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### Letter from the President

**Kate McDonald, MBA**  
WPA Board President

This issue of *The Network* is about a topic that we get excited about – researching a cure for Parkinson disease. It is an integral part of the WPA’s mission to not only expand awareness and understanding of the disease but to support and increase funding for research for a cure as well. We collaborate with local universities to assist those living with PD in our area to participate in relevant studies. Additionally, we bring you information on the latest promising science, proven therapies and new developments in medications. This issue of *The Network* will be a great resource for those living with PD, family members and caregivers who want to learn more about some of the partnerships the WPA is involved in as we help to find a cure.

Thank you,

*Kate McDonald*
Several months ago as I hung up the phone after talking to a researcher from a local university, I was struck by the numerous ways we, the small, local and independent Wisconsin Parkinson Association are involved in the many facets of Parkinson disease research both locally and nationally. As a result, we decided to dedicate an entire issue of The Network to sharing the research and the many ways that you, the readers and supporters of the WPA, have made a difference. We are all moving forward toward the goal of finding a cure, while assisting in making the lives of those with the disease better every day.

The WPA is involved more than ever in the local PD community as well as on a national level. With a focus on education and awareness, we also support the important work of research in finding a cure. The past year has allowed the WPA to be a connector – getting Parkinson patients involved in varying PD research projects with several local universities. We also have been able to collaborate on a national level with Dartmouth-Hitchcock, who is utilizing our brain tissue bank in a large research project funded by the Michael J. Fox Foundation.

This issue of The Network is an amazing journey through different current research projects being done locally at UW-Milwaukee, Marquette and Concordia as well as nationally at Dartmouth-Hitchcock and the Fox Foundation. You will read about how this research is assisting in improving the quality of life and therapy interventions for PD patients, as well as how PD patients are impacting the researchers themselves through their inspirational commitment to participate and help one another.

You will also read articles about research on the molecular level that is utilizing our brain tissue bank as we collaborate with Dartmouth-Hitchcock, and articles about physical therapists and other local academic researchers all trying to find ways to assist those with PD.

This past year has brought about exciting opportunities for the WPA to partner and collaborate with large health systems, universities, physicians and others to assist in moving Parkinson disease research forward. We are more involved than ever and want to thank you for your support, and for partnering with us and the researchers through your donations, involvement and interest.

When it comes to research we have come a long way, but still have far to go. The WPA will continue to be actively involved in the world of PD research while continuing to provide quality education and awareness related to living well with the disease today. Please let us know if we can assist you with anything – that is why we are here. Additionally, I invite you to support our research collaborations by making a donation to the WPA, participating in a local study or better yet – both.

We hope you enjoy this research issue and look forward to hearing from you.
When you stop by our office for a meeting or to check out an item from the Resource Library, you will see a new face! **Carolyn Hahn** joined our team in October as marketing communications manager. She will be serving as editor of *The Network*, as well as maintaining, updating and renovating our website and social media. She was also brought in to assist with supporting our members who hold community fundraisers, as well as to support our team with the events we hold, like the WPA Open and the Parkinson Disease Symposium.

Carolyn’s background is in marketing and event planning. She earned her BA in Communication and Spanish from Carroll University in Waukesha, Wisconsin and has worked in nonprofit, hospitality and professional services.

Carolyn is excited to jump right into working toward our mission, and she looks forward to connecting with our members! If you’d like to contact Carolyn, her email address is [carolynh@wiparkinson.org](mailto:carolynh@wiparkinson.org) and her number is **414-386-5164**.

Follow the WPA on Facebook!  [www.facebook.com/wiparkinson](http://www.facebook.com/wiparkinson)

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**Awards Celebration & Annual Meeting**

**December 9, 2015 | 6:00-8:00pm**

Westmoor Country Club, Brookfield | $60/person

Register at [www.wiparkinson.org](http://www.wiparkinson.org) or **414.312.6990**

We will be recognizing Knut Apitz, 2015 Tulip Award recipient. Other awards will include Volunteer of the Year, Bedrock Award, Mission Driver Award, and Innovative Fundraiser of the Year.
Important PD Research: WPA-Dartmouth Collaboration

The Wisconsin Parkinson Association (WPA) and their research arm, the Parkinson Research Institute (PRI), have been instrumental in a funding award from the Michael J. Fox Foundation (MJFF) to Dr. Matthew Havrda, PhD, to examine the role of the Nlrp3 inflammasome in Parkinson disease.

Dr. Havrda, together with Mary Feldman, DO; Stephen Lee, MD, PhD; and William Hickey, MD, are the research team at the Parkinson Center at Dartmouth-Hitchcock Medical Center who are utilizing the brain tissue bank established by the Wisconsin Parkinson Association to study the inflammatory regulator Nlrp3 in brains of patients with Parkinson disease. This investigation stems from preliminary work by Dr. Havrda, who had recently shown that exposing mice to chronic low levels of rotenone in the gastrointestinal tract causes an inflammatory response in the brain, which leads to accumulation of the protein alpha synuclein, a hallmark of Parkinson disease. The Target Validation Award from the MJFF aims to show that in human brain tissues with Parkinson disease, a similar process is taking place. Validation of the Nlrp3 inflammasome pathway in Parkinson disease may potentially establish a new target that could address the underlying damaging processes that occur in Parkinson disease.

Thanks to the generous participation of those in the Wisconsin Parkinson Association whose family members have donated tissues to the brain bank, the team has the ability to directly assess the activity of inflammasomes in the central nervous system of patients with PD and hopes to establish the role of the Nlrp3 inflammasome in human brain tissues. The WPA/PRI has over a decade of experience in the collection and preservation of post-mortem brain tissues and maintains the database that meticulously catalogues clinical data associated with all specimens. Having more than twelve PD and control samples, both fixed and freshly cryopreserved, Dr. Havrda is currently evaluating Nlrp3 activation in these specimens. Studies are being conducted in collaboration with neuropathologist Dr. William Hickey, MD, a world renowned expert of the role of inflammation in neurologic disease. Dr. Hickey also heads the Dartmouth Research Pathology Shared Resource, a team of technologists and scientists utilizing cutting edge instrumentation.

The Nlrp3 study involves a unique collaboration between the Wisconsin Parkinson Association (WPA), the Parkinson Research Institute (PRI) and Dartmouth, which began with neuropathologist C. Harker Rhodes, MD, PhD. Through previous collaborations with Dr. Rhodes, Dr. Lee became aware of this brain tissue resource, and recognized an opportunity for Dr. Havrda to extend his work on rodents to pathologically proven cases of Parkinson disease. This WPA/PRI brain tissue repository, established with the highest quality standards for tissue preservation, will enable Dr. Havrda to perform molecular and specialized protein stains that otherwise would not be possible in standard autopsy specimens. The ultimate goal of this research is to establish a biomarker that can be analyzed in serum samples of Parkinson disease patients. This will help determine whether the patient would benefit from drugs that target the Nlrp3 inflammasome to reduce the progression of Parkinson disease, something that Drs. Lee and Feldman hope to establish in the clinical arm of their work.

**Matt Havrda, PhD:** Principal Investigator on the Michael J. Fox Foundation Grant; **Stephen Lee, MD, PhD:** Co-Investigator on the Michael J. Fox Foundation Grant; **David Coffey, MD:** Clinical trials investigator; **Pauline LeBlanc, MS:** Clinical studies coordinator; **Mary Feldman, DO:** Co-Investigator on the Michael J. Fox Foundation Grant; **William Hickey, MD:** Neuropathologist and collaborator on the Michael J. Fox Foundation Grant.
Partnership. Partnership was the overwhelming theme at the Partners in Parkinson’s event hosted by Michael J. Fox Foundation and AbbVie, where the WPA was proud to be the local presenting partner. Local, regional and national organizations shared information at the Resource Fair; doctors, social workers and therapists discussed ways to partner with them to get the most out of a doctor’s appointment; and panelists living with PD discussed the importance of their care team, loved ones and community.

