

# THE network

WINTER 2015



**KNUT APITZ:**

A Culinary  
Artist with a

*Zest for Life*

...pages 11-12

## WPA

The Wisconsin  
Parkinson Association  
Serving Wisconsin & Neighboring States



**PARKINSON**  
RESEARCH INSTITUTE

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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.

**Cover photo:** Chef Knut Apitz holds a citrus peel studded with cloves as he prepares café diablo flambé at the famed Grenadier's restaurant (circa 1980).



## LETTER FROM THE President

by: **Kate McDonald, M.B.A.**

WPA Board President

Dear Friends of the WPA,

I am honored to be the Wisconsin Parkinson Association's new president and want to share a bit about myself. I was born and raised in Wisconsin, graduated from the University of Wisconsin in Madison, then moved to Chicago for work while earning my M.B.A. from the University of Chicago. After having our second baby, my husband, Rob McDonald - WPA board member and finance committee chair - and I decided we were quickly outgrowing our condo and wanted to get back to our families and raise our kids in Wisconsin. Although we both work full-time jobs in finance, we know the importance of helping out in our communities and are committed to doing that with the WPA.

As part of getting settled in, we wanted to join organizations that are important to us personally and where we could add value. I was asked to join the board of the WPA, as my father-in-law has Parkinson disease; I've gotten to see the effects of the disease on him and the people around him. It's a disease that I feel is still not well known to people and the resources available are not very easy to find. I am committed to helping change this by helping grow the reach and breadth of the WPA.

The WPA has been a long-term support provider, educator, and resource to those impacted by Parkinson's. I hope to continue that advocacy to health-care providers, support groups, and the greater public to communicate awareness of Parkinson's and provide resources and support for those living with PD and those who care about someone with PD with our ultimate goal of finding a cure.

In my time working with the WPA, I have been amazed at the commitment and dedication of those around me, those who support our mission, and those who benefit from it. People in communities across the Midwest - who come together to help remember someone who may not be with us but who still leaves a lasting mark on those who were lucky to be near them - continue to help support others influenced by Parkinson's.

Our vision is to help bring people the latest information on new treatments, how they are working, and potential medical breakthroughs in medication and procedures. We want to help guide people through the process: from learning about PD, finding where to get help, guiding what questions to ask health-care providers, sharing stories of others living with PD, providing details of groups that are working together to support each other, attending seminars on a proven therapy, getting help for caregivers and loved ones - any topic that may help someone get through the day, through a rough time, or even spark a discussion on ways people have improved themselves.

We need your help succeeding in our mission. I look forward to seeing you at one of our events, hearing about you in *The Network*, or talking to you anytime you'd like to chat about Parkinson's and the WPA. Feel free to call or email the WPA office to get in touch.

Sincerely,

*Kate McDonald*

# Awareness EVERYWHERE



**by: Jeanine Bly, B.S.W., M.B.A.**

Executive Director  
Wisconsin Parkinson Association

So often we segment our lives without even being aware we are doing it. We put work here, family there, educational events here, and fund-raisers there. When we do this, however, we can miss amazing opportunities.

I have noticed this is especially true in the area of trying to increase awareness of and about Parkinson disease. The WPA can host awareness and educational events, but the most effective awareness avenue is actually each of us individually just recognizing that we all are awareness ambassadors for PD as we go about the normal routines of our lives.

A perfect example of this is when I am at an event for the WPA that people would label as a “fund-raiser,” I often end up being approached by a member of the wait staff, a speaker, a custodian, an attendee, or someone who is not connected with the event. When they see “Wisconsin Parkinson Association,” they have questions because they know someone afflicted by the disease but haven’t known whom to talk to about it.

Parkinson disease touches so many lives in addition to the person with the disease, and many of those people have lots of questions and don’t know where to go for answers. Though none of us have all the answers, each of us does have the ability to speak

about the disease and direct people to where they can get education and support that can make such a day-to-day, positive difference in their life. The WPA staff is available via phone, Internet, or in person and would love to provide the information and referrals needed.

At our WPA Open against Parkinson Disease golf event this past fall, I was privileged to be approached by the bartender as we were cleaning up. He was a young man in his twenties and asked what the WPA was about. As we spoke, I found out his father had been diagnosed six months earlier, and he and the rest of his family were very confused and concerned as their medical care provider only gave medicine – no answers or directions as to how to handle this new phase of all their lives. I left that event happy that the golf outing was successful financially but more thrilled and fulfilled that the “fund-raising turned awareness” event had opened the door to understanding and support to someone and his family who had Parkinson disease.

As we approach April, which is Parkinson Disease Awareness Month, I want to encourage each of you to realize you can have a great impact as an awareness ambassador for Parkinson disease as you go about your usual daily routine. And as you encounter those with questions about PD in any setting, know that the WPA is here to support you and people living with Parkinson's in any way we can. 🌱

## 2015 EVENTS CALENDAR

**For details and registration for all WPA events, please call us at 414-219-7061.**

**Friday, March 27**

WPA Living Well Conference  
Neuroscience Group Field at Fox Cities Stadium  
Appleton, WI

**Friday, April 17**

WPA Living Well with Parkinson Disease  
Racine Marriott, Racine, WI

**Saturday, April 25**

Craig High School Pace for Parkinson's run/walk  
Riverside Park, Janesville, WI

**Registration:** [www.itsyourrace.com](http://www.itsyourrace.com)

**Friday, May 15**

WPA Living Well with Parkinson Disease  
Milwaukee Marriott West, Waukesha, WI

**Saturday, June 13**

Movers & Shakers Classic Golf Outing  
Evergreen Golf Club, Elkhorn, WI

**Thursday, June 25**

WPA Support Group Facilitator Training  
Pewaukee, WI

**Friday, June 26**

WPA Parkinson Disease Symposium  
Pewaukee, WI

**Thursday, July 16**

WPA Parkinson Disease: The Basics and Beyond  
Portage, WI

**Sunday, August 2**

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

**Friday, August 7**

WPA Living Well Conference  
Rhineland/Eagle River, WI

**August**

WPA Living Well with Parkinson Disease  
West Bend, WI

**Saturday, September 12**

Fall Parkinson Ride in Memory of LaVern McCarville  
and Marvin Emberson  
Monticello, WI

