to find your way? This happens to everyone at one point or another in their life, but how the person deals with it, changes the outcome.

I am very excited to introduce myself to the Iowa Parkinson's community through our Spring 2019 issue of LiveIT. I grew up in rural Mitchell County, Iowa and have a family history of Parkinson's Disease, which peaked my interest in this role with the Iowa Chapter of the American Parkinson Disease Association. Over the last 10 years I have been working as a clinical social worker in a variety of areas of social work and non-profit development. I have worked with patients' ages 0 - 103 years old, in hospitals, long term care, skilled rehabilitation, counseling, home visitation, program development and in the non-profit world. Because of my personal connection to Parkinson's, I truly have a vested interest in finding a cure. When I took on this position, I never viewed it as just another job. For me, it is my opportunity to make a difference and ensure that no one feels alone on their journey with Parkinson's.

Growing up in rural Iowa, I know firsthand how challenging it can be to live in a rural setting and not have the same resources that the metropolitan area has available to them. The Board of Directors and I would love to partner with you in rural areas to bring additional services closer to you. Please reach out and let's work together to bring optimism and support closer to you!

If you are having a rough day and need someone just to listen and feel supported, please reach out to me. I am here to help and connect you to resources and support throughout this journey. I look forward to serving you and your family for many years to come!

I would love to connect with you! apdaiowa@apdaparkinson.org

Sincerely,

Sydney Petersen
Director, Iowa Chapter of the APDA



from our medical director



Lynn K. Struck, MD
Neurologist
Physician Specialty Clinic
UnityPoint Health – Des Moines

The Iowa Parkinson Disease Information and Referral Center and Live it! magazine are privileged to have board-certified clinical neurologist Lynn Struck, MD, as our advisory medical director. Dr. Struck is on staff with UnityPoint Health Physicians, Des Moines, and is a leading expert in movement disorders in Iowa. She has focused her career on advances in treatment of her many patients with Parkinson's disease and ongoing research to find better treatments and, ultimately, a cure.

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Update on Deep Brain Stimulation (DBS) in Parkinson's Disease

Deep brain stimulation of the subthalamic nucleus and globus pallidus internus is an established treatment for advanced PD. Conventional DBS (cDBS) improves motor symptoms in PD, but there are limitations. Side effects from stimulation include speech and balance difficulties and dyskinesias. Adjustments in the settings often are beneficial, but not always. Also, the cDBS battery life is limited.

Because of these shortcomings, there is a great deal of research looking at closed-loop, responsive or adaptive DBS (aDBS). The goal of aDBS is to improve patient outcomes further and automatically adapt stimulation parameters to the fluctuating clinical state of the patient. These changes may decrease side effects and energy necessary. Adaptive DBS (aDBS) aims to real time adjust stimulation parameters based on continuous feedback input signals that indicate the patient's current clinical status. Potential input signals include monitoring the brain's potentials and wearable sensors

Advancing conventional DBS (cDBS) is necessary to improve the balance between beneficial and adverse side effects and to improve battery longevity. Though progress in aDBS is occurring, there are still challenges to chronic application. ■

apda

Parkinson's Research Update

By Matthew A. Jefferson, Iowa State University

Like Dr. Jekyll and Mr. Hyde, the immune system requires a delicate balancing act. The processes designed to protect our bodies and brains are the very ones that can promote disease-related dysfunction and compromise our brain health. In particular, inflammation is an immune process that has recently become recognized for its ability to become deranged and promote PD in the brain.

So, what is inflammation and what does it have to do with PD? We've long known that inflammation occurs in the brain during PD (aka neuroinflammation), but for years we thought it was a by-product of Lewy body pathology. However, we have come to learn in the past ~10 years that neuroinflammation actually promotes the underlying causes of PD within our brain cells. While this area of research is not without challenges, it arguably has some of the greatest disease-modifying potential to slow, or possibly reverse, neurodegeneration.

We've known for decades that taking NSAIDs (like ibuprofen) can reduce the risk for developing PD. Job done then, right?! Unfortunately, these drugs are not tolerated very well and they cannot be taken long-term. However, if researchers were to identify an inflammatory "stress signal" that can reliably predict PD onset, it could ideally be used as both an early diagnostic tool and a drug therapy to alter disease progression (i.e., a biomarker). This had been the focus on my doctoral research at Iowa State University.

As part of a large research community dedicated to PD at ISU, our lab focused on studying a specific marker of inflammatory stress called PKR. Using animal models and cell culture experiments, we performed preclinical research that focused on understanding how this signal is activated in the brain from inflammation that occurs in the body, what signaling response it produces within a cell, and how it may lead to cellular activity that could contribute to PD development. Ourselves and others have learned that PKR is activated in response to neuroinflammation caused by obesity, respiratory infection with influenza, and bacterial sepsis, but that it may actually be a beneficial response by neurons to help prevent premature cell death. What we

thought was a negative signal, may actually turn out to be beneficial, and it represents the challenge of studying the brain and the immune system.

This type of basic, early-stage research may seem like a small piece of the puzzle. It is often high-risk and its potential translation to those living with PD may not always be immediately recognized. However, this type of research helps pave the way for developing new, cutting-edge therapies that can substantially improve life for the PD community. This area of research will not only impact future generations of those who will live with PD, but is already shaping what we have learned about non-traditional therapies, like diet, sleep, and physical activity for those currently living with PD. The study of the immune system, inflammation, and its effect on the brain has become one of the most promising areas of PD research. As a scientist, I can confidently say that I am highly encouraged by the daily work done by thousands of researchers working endlessly to help make PD disappear. ■



Matthew A. Jefferson, Ph.D.
Iowa State University.

