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.
Dear Members,

This issue of The Network is about the “many faces of the WPA.” When I think of all of the faces of the WPA, I picture those who have Parkinson disease, caregivers, family and friends of those impacted, support group leaders, exercise coaches, medical professionals, the generous volunteers and members who donate their time and resources to helping the WPA. There is a very long list of people connected to the WPA. It’s an incredible community that is dedicated to helping those who live with Parkinson’s and to find a cure.

We are involved with a remarkable network of support groups and exercise groups who give their time and energy to help teach people in our community about the effects of Parkinson’s, what others are experiencing, and what can help counteract those symptoms. This is an incredibly important role and a way for people to stay connected to the most current research and therapies that will help those living with Parkinson’s live a better life each day.

We have a remarkable board of directors committed to helping the WPA further its mission with their great ideas, efforts, and commitment. We have a small but fantastic staff that works endlessly to maintain and expand the reach of the WPA. We have an amazing network of people who raise awareness and money with annual events and memorials to loved ones. We have an incredible group of volunteers who give their limited time to help our cause. To each of you, thank you. You are each an integral part of the work we are doing and the reason we succeed each day.

I am impressed daily by the amazing spirit of those I have been fortunate to meet since joining the WPA. During Parkinson’s Awareness Month, we are especially grateful for all that you do to help those impacted by Parkinson disease. You are an important part of the mission of the WPA, and we could not accomplish our goals without you.

Sincerely,

Kate McDonald
JAMES CANTRELL

James Cantrell, CFP, is the founder, owner, and president of Financial Strategies, Inc., in Brookfield. He became a WPA board member in 2013 and additionally serves on the finance committee. Jim offers not only his financial expertise: his company, Financial Strategies, will be a co-presenting title sponsor this year for the WPA Open against Parkinson Disease golf fund-raiser on September 15.

Jim’s father was diagnosed with Parkinson’s at age 50 when Jim himself was eleven years old. The disease progressed quickly, and his mother — even though she continued to work — chose to care for his father at home. Jim says, “My mother took on 99% of the care of my father. I didn’t know what Parkinson disease was, but I began to understand what it can do to an individual and to a family.” His dad had been a strong man and, Jim says, “Parkinson’s took a lot away from him.” It was tough on his father, tough on young sons and a wife, and tough financially on the family. Years later, when approached by longtime WPA board member, Richard Schumann, Jim jumped at the opportunity to get involved in supporting people with Parkinson’s and their families by serving on the WPA board. “Two things inspire and motivate me: To support education and just be there for people with Parkinson’s and their families, and to help support the finding of the cure,” Jim says.

CRAIG PLOWMAN

Craig Plowman is president of Ixonia-based HeatTek, Inc., where he and WPA board member Richard Schumann are partners; they have known each other since 1986. Richard’s wife, Deanna, has lived with Parkinson’s throughout that time. Knowing how challenging the disease has been for the Schumanns, Craig wanted to do something to help. He has attended numerous WPA charity events over the years, including golf outings and galas. He remembers a golf outing at the Watertown Country Club that was rained out – there was no golfing, but everyone stayed and spent a lot of money. It turned out to be a terrific, very successful fund-raiser.

“Awareness of Parkinson’s is great,” says Craig, “but it goes only so far. We need money for research. If the disease can be cured, or if people can be made more comfortable through research, then raising money is what we need to do.”

Craig is taking this opportunity to engage with the WPA through HeatTek’s support of the WPA Open against Parkinson Disease on September 15. HeatTek is a co-presenting title sponsor of the event that will take place at The Legend at Brandybrook Golf Club in Wales, Wisconsin. It promises to be a great fund-raiser, rain or shine!
BRANDON HENDRICKSON

A little more than ten years ago, two friends decided to honor the memories of their grandfathers, both of whom had had PD, by raising money to support Parkinson’s awareness and research. Brandon Hendrickson and Eric Emberson did a Google search and found many worthy organizations but wanted to keep their support as local as possible. After contacting the WPA and talking with the staff, Brandon says, “It was the right place we were looking for.” They were impressed with the awareness, research, and support groups that the WPA fosters.

Their annual fund-raiser – the Fall Parkinson Ride in Memory of LaVern McCarville and Marvin Emberson – takes Harley motorcycle riders through the beautiful, rolling farmland around Monticello, Wisconsin. The riders finish the day with a party and a live auction. “We are lucky to be in a small community because everybody wants to chip in on this and help,” Brandon says. “The ride comes together and works wonderfully.” Eric’s sister, Rene, and his wife, Heather, are very involved in organizing, and in the past couple of years a friend, Kristin Luchsinger, has joined them, as her grandfather also lived with Parkinson’s. Additionally, their professional benefit auctioneer, Joe Mellem, is exceptional at entertaining crowds and raising bids. “Without Joe, we wouldn’t pull in as much money as we have. He has been a huge part of all we do. We have been good friends for quite some time…so it meant the world to me when he offered his services for our event for free.”

“The first year, it just poured with rain,” Brandon says, and still they cleared about $1,900. “Every year it goes up by a lot,” he says. “Our goal for the tenth year was $10,000 – which we surpassed by $200.” In the ten years of this event, the Fall Parkinson Ride and a caring community have donated more than $60,000 to the WPA to help those who live with Parkinson disease through awareness, research, and support.

For more details, see the “Fall Parkinson Ride” Facebook page.

Save the date

WPA Open

Tuesday, September 15, 2015, is the date for our 4th Annual WPA Open against Parkinson Disease at The Legend of Brandybrook in Wales. HeatTek, Inc., and Financial Strategies, Inc., are generous co-presenting title sponsors of the event. Additional sponsors thus far include Lake Country Health Center; Greenfield Rehabilitation Agency; Cosentino Financial Group, Inc.; and US Cellular.

Come enjoy a day of golf at one of the most beautiful courses in Wisconsin. A high-quality event for a great cause – helping those in our region who live with Parkinson disease – makes the WPA Open one of the best golf events of the year! The event offers registration and lunch at 11:00 a.m., a shotgun start at 12:00 noon, and completion of the event by 7:30 p.m. You don’t golf? We offer a dinner-only option for $100. The evening includes live and silent auctions, a wine pull, and other events.

Come be part of an incredible day while supporting those with Parkinson’s. Call 800-972-5455, email jeremyo@wiparkinson.org or visit www.wiparkinson.org today to receive registration information or to learn about exciting sponsorship opportunities! We are also looking for volunteers to assist the day of the event – call now! 🌸
JOE SCHLICHER

Joe Schlicher and his family will be hosting a new event this summer: On Saturday, June 13, the Movers & Shakers Classic will make its debut at the Evergreen Golf Club in Elkhorn. He says, “I am thrilled and excited to be given the opportunity to do this.” He feels an event like this benefits everybody – the WPA, caregivers, people with Parkinson’s, and families.