**Information:** Fall Parkinson Ride Facebook

**Tuesday, September 15**

WPA 4th annual Open against Parkinson Disease,  
presented by HeatTek, Inc.  
The Legend at Brandybrook, Wales, WI

**September/October**

Punt Parkinson's with the Packers  
Pewaukee, WI

**Saturday, October 10**

Partners in Parkinson's  
Presented by Michael J. Fox Foundation  
and AbbVie; local presenting sponsor,  
the Wisconsin Parkinson Association

**Friday, October 16**

WPA Living Well Conference  
Rockford, IL

**Wednesday, December 9**

WPA Annual Meeting  
Westmoor Country Club, Brookfield, WI

*Please note that events are subject to change.*

## COMMUNITY FUND-RAISING EVENTS

# Help Those with Parkinson's

Thank you, all! The WPA is very grateful to the altruistic people involved with these events because every gift, large or small, helps our efforts to support those with Parkinson's, provide education about improving quality of life with PD, and create greater awareness about this disorder. Your involvement matters!

We are delighted to report on activities that took place during the second half of 2014.

**The Sheboygan Parkinson Support Group's Corvette Car Show** on July 15 at Terrace Place in Sheboygan included live music, a brat fry, and door prizes.



**Facilitator Louis Borth and his daughters Kristine Barts (left) and Kelly Lombardo.**



On August 3 in Bay View, **The Bottle Milwaukee's 7th Annual Charity Softball Tournament** honored the memory of Tim Puthoff, knocking it out of the park with a total of \$5,330.



**Above: Players and volunteers from The Bottle Milwaukee. Left: Len Puthoff (center), brother of the late Tim Puthoff, with wife Kathy and son Matt, who organizes the tournament.**

The magnificent motorcyclists from Monticello on September 6 marked their 10th year of raising funds and awareness for Parkinson disease! **The Fall Parkinson Ride in Memory of LaVern McCarville and Marvin Emberson**, this year titled "The Duck Run," raised an impressive \$10,200.



**Above: Eric Emberson (left) and Brandon Hendrickson, grandsons of the commemorated men.**

## WPA Board Elects New Officers

**KATE McDONALD** • President | **ROBERT V. NORMAN** • Secretary | **RICHARD SCHUMANN** • Acting Treasurer

As terms for officers are one year in duration, the board of the Wisconsin Parkinson Association elected a new slate of officers at its December 10, 2014, annual meeting. **Kate McDonald** was elected president; **Robert V. Norman**, secretary; and **Richard Schumann**, acting treasurer. The annual meeting

this year included dinner with WPA members at Westmoor Country Club in Brookfield, Wisconsin. After the business meeting, guest speaker Erica Vittek, occupational therapist with Aurora Sinai Medical Center, reported on the recent training of LSVT BIG and LOUD practitioners that was sponsored by the WPA. 🌱

On September 28, the second **Punt Parkinson's with the Packers** provided golfing at Willow Run Golf Course, TV screens inside the clubhouse showing the Packers/Bears game, and a bounteous silent auction for the attendees; the event scored a terrific \$5,115.



**Organizer Samantha Barbian (right) and her mother, Darlene.**



November 29 featured the **Thanksgiving Benefit Dance and Fundraiser in Memory of Shannon Hall** at Schmidt's Ballroom in Wausau. The event honored Shannon and supported causes dear to her, which included the WPA, as her father lives with Parkinson's. Live music and fund-raising activities resulted in a generous donation of \$3,690 to the WPA.

Additionally, the WPA received much-appreciated contributions from the **Scott Donahue/Canyon City Golf Outing** (total \$1,600) on September 13, the **Blue's Egg Restaurant** "September Egg Plate" – for each Egg Plate special sold in that month, the restaurant donated \$1 to the WPA (total \$724) – and **Pastiche Bistro and Wine Bar** (\$242, to date), from its policy of charging \$2 per special order, with the proceeds to go to the WPA.

*Thank you*

# Taste and Smell:

## WHAT IS THE RELATIONSHIP OF THESE SPECIAL SENSES TO PARKINSON DISEASE?



**by: Paul A. Nausieda, M.D.**

Medical Director  
Regional Parkinson Center

In discussing the theme of this newsletter, the topic of swallowing seemed too limited. Since swallowing is part of the process of eating, and food is the material being eaten, it seemed logical to review what we know about “gustatory” sensation, the ability to taste and smell food. For the last twenty-five years a lot of commentary has been printed on the issue of whether Parkinson disease causes a loss of the sense of smell (anosmia) and an associated inability to taste food. So widespread is the belief that losing your sense of smell is a predictable early sign of Parkinson disease that some authors have suggested the finding may be used to predict the later appearance of other symptoms of Parkinson disease. Some authors have gone as far as suggesting that Parkinson disease may reflect a condition caused by a prion-like agent that gains entry to the brain via the nose and olfactory nerves and then spreads to areas that control movement and cognitive performance.<sup>1-2</sup>

From a clinical standpoint, these observations would suggest that altered taste perception would be the rule rather than the exception in people with Parkinson disease. Over the years, I have been unimpressed that this is the case and can testify that many of my patients have been excellent cooks and very discerning commentators on the merits of various restaurants. Clinical experience questions the validity of any theory that links loss of sense of smell and taste with Parkinson disease.