The Resource Fair was available throughout the day. During breaks, over 500 participants swarmed the tables, seeking information on research, support groups and advocacy. Many had questions about how to get involved in their own communities.

Several WPA members shared their own stories, and one even participated in a mock appointment with a movement disorder specialist (MDS)(pictured above). The mock appointment gave attendees a glimpse into ways to prepare for an appointment, as well as some of the activities a doctor will perform to monitor Parkinson disease. Only 40% of those living with PD have ever been treated by an MDS, and only 28% of those with PD are currently seeing one. A partnership with an MDS may help patients better understand treatment options, enables therapies to be adjusted as symptoms change, and will help patients connect with the various members of their supportive care team.

Parkinson’s researchers held a session on the scientific side of PD. Because symptoms vary from person to person, treatments also vary. Inhalers and other medication delivery systems are being tested. Recently released treatment methods include dopamine patches, which could be worn similar to nicotine patches and a pump, similar to those used by diabetics, that injects dopamine directly into the small intestine. Panelists stressed that the drugs aren’t changing, but what is changing is how the drugs are delivered. Panelists also discussed developing biomarkers for Parkinson’s, either through a blood test or brain imaging, and how this could help in earlier diagnosis and treatment.

The Question & Answer breakout sessions offered audience engagement. Panelists included medical professionals, patients and caregivers. Topics covered how to deal with sleep issues, suggestions for ways to improve balance, and questions about delaying medication in order to maintain its effectiveness as the disease progresses.

Some event attendees came for the education and to learn more about their treatment options. Some came seeking resources and to advocate for better treatments and a cure. Many came to find a sense of community and to know they aren’t alone in their struggles.

The event theme was summarized by panelist Norma Semling as she discussed her own journey with Parkinson’s. “I want people to realize that they’re not alone. It’s so important to talk to other people. Get involved.”

“I want people to realize that they’re not alone. It’s so important to talk to other people. Get involved.”

– Norma Semling

Special thanks to WPA members Norma Semling, Patrick and Sharon Pelkey, Mitchell Smith, Barb Abrams, and Cheryl Prescott who were involved in panels, as well as to the volunteers and board members who helped the WPA team at the Resource Fair.
A Local PD Research Relationship

For the past 10 years, physical therapy students and faculty at Concordia University Wisconsin have been conducting research involving individuals with Parkinson disease (PD). In collaboration with the Exercise Physiology program at Concordia, the physical therapy students have been actively engaged in developing research studies that may contribute to enhancing quality of life and improving therapy interventions. Their efforts have provided valuable insights regarding current research, and have also offered ideas for future studies still needed to address the needs of this population. Concordia’s former director of the Physical Therapy program, Dr. Teresa Steffen, initiated some of the research projects and she continues to work with individuals with PD both in the clinic as a physical therapist and in continued research.

Some of the findings from the studies conducted at Concordia include:

• Individuals with PD showed consistency in heart rate, blood pressure response and perception of effort during successive treadmill exercise sessions (both forward and backward walking).

• Heart rates attained by individuals during treadmill exercise sessions were consistent with American Heart Association recommendations (meaning these clients are working at the correct intensity to induce positive cardiovascular and muscle benefits).

• A single case study approach to assessing an individual with a varied response to their PD medications found an atypical cerebral oxygen response during the client’s freezing of gait episodes while walking on a treadmill. This study was recently published in the Canadian Journal of Physical Therapy.

• Research found an association between results from functional assessment tests and risk of falls.

Currently, the physical therapy students and the Exercise Physiology program are looking into the effects of exercise on cognitive function in individuals with Parkinson disease. The study incorporates “dual-tasking” whereby the individuals in the study exercise (forward, backward, and side to side walking, incorporating everyday movement patterns), while performing a mental challenge (in this case, counting backwards). This type of dual-tasking research has been used in other studies, however, the Concordia students are assessing the individual’s cerebral oxygen response at the same time – which is a relatively unique procedure. The goal is to compare age-matched healthy subjects to clients with PD to determine if there are significant differences in cerebral oxygenation between the two populations during dual-task walking.

The physical therapy students enjoy the patient contact and they have indicated that this research has been academically informative, clinically relevant, and fun! The fun part is having the opportunity to work with a wonderful group of individuals such as the clients with PD, who are committed and devoted to participating in research that may help others. The educators at Concordia are grateful and thankful to all of those individuals for helping teach aspects of research to physical therapy students and for their continued support in these educational endeavors.

Reid Nelson, PhD studied at the University of Minnesota and is a Clinical Exercise Physiologist and full professor at Concordia University Wisconsin. He has been involved with Parkinson research at Concordia for the past 10 years working closely with faculty in the Physical Therapy Department.

Liz Paly PT, DPT, GCS is an Assistant Professor of Physical Therapy at Concordia University Wisconsin. As a Geriatric Clinical Specialist, her current focus is in the exercise rehabilitation of individuals with Parkinson disease and she teaches the Parkinson’s Community Exercise class at the Rite Hite YMCA. She is also clinically affiliated with the physical therapy department at Wheaton Franciscan Health Care.

Cheryl Petersen, PT, DPT, MS, DHS is a full professor of Physical Therapy at Concordia University Wisconsin where she teaches the orthopedic sequence of courses and differential diagnosis. Her research involves both orthopedics and working with individuals with Parkinson disease. She is also clinically affiliated with the physical therapy department at Columbia-St. Mary’s Ozaukee campus.

References:

The WPA is fortunate to partner with many individuals and families who hold fundraisers for the organization. Thank you to all of you who recognize the importance of our mission of education and research, and choose to support the WPA through these unique events. If you are interested in holding a fundraiser for the WPA, contact our team to discuss how we can assist you.

Scott Donohue & Canyon City Golf Outing
The 4th Annual Canyon City Golf Outing, organized by Scott Donohue, was held in October. The group more than doubled the amount of their donation, raising nearly $3,000 this year.

Bottle Milwaukee ▲
2015 marked the 8th Annual Bottle Milwaukee Softball Tournament. Hosted by Matt Puthoff in memory of his uncle, Tim Puthoff, the event includes a softball tournament and cookout, as well as an auction. This year $5,000 was raised for the WPA.

Fall Parkinson Ride
Brandon Hendrickson, Eric Emberson and Kristin Luchsinger and friends and family hosted the 11th Annual Fall Parkinson Ride in Memory of LaVern McCarville and Marvin Emberson. The motorcycle ride begins in Monticello, WI and travels through gorgeous southern Wisconsin and northern Illinois. The ride also includes an auction and raffle. The group donated $8,000 this year.

Racing for Grandma ▲
Erik Tasker put together a unique fundraiser to surprise his Grandma Dolly, who has PD. Erik’s goal was to complete two half Ironman events and raise awareness and funds for the WPA. This summer, he biked over 1,750 miles, ran more than 304 miles, and swam “who knows how much!” He completed two sprint triathlons, one 5k, one duathlon, one Olympic distance triathlon, and two half Ironman triathlons for a total of 204.9 miles of racing distance. Erik raised $1,300 for the WPA.

Punt Parkinson’s with the Pack ▲
Samantha Barbian and her family hosted the 3rd Annual “Punt Parkinson’s with the Pack” this fall. In just three years, they have raised over $18,000 for the WPA. The event includes a golf outing, football game, raffles and silent auction.

We sincerely thank you all for your donations, hard work, contributions and support of the WPA mission.
4th Annual WPA Open Was a Huge Success!

The 4th Annual WPA Open against Parkinson disease, co-presented by HeatTek, Inc. and Financial Strategies, Inc., was held at The Legend at Brandybrook in September. We were fortunate to have a beautiful day for golf, fun and raising awareness for Parkinson disease. Thanks to our generous sponsors, golfers, and dinner guests, the WPA Open brought in over $40,000. The proceeds of the day support Parkinson disease education and outreach throughout Wisconsin. If you are interested in sponsoring or golfing with us next year, contact the WPA office at 414-312-6990.