Stay Optimistic Keep Moving and Never Stop!

Interview with Lonny LeMaster by Sydney Petersen, Iowa Chapter APDA Director

Thank you so much for being willing to share your story with us for our upcoming issue of *Live it!*. Tell our readers about your story.

My life is pretty normal; I was born in Iowa and spent my whole life here. I raise cattle on the family farm in Granger, Iowa and have adult one son. There is one exception; I was diagnosed with Young Onset Parkinson's Disease when I was 36 years old. The first symptom I noticed was a tremor in my left arm when I was mowing the lawn and I had to hold my arm against my body to try and get the tremor to stop. Then I started experiencing some slurred speech, freezing gate and at times I would end up on the floor from dystonia and struggle to get back up. It was terrible, and I knew I needed to go see a doctor. I let these symptoms go on for three years before I went in for help and got diagnosed by Dr. Struck. I can't say I was surprised by my diagnosis, I had a feeling that it was coming.

Do you believe there is any correlation between your diagnosis and your occupation?

I definitely believe there is a correlation between my diagnosis and the chemicals used on the farm. I can even tell when farmers are spraying because my symptoms flare. You can't pour chemicals on food and expect nothing to happen. I took over the family farm for my dad when he passed away 5 years ago. Taking over the farm was something I had always wanted to do, but decided this would be the best time to do it. We used to have crops, but I rent that out now and raise livestock, I have around 124 cattle, and I have a goal to expand the operation in the next few years.

What do you believe the biggest misconception is about Parkinson's disease?

The shaking- yes, I shake at times, but I can still do anything I did before, It may take me a little longer but I have to keep going.

Have you had any recent changes to your treatment that you have found helpful?

Last November I had Deep Brain Stimulation surgery with Dr. Greenlee in Iowa City, and it was the best thing I've ever done- I love it. I have it on the lowest level and it's a night and day difference from my prior symptoms. I still have a very small tremor but it's so much better. I knew I needed to do something different when my symptoms kept getting worse, and I had to keep taking more medication throughout the day. It was time to try something different and it had been 9 years since my diagnosis. With my career it's hard to remember to stop and take pills every couple hours. There would be times I would be working with the cattle and 2 hours would pass before I even realized I missed a pill and it would



Lonny LeMaster



Lonny's cattle



Lonny and family

be time for another dose. It just wasn't working for me. Since the DBS surgery, I have noticed I even have more energy which was definitely unexpected!

Do you have any advice for those that are newly diagnosed or experiencing symptoms?

Go to the doctor, don't wait. Stay Optimistic- keep moving and never stop. I know I'll be around when they find a cure for Parkinson's... but until then stay optimistic and keep moving, and never stop- keep fighting. ■

**Friday, June 14, 2019:
Iowa Parkinson's Disease Conference,
"Never Give Up, Never Give In."
Lutheran Church of Hope,
West Des Moines**

Join us on June 14 for our biggest event of the year: the 2019 Iowa Parkinson's Disease Conference! Expect a full day of education about Parkinson's disease, connecting with others impacted by PD, and learning ways to live well with Parkinson's. Our keynote speaker is Allison Topperwein, who will be sharing her story and how she became an "Obstacle Warrior." This day is intended for anyone impacted by Parkinson's disease—from people with Parkinson's to caregivers, spouses, partners, family members, friends, and health professionals. CEUs will be available. Look for more information in your mail, or register online at: apdaparkinson.org/community/iowa/events-ia/



Keynote speaker
Allison Toepperwein,
2X American Ninja
Warrior Contestant and
Parkinson's advocate.



Rock Steady Boxing Fights Parkinson's in Northern Iowa!

November was the launch of the 12th Rock Steady Boxing (RSB) Program in Iowa, and this one is serving the area of Northern Iowa and Southern Minnesota with a hard packed punch! RSB enables people with Parkinson's to fight their disease by providing non-contact boxing-style fitness programs that improve their quality-of-life, while increasing mobility, strength and balance.

The program was started in 2006 out of Indianapolis, Indiana, with six boxers. It has now grown to over 750 locations around the US, 17 international locations, and over 20,000 boxers. As we all know, any exercise is better than no exercise when it comes to PD. A non-contact boxing workout is especially great because it can combat all aspects that come with the disease. The stretching combats rigidity; improving core strength improves posture; the eye-hand coordination that comes with practicing on the speed bag helps with tremor; working a heavy bag with fast punches lessens bradykinesia; vocalizing punches helps with breath and voice strength; following a complicated punch combination improves cognitive function. However, boxers will tell you that the real benefit is having a room full of people who all understand what it means to live every day with Parkinson's disease! It is a loud class with great fighting music, laughs, hugs and fist bumps. It is a support group that isn't called a support group. It is a family! A family that SWEATS together!

