TABLE of CONTENTS

2  In Lieu of Flowers
3  Symposium Overview
5  A Few Words from the Executive Director
6  Calendar of Events
7  Anxiety, Apathy and Other Emotional States in Parkinson Disease
8  What to Expect at Your Neurology Appointment
9  Sleep Disorders and Parkinson Disease
10  Facilitator Training
11  Movers and Shakers Classic
12  Our New Home
13  Partners in Parkinson’s Invitation
14  Importance of Participating in Clinical Studies
15  Please Forgive Our Mistake
15  Blutender Battle Invitation
16  WPA Open Invitation
17  Punch Out Parkinson’s
17  Parkinson Disease: The Basics and Beyond
17  Tulip Club
18  Support Groups
22  Donations & Tributes

On the Cover: Participants, vendors and speakers at the 2015 WPA Parkinson Disease Symposium

Letter from the PRESIDENT

Kate McDonald, M.B.A.
WPA Board President

Dear Members,

Every year the WPA is excited to host our Parkinson disease symposium. It’s our chance to present current information on some of the most common questions and concerns facing people with Parkinson’s and their caregivers. There were a variety of respected speakers this year who discussed issues ranging from physical and emotional problems to supportive services and ideas for both those living with Parkinson’s and their caregivers.

This year’s symposium was a very successful event with more than 200 attendees and 42 vendors. There was a great collaboration of people who came together for the day to learn more about Parkinson’s, including those newly diagnosed, people living with Parkinson’s, support group leaders, caregivers, and family members and friends.

Next year we hope you’ll consider attending. It is sure to be another wonderful day of education, information, fellowship and comraderie.

Thank you for your support of the Wisconsin Parkinson Association. With your help, we are able to provide programs such as the annual symposium. In this issue of The Network, we wanted to highlight some of the great information that was shared at the symposium. Look for this icon for articles featuring several of the presentations from this year’s symposium.

Thank you,

Kate McDonald
We have all seen the words *In Lieu of Flowers,* please make a donation in memory of a loved one to a charity of their choice. But, what happens next? What happens to the donation and how is the family informed?

You will see from the donation and tributes page towards the end of *The Network* that we list all funds received in honor or memory of a loved one. When someone asks for the Wisconsin Parkinson Association to be the charity of choice, we send a thank you to the donor, but also send notification to the family to let them know a donation was received in memory or honor of their loved one.

These donations become a lasting tribute to their loved one. The funds go to support the Wisconsin Parkinson Association’s programs and services, support groups, and *The Network* magazine you currently hold in your hands. But more importantly, these funds are a way to keep the memory of your loved one going long after they have passed.

Individuals and their families have been creative in how they do this. Many children make an annual memorial donation in the name of their parent who had Parkinson disease. This allows them to remember their loved one in a very special way, while also helping and supporting others still affected by Parkinsons.

For his 75th birthday, Knut Apitz, a person with Parkinson disease and current WPA Board Member, held a birthday celebration and in lieu of gifts, he had funds split among three charities of his choice. For 18 years the Brewer family held a golf outing, first in honor of their mother with Parkinson disease, then in her memory. We have two friends of the WPA Open who sponsor the evening’s dinner. One, in honor of their spouse and the other in memory of their spouse. In other words, memorials are not only done at the time of death but also during life, to celebrate it.

Memorials are not just a way to give money. They are a way to honor the life, love and value of people who are special to us. The WPA appreciates these donations and uses them to touch the lives of other individuals and families impacted by Parkinson disease. Your contribution allows your loved one’s memory to live on in your heart and in the heart of those affected by Parkinson disease and served by the Wisconsin Parkinson Association.

Next time you see *in lieu of flowers,* I hope you consider the Wisconsin Parkinson Association and the services we provide. If you want to learn more about memorials or discuss a way to honor your loved ones, please call the Wisconsin Parkinson Association at 414-312-6990 or 800-972-5455.
“I left exhausted but invigorated!”

Comments like this were heard again and again from the 200 attendees at Wisconsin Parkinson Association’s annual Parkinson Disease Symposium, held June 26 at the Country Springs Conference Center in Pewaukee. The annual symposium provided a feast of new medical knowledge, a rare opportunity to talk informally with medical experts, and the chance to have a delicious lunch and share common experiences with old and new friends alike.

The symposium featured ten outstanding speakers, and participants could pick and choose between several topics, depending on what was most important to them and their loved ones.

“It was very well organized and executed,” one participant commented afterward. “I liked having several options for the sessions. I learned more than I expected to.”

It was an upbeat day with a rich assortment of information, activity, and the chance to renew acquaintances.

Folks came from as far away as Michigan’s Upper Peninsula and from neighboring states. Others traveled in carpools from different areas of Wisconsin, some of whom attend every year. Members of one support group from the Fox Valley area said they come every year for two reasons: to hear about the latest medical information – and to catch up with friends they’ve made at past symposiums. They said they place a lot of value on the opportunity to sit and talk with others who are walking the same journey.

Between sessions, attendees were able to browse through exhibits on display from 42 health-related vendors who generously set up booths to share information on a multitude of products and services for persons affected by Parkinson disease. There were displays of new medical equipment for better mobility, details on the latest advances in pharmaceuticals and a plethora of information on issues related to aging, housing, research trials, and holistic health alternatives.
The symposium featured sessions on sleep disorders, anxiety and other emotional states, speech and swallowing issues, neurological issues and clinical research. Other sessions focused on support groups, caring for the caregiver, the Aging & Disability Resource Center of Waukesha County, and the therapeutic benefits of yoga. Articles on several sessions are featured in this issue.