Reviewing the studies that have been published, it is apparent that the sample sizes in all studies are relatively small (under 100 patients and control subjects). Different techniques for evaluating smell perception are used, ranging from fragrance strips (like those you find in magazines) to more sophisticated devices (University of Pennsylvania Olfactory Test). These studies report altered sense of smell in 80-90% of Parkinson patients, but careful reading of the results shows that many individuals had only a partial deficit relative to control subjects. These results are similar to our own experience in the clinic using a set of fragrance strips marketed to test the sense of smell. What we found was that some odors were readily identified (tobacco) while others (lilac floral) were often misperceived or not identified at all. Many patients who reported having “altered sense of smell” showed intact abilities to identify most odors, and the significance of these alterations in olfaction is difficult to quantify. If you can still taste your food or season a recipe, does a partial defect in your sense of smell really mean anything when it shows up on a test? No one seems to have looked at the relevance of olfactory test results on day-to-day activities requiring a sense of taste or smell, which makes their value even more limited.

One recent paper questions the entire technique of smell analysis in Parkinson patients by linking difficulty in identification of smells with the ability to “sniff.” These authors demonstrated that altered smell perception was commonly seen in patients who had trouble drawing air into their nostrils quickly. This defect in inspiratory control seemed to be directly correlated

*Continued on page 13*

# Ask the Doctor



**by: Kathryn Gaines, D.O.**

Neurologist

Aurora Advanced Healthcare

*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.*

## **Can I still work with Parkinson disease?**

Yes, depending on severity of symptoms and type of job. My approach is always to treat patients to allow for best function with limited side effects from medication in order to reach short-term and more long-term goals. Jobs that require fine dexterity, intact reaction speed and timing, and those involving operating heavy machinery, dangerous equipment, or requiring a CDL license, for example, are frequently a challenge. If a job requires yearly health visits with an occupational medicine specialist, then the job is often one that allows little latitude in the way of health issues. When one is no longer able to perform his or her job safely, then consideration for transfer into a less demanding role, early retirement, or disability versus vocational rehabilitation should be considered.

## **Doc, how much time do I have left?**

There is no way to answer this question accurately. None of us is guaranteed the next day to come. But to try to answer in the spirit of the question, longevity depends on the health of each individual and also

how progressive each individual's disease state becomes. Some people have very mild symptoms controlled with an uncomplicated medicine regimen. Others have more severe symptoms or a faster rate of progression. No matter the individual, it's guaranteed that each patient will experience worsening of symptoms and require adjustment of medications. I like to emphasize that the healthier one is to start, the healthier they will be even with Parkinson disease. I cannot stress the importance of appropriate exercise, diet, sleep, mental health, and a positive outlook, whatever the day may bring.

## **What should I read about Parkinson disease?**

Well, there are numerous websites to search and foundations to choose from when it comes to information about Parkinson's. I stress the basics at first. The details will fill in more clearly as time marches on and issues come up. However, sometimes that stuff is just so dry. For those easily bored, try reading a copy of Michael J. Fox's *Lucky Man*, for example. I read this before the idea of going into the field of neurology was more than a flicker in my mind. I have also become the owner recently of a copy of *Saving Milly: Love, Politics and Parkinson's disease* by Morton Kondracke. I have no affiliation with the publishers! It is just good to hear different people's perspectives.

**Ask the doctor!** Send your questions about Parkinson disease by mail to "Ask the Doctor," Wisconsin Parkinson Association, 945 N. 12th Street, Suite 4602, Milwaukee, WI 53233 or email to [mail@wiparkinson.org](mailto:mail@wiparkinson.org) and put "Ask the Doctor" in the subject line.

# Parkinson's AND DENTAL HEALTH



**by: Jane Busch, D.D.S.**

Regular visits to the dentist are, of course, important for all of us. For a person who has Parkinson disease (as I do), good dental care is even more critical because the disease can impact the health of the mouth, teeth, and jaw and make dental care more challenging.

When it comes to maintaining dental routines, rigidity or tremor may make it difficult to brush one's teeth. In addition, symptoms such as fatigue, anxiety, and tremor can make it difficult to commute to appointments, to sit still in the dentist's chair, or to open the mouth wide.

Common PD symptoms such as rigidity and tremor as well as dyskinesias (the involuntary twisting and writhing movements that are a complication of levodopa therapy) can cause discomfort in the joint that connects the lower jaw to the skull. They can also be a cause of cracked teeth, tooth wear, and changes in the fit and wear of dentures. Dyskinesias also may cause tooth grinding. Too much saliva, which can be generated when there is trouble swallowing, can lead to a fungal infection at the corners of the mouth, which is easily treated. By contrast, too little saliva or dry mouth – also common in PD – increases the risk of cavities. Sucking on sugar-free hard candy can help a person produce more saliva, or artificial saliva substitutes can be introduced. The problem may be eased by avoiding alcohol, tobacco, and spicy and acidic foods.

## Tips for visits to the dentist

A few tips can significantly improve the dental visit. When preparing for that visit, it helps to call first to make the office aware of the PD symptoms that may complicate the experience. This will help the dentist and the staff to provide better treatment.

The dentist should have a sense of the overall health of a person with PD, and someone on staff should record vital signs upon arrival. It is important to tell the dentist if the person with PD is taking MAO-B inhibitors (rasagiline and selegiline), as these may interact with both local and general anesthetics.

Keep these tips in mind:

- Ask to keep the dental chair more upright to make swallowing easier.
- Plan short appointments (for example, 45 minutes) early in the day.
- Schedule appointments to start about 60-90 minutes after a levodopa dose.
- After the treatment is over, get up slowly from the dental chair (to prevent dizziness).
- Request all instructions in writing, with copies for the care partner as well as the patient.
- Schedule routine check-ups and cleanings every three to six months.
- For people who wear dentures, the dentist should screen for oral cancer and evaluate the fit of the dentures as part of the routine visit.