Jana Mentzer, the RSB Certified coach, started as a volunteer and became a coach at a St. Louis, Missouri, RSB location. "From the moment I walked into that gym, I fell in love with the program. I knew this was something that my mother needed when she was fighting PD", says Jana. Her mother, Maureen Mentzer, was diagnosed with Parkinson's in 1983 at the age of 36 and her daughter was 10 years old. "I grew up with Parkinson's in the house." However in the 1980's and 90's, doctors (or at least doctors in rural Iowa) didn't know how exercise would impact the disease; if it would help or harm. "When my mom asked her neurologist about exercise programs, he said she could do Richard Simmon's Sweating to the Oldies...from a chair! She was teaching full time at Dike High School and was on her feet all day and walking, but when it came to exercise, she was supposed to sit in a chair?! She also felt uncomfortable joining a public yoga or aqua aerobics class because people would see her tremor or she would freeze. People would stare at her and not know anything about PD. Michael J. Fox wasn't public yet, so there was very low awareness of the disease. If someone did have it, like Pope John Paul II, they were in their 80's and not their 30's!" Thankfully much has changed in the area of PD and research results of exercise programs in the past 30 years!

As Jana and her husband decided to move back to Iowa, she wanted to continue to be an RSB coach; but quickly realized there wasn't any program north of Highway 30





in Iowa, or anything in southern Minnesota. She knew she had to get one started. There were many people in northern Iowa, in small rural towns, which needed an opportunity to fight back against PD. She put her 20-year business leadership background to good use in finding a great partner in the Family YMCA of Mason City. "It was amazing how many gyms have exercise rooms upstairs or downstairs with no ability for someone with a walker or wheelchair to get there! The YMCA is an amazing full-service facility with an elevator, plenty of close ADA compliant bathrooms, and they offer a great indoor walking track, three heated pools, and many other PD valuable classes like spinning and Tai Chi. It's been a great place to start the program!"

In just three months, the program has grown to over a dozen boxers and increases every month. "We have boxers in all stages of the disease. That is what is great about RSB, we set each boxing 'round' to combat PD, but they can all be modified for what that fighter needs. I have taught people in their 30's and people in their 90's; people in wheelchairs or fully needing walkers; those newly diagnosed and those who have had the disease for over a decade and with other significant health challenges. RSB can help anyone with PD. Don't let the word "Boxing" scare you away from coming to see a class."

The program is hosted at the Family YMCA of Mason City, Iowa, at 1840 S. Monroe Avenue. People do not need to be a YMCA member to join Rock Steady Boxing. There are four classes offered each week:

- Monday and Wednesday 3:30 – 5:00 p.m.
- Tuesday 1:00 -2:30 p.m.
- Thursday 3:00 – 4:30 p.m.

Anyone interested in the program is welcome to come watch a class or contact

- Jana Mentzer at zedmentzer@gmail.com or (314) 240-0862. ■

"I enjoy the workout I get from the non-contact boxing program. I've found that it helps with my overall awareness and equilibrium. Whether I'm mixing it up with the trainer's mitts or sweating it out on the bags, I can come away mentally and physically exhausted but feeling thoroughly exhilarated!"

– Boxer Max

"I was diagnosed with PD in August of 2018. I was scared, nervous, and anxious about what that meant, how it would affect my life and my family. I think anytime people experience something like this you go to the internet and educate themselves about what is happening, what can I do, what can I expect. In my research I came across something called Rock Steady Boxing. I was intrigued to find out more, how could this help, could it make a difference in my life, could it make a difference with my family. I found the closest RSB was over a 2 hour drive. So I contacted the affiliate and set up a time to go visit. Before I had a chance to go visit, my daughter came home from working in Mason City only a 30 minute drive. I think somebody upstairs was looking over me as the YMCA Mason City was starting a program in 2 weeks. I made the decision that I would join this group and start working on me, see if it would make a difference. So in November I attended my first class, was feeling kind of anxious but determined I would not judge what was about to take place. In a matter of 2 sessions our leader, Jana, and the rest of the boxers made me feel confident that this would make a difference. We worked as a team with a lot of the same struggles. It is definitely hard work but it made me feel better physically and mentally. I have seen the program grow over a few short months. Every person that visits is welcomed into the group. RSB has helped me take care of me. I am committed. I don't look back, I look forward. RSB can make a difference in how you feel and how you think. I would encourage others to take the chance. It could happen for you."

– Boxer T-Force

LSVT Big and Loud Therapy

Offered at UnityPoint Health – Des Moines Outpatient Clinic



Left to Right: Esada Mujcic (Occupational Therapist), Katelyn Goettsch (Speech Pathologist), Sarah Martin (Physical Therapist)

“We help you reach the goals you want to achieve!” Meet our therapists, Esada, Katelyn and Sarah at UnityPoint Health – Des Moines. All three are trained in LSVT Big and Loud therapy and are located at UnityPoint Outpatient Clinic in West Des Moines. We sat down to learn more about their Big and Loud program and why they’re so passionate about working with people with Parkinson’s.

It was evident while speaking with them how passionate they are about improving the lives of their patients and helping them meet the goals that the patient wants to achieve. “We want to meet the patient where they are at, help them achieve the goals that are important to them. We had a patient that shared with us that she used to love to golf, but didn’t feel confident any longer due to difficulties with her balance and swing. We set that as a goal, and she is golfing again! It was wonderful to see her get excited about her achievements and get back to her life now that she has the tools she needs to be successful and feel confident, said Esada.”

During the initial evaluation with the three therapists, the patient and the therapists will talk about what the patient wants to achieve and set goals together, and goals are tailored to meet their interests, and then as a group they will create meaningful and functional goals. “At the end of the 4 weeks, we want the patient to walk away with a huge tool box and feel more in charge of their diagnosis,” said, Sarah.