As the day started, all attendees received a brochure that contained reprints of the slide presentations from all the symposium speakers, along with a place to jot down notes. The WPA hopes that having all the speakers’ slides in one place will make it easier for everyone to refer to, and retain this valuable information all year long.

Hearing from medical experts at the top of their field is stimulating enough – but it was far from the only inspiring aspect of the sessions. Every session was followed by a discussion period where dozens of attendees asked questions and voiced their opinions and suggestions on a variety of treatment issues. Many simply shared their experiences for the benefit of everyone in the room. Through these sessions, people could learn from each other regarding shared issues, as well as connect with others after the sessions.

Many people also lingered after the sessions to talk with the speakers about specific concerns. Each speaker graciously stayed to address questions and give advice to those looking for answers for themselves or their loved ones. The Wisconsin Parkinson Association greatly appreciates the generosity and commitment shown by all of the day’s experts who donated their time.

The WPA is also grateful for the generous sponsorship of Lundbeck, AbbVie, UCB, Parkinson’s Disease Advocate – sponsored by AbbVie, Medtronic, and Teva Neuroscience. The symposium would not have been possible without their support.

One first-time symposium attendee spoke for many when she summed up her feelings about the experience:

“This is my first symposium. I would definitely attend again!”

Mark your calendars now for next year’s symposium, which will be held JUNE 24, 2016.

Certified yoga therapist, Todd Dybul, shared important information about yoga for people with chronic conditions.
A few words from the
EXECUTIVE DIRECTOR

Jeanine Bly, B.S.W, M.B.A.
Executive Director, WPA

The WPA has been an exciting place to be and be involved with since the last issue of The Network. Many of the great things that have happened and will be happening are highlighted in this issue, so be sure to read it from cover to cover.

To highlight just a few articles in this issue, I will start with our relocation to a beautiful, accessible and welcoming space in the Nonprofit Center of Milwaukee (see page 12). We have enjoyed greeting and assisting many new WPA supporters and partners as they have stopped in our new office to use the library or ask questions. We’ve also welcomed visits from many of our loyal and long-time friends.

We hosted the 29th annual WPA Symposium on Parkinson Disease at the Country Springs Conference Center and were able to offer ten different educational and relevant sessions in addition to offering access to experts and vendors who assist and support those with Parkinson disease and their caregivers. If you missed it this year be sure to mark down June 24, 2016 for our 30th annual symposium next year.

We also have been extremely fortunate to be named the beneficiary of several new community fundraisers. These events are so important to help raise awareness about Parkinson disease and its effects, as well as provide the financial resources required for education, referral services and research regarding this degenerative disease that affects so many.

The Movers & Shakers Golf Classic, a new family golf and dinner outing, conceived of and run by Joe Schlicher and family was held in June and raised over $8,000 in support for the work WPA does. Be sure to check out the photos and story on page 11.

The Punch out Parkinson golf event was also held in June in Janesville. In its first year as a WPA supporting event it provided a great day of fun and awareness.

Timber Rattlers, the minor league baseball team affiliated with the Milwaukee Brewers, invited the WPA to be the charity of the evening for their Back to the Future Night at their Appleton stadium on Saturday, May 30. The evening included baseball, a throwback jersey and hat auction with proceeds to the WPA, and of course a DeLoreon to make the event complete.
And it goes without saying, many of our other yearly education as well as fund raising events such as Living Well seminars around the state, Pace for Parkinson walk/run and so many others have filled these months with positive energy in support of the mission of the WPA. In the coming months we look forward to many more opportunities, including our annual WPA Open against Parkinson Disease golf outing at The Legend at Brandybrook, and a new Blutender social event held at the Pfister with proceeds benefitting the WPA.

We thank you for your support and invite you to join us via phone, social media or in person in our office or at events as we move ever forward at our mission to provide education and support and help fund research for those with Parkinson disease and their families.

### 2015 Calendar of Events

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

#### EDUCATION EVENTS

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

**Saturday, October 10**  
Partners in Parkinson – Michael J. Fox Foundation and AbbVie – WPA Local Presenting Partner  
Wisconsin Center, Milwaukee, WI

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

**TBD**  
Living Well Conference  
Rhinelander, WI

#### FUNDRAISING EVENTS

**Thursday, August 27**  
Blutender Battle Social (with Board)  
Pfister Hotel, Milwaukee, 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

**Sunday, October 4**  
Punt Parkinson’s with the Pack  
Pewaukee, WI

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

*Please note that dates and locations are subject to change.*
Anxiety, Apathy and Other Emotional States IN PARKINSON DISEASE

Trevor Hyde, Ph.D.
Neuropsychologist

Parkinson disease may be a physical condition, but dealing with it emotionally can be just as difficult. The good news is that research now shows that there is a great deal Parkinson patients can do to improve their emotional state and live happier lives.

Anxiety, generally defined as the over-arousal of the brain, is the number one emotional symptom of people living with Parkinson disease, explained Dr. Trevor Hyde in his session titled “Anxiety, Apathy, and Other Emotional States in Parkinson Disease.” Dr. Hyde’s session provided a fascinating look inside anxiety’s symptoms and options for overcoming it.