Finally, because dental visits may become more troublesome as PD progresses, it is a good idea to consider scheduling the replacement of old fillings, crowns and bridges, and ill-fitting dentures during the early stages of the condition.

### Caring for your teeth at home

Regular brushing, flossing, and rinsing with an over-the-counter fluoride rinse helps to prevent cavities and gum disease, but PD movement symptoms can interfere with one's ability to maintain oral hygiene. People with Parkinson's should try using a toothbrush with a large-handled grip and soft bristles. Note that a small brush head reaches the corners better. To make the toothbrush easier to grasp, it may help to place the handle inside a bike handlebar grip or tennis ball. An electric toothbrush may also work well.

People should aim to brush after every meal for two minutes and also brush the tongue. It's best to brush one-handed, using the stronger side of the body. If it's not possible to brush after a meal, simply rinsing

the mouth with water will help. Flossing is important; help from a care partner may be needed. For fluoride rinses, if swishing and spitting is difficult, the dentist may recommend a brush or sponge applicator. Antimicrobial mouth rinses also can be applied with a brush. If dentures are involved, they should be removed after each meal, and brushed or rinsed. At night, the dentures should be brushed well or cleaned in a soaking solution.

Parkinson's may present some additional challenges to dental visits and oral hygiene home care, but with effective communication with your dental provider and a commitment to home care, long-term dental health is achievable.

*Jane Busch, D.D.S., retired from clinical practice in general dentistry, is the director of education for the Academy for Excellence in Dental Technology; vice president of the American Parkinson Disease Association, Wisconsin Chapter; and CEO of the LIFE Foundation (Lifestyle Initiative for Fitness Empowerment).*

## FDA APPROVES Two New Parkinson's Drugs

Within the first two weeks of January, the U.S. Food and Drug Administration approved two new medical treatments for those living with Parkinson's.

**Rytary** (pronounced rye-TAR-ee), manufactured by Impax Pharmaceuticals, is a formulation of carbidopa-levodopa in an oral capsule containing immediate-release and extended-release beads that reduce the percentage of "off" time in those with advanced Parkinson's, with an additional effect of increasing "on" time without troublesome dyskinesias during waking hours. Impax expects four strengths of Rytary to be available for commercial distribution in February 2015.

**Duopa enteral suspension**, manufactured by AbbVie, provides the same active ingredients as orally administered carbidopa-levodopa immediate release, but they are delivered into the small intestine via a small, portable infusion pump. In advanced Parkinson's, the emptying of the stomach becomes delayed and unpredictable; this type of administration bypasses the stomach and delivers the drug directly to the small intestine for better management of motor symptoms.

**Contact your neurologist to find out whether these new treatments may be an option for you.** 

cover story

**KNUT APITZ:**  
A Culinary  
Artist with a  
*Zest for Life*

Even at the tender age of nine, Knut Apitz was certain. He loved working with his mother in the kitchen of his boyhood home in Berlin, Germany. Then one day, he remembers, “I told her I was going to become a chef.”

Within the next few years, Knut’s mother accompanied him to a Berlin restaurant, where he applied for and secured an apprenticeship during the hours he was not attending school. He completed his apprentice period at a Berlin hotel.

Knut graduated in 1957 from *Berufsschule* (“like the culinary program at the Milwaukee Area Technical College,” he says), then worked in Germany, Holland, England, and Switzerland. Knut soon found that in each country, there were differences in approach to the culinary arts. Not surprisingly, then, there was no single influence in his approach to cooking. “It molds you, all these experiences,” he says.

“Early in my career,” Knut says, “a chef had advised me to try to work in the finest places where I could get in and get as much experience as I could.” Knut took that to heart. He says, “I worked in different positions, climbing the ladder.”

He was a nimble climber: At the apex of his career, Knut Apitz was proprietor and chef of the famous Grenadier’s restaurant in Milwaukee between 1975 and 1999. Grenadier’s, as of 1996, was the only restaurant in Milwaukee to have received a four-star rating from the Mobil Travel Guide (now Forbes Travel Guide).

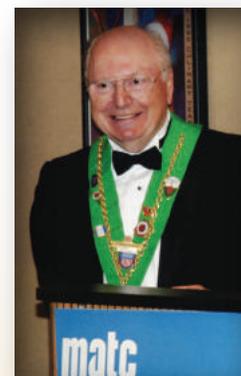


(Above) Knut in his early twenties. (Left) Knut Apitz, chef and proprietor of the renowned Grenadier’s, displays grilled *Barbarie* breast and duck terrine in a photo from the early 1980s.

Grenadier’s became a destination for such guests as comedienne Phyllis Diller, former president George H. W. Bush, actress Liza Minnelli, Chicago mayor Richard M. Daley, violinist Itzhak Perlman, and Milwaukee Symphony Orchestra conductor Zdeněk Mácal. Mountains of thank-you letters prove the popularity and admiration of the restaurant and the man, and Knut is much beloved in the Milwaukee culinary arts scene, having influenced and inspired the next generation of restaurateurs and chefs.

Knut, a certified executive chef and certified culinary educator, was the Wisconsin Restaurant Association’s Chef of the Year in 1993 and the American Culinary Federation’s Chef of the Year in 1994. He became a member of the American Academy of Chefs in 1995, and in 2010, the American Culinary Federation of Chefs of Milwaukee presented him with a Lifetime Achievement Award.