Joe was diagnosed in 2009. Looking to learn more about the disease through outreach and support groups, “I saw that the WPA was a strong association dealing with Parkinson’s through raising awareness and by supporting education and research.” He first attended the All Shook Up for Parkinson’s fund-raiser in New Glarus and, “like a pebble in the water, my interest grew. My family and I were amazed at the overwhelming support given by the local community to raise money for the WPA.” From there, Joe and his wife Pat started attending the Parkinson’s support group in Monroe. They also started attending several other WPA events, including the LaVerne Brewer Memorial Golf Outing in Sussex. Joe says, “Last year, Keith Brewer mentioned that the family was retiring the event, and I became very interested in picking up the baton and raising money for the WPA.

“My whole family loves to golf,” Joe notes, “but I want to make sure it isn’t just about golf. We want to reach out to those who can’t or don’t golf by offering other events and ending the day with a great cookout dinner followed by a short program. The point is to socialize, have a great time and raise a lot of money. Just maybe my family can make an impact to help fund the education and research of Parkinson through organizations like the WPA.” Joe is looking forward to learning more about the WPA and different organizations that support the Parkinson cause. He wants to stay involved as much as possible because, he says, “As long as I am able to still do this, I want to give back.”

Joe and his family realize that without the support of the local community, the Movers & Shakers Classic will not be a success. Please join in on the day or show your support with a donation.

Visit www.wiparkinson.org > Events to register for golf, for dinner only, or to sponsor or make an auction donation.

We're Moving!

Early this summer, the WPA offices will be relocating to:
2819 W. Highland Boulevard, Milwaukee, WI 53208.
Our toll-free number will remain the same:
800-WPA-5455 (800-972-5455).
2015 *Events Calendar*

For details and registration for all WPA events, please call us at 800-972-5455.

**Education Events**

**Friday, May 15**
Living Well With Parkinson Disease  
Milwaukee Marriott West, Waukesha, WI

**Thursday, June 25**
WPA Jody Goratowski Support Group Facilitator Training  
Country Springs Conference Center, Pewaukee, WI

**Friday, June 26**
WPA Parkinson Disease Symposium  
Country Springs Conference Center, Pewaukee, WI

**Thursday, July 16**
WPA Parkinson Disease: The Basics and Beyond  
Portage, WI

**Friday, August 7**
WPA Living Well Conference  
Rhinelander/Eagle River, WI

**Thursday, September 3**
WPA Parkinson Disease: The Basics and Beyond  
Collins Learning Center, Sturgeon Bay, WI

**Saturday, October 10**
Partners in Parkinson’s  
Sponsored by the Michael J. Fox Foundation and AbbVie  
in collaboration with the Wisconsin Parkinson Association as local presenting partner  
Wisconsin Center, Milwaukee, WI

**Friday, October 16**
WPA Living Well Conference  
Rockford, IL

**Fund-raising Events**

**Saturday, June 13**
Movers & Shakers Classic Golf Outing  
Evergreen Golf Club, Elkhorn, WI

**Friday, June 19**
Punch Out Parkinson’s Golf Outing and Concert  
Riverside Golf Course, Janesville, WI

**Sunday, August 2**
The Bottle Milwaukee Charity Softball Tournament in Memory of Tim Puthoff  
KK Sports Complex, Bay View, WI

**Saturday, September 12**
Fall Parkinson Ride in Memory of LaVern McCarville and Marvin Emberson  
Monticello, WI

**Tuesday, September 15**
WPA 4th Annual Open against Parkinson Disease  
The Legend at Brandybrook, Wales, WI

**September/October**
Punt Parkinson’s with the Packers  
Pewaukee, WI

**Wednesday, December 9**
WPA Annual Meeting  
Westmoor Country Club, Brookfield, WI

*Please note that events are subject to change.*
Jeanine Bly, B.S.W., M.B.A., has had several different roles with the WPA starting in January 2013 and has been the executive director since February 2014. She earned her degree in social work/psychology from the University of Wisconsin-Madison and was for several years a health educator and health-care administrator. She received a master’s in business administration from Concordia University. “I love community involvement events – meeting people and being involved in diverse activities are my favorite things. I was brought to the WPA from the financial business world to help transition the WPA to face the future as the nonprofit world evolves,” Jeanine says. She enjoys working with a dedicated board, most of whom are personally affected by Parkinson disease. “I enjoy the opportunities to meet people and see the difference the WPA makes when I am able to get out from behind the computer and administration of the WPA,” she says.

As we explore and appreciate the many faces that make up the WPA during this April Parkinson Awareness Month issue of The Network, I am fortunate to be able to share with you the “future” face of the WPA.

The WPA by virtue of its mission is found wherever there is a need to educate and bring awareness about Parkinson disease. Being out in the community at educational events, support groups, and fund-raising awareness events as well as being on the Web or in mailboxes in the form of The Network is where the WPA works to complete its mission.

I believe one of the best ways to look at the future face of the WPA starts with taking a look at the rich and meaningful face of its past. Over the 31-year history of the WPA as an independent 501(c)(3) nonprofit, there have been many education events and symposia, editions of newsletters and magazines, and several office address changes as the needs of the organization and population it serves have changed.

In 1984 the WPA became an official, incorporated organization. In July 1986, there was a move to St. Mary’s and an affiliation with Seton Health. The next mailing address and base of operations for the WPA became Wisconsin Parkinson Association
St. Joseph’s hospital in October 1994. After six years at that location, a move was made to the WPA’s current office space in Aurora Sinai Medical Center with some of those past fourteen years including an affiliation with NPF and Aurora.

This summer, the future face of the WPA will include a new, exciting move to a strategic location within the Nonprofit Center of Milwaukee. At its March meeting, the WPA board of directors voted to move the offices of the organization to the Nonprofit Center located in the convenient and historic Highland Boulevard neighborhood in order to maximize its reach to those affected by Parkinson disease and their families. The past several years have witnessed many changes in the health-care delivery system in our country as well as significant changes to the standards nonprofits are held to in securing funding. This move is a wonderful opportunity for the WPA to continue to move forward in the ever-changing medical and nonprofit landscape and be able not only to continue but also improve the education and outreach services they provide to those with Parkinson disease.

This new location, only several minutes from downtown, is located in the midst of many nonprofits and other anchor businesses such as MillerCoors and Harley-Davidson. The Nonprofit Center of Milwaukee will offer the WPA a synergistic environment with daily access to support services including grant-writing services, convenient on-site parking, and much more to boost the value of the dollars spent on rent by the WPA.