Historically, anxiety is so closely associated with Parkinson that it may actually be an early risk factor for developing Parkinson disease. A 40-year study has found a 63 percent increased risk in developing Parkinson disease for people with anxious personalities.

In scientific terms, anxiety strongly correlates with problems in cognitive functioning (executive dysfunction) in PD patients. Just like with people who have ADHD, this can lead to rigid thinking, single-minded obsession, losing things, or having problems doing tasks in the right order. This causes more anxiety, which feeds a vicious cycle that leads to more executive dysfunction – and then more anxiety.

“When you’re anxious, you pay attention to everything around you,” said Dr. Hyde. “You don’t think well during stress, so you don’t consciously process information properly.”

But, unlike people with Alzheimer’s disease, people with Parkinson actually do have the ability to help themselves overcome these issues. They have the mental capacity to reduce anxiety by doing things like making lists, leaving themselves reminders, and using relaxation techniques.

TREATMENT FOR ANXIETY

PD mediations often work well in reducing anxiety by quickly restoring a sense of control. But this can lead to another vicious circle that resembles an addiction cycle: When PD symptoms get worse, people get anxious and they respond by taking more PD medications (which are usually stimulants). In the long run this can lead to complications from over-treatment. Dr. Hyde often treats anxiety by reviewing and adjusting current medication.

“Make sure you are not taking meds that inhibit your ability to think (especially bladder mediation), because that can actually increase your anxiety,” said Dr. Hyde.

Many patients also get themselves into a trap by avoiding activities that can cause anxiety, which may include things like cooking or being in social situations. While this may seem like a solution, avoidance only makes things worse.

“Anxiety increases through avoidance,” said Dr. Hyde. “It gets worse if you run from anxious situations.”

Dr. Hyde emphasized that natural remedies can work just as well as pills. He recommends that people with Parkinson disease stay socially and intellectually active, add relaxation techniques such as yoga to your life, reduce clutter, and break tasks into a sequence of small steps.

While anxiety can be a problem, it doesn’t need to be a major one. By applying these natural remedies, people with Parkinson disease have many good options for reducing anxiety and leading fuller, more satisfying lives.

While almost two-thirds of Parkinson patients suffer from anxiety, other emotional symptoms like apathy, depression and irritability, are usually less pronounced. Apathy is associated with lower dopamine levels and usually doesn’t require additional treatment. And serious depression is actually present in less than 8 percent of Parkinson patients, a much lower rate than in the general population.
The first visit to a neurologist does not have to be an unnerving experience for Parkinson patients. Actually, the patient plays an important role in how much can be learned during the examination and in helping the neurologist determine the right course of treatment.

In her session, “What to Expect at Your Neurology Appointment,” Dr. Kathryn Gaines, a neurologist specializing in Movement Disorders at Aurora Advanced Health Care, described the many types of neurologists and their specialties, a typical exam regimen, and the important role patients themselves can play in the process.

Neurologists come in many flavors, she explained. There are general neurologists, movement disorder neurologists, stroke neurologists, multiple sclerosis neurologists, headache neurologists, neuromuscular neurologists and behavioral neurologists. “Make sure you get to the right kind of neurologist,” she said.

The American Academy of Neurology recently made these official recommendations:

• Patients with Parkinson disease do better if seen by a neurologist.
• The sooner they see a neurologist, the better.
• Detecting PD sooner means less potential for complications later.

Once in the examination room, a neurologist will typically do an in-depth physical exam to test strength, balance and movement, similar to what your primary care provider may perform. A more specific neurologic exam will then evaluate speech, sound and clarity of voice, eye movements, sensory skills, muscle tone, ease of repetitive tasks, gait, tremor, jerking movement and abnormal posturing. Lab tests and brain imaging can also be expected.

Equally important, patients can expect to spend a significant amount of time answering questions both about their general medical history and specific questions related to their PD symptoms: When did they first begin to notice their symptoms? Describe specific characteristics of the symptoms. What makes the symptoms better or worse?

What activities are impaired by the symptoms? She urged patients to write down their own notes and observations before the appointment and bring them to the appointment.

“Come prepared,” said Dr. Gaines. “Bring someone along who knows you well, and then formulate questions that come from the examination. This should lead to getting you the best treatment going forward.”

Parkinson disease also affects many organ systems other than the nervous system, and there are many mimickers of PD, so the neurologist will look carefully to determine whether the symptoms are idiopathic of PD or are actually caused by something else entirely such as medications, stroke, or structural brain lesions. Getting a solid grasp on the patient’s medical history will help a lot in making the proper diagnosis.

In determining treatment options, it may be reassuring to know that no two patients are alike. There are many medication options to choose from and treatment should be tailored to the individual, keeping in mind his or her goals in the context of their current stage of life.

Sometimes, she said, getting therapy is even more beneficial than medication. A good Mediterranean style diet rich in fruit, nuts and fish can be beneficial. And studies do show that exercise and anti-oxidants are helpful to Parkinson patients.

Once a treatment plan is determined, it is critical that the patient understand the expectations of treatment, the treatment regimen itself, side effects of medication, when to call if a problem occurs, and additional components of treatment beyond medication, such as exercise, physical or occupational therapy, and support groups.