The “Big” therapy is offered 4 times a week for 4 weeks, working individually with Sarah, Physical Therapy and Esada with Occupational Therapy. They work on increased walking speed and bigger steps, emphasizing movements and patterns of “bigness”, rotational movements through exercise moving, speed of movement and improving balance and stability.

The “Loud” therapy is offered 4x a week for 4 weeks, working individually with Katelyn, Speech Pathologist. She will work on increasing loudness of speech (without yelling), improved intelligibility, increased facial expressions, advancements in swallowing, facial muscle tone, work on precise and clear speech sounds, and work on the intonation (pitch and expression) of the voice.

When asked when the best time would be for someone to begin Big and Loud Therapy, Katelyn shared that they would love to see patients get a referral for a Big and Loud evaluation right after they receive their Parkinson’s diagnosis. Patients’ do not need to wait until they feel their symptoms have progressed. We can help them fill their toolbox right away. We can work with any patient in their disease progression. It’s never too late. Even if they have had Big and Loud therapy previously, they can do a refresher after 6 months. They will need to ask their neurologist or primary care physician for a “Big and Loud Therapy Evaluation”. If they have specific questions about our therapy, we would love for them to call ask! We want to answer their questions and help calm their anxiety about starting an outpatient therapy program. Please ask for one of us when you call the clinic. We want to help,” said Katelyn, Speech Therapist. ■

If you are interested in LSVT Big and Loud Therapy at UnityPoint Health – Des Moines, please call (515) 224-5225. If you would like more information about Big and Loud Therapy in a location near you, please ask your physician for additional information, or call the Parkinson’s Information and Referral Center, (515) 241-6379.

Know More – Do More

Webinars to Empower You

The following webinars are available on the APDA website: apdaparkinson.org/webinar

You will be able to access webinars, slides and transcripts of the webinar along with APDA resources.

Diagnosis & Symptoms

- **What to Do When Your Meds Stop Working**
Presenter: Dr. Un Kang - Sponsored by Sunovion
- **Managing Your Symptoms**
Presenter: Dr. David Standaert – Sponsored by Abbvie & Acorda
- **Enhancing Communication About Off**
Presenter: Dr. Rebecca Gilbert - Sponsored by Acorda
- **Understanding Dyskinesia**
Presenter: Dr. Maral Mouradian – Sponsored by Adamas

Life with Parkinson's

- **Communication and Intimacy**
Presenter: Sheila Silver, MA, DHS, ACS Clinical Sexologist
Sponsored by APDA
- **Healthy Minds, Addressing Your Mental Health**
Presenter: Dr. Marie Saint-Hilaire and Alice Cronin-Golumb, PhD
Sponsored by Acadia
- **Living Well Everyday**
Presenter: Lisa Sommers, MA, & Stacey A. Zawacki, DrPH, RD
Sponsored by Lundbeck & Acorda
- **Staying Healthy, Keeping Fit**
Presenter: Terry Ellis, PhD, PT, NCS
Sponsored by Lundbeck & Joan and Ross Collard

Treatment & Options

- **The ABC's of DBS**
Presenter: Dr. Jill Ostrem – Sponsor Medtronic
- **Clinical Trials – What You Need to Know**
Presenter: Dr. Marie Saint-Hilaire & Ray James, BS, RN
Sponsored by Acorda & Lunbeck



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- Django
- Teddy Maroon's
- Zombie Burger
- Centro
- Gateway Market
- Malo
- Splash Seafood Bar & Grill
- Jethro's 'N Jakes Smokehouse Steaks (Altoona)
- The Original Jethro's BBQ (Drake)
- Jethro's BBQ 'N Jambalaya (Waukee)
- Jethro's BBQ 'N Lakehouse (Ankeny)
- Jethro's BBQ 'N Pork Chop Grill (Johnston)
- Jethro's BBQ 'N Bacon Bacon (West Des Moines)
- Jethro's BBQ Steak 'N Chop (Ames)
- Confluence Brewing Co.
- Exile Brewing Co.
- Peace Tree Brewing Co.

How it Works

1

Purchase your \$40 Passport online at bit.do/APDA or at any participating location.

2

Present your Passport at participating locations through August 31, 2019 for **BUY ONE, GET ONE FREE PINT** (of equal or lesser value.)

3

Each venue will mark your Passport and **100% of the net proceeds** from your Passport purchase goes straight to APDA of Iowa.

PLEASE DRINK RESPONSIBLY • Passport valid through August 31, 2019.



C4 Workout to Beat Parkinsons

Thank you to all involved in the “C4 Workout to Beat Parkinson’s” event held December 8, 2018, at Lifetime Athletic Club in Urbandale. The event was geared towards young onset Parkinson’s disease awareness and promoting exercise as treatment and \$5,000 was raised at this event! **It will be held again next year, December 2019.**

Join Craig Haas for his workout which will include: Dancing, Strength Training, Boxing and Yoga over the course of 1 1/2 hours. Sessions will be run by Lifetime Athletic Club

Instructors. Event open to community and people with Parkinson’s. Craig Haas was diagnosed with Parkinson’s Disease on Oct. 19, 2015 and falls into the Young Onset category effecting approximately 10% of patients. Craig utilizes exercise as treatment as it has been proven to slow the progression of the disease. Craig is hosting a fundraiser for the Iowa APDA, an organization for which he serves as the Vice President of the Board of Directors. He has also been a Lifetime Athletics member since 1996.



Looking to volunteer and give back to your community?