The Nonprofit Center of Milwaukee “provides services and resources that make nonprofits stronger, more efficient, and more effective” and each year serves its more than 350 member organizations in southeastern Wisconsin.

More details about this exciting future face of the WPA will be following in the months to come, but we are so glad you will be partnering with us in that move and in the rest of the future events the WPA will be undertaking as we strive to address the education and awareness needs of those with Parkinson disease and their families. 🌱
Jeremy Otte has just marked his second year with the WPA as its director of outreach and education. He came to the WPA after working with the National MS Society, MDA, and the American Lung Association. He enjoys attending support group meetings, meeting individuals at the WPA educational programs and fund-raising events, and being an advocate for people with PD. Jeremy holds a B.S. in community health education from the University of Wisconsin–La Crosse. He has provided health education and outreach his whole professional career and has significant experience in presenting programs to people with chronic conditions.

In the past two years, I have attended a number of support groups, health fairs, and educational programs all across Wisconsin, Iowa, and Illinois. In that time, I have seen people going through the whole spectrum of Parkinson disease. I have met people newly diagnosed, people who have had it for a couple of years, and people who have had it for a couple of decades. Other than Parkinson’s, they all had one thing in common: They were looking to learn more about their disease and how to better care for themselves or their loved ones.

At a recent support group, I met a couple. The husband had been diagnosed two months ago. He was given his diagnosis and a prescription for medications. That was it. No explanation of what Parkinson disease is, no description of what the medications should or shouldn’t do for him, and no clue as to what was next. The couple came to the support group looking for help. There they found a group of friendly faces and people who provided them with more information than they could digest in one meeting. The group discussed their own diagnoses, shared stories on how the medications have helped them over the years, and discussed the importance of seeing a movement disorders specialist. By the time the meeting ended, this couple walked out feeling better about their diagnosis and prognosis, but they also knew they had a friendly place to go to each month to learn more about PD.

On Friday, March 27, the WPA partnered with the Neuroscience Group in Neenah to provide a Living Well Conference in Appleton. Nearly 200 people attended this half-day conference. People had an opportunity to share their stories during breaks throughout the day. Many of them shared that they were there because their significant other had PD and they wanted to learn more about the disease. In addition to spouses of people with Parkinson’s, siblings, children, friends, and other loved ones attended to support their loved one with PD. The conference was a great success and the feedback was very positive. The thing that has stuck with me was the couple sharing, “My wife of fifty years has PD.” In the picture, they are both smiling and still very much in love, no matter what PD has put in their path over the past fifty years.

You continue to amaze me at each support group or program I attend. Many of you have lived with this disease for a number of years, but each time I meet you, you still thirst for new information, want to discuss your diagnosis, and love to share your stories. Thank you for allowing me to partake in this and for trusting and accepting me to the point that you willingly share these personal stories with me. I am humbled and honored by your trust and confidence. I look forward to seeing you on some of my future travels. Please look at our events calendar and join us at as many of our upcoming programs as you can. Also, give our support groups a look. The facilitators are working harder than ever to provide a safe and inviting atmosphere for you to learn about PD and meet with others like yourself.

Remember, you are not facing this alone. The WPA is here to support you. Let us know how we can further support you.
**KATHRYN GAINES, D.O.**

Dr. Gaines attended the Philadelphia College of Osteopathic Medicine, from which she received a doctor of osteopathic medicine degree. She served in the United States Air Force as a flight surgeon for five years and completed her residency in adult neurology and fellowship in movement disorders at the Medical University of South Carolina. She is board certified by the American Board of Psychiatry and Neurology. Among Dr. Gaines’s interests are Parkinson’s and Parkinson’s-plus syndromes; she has special training to provide botulinum toxin for dystonia and expertise in deep brain stimulation for movement disorders.

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**Ask the Doctor**

Disclaimer: Below are brief answers to people who have written in with questions; however, please note that my advice should not take the place of having a conversation and formulating a treatment plan with one's own neurologist or treating physician.

**When new medications/treatments are on the market, what things should I be asking my doctor?**

This day and age, brand-new medications that come on the market tend to be expensive and limited in use often by insurance restrictions. That said, new medications on the market must be proven effective enough to allow for FDA approval. Thus, questioning whether it is a reasonable option is certainly understandable.

When considering a new medication, one has to keep in mind what the new medication is designed to do and how it would be better than the current regimen one is taking.

Here are some questions that come to my mind as the prescriber, which should also be concerns shared by the rational patient:

- Considering the expense, will the new medication make a dramatic difference in well-being or quality of life to offset the higher expense?
- Is it possible to switch directly to the new medication without a complicated weaning regimen off the prior medication, or can the two be taken together?
- Are there side effects of the new medication that would be more likely considering the patient’s current state of health? If there are potential serious side effects, is the risk worth the trial?
- Is the new medication easier to use or is the regimen more complicated in dosing and would this open up opportunity for medication non-compliance or medication interactions?
- How is the new medication different in mechanism of action from the current medication regimen that would make the new medication more appropriate to try?

**What do I watch for when starting new medications that I may not know to watch out for, and what do I do if something happens?**

This is a very general question and it is hard to answer in specifics without knowing more information such as specific medication name and knowledge of current medication regimen. Any time a new medication is started, there is the gamut of potential side effects including allergic reaction and also PD-specific side effects. To be safe, patients need to contact the prescriber if they suspect any negative outcome from the medication or any interaction with the new and old medications. Sometimes medications need to be stopped immediately, but sometimes there is advice the prescriber can give to alleviate said side effects without stopping the new medication altogether.

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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 to mail@wiparkinson.org and put “Ask the Doctor” in the subject line.
After earning his undergraduate degree from St. John’s University, Dr. Leo completed his doctor of osteopathic medicine degree at Des Moines University and his neurology residency at the Medical College of Wisconsin. His special interests include the evaluation and treatment of sleep disorders and Parkinson disease. Dr. Leo is board certified in neurology and sleep medicine.

Botulinum (Botox) Treatment in Parkinson Disease

Botulinum toxin (Botox) is a treatment for a variety of medical conditions. Best known for its use in cosmetic medicine as a means of eliminating wrinkles, it was initially used to treat movement disorders and strabismus (crossed eyes). The toxin works by blocking nerve impulse to muscles. Botulinum toxin is a poison that is produced by the botulinum bacteria in the setting of improperly canned foods, but there are several commercial preparations of botulinum toxin: Botox, Myobloc, and Dysport.