As a rule of thumb, patients should see a neurologist about every six months, depending on how the patient is functioning. For those who live far from a major city, consider travelling to see a specialist periodically – but make sure the two work together so you get the best treatment possible.
It’s no secret that getting a good night’s sleep will help us have a better day. What’s surprising is how many things we can do to improve our own sleeping habits – and how dangerous it is if we don’t.

Columbia St. Mary’s Dr. Gary Leo provided attendees with a very instructive session titled “Sleep Disorders and Parkinson Disease.” Dr. Leo explained the origins of our daily circadian rhythms and gave insights into how Parkinson patients should deal with insomnia, daytime sleepiness, restless leg syndrome and sleep apnea. Parkinson patients typically have more issues with these disorders than the general population. And while the remedies (other than medications) are similar, dealing effectively with these issues is even more important for Parkinson patients than for the general population.

We need sleep for many reasons: to restore our bodies, to deal with stress, and to fulfill cognitive needs like establishing memory and learning. Sleep has its own architecture, or patterns, with periods of Rapid Eye Movement (REM) where we dream and work off emotional issues, and non-REM periods that make up roughly 75% of our sleep time. All of our sleep time is critical for rest and regenerating healthy bodies.

The chemical Melatonin plays a central role in this process by inducing sleepiness. Interestingly, light reduces the melatonin in our bodies – that’s why it’s harder to sleep when it is light – and darkness increases it. Thus, it’s important to keep the bedroom dark at bedtime.

In the morning we naturally begin to wake as the sunlight decreases our melatonin level. Dr. Leo encourages patients who suffer from insomnia to increase the light levels in the morning by opening the curtains or using a light box to help them stay awake and alert during the daylight hours, which will then help promote drowsiness in the evening.

Most everyone needs 7-9 hours of sleep per day, but even those who get eight hours of sleep overnight, sometimes get sleepy in the afternoon. It’s OK to nap in the afternoon, said Dr. Leo, but naps should be kept short. Some people with Parkinson disease fall into a destructive cycle of sleeping too much during the day, then not being able to sleep at night, followed by drowsiness the next day, and so on.

PD patients who experience depression or apathy are often less likely to engage in social activity and instead stay at home where they are less active and stay in dimly lit rooms. This increases their melatonin levels and causes drowsiness during the day. Behaviors like this can disrupt normal sleeping cycles. Keeping your home bright during the day and getting a healthy amount of social interaction will provide enough daylight to keep melatonin levels low during the day and help you naturally expend energy so you are sufficiently tired at bedtime.

The many damaging effects of sleep deprivation include: irritability, memory lapses, cognitive impairment, impaired immune system, risk of diabetes, increased heart rate, risk of heart disease, tremors, aches, and decreased reaction time and accuracy. While this is true for the general population, the harmful effects can be even more troublesome for people with PD.

Other tips and suggestions to help Parkinson patients live healthier lives by getting the sleep they need:

- Go to bed and get up at the same time every day.
- Go to bed only to sleep. (Avoid time in bed lying awake.)
- Do not look at the clock during the night (it causes anxiety).
- Melatonin pills are typically the first medication prescribed for insomnia.
- Be active during the day – limit TV.
- Afternoon naps of 30-60 minutes are a good thing.
- Avoid alcohol within 4 hours of sleep.
- Avoid caffeine after noon.
- Avoid heavy meals in the evening.
JODY GORATOWSKI
Facilitator Training

As is our tradition, the Wisconsin Parkinson Association held our annual Support Group Facilitator’s training the day before the Annual Symposium. The goal of this training is to allow facilitators from the five state area we serve to meet one another, share their successes and collaborate on future efforts.

This year we had 30 facilitators attend the training. We covered a variety of topics, including promoting your group, growing membership, and the role of the Wisconsin Parkinson Association in support groups. There was a lot of good discussion about the various topics.

One highlight of the day was having all of the facilitators share their successes of the past year and seeing the genuine joy on their faces. We had some facilitators share that they sometimes breakout the care partners separate from the persons with Parkinson disease, with great success. Another shared how the group has started to focus more on sharing than on having a guest speaker every month and this has led to more discussion and growth of the group. Finally, I think the story that touched all of us, was when a facilitator described a new member and how he grew and learned from the group to the point he was able to discuss his diagnosis with his family and friends. He told the facilitator he was unsure of how to do this, but the group gave him the confidence to do so. He shared that it was a lot less difficult than he had imagined it would be before this.

Another highlight was when Min Kim, a physical therapist from Aurora Medical Center in Summit, came and provided an exercise presentation and demonstration for the facilitators. Min is certified as an LSVT Big instructor and is also PWR! certified. He explained the two programs and then had the group join him in demonstrating some of the exercises. Min got everyone up out of their chairs and everyone had fun participating. Now, many of these facilitators will be looking to have similar speakers at their groups in the future.

Every year, the Wisconsin Parkinson Association staff is overwhelmed by the time, effort and generosity each of our facilitators show on a continual basis. They work hard every day, not just on days of meetings to make their groups as successful and positive as possible. If you are a member of a support group or are looking to join one, please take a moment and recognize the effort put in by your facilitator and let them know you appreciate them. We try to do this every year during our training, but we know we can never thank them enough for the amazing work they do in touching the lives of people affected by Parkinson disease.