We need your help at our Annual Iowa Parkinson’s Conference in West Des Moines on Friday, June 14th.

Sign up for a couple hours or all day!

Go to: tinyurl.com/volunteerapda

Ninth Annual Shake, Rattle and Roll Ride for Parkinson's

A BIG thank you to The Lost Cause Motorcycle Riders and Chad and Kristen Pierson for hosting the 9th Annual Shake, Rattle and Roll Ride for Parkinson's. They raised a total of \$23,227 for the Iowa APDA at their event last August. This annual ride will next be held August 31, 2019. Each year has

a different starting location across Iowa. We are so grateful for their continued support! If you would like to participate next year, please contact our office and we will connect you to group for additional information: apdaiowa@apdaparkinson.org



8th Annual Grey Out Event

Thank you to the East Sac Community Schools Volleyball team. They held their annual Grey Out on September 20th for the Iowa APDA and raised a total of \$2,322. This was organized by the following seniors: Kaylee Odendahl, Maggie Veit, Wylee Kreft, Chiara Canclini, Clara Steinmann and Charley Supper with the help of their volleyball coach, Brenda Olerich. You are truly making a difference in the PD community in Iowa! THANK YOU!



Pumpkins for Parkinson's

Abby Harriman and her girls, Delaney, Elsie and Lettie held a fundraising event called "Pumpkins for Parkinson's" in honor of their "Grandpa Great"- Darwin Oehlerich, raising \$650 by selling pumpkins and t-shirts.

Inaugural Iowa Optimism Walk

Inaugural Iowa Optimism Walk was held on September 29th at On With Life in Ankeny. We had 48 teams, and over 400 people walking for Parkinson's Disease. We raised \$49,000 at this event! Thank you to every single person that donated, supported, volunteered and attended this event!

We would like to recognize and thank our top 10 fundraising teams!

1. Persistence over Parkinson's PoP Team Captain: Jane Collison
2. PD Walkers 2.0 Team Captain: LaDona Molander
3. Parkinson's Young Onset Support Group .. Team Captain: Sean Jenkins
4. Miller's Marathon Dancers Team Captain: Victoria Miller
5. Team Holy Walkamolies Team Captain: Sue Schmitt
6. Des Moines University Striders Team Captain: Taylor Woods
7. MW Movers and Shakers Team Captain: Teresa Herold
8. PD Walk for Grandpa Oehlerich Team Captain: Kristi Pyburn
9. Porter House Team Captain: Sharon Porter
10. Tai Chi of Iowa Team Captain: Becky Robel



Exercise Classes



Black Hawk County/Waterloo

- *Delay the Disease Class*: MercyOne Wellness, 211 Ridgeway, Waterloo, IA 50702. Wednesday and Friday 2-2:45 p.m. Contact class instructor Timi Brown, Med-Fit Facilitator MercyOne Wellness, at (319) 272-1755 for information. **Cost**: \$30 for a 3 month session, (Free if you have Silver Sneakers, or Renew Active with your health insurance)
- *Boxing Class for Parkinson's*: Cedar Valley Boxing Club, 616 E 4th St, Waterloo, IA 50703. Wednesdays and Fridays at 9 a.m. Contact Terry Hertges at (319) 239-6865 or beno08@aol.com for information.

Bremer County/Waverly

- *Singing in Parkinson's Disease Group - The Waverly Warblers*: A singing group for people with Parkinson's. Mondays at 10 a.m. Waverly Health Center, Tendrils Rooftop Garden, 312 9th St. SW, Waverly, IA, 50677. Contact instructor Mary Ochoa at Mochoa@waverlyhealthcenter.org or call (319) 352-4961
- *Delay the Disease Class*: Wartburg-Waverly Wellness Center, 100 Wartburg Drive, Waverly, IA. Mondays, Wednesdays, and Fridays 10-11 a.m. For information contact Leslie Lyons (319) 352-8311 or to register call the welcome desk at (319) 352-8311. **Cost**: \$45/month for members, \$60/month for guests.

Carroll County/Carroll

- *Delay the Disease Class*: St. Anthony's Hospital, 311 S Clark St, Carroll, IA 51401. Thursdays 10:45-11:45 a.m. Contact class instructor Melanie Hundling at (712) 792-3581 or Melissa Schultes at (712) 794-5815. **Cost**: Free
- *Rock Steady Boxing*: St. Anthony's Hospital, 311 S Clark St, Carroll, IA 51401. Three times a week. Contact Steve Schable in the Rehab Department, sschable@stanthonyhospital.org or (712) 794-5241. **Cost**: \$100 per month.

Cass County/Atlantic - *Rock Steady Boxing*: Heritage House Wellness Studio, Heritage House, 1200 Brookridge Cir, Atlantic, IA 50022. Mondays and Thursdays 2 p.m. Contact instructor Jon Jordan (712) 243-1850 or JJordan@wesleylelife.org for information.

Cerro Gordo County/Mason City - *Rock Steady Boxing*: Mason City YMCA, 1840 S Monroe Ave, Mason City, IA 50401. Mondays/Wednesdays 3:30-5:00 p.m., Tuesdays/Thursdays 3-4:30 p.m. To register contact Casey Curoe at (641) 422-5999, or instructor, Jana Mentzer at (314) 240-0862

Clay County/Spencer - *Delay the Disease Class*: Spencer YMCA, 1001 11th Avenue West, Spencer, IA 51301. Monday and Wednesday 10:15-11:15 a.m. Class instructor Josh Kelly. Contact the Spencer YMCA for information (712) 262-3782. **Cost**: Free if a Spencer YMCA member; payment required for non-members.