**Chef Apitz wears the ribbon of his rank as Bailli Honoraire de Milwaukee Commandeur at a Wisconsin chapter meeting of the Confrérie de la Chaîne des Rôtisseurs. The distinguished international food and wine society – a private, members-only club that promotes the gastronomic arts and preserves the traditions and grandeur of haute cuisine – was founded in 1248.**





**(From Left) Knut and his wife, Ursula, enjoy a rich family life that includes time with nieces Erica (left) and Natalie (right). Knut also is an enthusiastic proponent of fishing and golf; he has generously supported and been involved with the LaVerne Brewer Memorial Golf Outing and the WPA Open against Parkinson Disease.**

### *It all could have been so different.*

In 1962 Knut was in the U.S., applying for a working visa, but his plans for pursuing a culinary career here were delayed by the Vietnam War; by 1963 he was a German citizen serving in the U.S. military in Germany. By chance, newly arrived in Stuttgart, he saw a notice advertising for soccer players with Conseil International du Sport Militaire (the International Military Sports Council).

Nine-year-old boys sometimes dream of becoming many things: young Knut had also wanted to become a professional soccer player. He says, “My mother, however, advised me to pursue cooking in case I broke a leg playing soccer.”

So, in Stuttgart in his early twenties, after a tryout for the soccer team, he was chosen and played for more than two years before completing his military service. He enjoyed the enviable chance to fulfill his other passion (without breaking his leg).

After his final soccer game in Murcia, Spain, Knut came to the U.S. to live and work. His first position was with the Milwaukee Country Club in River Hills. He spent a couple of years in Madison and returned to Milwaukee to work at the Tripoli Country Club before opening Grenadier’s with Robert Jordan in 1975.

Despite a diagnosis of Parkinson’s in 2005, Knut retains a very busy culinary social calendar, with family and friends foremost in his sphere. In addition, he offers his time with local organizations that are important to him: as a member of the MATC Culinary Arts Advisory Committee and the Wisconsin Restaurant Association Education Committee and as a board member of the Wisconsin Parkinson Association.

Knut continues his life with the tenacity, optimism, and charm with which he conducted his professional life. He notices only that he drinks less wine now. “My wife, Ursula, likes to cook,” he says. “Normally I don’t cook because I make a mess. She will do the cooking and then ask me to fine-tune it.

“When you get right down to it,” he says, “I am a taste enhancer.”

— Juliette Hayes

## WPA SPREADS ITS Social Media Wings

In addition to the print world, the Wisconsin Parkinson Association is active in social media. Also, since 2010, the WPA has been a member of Community Health Charities, a workplace giving program, and last November, the WPA featured in associations with

the AmazonSmile and “Giving Tuesday” charitable donation programs. Visit us on our website at [www.wiparkinson.org](http://www.wiparkinson.org), and follow us on Facebook, Google+, LinkedIn, and [mke123.org](http://mke123.org).

**Connect with us!**



## Taste and Smell: **WHAT IS THE RELATIONSHIP OF THESE SPECIAL SENSES TO PARKINSON DISEASE?** (continued from page 7)

with errors in smell perception, suggesting that the defect is not neurological at all but an artifact of not being able to draw odors into the nasal passages.<sup>3</sup> These observations demonstrate how misleading an observation can be and how many errors can be made when conclusions are based on a single erroneous concept.

It is interesting to look at the information offered by Fifth Sense ([www.fifthsense.org.uk](http://www.fifthsense.org.uk)), a European organization that was designed to provide information to people who had lost their sense of smell and taste. Their website lists the usual causes for losing one's sense of smell: sinus infections, 25% of cases; idiopathic, 25%; upper respiratory viral infections, 20%; head trauma, 15%; congenital anosmia, 1%; neurological diseases (combining Alzheimer dementia and Parkinson disease), 2-5%; other causes including drug toxicity, 5-10%. When you look at what data exists, the connection between the sense

of smell and taste and Parkinson disease seems much less impressive than is often suggested. Having Parkinson disease does not preclude being a superb chef nor a critical judge of food and drink. The dismissal of weight loss as a result of “poor sense of smell and taste” is not reasonable in most Parkinson patients, and alternative explanations need to be pursued.

1. Sienkiewicz-Jarosz H, Scinska A, Kuran W, et al. Taste responses in patients with Parkinson's disease. *J Neurol Neurosurg Psychiatry*. 2005;76(1):40-46. <http://www.ncbi.nlm.nih.gov/pubmed/15607993>. Accessed December 30, 2014.
2. Deeb J, Shah M, Muhammed N, et al. A basic smell test is as sensitive as a dopamine transporter scan: Comparison of olfaction, taste and DaTSCAN in the diagnosis of Parkinson's disease. *QJM*. 2010;103(12): 941-952. doi: 10.1093/qjmed/hcq142.
3. Sobel N, Thomason ME, Stappen I, et al. Proceedings of the National Academy of Sciences. 2001;98(7):4154-4159. doi: 10.1073/pnas.071061598.

# PARKINSON DISEASE and DYSPHAGIA

**by: Frederick Henry, M.S.-C.C.C./S.L.P.**

Speech Language Pathologist  
Aurora Sinai Medical Center

What is dysphagia? This is the clinical term for difficulty with swallowing. Individuals with dysphagia may demonstrate *oral phase* (chewing or controlling the liquid and food in the mouth) or *pharyngeal phase* (propelling the food into the esophagus and protecting the airway) difficulties or a combination of these.

Swallowing-specific quality of life and general health-related quality of life measures in Parkinson disease are related. Swallow dysfunction can be thought of as a burden, thus having a negative effect on socialization and the individual's mental health. Research has noted a link between dysphagia and depression.

Research also has indicated that the incidence of dysphagia for individuals with Parkinson's ranges from 75-100% of all patients at some point in their disease process. Actual reporting by patients that a swallowing problem exists ranges far less at 20-41%. If these numbers are correct, then what is a patient to do?