The 5th Annual WPA Open will be held on Tuesday, September 13, 2016 at The Legend at Brandybrook. Mark your calendar now – we hope to see you there!
Donor Contributions

We are grateful to the following donors for their support of those living with Parkinson disease. This list reflects gifts received from July 3, 2015 to October 23, 2015; contributions of $100 or more are shown. While space considerations hinder our ability to list all donors, please know that we deeply appreciate every gift. Tribute gifts appear collectively under the name of the honored or memorialized person.

$10,000 or more
Community Foundation for the Fox Valley Region, Inc./Phyllis I. Wormwood Fund

$9,999 to $5,000
Special Events
Fall Parkinson Ride in Memory of LaVern McCarville and Marvin Emberson
Movers and Shakers Classic Golf Outing/Joe Schlicher
Craig High School's Pace for Parkinson's/Cherie Farrell
Punt Parkinson's with the Pack/Samantha Barbian

$4,999 to $2,500
Community Health Charities
Special Events
Scott Donahue and Canyon City Golf Outing
Bottle Milwaukee’s 2015 Charity Softball Tournament in memory of Tim Puthoff

$2,499 to $1,000
Gary Leo, DO
James and Yvonne Ziemer

Special Events
Punch Out Parkinson’s Golf Outing and Concert/Evan Riley
Racing for Grandma/Erik Tasker

$999 to $250
Barbara Anderson
Jack and Carole Bast
Robert and Betsy DeMotts
Anne Kelly
Rob and Kate McDonald
Ronald and Suzanne Spear
The Benevity Community Impact Fund/Ameriprise Financial, Inc./United Health Group
Joseph and Nancy Van Hook
Peter and Irene Weber
Ginger Wooster

Special Events
2015 Elvis Fest Jamboree & Classic Car Show/Elaine Bombach Wesley
Blutender/Kristine Everson & Marcus Hotels and Resorts
Pastiche Bistro & Wine Bar/Mike Engel

$249 to $100
Judith Adams
Dennis Asmus
Miriam Braun
James and Lynn Cantrell
Jose Castillo
Jim Crimmings
Ken Flitz
Mike Fort
GE United Way Campaign
Eugene and Alice Kenyon
Ralph and Margaret Krueger
Curtis May
Judith McCormick
Thomas Mocogni
Dennis Mullins
Bob and Julie Norman
Heidi Rodenbaugh
Michael and Kate Searing
Alfred and Mary Shumaker
Robert and Terri Zysk

Special Events
Back to the Future Night at the Timber Rattlers Stadium

Gifts made in memory of:
Audrey Bagley
Jean Gebhardt Doherty
Carol Elizabeth Gessler
Diane Gilinski
Dale W. Habermann
Vivian Hall
Gene Hildebrandt
Dr. George R. Hughes
Leslie Ihasz
Elizabeth Jacobson
Thomas H. Kelly
Harvey Larson
Anthony and Bernadine Lesch
Charlotte Majeski
John McNamara
Clark Nagel
Michael H. Nelezen
Ruth Newton
Dr. Thomas Joseph O’Brien
Audrey Mae Peterson
Ellen Radebaugh
Leslie C. Randsden
Mary K Ramsey
Donald Roberts
Donald Sampson
William Bowen Sarles, Jr.
William R. Tutaj
Curtis Varnam

Gifts made in honor of:
Knut Apitz
Ralph and Margaret Ann Chapman’s 25th Wedding Anniversary

It’s not too late for you to make sure your 2015 gift will be recognized. Donors at the $250 level and above become members of the Tulip Club and will be invited to a special reception prior to the Awards Celebration & Annual Meeting on Wednesday, December 9. For more information, contact the WPA at 414-312-6990.

Tulip Club

We thank the following Tulip Club Members who have joined the WPA at the partnership level of $250 or more. We appreciate your joining with us in support of those with Parkinson disease.

Tulip Club Members
Don and Barbara Abrams
Barbara Anderson
Jack and Carole Bast
Ron and Darla Becker
John and Lynn Binder
Claire Boles
Keith and Kate Brewer
Domenick Bruno
James and Lynn Cantrell
Thomas Cassidy
Robert and Betsy DeMotts

Jerry and Sheree Friedman
Eugene and Beverly Gloudeman
Dolores Gust
John Hosmanek
Ken and Joan Hunt
Grace Jaeger
Anne Kelly
Gary Leo, DO
Richard and Linda Lundin
Edward and Katherine McCaskey
Paul and Elna McDonald
Rob and Kate McDonald
Kathleen Miller
Ron and Kathy Mohorek
Ken and Carol Muderlak
Ron and Nancy Muehlhausen
Harold Nigbor
Patrick and Sharon Pelkey
Cheryl Prescott
George and Judi Prescott
Lloyd Purnell
Donald and Beverly Randall

Jean Rinka
Wayne and Barbara Sommer
Ronald and Suzanne Spear
Erik Tasker
Joseph and Nancy Van Hook
Ed Vojtk
Peter and Irene Weber
Ginger Wooster
David Zarwell
James and Yvonne Ziemer
Marquette University Research: Exercise Designed for You

Allison Hyngstrom, PT, PhD

At one time or another, everyone has heard from their health care provider about the benefits of physical activity and exercise. However, when it comes to acting on this advice, there can be substantial obstacles for individuals with movement impairments, such as Parkinson disease. General exercise programs at fitness centers may not address the specific exercise needs of an individual with Parkinson disease. For example, a Parkinson’s specific class might include an emphasis on stretching to reduce the effects of increased muscle stiffness and exercises that involve performing alternating or reciprocal movements of the arms and legs.

A special focus of the Marquette University physical therapy curriculum is training students to develop personalized exercise programs. We encourage our students to “think outside the box” to meet the needs of the individual. We have recently partnered with Suzanne Carter and the Jewish Community Center to involve physical therapy students in an outstanding Parkinson’s dance class. The physical therapy students get “hands on experience” using dance as therapy, and the dance class participants receive a full balance and mobility examination.

In addition to regular exercise, daily amounts of physical activity are also important to overall health and fitness for individuals with Parkinson disease. Up until now, the techniques and devices used to calculate and track physical activity have been based on the movement patterns of individuals without any movement impairments. In collaboration with Scott Strath, PhD at the University of Wisconsin – Milwaukee, an exciting new study is underway to create better ways to measure activity in neurologic patient populations in order to develop appropriate activity guidelines. This collaboration came about through a mutual interest in helping patients with neurological impairments reach their movement potential. We believe the findings from our study will have a significant impact on the way exercise and activity are prescribed in individuals with Parkinson disease.

Allison Hyngstrom, PT, PhD is an Associate Professor in the Department of Physical Therapy at Marquette University. Before obtaining her PhD in neuroscience at Northwestern University, Dr. Hyngstrom worked as a physical therapist at the Rehabilitation Institute of Chicago. Her primary research focus is understanding how muscle fatigue in neurologic patient populations affects leg function, balance, and walking.
The UWM Center for Aging and Translational Research (CATR) is facilitating team science to improve our understanding of how physical activity benefits people diagnosed with Parkinson disease.

Physical activity is actually a very complex behavior. Consider your total walking activity (distance, speed, indoors, outdoors), how many times you get up and down from a chair, the flights of stairs you climb and the yardwork or housework you complete each day. All of these actions are indeed physical activities that move your body at varying degrees of duration, frequency and intensity. Accordingly, we must have a method to measure this complex behavior to fully understand the relationship between physical activity and health for those with Parkinson’s.

One such project, recently funded by the National Institutes of Health aligns a team of physiologists, biomechanists, physical therapists, and mathematicians, drawn from academic institutions within Milwaukee and across the country.

Consider some questions specific to those with diseases such as Parkinson’s:

- What is the optimal prescription of physical activity for those with Parkinson’s?
- What are the most effective physical activities to improve health?
- Can activity be accumulated during the day and still have a positive effect?
- Does physical activity need to be done every day? For how long? At what intensity?
- If I currently exercise 2 times a week, does it matter if I am physically active or not?
- Are there safety concerns if I have Parkinson’s and want to increase my physical activity?
- What is the effect of sedentary behavior on health for those with Parkinson’s?
- Is physical activity a disease modifying behavior for those already diagnosed?