Please look at the back of this issue of The Network to learn more about support groups in your area. Also, you can find them listed at www.wiparkinson.org. If there is not a group in your area and you are interested in starting one, please contact Jeremy Otte at 414-312-6990, 800-972-5455 or jeremyo@wiparkinson.org.
2015 was the inaugural year for a new WPA community fundraiser – the Movers & Shakers Classic.

This family oriented golf and dinner event was created and run by Joe Schlicher along with family and friend volunteers. According to Joe, “the Movers & Shakers Classic is a community fundraiser which supports awareness, education and research for Parkinson Disease.”

The event was held on Saturday, June 13 at Evergreen Golf Course in Elkhorn. Great attendance and excellent support of the cause were the highlights of the day. 18 holes of golf or dinner only options made the day appealing to all. There was an extensive silent auction assortment to browse, as well as a raffle and live auction items including rental of a convertible and an autographed Brett Favre jersey.

Prior to the live auction, Tom Pippins from Fox 6 sports fielded sports questions. Jeanine Bly, WPA Executive Director, spoke briefly to the importance of awareness and fundraising events such as the Movers & Shakers Classic as a way to support those in our lives affected by Parkinson disease. Family, WPA board members and employees, friends, community businesses and many others enjoyed a great event that raised over $8,000 to support the mission of the WPA – which is the awareness, education and research for Parkinson disease.

From the WPA to the Schlicher family and all who supported the event or attended – Thank You!
Our NEW HOME

Raven Hamilton
Administrative Services Manager

The WPA has been in their new home more than a month now and is settling in nicely. We are now a part of the Non-Profit Center of Milwaukee, which is comprised of more than 350 member organizations. The new office is located about a mile west of our old facility. We are excited about the collaboration opportunities this offers the WPA and our members. Sharing a building with other nonprofits is proving to be very beneficial. The foot traffic has increased and we are always meeting new faces.

We still offer the same services, including the lending library, so please stop in to see us and check out a book, DVD or other literature. If you can’t stop in, give us a call and we’d be happy to assist you in finding resources. Mailing the resources is always an option as well.

While our address has changed, please be assured the WPA is still here to provide the same quality programs and services we have always offered to you and others affected by Parkinson disease. We look forward to a strong future of serving people within the Parkinson community.
YOU’RE INVITED
to attend a special event

WHO
People living with Parkinson disease and their families

WHERE
Wisconsin Center
400 W. Wisconsin Avenue
Milwaukee, WI

WHEN
9 a.m. to 3:30 p.m.
Saturday, October 10, 2015
Registration opens at 8 a.m.

PARTNERS IN PARKINSON’S is a strategic health initiative to fill in knowledge gaps, provide new educational tools and resources for the Parkinson’s community and empower Parkinson’s patients and families to optimize care at every stage of the disease. This initiative is a collaboration between The Michael J. Fox Foundation for Parkinson’s Research and AbbVie. At the event, you’ll:

LEARN MORE ABOUT PARKINSON’S DISEASE
Partners in Parkinson’s will help you understand a Parkinson’s diagnosis and progression, through panel sessions and breakout discussions.

CONNECT WITH RESOURCES IN YOUR AREA
A comprehensive Resource Fair provides attendees access to resources in their own community including movement disorder specialists, allied care providers, support groups and more.

The event is free. Complimentary parking as well as breakfast and lunch will be provided to all registered attendees. Join us in Milwaukee on October 10.

To RSVP or to learn more, visit PARTNERSINPARKINSONS.ORG
Clinical trials are a final and crucial step in developing better treatments for Parkinson patients, but 85 percent of these trials face delays, and 30 percent never even get off the ground because of a lack of volunteers. Meanwhile, 60 percent of Parkinson patients say they are willing to participate in a clinical trial, but fewer than 10 percent actually do.

The Michael J. Fox Foundation for Parkinson’s Research (MJFF) is leading the charge to change those numbers.

In her session, Michelle Golombuski, MJFF’s Director of Advancement described two important ways that Parkinson patients and others can help speed cures for the disease: “The Importance of Participating in Clinical Studies to Assist Current Parkinson Disease Research.”

The first way to get involved is through Fox Trial Finder, a website MJFF built to increase the flow of clinical trial participants. If you go to www.FoxTrialFinder.org and enter your name, age, gender, location and basic medical history, you will receive a list of trial matches in your area that need someone like you. You can review the details of any trial, and if you’re interested in participating, you can log on anonymously and connect with a study coordinator.

Golombuski said there are many studies going on right now within a short distance from Milwaukee and other cities in the state and region that desperately need both Parkinson and non-Parkinson participants.

MJFF is dedicated to finding a cure for Parkinson disease and to developing improved therapies for those living with the condition today. The world’s largest private funder of Parkinson’s research, MJFF has funded over $350 million in research since 2000. With no endowment, MJFF deploys capital immediately to speed therapeutic breakthroughs.

The second way to speed a cure is to register with Fox Insight, an online research study to gather the world’s largest collection of data about life with Parkinson disease. Simply go to www.FoxInsight.org to create an account and fill out four brief questionnaires (on symptoms, family neuro history, daily living, and medical history). That constitutes your first “study visit.” The website will check back with you every 90 days for another quick “study visit.” Getting long-term data like this is extremely valuable to researchers.

The website also has many tools to manage your own care, such as an Appointment Keeper, to remind you of doctor visits, a Physician’s Report to help you with your next appointment, printable summaries of your questionnaires, and access to clinical trials in your area – all in one place.