One should contact his or her physician to obtain an order for services from a speech language pathologist. The speech pathologist receives specialized training in the evaluation and treatment of swallowing disorders. Evaluations are frequently conducted on an outpatient basis but may also occur on an inpatient basis if the individual has been hospitalized.

The evaluation for dysphagia consists of the following components: a medical history, baseline information, consideration of medication schedule for on/off timing, consideration of deep brain stimulator (if patient has one) for on/off timing, and a description of what the

problems are with swallowing. When the patient is unable to describe them, then the family member/caregiver who reported the problem must be interviewed.

The next part of the evaluation consists of an oral motor evaluation, a clinical swallowing evaluation, and an instrumental assessment of the swallow. A radiographic procedure called a modified barium swallow test is frequently performed, which enables the speech therapist to view and objectively assess the motion of the swallow mechanism with a variety of liquid and food consistencies. The therapist will also assess for possible aspiration during this evaluation. Some facilities and therapists may also use a test called a FEES, a fiberoptic endoscopic evaluation of swallow.

There is no one recommendation as all patients have individual and specific needs. Following the evaluation, the therapist can make recommendations for the patient, including modification to the patient's diet; changes to the consistency of either liquids or foods may improve the patient's ability to swallow more safely. Recommendations for swallowing maneuvers such as a chin tuck or effortful swallow might be recommended. The therapist can also design therapy and exercises to improve the swallowing function. In severe cases there may be the need for a feeding tube if swallowing is unsafe.

Research has shown that swallowing changes take place across the course of Parkinson disease. The speech therapist can work with you throughout and assist you in maintaining your abilities as long as possible. If you suspect you or a loved one is having undetected swallowing difficulty, please contact your physician. There are speech therapists in your area willing to help you.

*Frederick Henry, a speech language pathologist who has practiced in the Milwaukee area since 1980, holds a master's degree in speech language pathology from the University of Wisconsin-Milwaukee and is a certified provider of LSVT LOUD for clients with Parkinson's and other neurological disorders.*

# Support Group SPOTLIGHT

Number five in our series! Continuing with our travels throughout Wisconsin and neighboring states to hear from people about **why they are involved with a Parkinson's support group**, we connected with the group in Kenosha.

With a population of nearly 100,000, Kenosha is the fourth-largest city in Wisconsin and is located in the southeastern quadrant near the Illinois border. Business, industry, and tourism have replaced a previous economy of automobile and truck manufacturing.

Julie Topolovec and Dave Gourdoux run the meetings. The group numbers between five and fifteen in any given month and includes caregivers. As most of the members do not use email, Dave mails out notices covering information about the next two meetings, which may feature a guest speaker, or Julie and Dave may lead discussions.

Dave reports a broad range of experience in the group: older people, younger people, those who go to Chicago for treatment, those who go to Milwaukee. "There is an advantage to being in a support group," he says. "You learn to manage your own disease. It's good to be informed about insurance, estate planning, preventing falls, occupational therapy - there are a ton of things that other members and guest speakers can help with in addition to talking about your treatments.

"Some people may be concerned that support groups are pity parties. Well, sometimes you do need a shoulder to cry on, but it's not about people feeling sorry for themselves. 'Support' means many different things, including getting information you wouldn't have thought of otherwise. Also, you will have knowledge you can offer to other people. The goal is to make your experience with Parkinson's better." 🌱



## **Kenosha Support Group**

Brookside Care Center  
3506 Washington Road, Kenosha  
1st Wednesday at 2:00 p.m.

**Contact:** Julie Topolovec at 262-657-7276  
or Dave Gourdoux at 262-694-6156

## Getting Medications Approved Faster!



**by: Jonathon Klein, B.S., C.C.R.C.**

Clinical Research Coordinator  
Regional Parkinson Center

My previous article provided a few explanations as to why new medications can take more than ten years to get approved. In this article, I want to talk about a few things being done to speed up this lengthy process. Clinical research is continually evolving and, like many other fields, it seems that the changes being made are going to allow for a much more fluid, efficient process.

One improvement that is reducing time for drug approval is how data gets compiled and submitted to study sponsors. For example, in the past, all the information that we gathered from a study was handwritten, transcribed to a final paper copy, and then mailed or faxed to a central location. All of that handwritten and copied data would then be assembled and analyzed by the pharmaceutical company. The process was very tedious and time consuming. Nowadays, all that handwritten information (from sites all over the world) can be entered by computer into a central, global database, allowing for data to be analyzed, summarized, and reported significantly faster than in the past.

Another reason that the drug approval process is becoming more efficient is that clinical research, like so many things, is becoming more and more globalized. This means that pharmaceutical companies developing new medications are getting better at interacting with hospitals and research facilities all over the world. A single company can now effectively plan, implement, and execute a clinical trial that utilizes hundreds of sites internationally. That means less time to get a study up and running, find all the participants that are needed, and gather all the necessary data. The continued interaction and integration among health organizations, governments, and nations is slowly but surely improving the clinical trial process.

Some of the biggest improvements being made relate directly to patient education and study recruitment. Finding people to take part in drug studies can, at times, be very difficult. Imagine how much this slows down the entire drug approval process. It's believed that misconceptions about clinical trials are a big cause for slow trial enrollment. Organizations are now investing millions of dollars to educate patients about the whole process. For instance, a recent survey showed that:

- fewer than 1 in 10 patients with Parkinson's has ever participated in a clinical trial,
- almost half (46%) believed that patients in clinical trials are "guinea pigs,"
- 32% thought that volunteering for a clinical trial meant they would be exposed to experiments that they did not agree to,
- 33% believed that if they participated in a clinical trial, it would interfere with their regular care.