These questions pose a scientific challenge as we do not currently have precise, accurate, or even “best practice” ways to measure physical activity – especially for those with Parkinson’s. Work from CATR, led by Dr. Scott J. Strath, is exploring the use of small body worn motion sensors that could eventually track all movements, assess energy cost of activities on a continual basis, and also depict exactly what types of activity are being done and where they are being carried out. “It is essential that these methods are both highly precise and accurate – without it we are unable to answer critical questions of public health relevance,” commented Dr. Strath.

The study involves individuals with and without disease. Participants come to the UWM campus, and undergo laboratory measurements for resting metabolic rate, which is the amount of calories the body burns just to survive, when it is not in motion. Following this, participants carry out a variety of functional tasks and are measured for strength of their arms and legs, their
balance and range of motion, as well as their ability to pick up objects, get up from a chair, walk, and other actions that assess overall body physical function. (See pictures #1, 2 and 3.)

Next, participants are asked to carry out typical activities of daily living that are performed for approximately 5-7 minutes each. The amount of oxygen utilized during the task is measured by a portable indirect calorimetry system. (See pictures #4, 5 and 6.)

During all tasks, individuals wear motion sensors that are strapped to the body, ankles, wrists and hips.

“Essentially, if we can model the movement of limbs and the trunk during typical activities of daily living, then we can create algorithms that would be able to predict such behaviors in an accurate way. If we know the movement, we can also predict the amount of energy the movement takes. This will all change depending upon functional status and age,” said Dr. Strath.

Tamara Marshall, age 49, who has had Parkinson’s for 17 years, shared her experience: “The only way to learn more and help others with this disease is through research. I was nervous to drive to the location, but instructions provided were very clear. During the study visits, I was very relieved to be told exactly what was going to be done and if I got tired or needed rest I could without any worries. I really appreciated learning at the same time. I was treated exceptionally well by everyone conducting the research study and I never once felt like a guinea pig.”

Accurate physical activity measurement will lead to more clearly defined answers regarding the benefits of physical activity for those with Parkinson’s. Ultimately it will produce disease-targeted guidelines that can be put into practice and help those with Parkinson’s have a better quality of life.

The CATR is also home to other scientific investigators conducting research. Dr. Kevin Keenan is studying how the nervous system activates muscles in older adults with and without neuromuscular impairments, like Parkinson’s, to enable proper hand function and to prevent falls. Dr. Keenan commented, “many training interventions, validated in young healthy adults, are applied to different populations without fully considering that these groups activate their muscles in fundamentally different ways (tremors in Parkinson’s is one example). We are currently conducting studies to identify ways to quantify changes in how the nervous system is functioning to better monitor disease burden and enable more effective interventions.”

Related to Dr. Keenan’s research, Dr. Jinsung Wang examines how the motor and sensory systems within the body interact with one another. He uses targeted reaching or pointing movements with one arm or both arms under novel sensory-motor environments. “Results from such studies have the ability to further our understanding of the neural mechanisms that underlie learning of new motor tasks, which may prove valuable for developing more efficient motor learning or rehabilitation techniques for individuals with Parkinson’s and other diseases,” said Dr. Wang.

Pivotal to all work stemming from the Center for Aging and Translational Research is to translate findings into real world applications that have an impact on peoples’ lives.

For more information, or to participate in ongoing studies please call 414-229-7313 or visit www.uwm.edu/catr.

Kevin Keenan, PhD is an associate professor at University of Wisconsin – Milwaukee. His work is dedicated to understanding the interplay between motor function, physical activity and health.

Scott J. Strath, PhD, ASCM Fellow is a professor at University of Wisconsin – Milwaukee. His primary research focus revolves around physical activity and public health.

Jinsung Wang, PhD is an associate professor at University of Wisconsin – Milwaukee. He is interested in research questions such as how movement information is stored, represented, and retrieved in the brain, and how such information is transferred between the two brain hemispheres.
As many caregivers will attest, they are clearly aware that they have taken on the role of caregiver. What they may not recognize is the physical and financial toll it takes on them, and their family.

Nearly 30% of the adults in the United States are caregivers for a disabled or older adult. Often, the caregiver is a spouse, parent, or child, and they are rarely paid for their efforts. Statistically, the estimated value of family caregivers is $450 billion. With all the time, effort, and resources being invested in their loved ones, caregivers often forget to take care of themselves.

Caregivers need to care for themselves first. If you are not healthy or well, you are not able to properly assist your loved one as needed. I remember talking to a woman recently who needed a hip replacement, but kept putting it off because she couldn’t imagine leaving her husband alone during her surgery and recovery. When sharing this story, her doctor was able to set up respite care for her and her husband in the same facility so they could both be cared for during her recovery. She was relieved with this solution and felt she was better able to provide caregiving following the surgery because she was no longer in constant pain from her hip. If she had not had the surgery, she would have been putting herself at further injury risk and risking the health of her loved one.

The hardest part for a caregiver is often to find a balance. You need to explore your options and remember, this is a partnership. You are providing care for this individual because you care for them and they care for you. Communicate with one another to discuss each of your needs, and work to find balance for both of you.

Finally, ask for help. Talk to friends and family about providing you respite on occasion. There are a number of organizations that can assist you in accessing resources to meet the needs of you and your care partner.

If you are not sure you are a caregiver, consider the following questions. If you answer yes to any of these questions, you are a caregiver:

- Do you coordinate doctor appointments or daily routines for a friend or loved one?
- Do you manage medication timing, amounts, and refills for a friend or loved one?
- Have you taken over duties previously done by a friend or loved one that they can no longer do?
- Do you worry about your friend or loved one being alone for any period of time?
- Do you feel overwhelmed and are not sure where to turn?

Jeremy Otte
Director of Outreach and Education, WPA

November is National Caregiver Awareness Month

If you need help finding resources, here are some organizations you can contact:

- **Interfaith Caregivers**
  Varies by County

- **National Alliance for Caregiving**
  www.caregiving.org or 301-718-8444

- **Wisconsin Aging and Disability Resource Center**
  www.dhs.wisconsin.gov/adrc

- **Wisconsin Family Caregiver Support Network**
  www.wisconsincaregiver.org or 866-843-9810

Any of these resources can assist you and your family. The WPA is here to support you as well. Please contact us if you have further questions or need assistance. You are not alone, so don’t be afraid to ask for assistance for you and your loved one.
As a caregiver, what is my role during doctor’s appointments?

A caregiver can bring invaluable information to a patient’s appointment. The caregiver often serves as another objective observer and also helps the patient to remember key concerns or problems. The caregiver is able to observe things that occur that the patient isn’t otherwise aware of, doesn’t remember, or doesn’t think is important enough to mention. A caregiver can help fill in the blanks.

As a care provider, why do I feel guilty when I take time for myself?

Guilt results from some sort of internal conflict in the mind. Although guilt can be a motivator in some people or situations, it can also be detrimental. If guilt is keeping you from doing what is necessary to stay fit in “mind, body and spirit,” guilt is useless and counterproductive. In order to be an effective caretaker, it is essential the caretaker have some respite on a regular basis. Both physical and mental respite is important and serves to refresh and rejuvenate. Think of it this way: as a caretaker, your beneficiary will appreciate a refreshed and rejuvenated you!

What should I look for when seeking a Parkinson’s doctor?

First of all, I recommend finding a neurologist with additional fellowship training in movement disorders. With that said, there is no certifying body that attests to the adequacy of training from one movement disorders doctor to the next. National, regional, or local organizations (such as the WPA), as well as support groups, often keep a database of providers relevant to your area of residence. You might start by getting a few names and then doing a little background research before proceeding with an appointment. Your family doctor can help with this as well. People have different preferences when it comes to choosing a physician: knowledge base, rapport, staff friendliness, and available appointment openings are all considerations. Also consider convenience and travel time. Some people live too far away from a specialist and may compromise by seeing a specialist once or twice a year and a local neurologist for more routine checkups. On a personal level, you must above all feel comfortable with the provider. And finally, be sure to check that the provider is in your insurance network; otherwise, a hefty out-of-pocket bill may soon find its way to you.