The development of Botox has a Wisconsin connection. Dr. Edward Schantz was a biochemist born in Hartford, Wisconsin, and was a graduate of the University of Wisconsin. He began working with botulinum toxin while employed by the Department of Defense during World War II; the toxin was being studied for use as a biological weapon. Dr. Schantz’s work demonstrated that it was not an effective weapon. Then Dr. Alan Scott began experimenting with botulinum in the 1960s for treatment of the eye disorders strabismus and blepharospasm (involuntary eye closure). The toxin was effective by weakening muscles, thus straightening the eyes and reducing eye closure. Botox was approved for use in the United States in 1989.

There are two major applications of botulinum in Parkinson disease. The first has to do with treating dystonic movements. Dystonia is a condition that causes abnormal muscle contraction. Dystonic movements may be seen in some people with Parkinson’s. They can be a manifestation of Parkinson’s or a complication of medication. Leg tightness is the most typical form of dystonia in Parkinson’s and often occurs in the morning: the leg is stiff with a twisting in of the foot. This may occur when medication levels – usually levodopa – are low, thus occurring when a person awakens. Sometimes the dystonia may occur at the highest dose of medication: two hours after taking levodopa. Botulinum is injected so that the overactive muscle or muscles become weak, which then prevents the abnormal movement. The treatment will last three to four months, and then the injections are repeated. Complication from the injection would be excessive weakness in the injected muscles so that walking becomes more difficult due to a different problem.

Blepharospasm, eye closure, is another type of dystonia that may be treated with botulinum injections. The toxin is injected around the eyes such that the overactive muscles are weakened. The effect may last four to six months. Again the complication may occur if too much toxin is injected, leading to excessive weakness of the eyelids and muscles around the eye. This will then cause problems with drying of the eye.

Excessive drooling, sialorrhea, is a common problem in Parkinson disease. Botulinum toxin will block acetylcholine in the parotid and submandibular glands. These structures are responsible for production of saliva. Therefore injections of botulinum into these glands will reduce the amount of saliva produced. Complications include excessive mouth dryness.

Botulinum toxin injections have limited use in Parkinson disease, but it is effective for treating dystonia (leg stiffness, less commonly arm stiffness, and excessive eye closure) and excessive drooling.
People can’t hear me!

“I just can’t seem to get my point across in a conversation.” “My wife has to order for me in the restaurant – the waitress can’t understand me any more.” “I can’t hear what Dale is saying when we are in the car.” Does this sound like you or a loved one? Yes, this is a phenomenon of Parkinson disease. It is the voice that isn’t what it used to be.

Jeri A. Logemann, Ph.D., in 1978 researched and found that 89% of patients with Parkinson disease had a motor speech disorder. It was Mutch, et al. (1986) and Hartelius and Svensson (1994) who discovered that only 4% of these individuals were receiving speech therapy. This is why I’ve written this article.

People with PD can suffer from hypophonic speech (less-than-average vocal loudness) in combination with hypokinetic dysarthria (decreased oral movements when speaking), which significantly impacts their ability to produce functional, audible speech. Also, a component of self-perception of speech results in the individual’s belief that he or she is producing an acceptable level of vocal loudness when the speech is actually quite less than the average speaker’s. The combination of these factors results in speech production that affects the ability to communicate with friends and family.

Speech is a multi-faceted function of the person that includes neural system, aerodynamics, respiratory system, articulation skills, and perception. The question one might ask is: Does my voice lend itself to therapeutic intervention? The answer is a resounding “Yes.” Research studies from the late 1980s through today have indicated that Parkinson patients can benefit from speech therapy – exactly which therapy will work for you or your loved one needs to be explored.

A program that is specifically designed for remediation of deficits directly related to PD should be used for treatment of voice in the person with PD. These programs should include motor learning and skills acquisition and be consistent with principles of neural plasticity. The programs will include frequency of activity, increased force or resistance, multiple repetitions, increased effort, accuracy of performance, and occasional fatigue from these activities. The result is an individual who has regained function to the best of his or her ability through structured therapy.

Individuals will relearn what they can and should sound like. A significant change in self-perception can result in improved production of speech. A commitment to daily practice is a must for generalization of skills learned in the therapy environment. Support from family and friends can have a significant impact on the outcome for the individual. While there is no guarantee that one will have success with therapy, research has shown it can be effective in most cases.

If you or a loved one has had a decline in the ability to communicate due to reduced vocal production, contact your local speech pathologist. Ask whether he or she has experience in working with folks with PD and, if not, get a recommendation for someone who does. Programming for the individual with Parkinson’s disease needs to be specific for remediation.

Remember: Exercise is medicine!
Faces of Parkinson’s

On March 27, the WPA and Neuroscience Center co-sponsored a Living Well Conference in Appleton. We had 185 persons attend, and 20 more viewed the free presentation via livestream. To help foster awareness during April, Parkinson’s Awareness Month, attendees were enthusiastic about sharing their connection with Parkinson’s.
Gary Schilling takes part in as many WPA activities as he can. He has participated in clinical trials and hasn’t missed a WPA symposium since 2008, which he first attended to listen to his daughter, Jody Goratowski, give a talk. Jody worked for the WPA in outreach and education. She and Gary sometimes attended various support groups together in Racine and La Crosse, among other locations. Sadly, in September of 2008, Jody succumbed to a heart attack while giving a presentation to the Rockford Young-onset Group. Gary reached out to Sharon Habing, the facilitator of that group, and attended a future meeting to thank everyone for doing what they could to help Jody. The WPA’s Annual Facilitator Training is named in Jody’s memory and is held the day before the annual symposium.

Gary decided to join two Parkinson’s support groups: the men’s PD group in Wauwatosa and the West Bend PD group. The group in Wauwatosa is designed for men to discuss their issues with PD. The West Bend group consists of men and women discussing multiple issues regarding PD. “I like to attend both groups because PD progresses at different levels for different people, and it’s good to hear the various perspectives provided on the wide range of topics,” he says. Gary was diagnosed in 2004 at age 54. “I try to read as much as I can about this disease and about the development of new drugs. I look forward to receiving The Network magazine on a quarterly basis and reading the interesting articles it provides.” Gary has also gone to the Davis Phinney Victory Summit and various Froedtert events to learn as much information as possible about Parkinson’s.

Gary walks a lot in the summer and gardens for exercise. He finds the tremors in his neck and arms affect the fine motor skills in his hands. Lack of sleep intensifies these symptoms. Gary finds humor to be a great way of dealing with having Parkinson disease. He jokes by saying, “My daughter, Christine, says she can always tell when the burgers are done grilling because the tongs I’m trying to handle rattle against the plate.” Christine is also involved with WPA: last year she volunteered at the WPA Golf Open.