Des Moines County/West Burlington

- *Delay the Disease*: Great River Medical Center, Hawkeye Room, 1221 S Gear Ave, West Burlington, IA 52655. Classes held Tuesday and Thursday from 12:30-1:30 p.m. Contact instructor Julie Kirk at Great River Medical Center High Performance Center (319) 768-4112 for information. **Cost**: \$5 a class.
- *Gentle Yoga Class at the Great River Medical Center High Performance Center*: Classes Monday at 12:45 p.m. in the Chief Room. Contact instructor Julie Kirk at (319) 768-4112 for information.

- *Delay the Disease*: Burlington Area YMCA, 2410 Mt. Pleasant St, Burlington, IA, 52601. Monday and Wednesday 1-2 p.m. Contact Burlington Area YMCA (319) 753-6734 or cara@burlingtonymca.org for information. **Cost**: Free for YMCA members; \$5 a class for non-members.

Johnson County/Iowa City

- *ReNu Your Life - Exercise for Parkinson's Disease (formerly Delay the Disease)*: Iowa City Senior Center, 28 South Linn Street, Iowa City, IA 52240. Wednesdays and Sundays 12:45-1:45 p.m. Contact instructor Kris Cameron (319) 361-7673 or Kris@renuyourlife.com for information. **Cost**: \$5 per class or \$50 punch card available.
- *Movement with PD*: Nolte Dance Academy, 1619 2nd St, Coralville, IA 52241. Thursdays 1-1:45 p.m. Contact Leslie Nolte at (319) 688-9289 or frontdesk@nolteacademy.com.
- *Rock Steady Boxing*: ICOR Boxing, 1127 Shirken Dr., Iowa City. Mondays and Wednesdays 3:30-5 p.m. and Saturdays from 12-1:30 p.m. Contact Emily or Cliff at (319) 244-8282 or icorboxing@gmail.com

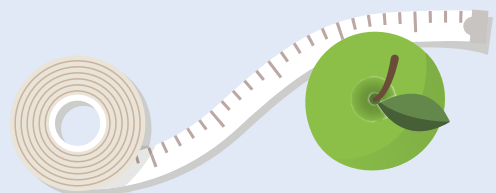
Jones County/Anamosa - *Delay the Disease*: UnityPoint Health - Jones Regional Medical Center, 1795 HWY 64 East, Anamosa, IA 52205. Monday and Wednesday 3:15-4:15 p.m. at the therapy department. Contact instructor Allison Niedermann, PTA, BA (319) 481-6195 or allison.neidermann@unitypoint.org. **Cost**: FREE

Kossuth County/Algona - *Delay the Disease*: Algona Family YMCA, 2101 E. McGregor Algona, IA 50511. Tuesday 1-2 p.m. at Algona Family YMCA. Every third Tuesday of the month the class has a guest speaker at no cost. Contact the Algona Family YMCA at (515) 295-7701 or jeni@algonaymca.org for information. **Cost**: \$12 for 6-week session or \$3 for a one day pass.

Linn County/Cedar Rapids

- The following classes are held at 260 33rd Ave SW, Suite G Cedar Rapids:
 - Contact instructor Kris Cameron at (319) 361-7673 or Kris@renuyourlife.com for information on:
 - *Moving with Parkinson's Level 1*: Mondays 12-12:45 p.m.
 - *Moving with Parkinson's Level 2*: Monday, Tuesday, Thursday, Friday 10:30-11:30 a.m.
 - *Fighting PD Boxing*: Tuesdays/Thursdays 1:30-2:30 p.m.
 - *Chair Yoga*: Thursday 12-1 p.m.
 - Contact instructor Tallis Strub and Suzanne Palmer at (319) 361-7673 for information on:
 - *PD Dance Moves*: Wednesdays 11 a.m.-12 p.m.
 - *Parkinsingers - Vocal Exercise/Movement for PD*: West Music, 1398 Twixt Town Rd, Marion, IA 52302. Wednesdays 1-2 p.m. Contact instructor Kyle Wilhelm at (319) 389-4074 or kwilhelm@westmusic.com for information.

Marion County/Pella - *Rock Steady Boxing*: Hearthstone, 1742 Main Street, Pella, IA 50219. Mondays and Thursdays 1-2 p.m. Call Natasha Nikkel at (641) 620-4269 or e-mail nnikkel@wesleylelife.org for information. Pre-registration required.



Muscatine County/Muscatine - *Delay the Disease*: Hillcrest Baptist Church, 1613 Bidwell Road, Muscatine, IA 52761. Classes held twice a week: A rotating schedule of Tuesdays and Thursdays for 4 weeks followed by Mondays and Wednesdays for 4 weeks. Contact instructor Anthony Krumbholz at (319) 981-3321 or AnthonyKrumbholz@yahoo.com for information. **Cost**: \$5 per class.