Learn more about local resources in your area at www.wiparkinson.org.

Ask the doctor! Send your questions about Parkinson disease by mail to “Ask the Doctor,” Wisconsin Parkinson Association, 2819 W. Highland Boulevard, Milwaukee, WI 53208 or email mail@wiparkinson.org and put “Ask the Doctor” in the subject line.
How PD Has Shaped My Life and Career

Jim Cantrell, CFP®
Financial Strategies, Inc.

I was 11 when my father was diagnosed with Parkinson disease, and it soon became clear that my parents hadn’t planned well for their financial future or this type of strain on their income. When my father passed away a decade later – at age 61 – without a survivor benefit on his pension or life insurance, our family’s financial and emotional situation grew dire.

At the time of my father’s death, Mom was 59 years old and had very little income; the consequences of a lack of planning weighed heavily on her in subsequent years. That’s when it dawned on me that I could help other families avoid the same mistakes. I was so moved by the experience that I changed professions, from auto mechanic to fee-only financial planner.

I choose to run Financial Strategies, Inc. as a fee-only wealth management firm because I want to do right by my clients, and realized early on that earning commissions wasn’t a good indicator of my ability to make the best possible decisions for their investments. The fee-only method allows me to recommend financial plans in a completely objective, unbiased manner, beholden only to my clients’ best interests.

My family’s experience with PD has not only shaped my life, it’s helped me build my career on helping others avoid the same struggles my family faced.

Because of these experiences, I have chosen to be involved with WPA and the important work they do. Financial Strategies, Inc. and I are pleased to bring you this issue of The Network.

Jim Cantrell is Founder & Owner of Financial Strategies, Inc. To learn more about FSI, visit www.retirementandwealth.com. Reach out to Jim at jim@retirementandwealth.com or 262-821-1664.

Financial Strategies, Inc. is proud to support the research and educational initiatives of Wisconsin Parkinson Association!

Just like WPA assists members in finding a roadmap to treatment and setting goals for their care plans, Financial Strategies, Inc. guides clients through the personal financial planning process, developing a holistic, comprehensive roadmap for financial security and the management of investment resources.

At FSI, we know that your financial profile is unique, so we take the time to get to know you: your values, your goals, and your concerns.

WPA and Financial Strategies, Inc. We’re both here to help.
Making Medicare Work

Will Armstrong
Senior Medicare Patrol

Medicare is endangered by fraud, abuse, and errors. The Government Accountability Office estimated in 2014 that there was more than $77 billion in improper payments – payments that should not have been made or were made in an incorrect amount – in the Medicare and Medicaid programs. Separately, the 2015 Medicare Trustees Report noted the Medicare program is currently only solvent until the year 2030. We might conclude that these two factors could be related.

Wisconsin SMP (Senior Medicare Patrol) is a program that is working to reduce fraud in Medicare. It is an educational project that utilizes volunteers to discuss Medicare fraud, errors, and abuse with Medicare beneficiaries and their caregivers. Specifically, the SMP project talks about how to prevent fraud from occurring, detect health care fraud, and what to do when fraud is suspected. The SMP project is funded by a federal grant through the Administration for Community Living.

Here are three tips from Wisconsin SMP to prevent fraud from occurring to you and your loved ones:

• **Don’t carry your Medicare card in your wallet.**
  Unless you have a Medicare Advantage plan, your Social Security number (or your spouse’s) is on your Medicare card. With a Social Security number, individuals can open a line of credit and empty a bank account, or commit identity theft and Medicare fraud. Many individuals carry their Medicare cards in their wallets because they are afraid hospitals will not admit them if they are unable to present their Medicare card if an emergency arises. This is simply not true. You can always present your Medicare card to emergency providers after receiving service.

• **Don’t give out personal information over the phone.**
  Medicare will never call or visit your home, asking for your Medicare number. They already have it! Here is a good rule of thumb to prevent phone fraud: if you contact an organization, feel free to give out relevant identifying information. If you receive a call from an organization, you shouldn’t give out personal information. When in doubt, you can always just hang up.

• **Review your MSN or EOB.**
  Only by reviewing your MSN (Medical Summary Notices) or EOB (Explanation of Benefits) can you be certain that your Medicare account is not being billed for fraudulent or abusive charges. When reviewing MSNs and EOBs, look for duplicate charges and services you never received.

MSNs are sent to Medicare beneficiaries every three months. EOBs are sent to Medicare beneficiaries monthly. At the top of both documents it says, “THIS IS NOT A BILL.” Beneficiaries can also view their MSN or EOB on www.mymedicare.gov at anytime. If you discover charges that look incorrect, you should contact your provider to correct the statements. However, if a provider is unwilling to change statements and/or explain their rationale for not changing them, this could be an indicator of fraud.

If you would like to talk with a Wisconsin SMP staff member to report Medicare fraud, call Kevin Brown at 1-800-488-2596 ext. 317. If you would like to contact a Wisconsin SMP staff member to discuss volunteering with the project and/or request a group presentation, contact Judy Steinke at 1-800-488-2596, Ext. 342 or jsteinke@cwag.org.

Will Armstrong is the Senior Medicare Patrol Grant Manager/Trainer. In assistance with the Project Director, Will manages the SMP capacity building and trains new SMP volunteers across the state of Wisconsin.
Support Group Spotlight

With support groups throughout Wisconsin and surrounding states, we are confident you will find one where you’ll be comfortable. Those living with PD in Green Bay have several options that each meet monthly. The groups typically alternate their monthly meetings between bringing in speakers and having open discussions. Some groups have even taken “field trips” to exercise classes or conferences like the recent Partners in Parkinson’s event in Milwaukee.

Kelly Gerl, PT, facilitates a support group at Aurora BayCare Orthopedic & Sports Medicine Center on the 2nd Wednesday of each month. Kelly was LSVT BIG certified in 2010 and started a therapy and exercise program at Aurora with two other fitness trainers who were PWR! trained. At the request of patients and participants in the program, they started a support group. “It’s great to see people with PD get together to share ideas, provide support and socialize,” says Kelly. “We let our participants decide the format and the topics for each meeting.”

Carol Mueller’s group meets on the 4th Wednesday of each month at SS. Edward and Isidore Parish, and is open to the community in addition to members of the parish. The group started in 2012 when a parishioner wanted to start a support group and asked for Carol’s help in co-facilitating. Shortly after the group began, Carol became sole facilitator.

Mary Beth Fumelle facilitates a group on the 2nd Tuesday of each month at the Aging and Disability Resource Center. She has been a facilitator off and on since 1997, and enjoys that her group includes both people with PD and their care partners. “My favorite type of meeting is what we call our ‘caring and sharing,’” she said. “The group is so friendly and welcoming that everyone is comfortable participating.”

Each of these groups has between 10-20 people attend each meeting. The groups are small enough that members can get to know each other, yet big enough that everyone has different experiences to share.

While each support group is unique, Carol says what matters is that “we laugh and support one another like a family.” Contact the facilitators for more information about each group.
Support Groups & Exercise Groups

This list is current as of October 20, 2015. Please contact Jeremy Otte at 414-386-5162 or jeremyo@wiparkinson.org with any changes.

To find Lewy body dementia support groups in your area, call the Lewy Body Dementia Association at 800-539-9767.