2015
WPA Symposium
TO BE HELD JUNE 26 IN PEWAUKEE

Country Springs Hotel and Conference Center

Featured speakers: Gary Leo, D.O., neurologist and sleep disorders specialist at Columbia St. Mary’s in Milwaukee, and Michele Golombuski, director of advancement for the Michael J. Fox Foundation in New York

Conference registration deadline: Thursday, June 18
Registration fee: $30 per person

Registration and vendors are available from 8:00 to 9:00 a.m. The symposium, which begins at 9:00 a.m. and concludes at 3:30 p.m., will also offer breakout sessions in the morning and afternoon on:
• Anxiety, Apathy, and Other Emotional States in Parkinson Disease
• ADRC: Who We Are and Services Provided
• Speech and Swallowing Issues Associated with Parkinson Disease
• Taking Care of the Caregiver
• Basic Estate Planning: Help Yourself, Help Your Family
• What to Expect at Your Neurology Appointment
• Yoga for People with Chronic Conditions
• The Benefits of Support Groups in 2015

For more information or to receive a brochure, call 800-972-5455 or email the WPA at mail@wiparkinson.org.
THE PARKINSON MASK

Don Hitko, facilitator of the Greater Lansing Area (Michigan) Parkinson’s Support Group, is a very positive individual who is an inspiration to many. He has been creatively working to “make sense” out of Parkinson’s disease from a person with PD and family point of view. This article is intended to persuade others to look beyond the obvious when you are with someone who has...THE PARKINSON MASK.

(Reprinted with permission from Don Hitko and the Michigan Parkinson Foundation)

In this age of computers, any subject of choice usually can get more than enough coverage. This is a blessing for those of us who have Parkinson’s disease. As we prompt and poke at our computers, an avalanche of descriptions, advice, reports, treatment trends, testimony, and inspirational offerings becomes available. Never in short supply are accounts of courage, sacrifice, and determination as we attempt to cope with our disorder.

As we access the multitude of resources for our information, a realization can form from the sense that with all this knowledge, inspiration, and support that we are fondling, something is still not on target. What seems to be beckoning is the need for expression of the turmoil that churns in our bodies, minds, and souls. Knowing is not enough! We can feel from one moment to the next that we are trapped in a body and mind that is becoming increasing hard to manage. This moment-to-moment awareness is fueled by a blunt sense of isolation and alienation.

Contributing to this dilemma is the unfortunate way that Parkinson’s sculptures our minds and bodies. It is how this chronic ailment affects our inner and outer selves as we try to interact with our families, friends, and any other good folk. This has its beginning with the conditioning we all have to each other’s body language, and to the abilities needed to connect and communicate.

The person with Parkinson’s disease doesn’t project an approachable persona. The loss of some of the control of the face and head muscles creates a stare-like feature that is referred to as the “Parkinson Mask.” The eyes don’t blink as much; the smile, if there is one, appears forced or is of a short duration. The stiff neck and shoulders remind us of Frankenstein. There may be uncontrolled movements that vary from excessive to a Zombie-like absence. The hunched back is a reminder of the bell ringer from Notre Dame. There can be a funny gait, drooling, an unkempt appearance, and – heaven forbid – a body odor! This all adds up to an approachability that is uncomfortable, if not repelling.

If contact is eventually made, further dissonance is encountered. The voice of a Parkinson Person is often raspy and lacks volume that is not perceived by its owner. Any exchange of conversation is followed by a request to repeat what he has just spoken. Sometimes, no attempt to hear is resorted to. As the Parkinson one speaks, there is a tendency to run the words together, especially in a telephone conversation.

If a request is made to help communication by writing down the message or idea, then another Parkinson hardship is on tap: the lack of coordination causes handwriting that is barely legible.

Difficulty with memory is another burden a PD person can experience. The slow responses, the mixed up details, further make the situation uneasy.

Low libido, due to the disease or the medicine taken, puts into hibernation the masculine and feminine interplay that can add radiance to any interaction. Balance problems plus muscle weakness and stiffness result in a reluctance to move about, which leads to judgments that you want to be left alone.

Continued on page 26
KAREN SCHOLEY

Karen Scholey recites the tale of her eventual diagnosis in a way that will be familiar to many: It all started with a little rigidity, leg drag, and finger tremors. She went to her family physician, but it was four years before someone with Parkinson’s suggested that she see a neurologist who specializes in movement disorders. A fellow patient of her chiropractor, who agreed to a phone conversation about her doctor, told Karen she was dancing the jitterbug again. Karen says, “Although I never have been a dancer, I was immediately convinced to make an initial appointment.” Karen was 43 when she was finally diagnosed in 2004.

Karen, suspecting Parkinson’s, had earlier attended an education conference that showed videos of people with dyskinesia. She says, “I got scared by the dyskinesia risk.” In talking with her movement disorders specialist, she was adamant about not taking medications for Parkinson’s, as she did not want to develop the sensitivity to carbidopa-levodopa that can bring on dyskinesia. But, she says, “He was very gentle about my medication frights and helped me to understand that they were the best option for me. I am very, very happy with my treatment – and now, of course, I have dyskinesia.”

When a clinical trial became available to investigate a new form of Amatadine for treating dyskinesia, Karen was the second person to enroll. She initially was hesitant, but “Because I was going through this kind of thing, I learned to be more open minded,” she says. Karen has been doing well on this new drug.

Karen is enthusiastic about the benefits of exercise – she works out at home with treadmill, weights and strengthening bands, and yoga – and she goes every year to the WPA symposium. Lately she has been creating greeting cards, which she picked up as a hobby though her support group, and she’s using them to raise money for the WPA. “I am active in gathering and sharing information regarding this disability,” Karen says, “so that we can live functionally fulfilling lives and work toward a cure.”

MARK STROSAHL

After his diagnosis six years ago, Mark Strosahl did a lot of research and decided he wanted to be a part of the WPA. Speakers from the WPA had come up to talk to the Minoqua support group, and he found them to be informative and knowledgeable.

In an ongoing process, Mark tried various therapies to cope with his Parkinson’s – dyskinesias were becoming progressively more of a problem – and it was a fellow support group member who suggested that he apply to take part in clinical trials in Milwaukee. “It turned out that I was a good candidate for this particular trial, but it was clear to me right in the beginning that I was receiving the placebo, as I had no reaction.” Because he and his wife drove 250 miles one way to participate in this trial, he talked with the clinical trials coordinator and his doctor about the wisdom of his staying in the study. He decided to continue. After that trial ended, he was invited to become a subject in the second part of the study: being on the medication for a year. While he is still adjusting to the medication and is experiencing some side effects, the dyskinesias he has suffered from have disappeared.