Another way to get involved is to attend the Partners in Parkinson’s event on October 10 at the Wisconsin Center in Milwaukee. This is one of only a handful of major PD educational events held annually around the country, and is sponsored by MJFF and AbbVie, with the Wisconsin Parkinson Association as the local presenting partner.

The Partners in Parkinson’s event will help patients and families understand the benefits of becoming engaged in their own care and within the larger PD community. It will also help them connect with doctors who understand and listen at every stage of the disease, learn what’s on the horizon in PD research, take advantage of resources in their own community, and live well with PD from diagnosis and onward throughout their lives. To register please visit https://www.tfaforms.com/360724.
PLEASE forgive our mistake

In the last issue of The Network, in the center spread article entitled “Faces of Parkinson’s,” our friends and supporters from Neuroscience Group in Appleton Wisconsin were accidently misidentified.

We want to acknowledge and thank again Neuroscience Group correctly for co-sponsoring our Living Well Conference in Appleton. We appreciate their support and enjoy working with them to help those with Parkinson disease and their families.

JOIN US for a Blutender battle to support the Wisconsin Parkinson Association!!

On Thursday, August 27 our own Board President, Kate McDonald, will square off against her husband Rob (fellow board member and Finance Committee Chair) in a ‘Blutending’ battle at Blu inside The Pfister Hotel.

Tip your favorite bartender; the winner gets bragging rights, but the Wisconsin Parkinson Association will be the real winner, as 10% of all bar sales and all tips will go directly to us!

THURSDAY, AUGUST 27, 5:30-7:30 PM
Blu, located on the 23rd floor of The Pfister Hotel

Please come get a cocktail and support a great cause!!
JOIN US at The Legend at Brandybrook in Wales, WI

TUESDAY SEPTEMBER 15, 2015

4TH ANNUAL WPA OPEN AGAINST PARKINSON DISEASE
Co-Presented by HeatTeh, Inc. & Financial Strategies, Inc.

DON’T GOLF? COME FOR THE ELEGANT DINNER!

Dinner is $100 per guest and comes with your choice of:
Angus top sirloin with brandied peppercorn sauce
Pretzel-crusted tilapia served with whole-grain mustard sauce
Roasted seasonal vegetable Wellington served with marinara sauce

If coming for dinner only, reply requested by September 1, 2015.

Please invite your friends and family to join us for this fun event!

Sponsorship opportunities are available. For information, email Jeremy Otte at jeremyo@wiparkinson.org or call 414-312-6990.
PUNCH OUT Parkinson's

Evan Riley, in honor of his father who was diagnosed with Parkinson disease, hosted a new event at Riverside Golf Course in Janesville. Punch out Parkinson’s was held on Friday, June 19. The event featured 9 holes of golf, a fish fry and then a free concert performed by the Evan Riley Band. The WPA was the recipient of some of the proceeds from the evening, which also included a live and silent auction. We are grateful for the opportunity to partner with this event to punch out Parkinson disease.

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 ($250 or more)
Don and Barbara Abrams
Ron and Darla Becker
John and Lynn Binder
Claire Boles
Keith and Kate Brewer
Domenick Bruno
James and Lynn Cantrell
Thomas Cassidy
Jerry and Sheree Friedman
Eugene and Beverly Gloudeman
John Hosmanek
Ken and Joan Hunt
Grace Jaeger
Richard and Linda Lundin
Edward and Katherine McCaskey
Paul and Elna McDonald
Kathleen Miller
Ron and Kathy Mohorek
Ken and Carol Muderlak
Ron and Nancy Muehlhausen
Harold Nigbor
Patrick Pelkey
Cheryl Prescott
George and Judi Prescott
Lloyd Purnell Jr
Donald and Beverly Randall
Jean Rinka
Wayne and Barbara Sommer
Ed Vojtik
David Zarwell
Elizabeth Jacobson

Parkinson Disease

THE BASICS AND BEYOND

SEPTEMBER 3, 2015
12:30 – 2:30 PM

Attend this FREE conference.

Featured speaker:
Jeremy Otte
Director of Outreach & Education
Wisconsin Parkinson Association

Location:
Collins Learning Center
at the Crossroads at Big Creek
2041 Michigan Street • Sturgeon Bay, WI

This event is free, please call 414-312-6990 or 800-972-5455 by Tuesday, September 1 to register!
**Support Groups • Exercise Groups**

This list is current as of July 9, 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.
(see associated)

**Contact:** Linda Palmer at 815-871-6710

#### Dixon, IL

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

Lakeside Sunset Senior Club
6631 Golf Road
2nd Monday at 1:00 p.m.

**Contact:** James Nield at 847-382-2639

### Indiana Support Groups

#### Notre Dame/South Bend, IN

**Lewy body dementia support group**
Michiana Parkinson Support Group
Holy Cross Village, Andre Place
54515 State Road 933 North
1st Monday from 1:00 – 3:00 p.m.

**Contact:** Dawn Hatch at 574-262-1739

### Iowa Support Groups

#### Bettendorf, IA

**Lewy body dementia support group**
Trinity Medical Center
4500 Ullica Ridge Road
Lower Level Classroom A and B
3rd Tuesday from 7:00 – 8:30 p.m.