**illinois All Groups**

**Belvidere, IL**
- **exercise group**
  Keen Age Center
  2141 Henry Luckow Lane
  Tuesdays at 9:00 a.m. (fee associated)
  **Contact:** Linda Palmer at 815-871-6710

**carigiver group**
Keen Age Center
2141 Henry Luckow Lane
Tuesdays at 9:00 a.m.
**Contact:** David Palmer at 815-871-3710

**Dixon, IL**
- **exercise group**
  Town Square Center
  102 S. Hennepin, 2nd Floor Community Room
  2nd Thursday at 1:00 p.m.
  **Contact:** Anne Hilliard at 815-285-5575

**Libertyville, IL**
- **exercise group**
  Lake County Parkinson Support Group
  Condell Medical Center/Conference Center
  Condell Drive & Milwaukee Avenue (Rt. #21)
  4th Wednesday from 7:00 – 9:00 p.m.
  **Contact:** Wayne Zumstein at 847-949-1118 or 847-840-5700

**Northfield, IL**
- **exercise group**
  North Shore Senior Center
  161 Northfield
  Every Wednesday at 1:00 p.m.
  **Contact:** Heather Resnick at 847-784-6038

**Rockford, IL**
- **support group**
  Wesley Willows
  4141 N. Rockton Avenue
  2nd Wednesday from 10:00 – 11:30 a.m.
  **Contact:** Faye Ford at 815-885-4897 or Joyce Reiland at 815-229-3078

**exercise group**
Pedaling for Parkinson’s
YMCA of Rock River Valley
200 Y Boulevard
Mondays, Wednesdays, Fridays at 12:30 p.m. (free)
**Contact:** Linda Palmer at 815-871-6710

**young-onset group**
Gloria Dei Lutheran Church
4700 Augustana Drive
3rd Tuesday at 7:00 p.m.
**Contact:** David and Linda Palmer at 815-871-6710

**carigiver group**
Gloria Dei Lutheran Church
4700 Augustana Drive
2nd Thursday at 7:00 p.m.
**Contact:** Tom Habling at 815-398-1720

**Roscoe, IL**
- **exercise group**
  Pedaling for Parkinson’s
  Stateline Family YMCA, Roscoe Branch
  9901 Main Street
  Mondays, Wednesdays, Fridays at 11:00 a.m. (free)
  **Contact:** Ann Hawks at 608-365-2261

**iniana Support Groups**

**Notre Dame Support Groups**

**Michiana Parkinson Support Group**
- **exercise group**
  Holy Cross Village, Andre Place
  5415 State Road 933 North
  1st Monday from 1:00 – 3:00 p.m.
  **Contact:** Dawn Hatch at 574-262-1739

**iowa All Groups**

**Bettendorf, IA**
- **exercise group**
  Delay The Disease
  Bettendorf Family YMCA
  A branch of the Scott County Family YMCA
  3800 Tanglefoot Lane
  Tuesdays & Thursdays 11:15 a.m. – Noon
  **Contact:** Marli Apt at 563-359-9622

**Lewy body dementia support group**
- **exercise group**
  Trinity Medical Center
  4500 Utica Ridge Road
  Lower Level Classroom A and B
  3rd Tuesday from 7:00 – 8:30 p.m.
  **Contact:** Elizabeth Saelens at 309-523-3880

**Burlington, IA**
- **support group**
  Great River Medical Center
  1225 Gear Avenue, Blackhawk Room
  3rd Thursday at 2:00 p.m.
  **Contact:** Tom Zimmerman at 319-753-0550

**Clinton, IA**
- **support group**
  Mercy Medical Center
  638 S. Bluff Boulevard
  South Campus Board Room
  2nd Saturday at 10:00 a.m.
  **Contact:** Donna Schaefer at 563-243-5585

**Davenport, IA**
- **exercise group**
  YMCA – Utica Ridge
  4885 Utica Ridge Road
  1st Thursday from 1:00 – 3:00 p.m.
  **Contact:** Gene Kenyon at 563-549-7890

**exercise group**
Delay The Disease
Genesis Medical Center-West
Central Park Avenue
Mondays & Wednesdays from 12:15 – 1:00 p.m.
**Contact:** Tom Habing at 815-398-1720

**support group**
- **exercise group**
  Ridgecrest Village, Crest Activity Room
  4130 Northwest Boulevard
  3rd Saturday from 10:00 a.m. – Noon
  **Contact:** Gene Kenyon at 563-549-7890

**michigan All Groups**

**Calumet, MI**
- **support group**
  Aspirus Keweenaw Home Health & Hospice
  1600 West Drive
  Mondays and Wednesday 11:00 – 11:45 a.m. (fee associated)
  **Contact:** Kristen Weglarz at 906-863-9983

**Menominee, MI/Marinette, WI**
- **exercise group**
  Move Free, Exercise class
  Greater Marinette-Menominee YMCA
  2nd Monday from 7:00 – 8:00 p.m.
  **Contact:** Sarah Baratono at 906-421-4540

**support group**
- **exercise group**
  Harbor's Retirement Community
  1110 Tenth Avenue
  3rd Thursday at 10:00 a.m.
  **Contact:** Patricia Ihler at 906-863-9445

**Negaunee, MI**
- **support group**
  Negaunee Senior Center
  410 Jackson Street
  4th Monday at 1:00 p.m.
  **Contact:** Brittiany Etelamaki at 906-475-6266

**minnesota Support Groups**

**Duluth, MN**
- **support group**
  Primrose Retirement Center
  724 Maple Grove Road
  3rd Monday from 10:00 – 10:30 a.m.
  **Contact:** Joan Setterund at 218-728-4986 or Catharine Larsen at 218-733-9903

**wisconsin All Groups**

**Appleton, WI**
- **support group**
  Touchmark at West Prospect
  2601 Touchmark Drive
  3rd Thursday at 2:00 p.m.
  **Contact:** Rachel Watkins-Peterson at 920-832-9100
Support Groups & Exercise Groups

Appleton, WI continued
young-onset group
Brookdale Senior Living Solutions
5800 Pennsylvania Avenue
2nd Thursday at 6:00 p.m.
Contact: Margaret Foth at 920-735-0477 or Margaret Kaspar at 920-915-5488

Baraboo, WI
support group
First Congregational United Church of Christ
131 Sixth Avenue
3rd Monday at 2:00 p.m.
Contact: Sylvia Kriebel at 608-356-7096 or Geri Schoennoff at 608-356-3473

Bay Area, WI
support group
Meeting rotates each month: Bayfield, Washburn, Cornucopia, & Ashland
9:30 – 11:00 a.m.
Contact: Joan Schierman at 715-742-3911 or Jeff Obst at 715-209-0807 for current month's date, town, and meeting location

Brookfield, WI
support group
Brookfield Regency
777 N. Brookfield Road
1st Thursday at 2:30 p.m.
Contact: Jeremy Otte at 414-312-6990

Brown Deer, WI
exercise group
Rite-Hite YMCA
9250 N. Green Bay Road
Tuesdays & Thursdays at 1:30 or 2:00 p.m. (fee associated)
Contact: Megan Radowski or Liz Paly, PT at 414-354-9622

Chippewa Falls, WI
support group
Trinity United Methodist Church
201 W. Central Street
1st Wednesday at 1:30 p.m.
Contact: Ursula Whelan at 715-723-3726 or Dianne Wilson at 715-861-4169

Eau Claire, WI
support group
Sacred Heart Hospital
900 W. Clairemont Avenue
Room location varies
3rd Tuesday from 1:00 – 3:00 p.m.
Contact: Sarah Hendrickson, RN, at 715-717-4334

Fish Creek, WI
exercise group
Door County YMCA
Northern Door Program Center
3866 Gibraltar Road
Tuesdays & Thursdays at 11:00 a.m. (fee associated)
Contact: Carol Ash, PT, at 920-868-3660

Fond du Lac, WI
support group
Aurora Health Center
210 Wisconsin American Drive
2nd Floor Meeting Room
2nd Monday at 10:00 a.m.
Contact: Lori Anderson at 920-906-4792 or Cheryl Leonard at 920-477-5222

exercise group
YMCA
90 W. Second Street
Tuesdays & Thursdays from 1:00 – 2:30 p.m. (fee associated)
Contact: Joel Mason, DPT, at 920-921-3330

Grafton, WI
exercise group
Form & Fitness
2020 Cheyenne Court
Tuesdays & Thursdays at 2:00 p.m. (fee associated)
Contact: Teresa Steffen, PT, at 262-512-0206