These responses show the level of misunderstanding that exists with regard to clinical trials. Just to clarify, volunteers in clinical studies are not guinea pigs. Participants are never exposed to experiments that they did not agree to. And a clinical trial should never interfere with a patient's regular care. Along with better education strategies, companies are also creating centralized registration platforms (such as Fox Trial Finder) so that doctors involved with research and patients who are interested in clinical trials can be matched accordingly.

In recent years, the methods used to collect and submit clinical trial data have been significantly improved. The ability to interact with global communities is allowing companies to complete research studies faster than before. And the development of education programs and patient registries seems to be helping with recruitment problems. These are just a few of the strategies being used to conduct more efficient and more effective clinical research. 🌱

## support groups • exercise groups 17

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

##### caregiver group

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

#### 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

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

#### Northfield, IL

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  
2nd Wednesday from 10:00 - 11:30 a.m.  
**Contact:** Faye Ford at 815-885-4897  
or Joyce Reiland at 815-229-3078

##### exercise group

Pedaling for Parkinson's  
YMCA of Rock River Valley  
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 Augustana Drive  
3rd Tuesday at 7:00 p.m.  
Dinner meetings at 6:30 p.m.  
**Contact:** David and Linda Palmer  
at 815-871-6710

##### caregiver group

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

#### Roscoe, IL

##### exercise group

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

### Indiana Support Groups

#### Notre Dame/South Bend, IN

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 Utica Ridge Road  
Lower Level Classroom A and B  
3rd Tuesday from 7:00 – 8:30 p.m.  
**Contact:** Elizabeth Saelens at 309-523-3880

#### Burlington, IA

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

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

Center for Active Seniors  
1035 W. Kimberly Road  
3rd Saturday from 10:00 a.m. – Noon  
**Contact:** Eileen Benson at 563-332-6497

#### Decorah, IA

Winneshiek Medical Center  
901 Montgomery Street  
4th Wednesday at 1:30 p.m.  
**Contact:** Dawn Milligan at 563-387-3146

#### Dubuque, IA

Stonehill Adult Daycare Center  
3485 Windsor Avenue  
4th Saturday at 10:00 a.m.  
**Contact:** Gerald Osterhaus at 563-582-7313

#### Newton, IA

Wesley Park Center  
500 First Street North  
Garden Room  
3rd 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  
2nd Tuesday at 3:30 p.m.  
**Contact:** Amy Kleese at 319-653-5473

### Michigan Support Groups

#### Calumet, MI

Aspirus Keweenaw Home Health & Hospice  
311 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

#### Negaunee, MI

Negaunee Senior Center  
410 Jackson Street  
4th 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  
3rd Thursday at 2:00 p.m.  
**Contact:** Rachel Watkins-Peterson  
at 920-832-9100

**young-onset group**

Emeritus at Fox River  
5800 Pennsylvania Avenue  
2nd Thursday at 6:00 p.m.  
**Contact:** Margaret Foth at 920-735-0477  
or Margaret Kaspar at 920-915-5488

**Baraboo, WI**

**support group**  
First Congregational United Church of Christ  
131 Sixth Avenue  
3rd Monday at 2:00 p.m.  
**Contact:** Sylvia 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

**Brookfield, WI**

**support group**  
Brookfield Regency  
777 N. Brookfield Road  
1st Thursday at 2:30 p.m.  
**Contact:** Jeremy Otte at 414-219-7065

**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 1:30 or 2:00 p.m.  
(fee associated)  
**Contact:** Megan Radowski or  
Liz Paly, PT, at 414-354-9622

**Chippewa Falls, WI**

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

**Eau Claire, WI**

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

**Fish Creek, WI**

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

**Fond du Lac, WI**

**support group**  
Aurora Health Center  
210 Wisconsin American Drive  
2nd Floor Meeting Room  
2nd Monday at 10:00 a.m.  
**Contact:** 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:** Celia Crespo, PT, DPT, at  
920-921-3330 x 337

**Grafton, WI**

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

**Green Bay, WI**

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

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

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

**exercise group**

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

**exercise group**

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

**Greenfield, WI**

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

**Hartford, WI**

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

**Hudson, WI**

**support group**  
Hudson Hospital and Clinics  
405 Stageline Road  
2nd Tuesday at 10:00 a.m.  
**Contact:** Marilyn Schuchman at  
715-386-1849

**Janesville, WI**

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

**exercise group**

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

**Kenosha, WI**

**support group**  
Brookside Care Center  
3506 Washington Road  
Southport Room  
1st Wednesday at 2:00 p.m.  
**Contact:** Julie Topolovec at 262-657-7276  
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  
Sequoia 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 Wednesday at 4:00 p.m.

Contact: 608-229-7628

#### young-onset group

St. Mary's Hospital  
700 S. Park Street, Room 1209  
1st Thursday at 6:00 p.m.

Contact: 608-229-7628

#### exercise group

Bliss Flow Yoga  
3527 University Avenue  
Fridays from 2:00 – 2:45 p.m.  
(fee associated)

Contact: 608-233-2577

#### exercise group

Harbor Athletic Club  
2529 Allen Boulevard, Middleton  
Multiple meeting days and times for PD  
exercise, Zumba, PDGlee, PD in Motion  
(fee associated)

Contact: 608-831-6500

#### exercise group

Madison Senior Center  
330 W. Mifflin Street  
Tuesdays at 10:30 a.m. (fee associated)

Contact: 608-266-6581

#### exercise group

UW Health Sports Medicine Center  
Research Park Fitness Center  
621 Science Drive  
Tuesdays & Thursdays from  
12:40 – 2:10 p.m. (fee associated)

Contact: Melissa Mattioda, PT, at  
608-265-8303

### Manitowoc, WI

#### support group

Manitowoc Senior Center  
3330 Custer Street  
4th Thursday at 1:30 p.m.  
No meeting July or August

Contact: Vicki Rath sack at 920-726-4626

#### exercise group

Aquatic Exercises, YMCA  
205 Maritime Drive  
Call for meeting times (fee associated)

Contact: 920-682-0341

#### exercise group

Holy Family Memorial Wellness Center  
1650 S. 41st Street  
Tuesdays & Fridays at 2:00 p.m.  
(fee associated)

Contact: Pamela Posvic, PTA at  
920-320-4600

### Marshfield, WI

#### support group

Wesley United Methodist Church  
205 S. Maple Street  
3rd Thursday at 1:00 p.m.