Mark says, “I was offered the excitement of being involved in a study like this. It’s been such a great learning process, and it’s been good to know you are in the hands of a good team.”

Are you interested in participating in a clinical trial? Learn more about trials at foxtrialfinder.michaeljfox.org or clinicaltrials.gov.
LINDA AND DAVID PALMER

While Linda and David Palmer are relatively new to running Parkinson’s support groups, they are enthusiastic about their calling and have taken on not one but four groups. Neither has a family member with Parkinson’s. Linda, after retiring as a social worker, acquired certification in senior fitness including aquatics, SPIN cycling, and Silver Sneakers. Her interest in helping those with Parkinson’s came about while studying for her certifications; she worked with a man in Belvidere, Illinois, finding out about Delay the Disease (she has certification in that now, too) and the benefits of specific vigorous exercise for those with Parkinson’s. So she formed a Parkinson’s exercise group in Belvidere a year ago. David, who has a master’s degree in pastoral counseling, concurrently offers a caregiver group so that exerciser and caregiver can participate at the same time in the same location.

Last September, Linda was approached to run a Pedaling for Parkinson’s SPIN class at Rockford’s YMCA of Rock River Valley I.D. Pennock Branch. She says, “There is a lot happening in Rockford, but we want more! Rock Steady Boxing is coming in April to talk, and other possibilities are water classes, rowing machines, and other activities. SPIN classes can feel like mini-support groups. I know that happened in Belvidere – people miss each other if someone has to miss a class.”

Then in October of last year, Sharon Habling, who had facilitated the Rockford young-onset support group for twenty years, announced that she wanted to step down. Sharon’s husband, Tom, is continuing his involvement by facilitating a caregiver group in Rockford. Linda and David were honored to take over the responsibility for the young-onset group. “People come for the camaraderie, to share and get support. I feel so privileged,” says Linda. She wants people to know about other support groups, exercise opportunities, and what a valuable resource Wisconsin Parkinson Association is to the residents of northern Illinois.

See page 20 for details about the support and exercise groups in Belvidere and Rockford, Illinois.
Jeff Obst has facilitated the Bay Area Parkinson’s support group for five years. He formed the group; he had been a neighborhood mediator in Minneapolis and knew how to bring people together. His group also has two other facilitators who can step in at any time. He says, “I connected with the Wisconsin Parkinson Association right away. I needed resources, pamphlets, and information to get to members of the group.”

Jeff, who teaches golf professionally, was diagnosed in 1997 and knew a group was needed in the area, as a couple of members of the golf club had Parkinson’s. “I wanted to be proactive,” he says. “I put an ad in the local paper, and responses from people came right away. We have a lot of community support.”

The group likes to have speakers about six times a year. Jeff says, “It’s interesting – in addition to resources at the Northern Lights Health Care Center, there are plenty of professional people located up here, who come for the peace and quiet and beauty.

In addition to their distance from a major metropolitan area – the Bay Area is located at the northernmost tip of Wisconsin – support group members have to drive long distances for their meetings, which is why the meetings rotate among Ashland, Washburn, Cornucopia, and Bayfield. The group is looking forward to meeting Jeremy Otte, the WPA’s director of outreach and education, who is scheduled to make an appearance at the July 21 meeting of the support group.

Anyone in the Bayfield area who wants to learn more may call Jeff Obst at 715-209-0807 or Joan Schierman at 715-742-3911.

Faye Ford has been a stalwart leader of the Rockford, Illinois, support group since 2002, the year her husband, Walter, was diagnosed. Co-facilitator Joyce Reiland has been involved since 2008, and her husband, Richard, has Parkinson’s. Their group meets at a Rockford-area senior living community. Faye says, “We have discussions with the residents and their families and help to educate the staff in how to care for those with Parkinson’s.”

She says that the WPA’s Living Well Conferences held in Rockford are wonderful, as they are well attended, and the support group often gets new members that way. “Also, the WPA supplies us with speakers including, years ago, Gloria Bock, and now Jeremy Otte. We have learned so much from him, and he is outgoing and friendly.” Faye is always interested in attracting new members, so friendliness is a critical aspect in addition to helpful information. “It is a matter of being that friendly person,” she says. Faye’s husband was glad to attend the meetings. “I am more than happy to help even though he’s gone. People need extra help. People are so great, gracious, and thankful that there is a group.” She believes in the importance of staying social and spending time with friends and family, which bolsters well-being.

Faye generously says, “We do this because of the joys of having people feel good when they come. It’s really nice to see that our members get something out of the meetings.”

To learn more about the Rockford group, see page 20.
This list is current as of February 1, 2015. Please contact Jeremy Otte at 414-219-7065 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

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

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

**Northfield, IL**
- North Shore Senior Center
  161 Northfield
  Every Wednesday at 1:00 p.m.
  Contact: Michele Corrado at 847-784-6038

**Rockford, IL**
- **support group**
  Wesley Willows
  4141 N. Rockton Avenue
  Second 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 Valley
  I.D. Pennock Family YMCA
  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 Augusta Drive
  Third Tuesday at 7:00 p.m.
  Dinner meetings at 6:30 p.m.
  Contact: David and Linda Palmer at 815-871-6710

**iowa All Groups**

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

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

**Clinton, IA**
- Mercy Medical Center
  638 S. Bluff Boulevard
  South Campus Board Room
  Second Saturday at 10:00 a.m.
  Contact: Don & Rita Schneider at 563-243-5585

**Davenport, IA**
- Center for Active Seniors
  1035 W. Kimberly Road
  Third Saturday from 10:00 a.m. – Noon
  Contact: Eileen Benson at 563-332-6497 or Eugene Kenyon at 563-549-7890

**Decorah, IA**
- Winneshiek Medical Center
  901 Montgomery Street
  Fourth Wednesday at 1:30 p.m.
  Contact: Dawn Milligan at 563-387-3146

**Dubuque, IA**
- Stonehill Adult Daycare Center
  3485 Windsor Avenue
  Fourth Saturday at 10:00 a.m.
  Contact: Gerald Osterhaus at 563-582-7313

** Newton, IA**
- Wesley Park Center
  500 First Street North
  Garden Room
  Third Monday at 1:30 p.m.
  Contact: Eloise Prater at 641-791-1018 or Maralyn Stull at 641-791-2299

**Washington, IA**
- United Presbyterian Home
  1203 E. Washington Street
  Second Tuesday at 3:30 p.m.
  Contact: Arni Kleese at 319-653-5473

**Michigan All Groups**

**Calumet, MI**
- Aspirus Keweenaw Home Health & Hospice
  311 Sixth Street
  Second Monday at 1:00 p.m.
  Contact: Sarah Baratono at 906-337-5708