Green Bay, WI
support group
Aging & Disability Resource Center
300 S. Adams Street
2nd Tuesday at 1:00 p.m.
Contact: Mary Beth Fumelle at 920-655-3715

support group
SS. Edward and Isidore Parish
3667 Flintville Road
4th Wednesday from 10:00 – 11:30 a.m.
Contact: Carol Mueller at 920-655-0451

support group
Aurora BayCare Orthopedic & Sports Medicine Center
1160 Kepler Drive
2nd Wednesday at 11:15 a.m.
Contact: Kelly Gerl, PT, at 920-288-4705

exercise group
PWR! Fitness
Aurora BayCare Sports Medicine Center
1160 Kepler Drive
Mondays, Wednesdays, Fridays
at 10:00 a.m. ($5 per class)
Contact: Kelly Gerl, PT, at 920-288-5400

exercise group
The Aquatic Center for CP
2801 S. Webster Avenue
Mondays & Wednesdays from 11:00 – 11:45 a.m. (fee associated)
Contact: 920-403-7665

Greenfield, WI
exercise group
Combat PD – Based off of Delay the Disease
Wisconsin Athletic Club
5020 S. 110th Street
Tuesdays at 11:00 a.m. and Thursdays at 10:00 a.m. (fee associated)
Contact: Kat Lonson at 414-427-6500

exercise group
Wisconsin Athletic Club
5020 S. 110th Street
Tuesdays at 11:00 a.m. (fee associated)
Contact: Mary Spidell at 414-427-6500

Hartford, WI
exercise group
Aurora Medical Center Washington County
1032 E. Sumner Street
Rehab Department
Tuesdays & Thursdays at 12:30 p.m. (fee associated)
Contact: Kim Beimel, PTA, or Meg Bowen, PTA, at 262-670-7233

Hudson, WI
support group
Hudson Hospital and Clinics
405 Stage Line Road
2nd Tuesday at 10:00 a.m.
Contact: Vicky Hakala at 651-436-1331

Janesville, WI
support group
Cedar Crest
1702 S. River Road
1st Wednesday at 2:00 p.m.
Contact: Judy Bever at 608-754-5749

exercise group
SOL Fitness
4113 Whitney Street
Wednesdays from 9:00 – 9:45 a.m. (fee associated)
Contact: Connie Udell at 608-302-7088

Kenosha, WI
support group
Brookside Care Center
3506 Washington Road
Southport Room
1st Wednesday at 2:00 p.m.
Contact: Julie Topolovec at 262-657-7276

King, WI
support group
Wisconsin Veterans Home at King
422 Bell Avenue
4th Thursday at 1:30 p.m.
Contact: Michael Izzo at 715-252-2592

La Crosse, WI
support group
Gundersen Lutheran Hospital
1900 South Avenue
4th Tuesday at 2:00 p.m.
Contact: Julie Holzwarth at 608-782-7300

Madison, WI
support group
Asbury United Methodist Church
6101 University Avenue
3rd Thursday from 4:00 – 5:30 p.m.
Contact: 608-229-7628

support group
Madison Public Library
Sequoya Branch
3430 Tokay Boulevard
Meeting Room A
Last Monday at 7:00 p.m.
Contact: 608-298-7520
Support Groups & Exercise Groups

caregiver group
East Madison/Monona Coalition on Aging
4142 Monona Drive
1st Wednesday at 4:00 p.m.
Contact: 608-229-7628

young-onset group
St. Mary’s Hospital
700 S. Park Street, Room 1209
1st Thursday at 6:00 p.m.
Contact: 608-229-7628

exercise group
Bliss Flow Yoga
3527 University Avenue
Fridays from 2:00 – 2:45 p.m. (fee associated)
Contact: 608-233-2577

exercise group
Harbor Athletic Club
2529 Allen Boulevard, Middleton
Multiple meeting days and times for PD exercise, Zumba, PDGlee, PD in Motion (fee associated)
Contact: 608-831-6500

exercise group
Madison Senior Center
330 W. Mifflin Street
Tuesdays at 10:30 a.m. (fee associated)
Contact: 608-266-6581

exercise group
UW Health Sports Medicine Center
Research Park Fitness Center
621 Science Drive
Tuesdays & Thursdays from 12:40 – 2:10 p.m. (fee associated)
Contact: Melissa Mattioda, PT, at 608-265-8303

Manitowoc, WI
support group
Manitowoc Senior Center
3304 Custer Street
4th Thursday at 1:30 p.m.
No meeting July or August
Contact: Vicki Rathsack at 920-726-4626

exercise group
Aquatic Exercises, YMCA
205 Maritime Drive
Call for meeting times (fee associated)
Contact: 920-682-0341

eXercise group
Holy Family Memorial Wellness Center
1650 S. 41st Street
Tuesdays & Fridays at 2:00 p.m. (fee associated)
Contact: Pamela Posvic, PTA, at 920-320-4600

Marshfield, WI
support group
Wesley United Methodist Church
205 S. Maple Street
3rd Thursday at 1:00 p.m.
Contact: Marilyn Seidl-Kramer at 715-305-8224

Menomonee Falls, WI
exercise group
Wisconsin Athletic Club
N91 W15700 Falls Parkway
2 times a week for 60 minutes
Contact: 262-255-5700

Mequon, WI
exercise group
Tai chi for Parkinson’s
Mequon United Methodist Church
11011 N. Oriole Lane
Mondays & Fridays at 11:00 a.m.
(fee; donation requested)
Contact: Herb Ayres at 262-242-7703

Milwaukee, WI
exercise group
LSVT® BIG and LOUD Skills Class
Aurora Sinai Medical Center
945 N. 12th Street
Garden Room, 1st floor main hospital
Free valet parking
Every Monday 12:30 – 1:15 p.m.
Every Thursday 8:00 – 8:45 a.m.
(fee associated)
Contact: Erica Vitek, OT, at 414-219-7127

exercise group
Yoga for Parkinson’s
Yoga Studio
3514 N. Oakland Avenue
Fridays from 1:30 – 3:00 p.m. (fee associated)
Contact: Susan Goulet at 414-332-3551

Minoqua, WI
support group
Ascension Lutheran Church
Highway 51 South
2nd Tuesday at 10:00 a.m.
Contact: Dennis Leith at 715-358-2207 or Norma Semling at 715-545-3414

Monroe, WI
support group
Monroe Clinic
515 – 22nd Avenue
3rd Saturday; call for time
Contact: Shelley Kimble-Welch and Steve Welch at 608-960-1398

Neenah, WI
support group
Neenah United Methodist Church
234 N. Campbell Road
3rd Thursday at 2:00 p.m.
Contact: John Selix at 262-691-9495

exercise group
Oshkosh YMCA
1750 E. Valley Road
Wednesdays & Fridays at 1:00 p.m.
(fee associated)
Contact: Min Kim, PT, at 262-434-2600

Oshkosh, WI
support group
Bella Vista
631 Hazel Street
2nd Tuesday at 4:00 p.m.
Contact: Beth Waller at 920-233-6667

support group
Oshkosh Senior Center, South Building
200 N. Campbell Road
1st Thursday at 2:00 p.m.
Contact: Amanda Ubbelohde at 920-232-5320

exercise group
Bella Vista
631 Hazel Street
Mondays & Fridays from 9:00 – 9:45 a.m.
Contact: 920-233-6667

exercise group
LSVT® BIG
Affinity Health System
Outpatient Rehabilitation Services
2700 W. 9th Avenue
Call for information (fee associated)
Contact: 920-236-1850

exercise group
Oshkosh Senior Center, North Building
234 N. Campbell Road
Tuesdays & Thursdays from 11:00 – 11:45 a.m. (fee associated)
Contact: Amanda Ubbelohde at 920-262-5300

Portage, WI
support group
Bethlehem Lutheran Church
W8267 Highway 33
3rd Thursday at 2:00 p.m.
Contact: Jeremy Otte at 414-312-6990