Polk County/Clive & Des Moines

- *Delay the Disease*: Mercy Health & Fitness Center (formerly the YHLC), 12493 University Ave, Clive, IA 50325. Monday & Wednesday 1–2 p.m. Contact Mercy Health & Fitness Center (515) 226-9622 for information. Instructors LaDona Molander and Jennifer Voorhees.
- *Delay the Disease*: Wesley Acres, 3520 Grand Ave, Des Moines, IA 50312. Wednesday from 11 a.m.–12 p.m. Registration required. Contact Wesley Acres at (515) 271-6500 for information.
- *Delay the Disease*: Walnut Creek Family YMCA, 948 73rd Street, West Des Moines. Tuesdays and Thursdays 2:15 p.m. **Cost**: Free if YMCA-Medical Programming Member. Contact: Walnut Creek Y (515) 224-1888. Instructors Julie McGarvey, Kristin Sherman and Alex Fonseca on Tuesdays. Instructors LaDona Molander and Jennifer Voorhees on Thursdays.
- *Cycling to Restore Health*: Walnut Creek Family YMCA. Wednesdays 1:15– 2 p.m. **Cost**: Free if YMCA-Medical Programming Member. Contact Walnut Creek Y (515) 224-1888.
- *Cycling to Restore Health*: Waukee YMCA. Tuesdays 10:45–11:30 a.m. **Cost**: Free if YMCA-Medical Programming Member. Contact Waukee Y (515) 987-9996.
- *Aquatics to Restore Health*: South Suburban YMCA. Monday and Fridays 11:30 a.m.–12:15 p.m. **Cost**: Free if YMCA-Medical Programming Member. Contact South Suburban Y (515) 285-0444
- *Rock Steady Boxing*: Edgewater, WesleyLife, 9225 Cascade Avenue, West Des Moines, IA 50266. Tuesdays/Thursdays from 11 a.m -12 p.m. To register contact Abby Harlacher at aharlacher@wesleylife.org or (515) 978-2404.
- *Rock Steady Boxing at Rock Valley Physical Therapy, Ankeny*: First United Methodist Church, 710 NE 36th St, Ankeny, IA 50021. Mondays and Wednesdays 11:30 a.m. To register, contact Colleen Shannon at colleen.shannon@rockvalleypt.com or (515) 964-2559.
- *Boxing at On With Life, Ankeny, Iowa*: This class is run by two therapists, and is focused on incorporating the LSVT BIG principles, agility, endurance and coordination. Location: On With Life, Outpatient Clinic, 715 SW Ankeny Rd, Ankeny, Iowa 50023. Tuesdays/Thursdays at 3:45-4:30. To register, contact Liz at (515) 289-9696.
- *Cycle for NeuroWellness*: Wesley Acres, 3520 Grand Ave., Des Moines, IA 50312. Every Wednesday from 1-2 p.m. Pre-registration is required. **Cost**: Free. Call (515) 271-6500 for information and to register.
- *Stroke and Parkinson's Program (Urbandale and Ankeny)*: **(Urbandale)** Courage League Sports, 4405 121st St, Urbandale, IA 50323. Mondays/Fridays 9:30–10:30 a.m. or 1-2 p.m. **(Ankeny)** Courage League Sports, 110 N Ankeny Blvd, Ankeny, IA 50023. Mondays through Fridays 9:30–10:30 a.m. **Cost**: Monthly Membership: \$55/family | 10-Visit Punch Card: \$65 (financial assistance may be available). Call (515) 421-4021 for information and to register.
- *Tai Chi for Fall Prevention*: Walnut Creek Family YMCA. Monday 1:15–2:15 p.m. **Cost**: Free if YMCA-Medical Programming Member. Contact Walnut Creek Y (515) 224-1888

Poweshiek County/Grinnell - *Rock Steady Boxing*, 615 Horseshoe Drive Street East, Grinnell, IA 50157. Dates/Times: TBD. **Cost**: Call for information. Register: Call (641) 236-9570 Georgia Plumb or email plumbge@gmail.com

Scott County/ Bettendorf & Davenport

- *Delay the Disease*: Genesis Physical Therapy, Valley Fair 2720 W Locust St., Unit 8B, **Davenport**, IA 52804. Classes held Wednesday and Friday 3:45–4:30 p.m. Call (563) 421-4540 for information. **Cost**: \$35 for an 8-class card.
- *Delay the Disease*: Bettendorf Family YMCA, 3800 Tanglefoot Ln, **Bettendorf**, IA 52722. Tuesday and Thursday 11:15 a.m – 12 p.m. Contact Bettendorf Family YMCA (563) 359-9622 or class instructor Marli Apt at 563-345-4287.
- *Rock Steady Boxing*: 3565 Utica Ridge Road, Suite B, **Bettendorf**, IA 52722. Tuesday and Thursday 11 a.m.–12 p.m. Contact Barb Park, MPT, (563) 332-6596.
- *Pedaling for Parkinson's*: Bettendorf Family YMCA, 3800 Tanglefoot Lane, **Bettendorf**, IA 52722. Mondays, Wednesdays, and Fridays 9–9:45 a.m. Contact the Bettendorf Family YMCA at (563) 359-9622.
- *Rock Steady Boxing- Genesis*: TBK Bett Plex 4850 Competition Drive, Bettendorf, IA. Monday and Wednesday. Contact Kristen Hawley, PT, (563) 421-3460

Story County/ Ames

For information on the following, please contact the Neurophysiology Lab at Iowa State University at (515) 294-5476.

- *Music & Movement in Parkinson's*: An exercise group for people with Parkinson's Disease. First Baptist Church of Ames, 200 Lynn Ave. Tuesdays from 4-5 p.m.
- *Singing in Parkinson's Disease*: A singing group for people with Parkinson's Disease. First Baptist Church of Ames, 200 Lynn Ave. Wednesdays 3-4 p.m.
- *Yoga in Parkinson's Disease*: Iowa State University, Department of Kinesiology, 534 Wallace Rd, Ames, IA 50011. Mondays 11:15 a.m.-noon.