**Contact:** Elizabeth Soelens at 309-523-3880

#### Burlington, IA

**Support Groups**

**Lewy body dementia 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 Groups**

**Lewy body dementia support group**
Mercy Medical Center
638 S. Bluff Boulevard
South Campus Board Room
2nd Saturday at 10:00 a.m.

**Contact:** Don & Rita Schneider at 563-243-5585

#### Davenport, IA

**Support Groups**

**Lewy body dementia support group**
Center for Active Seniors
1035 W. Kimberly Road
3rd Saturday from 10:00 a.m. – Noon

**Contact:** Eileen Benson at 563-332-6497
or Eugene Kenyon at 563-549-7890

#### Decorah, IA

**Support Groups**

**Lewy body dementia support group**
Winnebego Medical Center
901 Montgomery Street
5th Wednesday at 1:30 p.m.

**Contact:** Dawn Milligan at 563-387-3146

#### Dubuque, IA

**Support Groups**

**Lewy body dementia support group**
Stonehill Adult Daycare Center
3485 Windsor Avenue
4th Saturday at 10:00 a.m.

**Contact:** Gerald Osterhaus at 563-582-7313

### Michigan Support Groups

#### Calumet, MI

**Support Groups**

Aspirus Keweenaw Home Health & Hospice
316 Sixth Street
2nd Monday at 1:00 p.m.

**Contact:** Sarah Baratono at 906-337-5708

#### Menominee, MI/Marinette, WI

Harbors Retirement Community
1110 Tenth Avenue
3rd Thursday at 10:00 a.m.

**Contact:** Patricia Ihler at 906-863-9445

### Wisconsin All Groups

#### Appleton, WI

**Support Groups**

**Exercise group**
Touchmark at West Prospect
2601 Touchmark Drive
3rd Thursday at 2:00 p.m.

**Contact:** Rachel Watkins-Peterson at 920-832-9100

**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 Groups**

First Congregational United Church of Christ
131 Sixth Avenue
3rd Monday at 2:00 p.m.

**Contact:** Sylvia Kriegl at 608-356-7096
or Geri Schoenoff 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

The Network, summer 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 414-312-6990

support group
Brookfield Public Library
1900 N. Calhoun Road
Harnischfeger Room
3rd Tuesday from 2:30 – 4:00 p.m.
Contact: 414-805-8326

exercise group
Brookfield Senior Community Center
2000 N. Calhoun Road
Tuesdays & Thursdays at 10:30 a.m.
(fee associated)
Contact: Lisa Glenn at 262-796-6675

Brown Deer, WI
exercise group
Rite-Hite YMCA
9250 N. Green Bay Road
Tuesdays & Thursdays at 12:30 p.m.
(fee associated)
Contact: or Dianne Wilson at 715-861-4169

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
667 S. Ashpaper Street
Tuesdays at 11:00 a.m. (fee associated)
Contact: Mary Spidell at 414-427-6500

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

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

support 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
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
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)
In Vivo Wellness
2060 N. Humboldt Avenue
Wednesdays from 9:00 - 10:30 a.m.
(fee 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

Monroe, WI

support group
Monroe Clinic
515 – 22nd Avenue
3rd Saturday; call for time
Contact: Shelley Kimble-Welch and Steve Welch at 608-966-1398

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

exercise group
Pilates for Parkinson’s
1305 W. American Drive
Mondays & Wednesdays at 4:15 p.m.
(fee associated)
Contact: Kathy Hergert at 920-720-1617

Oconomowoc, WI

support group
Oconomowoc Memorial Hospital
791 Summit Avenue
3rd Friday at 2:00 p.m.
Contact: John Selix at 262-242-7703

Oshkosh, WI

support group
Bella Vista
631 Havel Street
2nd Tuesday at 4:00 p.m.
Contact: Beth Waller at 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 Seniors Center, North Building
234 N. Campbell Road
Mondays & Fridays from 9:00 – 9:45 a.m.
Contact: 920-233-6667

exercise group
Bella Vista
631 Havel 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 Seniors Center, North Building
234 N. Campbell Road
Mondays & Fridays from 9:00 – 9:45 a.m.
Contact: 920-233-6667

exercise group
Bella Vista
631 Havel 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 Seniors Center, North Building
234 N. Campbell Road
Mondays & Fridays from 9:00 – 9:45 a.m.
Contact: 920-233-6667
Richland Center, 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 from 12:30 – 2:00 p.m.
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 Barts 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.
Call for information; 6-week class with a PWR! instructor (fee associated)
Contact: Hollee Camacho at 608-873-8585
or Richard Lornson at 608-712-3106
exercise group
PWR! fitness
Stoughton Area Senior Center
248 W. Main Street
Call for information; (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
Door County YMCA, Sturgeon Bay
1900 Michigan Street
Tuesdays & Thursdays at 2:15 p.m.
(fee associated)
Contact: Carl Grotz, PT, or Shawn Hanrahan, PTA, at 920-743-4949

Summit, WI
exercise group
Aurora Medical Center Summit
36500 Aurora Drive
Outpatient Rehabilitation Gym
Every Monday at 6:00 p.m. (free)
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
exercise group
YMCA of Dane County
1470 Don Simon Drive
Wednesdays at 11:00 a.m.
(fee associated)
Contact: 608-837-8221