Contact: Marilyn Seidl-Kramer at  
715-305-8224

### 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/](http://meetup.com/young-parkinson-professionals-together/)  
or contact Bob Norman at 414-550-1031  
or [ypptbob@gmail.com](mailto: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.  
(fee associated)

Contact: Tina Romenesko, PYT, RYT, at  
414-265-5606

#### exercise group

Yoga for Parkinson's  
Milwaukee Yoga Center  
3514 N. Oakland Avenue  
Fridays from 1:30 – 3:00 p.m.  
(fee associated)

Contact: Susan Goulet at 414-332-3551

### 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  
Neuroscience Group  
1305 W. American Drive  
Mondays & Wednesdays at 4:15 p.m.  
(fee associated)

Contact: Kathy Hergert at 920-720-1617

### New Berlin, WI

#### support group

Steeple View Senior Community  
12455 W. Janesville Road  
3rd Wednesday at 6:30 p.m.

Contact: Debra Haight 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.  
(fee associated)

Contact: Ashley Knuth, PT, DPT, at  
262-567-7251

## Oshkosh, WI

### support group

Oshkosh Seniors Center, South Building  
200 N. Campbell Road  
3rd Tuesday at 2:00 p.m.

**Contact:** Carrie Ottum or Paula Seeley at 920-232-5300

### support group

Bella Vista  
631 Hazel Street  
2nd Tuesday at 4:00 p.m.

**Contact:** Beth Waller at 920-233-6667

### exercise group

Bella Vista  
631 Hazel Street  
Mondays & Fridays from 9:00 – 9:45 a.m.

**Contact:** 920-233-6667

### exercise group

LSVT® BIG  
Affinity Health System  
Outpatient Rehabilitation Services  
2700 W. 9th Avenue  
Call for information (fee associated)

**Contact:** 920-236-1850

### exercise group

Oshkosh Seniors Center, North Building  
234 N. Campbell Road  
Tuesdays & Thursdays from  
11:00 – 11:45 a.m. (fee associated)

**Contact:** Amanda Ubbelohde at  
920-262-5300

## Portage, WI

### support group

Bethlehem Lutheran Church  
W8267 Highway 33  
3rd Thursday at 2:00 p.m.

**Contact:** Elayne Hanson at 608-742-2410

## Racine, WI

### support group

Covenant Presbyterian Church  
40 Ohio Street  
Providence Room (upper level)  
3rd Tuesday from 2:00 – 3:30 p.m.

**Contact:** Susan Monson at 262-639-8490

### exercise group

YMCA of Racine  
8501 Campus Drive  
Mondays & Wednesdays at  
1:30 or 2:00 p.m. (fee associated)

**Contact:** Lynda Knudtson at 262-634-1994

## Rhineland, 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 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 at 1:30 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.  
(no meetings in November or December)

**Contact:** Hollee Camacho at 608-873-8585

### 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  
or Richard Lornson at 608-712-3106

## Sturgeon Bay, WI

### support group

United Methodist Church  
836 Michigan Street  
1st Thursday from 12:30 - 2:00 p.m.

**Contact:** Carol Moellenberndt at  
920-743-3476

### exercise group

Door County YMCA, Sturgeon Bay  
1900 Michigan Street  
Tuesdays & Thursdays at 2:15 p.m.  
(fee associated)

**Contact:** Carl Grotta, 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:** 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

#### 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

### Waunakee, WI

#### support group

Village Center of Waunakee  
Senior Center Stage  
333 S. Madison Street  
4th Tuesday at 2:00 p.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  
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

#### women's group

San Camillo, 10200 W. Bluemound Road  
4th Monday at 1:30 p.m.  
**Contact:** Gail Meilinger at 414-259-4521  
or Pat Mueller at 414-545-1487

#### exercise group

Group Yoga Therapy (safe for those with PD)  
Haleybird Yoga Studios  
9207 W. Center Street  
Fridays from Noon – 1:15 p.m.  
(fee associated)  
*Elevator access is not available in this building.*  
**Contact:** Biz Casmer 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 Jante at 262-492-2439,  
Judy Tharman at 262-691-7342, or  
Mary Donovan at 414-817-0192

### West Bend, WI

#### support group

Cedar Ridge Retirement Campus  
113 Cedar Ridge Drive  
3rd Monday at 1:00 p.m.  
**Contact:** Kathy Stultz at 262-338-2821

#### exercise group

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

### Whitefish Bay, WI

#### support group

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

#### caregiver group

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

#### exercise group

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

#### exercise group

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

### Whitewater, WI

#### support group

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

#### exercise group

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

### Wisconsin Rapids, WI

#### support group

Riverview Hospital Association  
410 Dewey Street  
4th Monday at 6:00 p.m.  
**Contact:** Randy & Jane Santora at 715-887-3805

## donations & tributes 22

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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*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 in cooperation with the Regional Parkinson Center.

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 office if you have any questions. You should always ask your physician about specific treatment issues.

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For more information about membership with the Wisconsin Parkinson Association, please call Juliette Hayes at 414-219-7060 or visit [www.wiparkinson.org](http://www.wiparkinson.org).