**Menominee, MI/Marinette, WI**
- Harbors Retirement Community
  1110 Tenth Avenue
  Third Thursday at 10:00 a.m.
  Contact: Patricia Ihler at 906-863-9445

**Negaunee, MI**
- Negaunee Senior Center
  410 Jackson Street
  Fourth Monday at 1:00 p.m.
  Contact: Lindsay Juricek at 906-475-6266

**Wisconsin All Groups**

**Appleton, WI**
- **support group**
  Touchmark at West Prospect
  2601 Touchmark Drive
  Third Thursday at 2:00 p.m.
  Contact: Rachel Watkins-Peterson at 920-832-9100

- **young-onset group**
  Emeritus at Fox River
  5800 Pennsylvania Avenue
  Second 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
  Third Monday at 2:00 p.m.
  Contact: Sylvia Kriegl at 608-356-7096 or Geri Schoenhoff at 608-356-5473

**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

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The Network, spring 2015

Wisconsin Parkinson Association
Brookfield, WI

support group
Brookfield Regency
777 N. Brookfield Road
1st Thursday at 2:30 p.m.
Contact: Jeremy Otte at 800-972-5455

exercise group
Brookfield Public Library
1900 N. Calhoun Road
3rd Tuesday from 2:30 – 4:00 p.m.
Contact: Joel Mason, DPT, at 920-921-3330

Brown Deer, WI

exercise group
Rite-Hite YMCA
9250 N. Green Bay Road
Tuesdays & Thursdays at 12:30 p.m.
Contact: Megan Radowski or Liz Paly, PT, at 414-354-9622

Green Bay, WI

support group
Aging & Disability Resource Center
300 S. Adams Street
2nd Monday at 10:00 a.m.
Contact: Carol Mueller at 920-655-0451

exercise group
SS. Edward and Isidore Parish
3667 Flintville Road
Mon., Tues., Wed. from 10:00 – 11:30 a.m.
Contact: Kelly Gerl, PT, at 920-288-4705

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: Cheryl Leonard at 920-477-5222
or Cathy Foster at 920-907-0117

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

Hartford, WI

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

Hudson, WI

support 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

Janesville, WI

support group
Brookside Care Center
3506 Washington Road
Southport Room
1st Wednesday at 2:00 p.m.
Contact: Julie Topolev at 262-657-7276
or Dave Gourdoux at 262-694-6156

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
4340 Tokay Boulevard
Meeting Room A
Last Monday at 7:00 p.m.
Contact: Hilary Blue at 608-298-7520

caregiver group
East Madison/Monona Coalition on Aging
4142 Monona Drive
1st Monday at 6:30 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
Milwaukee, WI

**social group**
YPPT: Young Parkinson Professionals Together
Meeting dates and places vary; for the latest information, go to meetup.com/young-parkinson-professionals-together/ or contact Bob Norman at 414-550-1031 or ypptbob@gmail.com

**exercise group**
Group Yoga Therapy
(safe for those with PD)
Invivo Wellness
2060 N. Humboldt Avenue
Wednesdays from 9:00 - 10:30 a.m.
(associated)
Contact: Tina Romenesko, PYT, RYT, at 414-265-5606

Minocqua, 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

Neenah, WI

**support group**
Neuroscience Group
1305 W. American Drive
2nd Floor Classroom
4th Thursday at 2:00 p.m.
Contact: Patrick Pelkey at 920-538-0144

New Berlin, WI

**support group**
Sleepy View Senior Community
12455 W. Janesville Road
3rd Wednesday at 6:30 p.m.
Contact: Debra Haigh at 262-989-9278

Oconomowoc, WI

**support group**
Oconomowoc Memorial Hospital
791 Summit Avenue
3rd Friday at 2:00 p.m.
Contact: John Selix at 262-691-9495

**exercise group**
Pabst Farms YMCA
1750 E. Valley Road
Wednesdays & Fridays at 1:00 p.m.
(associated)
Contact: Ashley Knuth, PT, DPT, at 262-567-7251

Oshkosh, WI

**support group**
Belva Vista
631 Hazel Street
2nd Tuesday from 4:00 p.m.
Contact: Beth Waller at 920-233-6667

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

**exercise group**
Belva 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 (associated)
Contact: 920-236-1850

**exercise group**
Oshkosh Seniors Center, North Building
234 N. Campbell Road
Tuesdays & Thursdays from 11:00 – 11:45 a.m.
(associated)
Contact: Amanda Ubbelohde at 920-232-5320

Portage, WI

**support group**
Bethlehem Lutheran Church
8267 Highway 33
3rd Thursday at 2:00 p.m.
Contact: Elayne Hanson at 608-742-2410

Racine, WI

**support group**
Covenant Presbyterian Church
8501 Campus Drive
Mondays & Wednesdays at 1:30 or 2:00 p.m.
(associated)
Contact: Lynda Knudson at 262-634-1994
Rhinelander, WI
support group
Oneida County Senior Center
100 W. Keenan Street
3rd Monday from 1:00 – 3:00 p.m.
Contact: Stephanie at 715-369-6170 or Norma at 715-545-3414

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

Seymour, WI
support group
Good Shepherd Services
607 E. Bronson Road, Community Center
1st Tuesday at 1:30 p.m.
(not meeting summer 2015)
Contact: Lori Tesch-Janke at 920-538-2017 or Carol Janke at 715-752-4247

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
exercise group
Total Fitness
212 E. Green Bay Street
Mondays & Thursdays at 1:15 p.m.
(fee associated)
Contact: Jean Darling, PT, or Jamie Mursaw, PTA, at 715-526-2899

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 Barst at 920-889-2602
exercise group
Aurora Sheboygan Memorial Medical Center
2629 N. 7th Street
Tuesdays & Thursdays from
11:30 a.m. – 1:00 p.m. (fee associated)
Contact: Stacey Rooker, PT, at 920-451-5550

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 Colburn at 715-255-0357

Spooner, WI
exercise group
LSVT® Big and LOUD
Spooner Health System, Rehab Services
819 Ash Street
Call to schedule speech, occupational, and physical therapy (fee associated)
Contact: Danielle at 715-635-1272

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

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
exercise group
PWR! fitness
Stoughton Area Senior Center
248 W. Main Street
Call for information; 6-week class with a PWR! instructor (fee associated)
Contact: Hollee Camacho at 608-873-8585