Union County/Creston - *Delay the Disease*: Southern Prairie YMCA, 1201 W Townline, Creston, IA 50801. Monday and Wednesday 9–10 a.m. Class instructor is Mandy Henderson. Contact the Southern Prairie YMCA at (641) 782-9622 for information. **Cost**: Free for Southern Prairie YMCA members; \$25/month for non-members.

Warren County/ Indianola

- *Rock Steady Boxing*: Anytime Fitness, 402 N Jefferson Way, Indianola, IA 50125. Monday and Thursday 1–2:30 p.m. Contact Monica Vail at (515) 962-4741 or mvail@wesleylife.org for more information.
- *Aquatics to Restore Health*: Indianola YMCA. Tuesdays and Thursdays at 1–2 p.m. **Cost**: Free if YMCA-Medical Programming Member. Contact Indianola Y at (515) 777-7746.

Woodbury County/South Sioux City, Nebraska

Delay the Disease: Norm Waitt Sr. YMCA 601 Riverview Dr., South Sioux City, NE 68776. Mondays and Wednesdays 11 a.m. – Noon. Contact instructor Jacque Perez, Wellness Programs Coordinator, at (402) 404-8439 or jperez@nwsymca.org. **Cost**: \$5 per class ; \$50 for a 10 class punch card.



Saturday, October 12, 2019: Second Annual Iowa Optimism Walk, On With Life, Ankeny

We hope you will invite all your friends, colleagues, and family members to our Optimism Walk! Participants who raise \$100 or more will receive an Optimism Walk t-shirt, and participants who raise \$500 or more will receive an Optimism Walk hat. For more information on the walk and to register online, visit our website: apdaparkinson.org/iowa. If you would like registration information to be mailed to you, please contact us at apdaiowa@apdaparkinson.org or call (515) 241-6379.



AMERICAN PARKINSON DISEASE ASSOCIATION

Strength in optimism. Hope in progress.



Iowa Optimism Walk

Saturday, October 12, 2019

On With Life
Therapy Grounds
715 SW Ankeny Road
Ankeny, Iowa

Arrive: 9:00 am • Walk: 10:30 am

Register online today!
apdaparkinson.org/iowa



JOIN US!

ph 515.241.6379

What is an Optimism Walk?

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

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!

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

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1200 Pleasant Street, E-524, Des Moines, IA 50309
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acknowledgements



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In Honor of **Darwin Oehlerich We did a fundraiser and called it "Pumpkins for Parkinson's"**

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support groups

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Ankeny/Polk County

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Ankeny/Polk County

Paige Robertson
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(712) 243-1850

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Trenton, Missouri

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(EG) = Exercise group
also available

(C) = Caregiver group
also available



links

and other resources

Web Links

Here are a few helpful websites.

Parkinson's Disease - Iowa Statewide Resources

- Easter Seals Iowa Assistive Technology Center..... www.eastersealsia.org
- Easter Seals Rural Solutions Program..... www.easterseals.com/ia/our-programs/rural-solutions
- Iowa Family Caregiver..... www.i4a.org
- Iowa Legal Aid..... www.iowaLegalAid.org
- LifeLong Links www.lifelonglinks.org
- On With Life www.onwithlife.org
- Senior Health Information Program www.therightcalliowa.gov
- Telecommunications Access Iowa/Relay Iowa..... www.relayiowa.com/tai
- UERS (Used Equipment Referral Service)..... www.eastersealsia.at4all.com

Parkinson's Disease - General

- American Parkinson Disease Association www.apdaparkinson.org
- American Parkinson Disease Association, Iowa Chapter www.apdaparkinson.org/iowa
- Parkinson's Action Network www.parkinsonsaction.org
- American Academy of Neurology www.aan.com
- The Movement Disorder Society www.movementdisorders.org
- Living Well with Parkinson's Disease www.pdplan4life.com
- National Institutes of Health: Parkinson's Disease nihseniorhealth.gov

Caregivers

- National Family Caregiving Association..... www.nfcacares.org
- Iowa State University Extension Family Caregiving www.extension.org/family+caregiving
- Lotsa Helping Hands www.lotsahelpinghands.com
- Caregiver Action Network..... www.caregiveraction.org
- AARP Caregiving Resources www.aarp.org/caregiving

Donate to the Iowa Chapter APDA!

Donations help us with our mission: Ease the burden and find a cure for those impacted by Parkinson's disease in communities across Iowa.

Complete this form, detach and mail with a check to:

Iowa Parkinson Disease Information and Referral
1200 Pleasant St., E-524
Des Moines, IA 50309

Mr. Mrs. Ms. (Please print)

Last Name: _____

First Name: _____

Spouse's Name: _____

Address: _____

City: _____ County: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____ Amount Enclosed: \$ _____

Please check one of the following:

- Diagnosed
- Professional
- Family Member

Check here if this is a change of address

If you are making an additional donation at this time, please check one of the following:

- In Honor of: _____ In Memory of: _____
- General Operating Support Research



American Parkinson Disease Association
Iowa Parkinson Disease Information and Referral Center
UnityPoint Health – Des Moines
1200 Pleasant Street, E524
Des Moines, IA 50309



Thank you!

for reading *Live it!* Magazine,
and for your support
of the Parkinson's disease community.