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

Waupaca, WI
support group
Riverside Medical Center
902 Riverside Drive
3rd Wednesday at 2:00 p.m.
Contact: Patrick Pelkey at 920-538-0144

Waunakee, WI
support group
Village Center of Waunakee
Senior Center Stage
333 S. Madison Street
4th Thursday from 1:30 – 2:15 p.m.
(fee associated)
Contact: 608-849-8385

Wausau, WI
exercise group
Aging and Disability Resource Center
1000 Lakeview Drive, Wellness Room
3rd Tuesday at 12:30 p.m.
Contact: 608-229-7628

Wauwatosa, WI
young-onset group
Community Conference Center
8700 Watertown Plank Road
Lower Level, east side of WAC
3rd Wednesday from 6:30 – 8:00 p.m.
Contact: 414-805-8326
caregiver group
Community Conference Center
8700 Watertown Plank Road
Lower Level, east side of WAC
2nd Saturday from 1:00 – 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
**support groups • exercise groups**

**women's group**
San Camillo, 10200 W. Bluemound Road 4th Monday at 1:00 p.m.  
**Contact:** Gail Meiling at 414-259-4521 or Pat Mueller at 414-545-1487

**exercise group**
Group Yoga Therapy (safe for those with PD) Haleybird Yoga Studios 9207 W. Center Street Fridays from Noon – 1:15 p.m.  
**Contact:** Elevator access is not available in this building.  
**Contact:** Biz Casmr at 612-801-0188

**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 Jonte 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  
Every Monday from 2:15 – 3:30 p.m.  
**(fee associated)**  
**Contact:** Susanne Carter at 414-817-1523

**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 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:** Randy & Jane Santora at 715-887-3805

---

**donations & tributes**

We are grateful to the following donors for their support of those living with Parkinson disease. This list reflects gifts received from April 3, 2015 to July 2, 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.

**$2,500 or more**
- The Webb Foundation
- Community Health Charities
- Eugene and Beverly Gloudeman

**$2,499 to $1,000**
- Ken and Carol Muderlak
- Wayne and Barbara Sommer

**$999 to $250**
- Don and BarbaraAbrams
- Ron and Darla Becker
- Claire Boles
- Keith and Kate Brewer
- Domenick Bruno
- Burczyk Creative Group
- John Hosmanek
- Ken and Joan Hunt
- Richard and LindaLundin
- Edward and Katherine McCaskey
- Paul and Elna McDonald
- Kathleen Miller
- Ken and Cathy Maharek
- Ron and Nancy Muehlinhausen
- Nature’s Way Brands, LLC
- Harold Nigbor
- Patrick Pelkey
- Cheryl Prescott
- George and Judi Prescott
- RBC Foundation
- Wayne and Barbara Sommer
- The Benevity Community Impact Fund
- David Zarwell

**$249 to $100**
- Duane and Dorothy Acker
- Robert and Kristen Ault
- Marcia Bains-Greber
- Allan and Linda Bankier
- Grant and Shirley Beckfield
- Richard Casentino
- Kenneth and Roseann Donahue
- Sandra Doshak
- Carolyn Du Puis
- William and Joan Geenen
- Greendale Lions Club, Inc.
- F. William Harvat
- Philip Helmke and Denise Ney
- Home Helpers/ Direct Link
- Bill and Lynn Ihlenfeld
- Alice Kaye
- Eugene and Alice Kenyon
- Hugh Koehler
- Bob and Sharon Koltermann
- Judith Koym
- Oscar and Delores Kraus
- Charles and Nannette Krause
- Franklin and Sylvia Krueger
- Elizabeth Larsen
- Patrick C. Lyons
- Robert and Mary Michel
- Richard Muirhead
- Robert and Flora O’Hagan
- Pastiche Bistro & Wine Bar
- Ronald and Margaret Patros
- V. Robert and Virginia Payant
- Janet Ruhsam
- Everett Scharborough
- Bob and Sharon Schoening
- James and Karen Scholey
- Richard and Deanna Schumann
- John Selix
- Thomas and Annette Spieker
- James and Mary Jane Stoller
- Robert and Janet Tesch

**Gifts made in honor of:**
- Knut Apitz
- Craig Barbian’s birthday
- Bill Barnowitz
- Patricia Donkmeyer
- Patricia Mulloy’s 80th Birthday
- Gary Schilling
- Peter Zoellick

**Gifts made in memory of:**
- Donna Andrews
- Dana Boodie
- Judy Breit
- Dr. Richard “Dick” S. Cline
- Bett Lou Felsinger
- Vincent “Vinnie” Giannese
- Cheryl Harasha
- Eldred Heidschmidt
- Leslie Itahs
- Elizabeth Jacobson

---
The Network is a publication for persons with Parkinson disease, their families and friends, and any interested individuals and groups in the Midwest. It is published by the Wisconsin Parkinson Association.

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.

Wisconsin Parkinson Association
1-800-972-5455
Website: www.wiparkinson.org
Email: mail@wiparkinson.org

Kate McDonald, M.B.A.
President, Board of Directors

Jeanine Bly, B.S.W., M.B.A.
Executive Director, WPA
jeanineb@wiparkinson.org

Raven Hamilton
Administrative Services Manager
ravenh@wiparkinson.org

Jeremy Otte
Director of Outreach & Education
jeremyo@wiparkinson.org

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.

Would you like to receive The Network magazine?

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