Summit, WI
exercise group
Aurora Medical Center Summit
36500 Aurora Drive
Outpatient Rehabilitation Gym
Every Monday at 6:00 p.m. (fee)
Contact: Ashley Knuth, PT, DPT, 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: Becky Losby at 608-845-7471
caregiver group
Verona Senior Center
108 Paoli Street
3rd Tuesday at 10:30 a.m.
Contact: Becky Losby at 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

Waunakee, WI
support group
Village Center of Waunakee Senior Center Stage
333 S. Madison Street
4th Tuesday from 10:00 a.m.
Contact: 608-229-7628
eXercise group
Waunakee Senior Center
333 S. Madison Street
Tuesdays from 1:30 – 2:15 p.m.
(fee associated)
Contact: 608-849-8385

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

Wauwatosa, WI
young-onset group
Community Conference Center
3014 Erie Avenue
3rd Wednesday at 2:00 p.m.
(fee associated)
Contact: 414-805-8326
caregiver group
Community Conference Center
8700 Watertown Plank Road
Lower Level, east side of WAC
2nd Saturday from 1:30 – 2:30 p.m.
Contact: 414-805-8326
men’s group
San Camillo, 10200 W. Bluemound Road
2nd Monday at 1:30 p.m.
Contact: Mitchell Smith at 262-796-1935

YMCA of Dane County
1470 Don Simon Drive
Wednesdays at 11:00 a.m.
(fee associated)
Contact: 608-837-8221
The Parkinson Mask (continued from page 16)

Parkinson People are too often slow and fumbling. This does not go well with our hurry hurry lifestyles. The whining response from the PD person is “I am doing it as fast as I possibly can. Please be patient!”

Sleep disturbance is more than occasional for the one with the masked face. Yawning and loss of attention help to pile on the discord.

Fluctuation of moods can add to disruptions. Within the short span of time that medication wears down, a swing in feelings or any sense of well being can change into a “joyless cranky wanting to withdraw” mood. This inconsistency adds a wariness to the relationship.

The focus in this presentation is not meant to detract from the lofty qualities that are companion to warm-hearted people and their caregivers. It is meant to raise the curtain on the predominant struggle that too often is buried under the “chin-up” rallying cry that can misdirect some well-intended cheerfulness.

Suppression of the powerful torment that can encompass this chronic condition can lead to an unwillingness to engage the despair and inaction that can bring life to a creep!

The Parkinson mask can hide the face from the reality that exists in a warm and tender heart that may be in disguise.
ED VOJTIK

Edmund J. Vojtik has a long and varied history with the WPA. In the late 1970s, his wife, Nancy, was one of the first patients in Milwaukee of Paul Nausieda, M.D., seeing him at Milwaukee County General Hospital (now demolished; it had been on part of Froedtert Hospital’s campus). They followed the doctor through his relocations to Columbia Hospital, then to St. Mary’s Hospital (separate entities until 1995), then to St. Joseph’s Hospital (now part of Wheaton Franciscan). Nancy, who lived with Parkinson’s for forty years, died in 2004.

“I became involved with the WPA in the early 2000s after Gloria Bock, the outreach coordinator, suggested that I should be on the board,” Ed says. The president at that time, Richard Schumann, formally invited him, and Ed has been a board member ever since, serving as treasurer and also serving on the executive and finance committees.

Ed has represented the board at the annual symposium and community events, attended many WPA golf and gala fund-raisers, and is a regular and generous donor, but to make a larger impact, he set up the Edmund J. and Nancy C. Vojtik Fund at the Greater Milwaukee Foundation, which supports the WPA’s research and education. Ed’s support of the WPA will always honor the memory of Nancy Crowley Vojtik.

NORMA SEMLING

Norma Semling initially became aware of the WPA through her doctor; when she began a Parkinson’s support group in Minocqua almost eight years ago, the first guest speaker was a representative of the WPA. “She was wonderful,” Norma says, “and we learned that there was more information we could get through the WPA. It was a good learning tool, having her come.” She began another support group a couple of years ago in Rhinelander.

Norma has supported and been involved with the WPA in multiple ways. She has attended symposia and conferences, been a guest speaker at one of the WPA annual meetings, and participated in the “Would You Recognize Parkinson’s?” advertising campaign. Norma started using her artistic skills to paint glass vases with colorful floral patterns and entered two vases in the WPA’s “Art over Adversity” gallery show in 2011. Adding her business skills to her artistic ones, she now paints beer growlers and sells them, generously donating the proceeds to the WPA. Norma says, “My being involved in these projects educates others about Parkinson’s.”

Anyone interested in purchasing an original Norma Semling-painted vase or growler may call her at 715-545-3414.
MIKE ENGEL AND PASTICHE BISTRO & WINE BAR

Mike Engel, chef and owner of Pastiche Bistro & Wine Bar in Bay View, became involved with the WPA through his friendship with Knut Apitz, a WPA board member. “We have always talked about the WPA, and I have taken part in whatever way I can, like attending the golf events,” says Mike. But he wanted to make an ongoing commitment.

An idea came to him as he tried to solve a problem at work: In a small restaurant such as his, menu deviations requested by patrons affect production in the kitchen and actually slow down the service in the whole restaurant. And to be successful, he has to seat two to three turns per evening. “The number of such requests as ‘sauce on the side’ or a different kind of potato became a problem for us, so I thought we could charge two dollars extra for special requests but make it palatable by attaching the surcharge to a charity.” After a test run and consultation with staff, customers, and Milwaukee dining critics Carol Deptolla and Ann Christenson, he instituted the surcharge. Not only did it cut the number of special orders by half – he has received very favorable feedback from patrons. “I want our customers to be happy. They now understand that specials slow down our service and the surcharge goes to charity, the extra production in the kitchen is decreased, and we give between $70-80 per month to the WPA. Everybody wins,” says Mike.

Ultimately, he says, “The irony is that Knut, who was chef and proprietor of Grenadier’s, had a no-holds barred, anything-you-want approach. He just laughed when I told him about the surcharge.” Mike says, “Never forget that he started it all. A lot of us wouldn’t be where we are today without him.”

Pastiche Bistro & Wine Bar is located at 3001 S. Kinnickinnic Avenue in Milwaukee. Visit their website at pastichebistro.com or call 414-482-1446 to make reservations.

donations & tributes

We are grateful to the following donors for their support of those living with Parkinson disease. This list reflects gifts received from October 18, 2014 to January 9, 2015; contributions of $250 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.

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Information provided concerning medical diagnosis, treatment, and research is not intended to answer individual problems but to report and explain current information about Parkinson disease. Feel free to contact the WPA if you have any questions. You should always ask your physician about specific treatment issues.

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For more information about donating to or partnering with the Wisconsin Parkinson Association, please call the WPA at 800-972-5455 or visit www.wiparkinson.org.