Racine, WI
support group
Covenant Presbyterian Church
40 Ohio Street
3rd Tuesday from 2:00 – 3:30 p.m.
Contact: Susan Monson at 262-639-8490

exercise group
YMCA of Racine
8501 Campus Drive
Mondays & Wednesdays at 1:30 or 2:00 p.m. (fee associated)
Contact: Jaclyn Pruse, PT, or Kenneth Merkitch, PT, at 262-634-1994

Rhinelander, WI
support group
Oneida County Senior Center
100 W. Keenan Street
3rd Tuesday from 1:00 – 3:00 p.m.
Contact: Stephanie at 715-369-6170 or Norma at 715-545-3414

The Network, Fall 2015
Wisconsin Parkinson Association
### Support Groups & Exercise Groups

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<th>Location</th>
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| Richland, WI  | support group         | Richland Center Community/Senior Center 1050 Orange Street 4th Wednesday at 10:00 a.m.  
Contact: Maureen Smith, PT, at 608-647-2623 or Jo Wenzler at 608-553-0200 |
| St. Francis, WI | support group         | St. Ann Center for Intergenerational Care Adult Day Services Unit 2801 E. Morgan Avenue 3rd Tuesday at 1:30 p.m.  
Contact: Hattie Goodman at 414-744-5654 |
| Shawano, WI    | support group         | City Hall 127 S. Sawyer, River Room 2nd Tuesday at 1:30 p.m.  
Contact: Joyce Hagen at 715-526-5104 |
| Sheboygan, WI | support group         | Sunny Ridge Health & Rehabilitation Center 3014 Erie Avenue 3rd Tuesday at 2:00 p.m.  
Contact: Louis Borth at 920-400-1336 or Kristine Barts at 920-889-2602 |
| Shell Lake, WI | support group         | Northwest Wisconsin Parkinson’s Support Group St. Joseph’s Catholic Church 201 N. Second Street, Lower Level 1st Thursday at 1:00 p.m.  
Contact: Jolene Coburn at 715-255-0357 |
| Stevens Point, WI | support group        | Lincoln Senior Center 1519 Water Street 4th Tuesday at 1:00 p.m.  
Contact: Ellen Grys at 715-343-6294 |
| Stoughton, WI | support group         | Stoughton Area Senior Center 248 W. Main Street 4th Wednesday from 1:30 – 3:00 p.m.  (no meetings in November or December)  
Contact: Hollee Camacho at 608-873-8585 or Richard Lomson at 608-712-3106 |
| Sturgeon Bay, WI | support group       | United Methodist Church 836 Michigan Street 1st Thursday from 12:30 – 2:00 p.m.  
Contact: Carol Moellenberndt at 920-743-3476 |
| Summit, WI    | exercise group        | Aurora Medical Center Summit 36500 Aurora Drive Outpatient Rehabilitation Gym  
Contact: Min Kim, PT, at 262-434-2600 |
| Sun Prairie, WI | support group         | Colonial Club Senior Center 301 Blankenheim Lane Therapy Room  
4th Monday at 1:00 p.m.  
Contact: 608-229-7628 |
| Verona, WI    | support group         | Verona Senior Center 108 Paoli Street 3rd Friday at 10:00 a.m.  
Contact: 608-845-7471 |
| Waukesha, WI  | exercise group        | Waukesha Family YMCA 320 E. Broadway Mondays & Thursdays at 1:00 or 1:30 p.m.  
(fee associated)  
Contact: Kristine DeKarske, PT, at 262-542-2557 |
| Wauwatosa, WI | young-onset group    | 8700 Watertown Plank Road Lower Level, east side of WAC 3rd Wednesday from 6:30 – 8:00 p.m.  
Contact: 414-805-8326 |
| Wausau, WI    | support group         | Aging and Disability Resource Center 1000 Lakeview Drive, Wellness Room  
3rd Tuesday at 12:30 p.m.  
Contact: Lucy Harvey at 715-848-3545 |
| Wausau, WI    | caregiver group       | Community Center 8700 Watertown Plank Road Lower Level, east side of WAC  
2nd Saturday from 1:00 – 2:30 p.m.  
Contact: 414-805-8326 |
| Wausau, WI    | men’s group           | San Camillo, 10200 W. Bluemound Road 2nd Monday at 1:30 p.m.  
Contact: Mitchell Smith at 262-796-1935 |
| Wausau, WI    | women’s group         | San Camillo, 10200 W. Bluemound Road 4th Monday at 1:30 p.m.  
Contact: Gail Meilinger at 414-259-4521 or Pat Mueller at 414-545-1487 |
| Wauwatosa, WI | exercise group        | Group Yoga Therapy (safe for those with PD) Haleybird Yoga Studios  
9207 W. Center Street  
Contact: Shauna Perry or Biz Casmer at 612-801-0188 |
Support Groups & Exercise Groups

exercise group
PD on the Move
Parkinson Wellness Recovery (PWR!)
Training Method
Wisconsin Athletic Club
8700 W. Watertown Plank Road
Tuesdays from 1:00 – 1:55 p.m.
7-Week Session (fee associated)
Contact: Jessica at 414-443-5000

West Allis, WI
support group
Aurora West Allis Medical Center
8901 W. Lincoln Avenue, Meeting Room 1
4th Tuesday at 7:00 p.m.
Contact: Dale & Ellen Jante at 262-492-2439,
Judy Tharman at 262-691-7342, or
Mary Donovan at 414-817-0192

West Bend, WI
support group
Cedar Ridge Retirement Campus
113 Cedar Ridge Drive
3rd Monday at 1:00 p.m.
Contact: Kathy Stultz at 262-338-2821

exercise group
Kettle Moraine YMCA at River Shores
705 Village Green Way, Suite 201
Tuesdays & Fridays at 2:00 or 2:30 p.m.
(fee associated)
Contact: Beth Dieringer, PT, or Anne Langenfeld Smith, PT, at 262-247-1050

Whitefish Bay, WI
support group
Jewish Community Center
6255 N. Santa Monica Boulevard
Room 1M50
2nd Wednesday from 3:00 – 4:30 p.m.
Contact: 414-805-8326

caregiver group
Jewish Community Center
6255 N. Santa Monica Boulevard
Room 3J15
2nd Monday from 10:30 a.m. – Noon
Contact: Miriam Oliensis-Torres at 414-963-2600

exercise group
Parkinson’s Dance Class
Jewish Community Center, Studio B
6255 N. Santa Monica Boulevard
Every Friday from 2:15 – 3:30 p.m.
(fee associated)
Contact: Susanne Carter at 414-871-1523

exercise group
Jewish Community Center
6255 N. Santa Monica Boulevard
Mondays & Thursdays at 1:30 p.m.
(fee associated)
Contact: Kerry Meskin, PT, at 414-964-4444

Whitewater, WI
support group
Fairhaven Retirement Community
435 W. Starin Road, Lower Level Conference Room
2nd Monday at 1:00 p.m.
Contact: Julie Hollenbeck at 262-431-4772

exercise group
Mercy Fitness & Aquatic Center
580 S. Elizabeth
Call for meeting days and times (fee associated)
Contact: 262-473-4900

Wisconsin Rapids, WI
support group
RiverView Hospital Association
410 Dewey Street
4th Monday at 6:00 p.m.
Contact: Jeremy Otte at 414-312-6990

Upcoming Events for 2016

March
Living Well Conference – Fox Valley

May
Living Well Conference – Wausau

June 23
WPA Support Group Facilitator Training – Pewaukee

June 24
30th Annual Parkinson Disease Symposium – Pewaukee

September 13
5th Annual WPA Open Against Parkinson Disease –
The Legend at Brandybrook

Check www.wiparkinson.org for updates!
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If you do not receive this magazine regularly, please consider making a donation to partner with us.

Your donations help those living with Parkinson disease by allowing us to enhance and expand our services to them and their families. Annual partnership donations provide you with four issues of *The Network*, announcements of our education events, and information about local education and support programs so that you can contact others in your area.

For more information about donating or partnering with us, please contact our office.

The mission of the Wisconsin Parkinson Association is to expand medical professional and public awareness and understanding about Parkinson disease that will lead to maximum support, the best individual health care, assistance for caregivers and families, and increased funding for research.