Plus... 

- Indoor Activities During the Winter
- November is Winter Weather Awareness Month
- Can You Afford an Offseason From Exercise?

... and more!

5th Annual WPA Open Against Parkinson Disease

Photo Credit: Luke Wein Photography
Credits

_The Network_ is a publication for people with Parkinson disease, their families and friends, and any interested individuals and groups. 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. You should always ask your physician about specific treatment issues.

If you do not receive this magazine quarterly, please consider making a donation to partner with us. With an annual donation of $30 or more, you will receive four issues of _The Network_, and you will be added to our mailing list of educational events in your area, as well as support groups and local resources. You can make a donation at wiparkinson.org or with the envelope in this magazine.

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Deer Readers,

Sudoku and crossword puzzles? Knitting? Wii games or jigsaw puzzles? What do you do to stave off boredom?

If you live in the Midwest, you might be dreading winter coming. We put together this issue of The Network to provide you with some resources and ideas to keep you mentally and physically active over the next few months. I hope you will take advantage of these great ideas around the state of Wisconsin and beyond. We even included some puzzles for you.

Additionally, you’ll learn about Samantha Barbian’s experience attending the World Parkinson Congress. Sam is 26 years old and started showing Parkinson’s symptoms at age 17. She had a great experience at the Congress, which you can read about on page 9.

Find what works for you and your family this winter. Stay safe and stay warm!

Kate McDonald

Letter from the President

Kate McDonald
WPA Board President

Winter Wonderland

This monster word search includes more than 50 winter words going in every possible direction. Can you find them all?

| A | A | F | L | K | H | P | S | S | U | F | I | C | L | E | S | G | N | N | H |
| S | F | V | R | E | O | M | R | W | L | R | T | T | S | X | O | Q | N | A | A |
| Q | E | I | A | I | F | X | A | E | I | R | F | V | F | Y | S | X | I | M | I |
| J | W | S | T | R | L | G | O | C | P | B | I | A | F | I | W | T | U | A | C |
| F | E | Y | A | A | I | S | T | P | C | R | L | U | J | K | O | A | C | E | R |
| R | V | D | A | K | P | N | D | E | H | D | E | M | S | N | C | K | K | F | O | A |
| M | R | N | E | D | S | L | C | R | R | I | W | N | R | S | A | A | F | I | T | M | I |
| Y | A | A | E | C | I | E | A | H | Y | M | O | T | A | V | H | R | S | S | S | T | I | S |
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| E | A | T | A | N | Y | M | O | I | E | E | S | N | E | S | I | O | I | R | L | T |
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| B | H | O | I | C | A | T | N | R | S | D | D | D | O | C | E | H | O | O | L | G | I | T |
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| F | Z | F | U | D | Q | J | Y | M | A | D | O | Y | I | W | G | L | O | V | E | S | U |
| T | E | K | A | L | F | W | O | N | S | N | A | B | M | I | E | J | T | Z | N | T |
| E | S | W | P | O | S | J | X | E | U | T | U | Y | O | Z | U | W | A | K | E | Z | H |
| K | Z | U | H | B | P | E | Z | E | E | R | S | M | S | N | O | W | B | A | L | L |
| B | N | S | O | W | B | A | R | D | Y | T | V | W | Y | C | L | E | V | O | H | S |
| A | C | C | C | O | R | L | G | Z | I | Y | C | H | O | D | R | A | Z | Z | I | L | B |
| L | B | V | K | K | W | A | N | Z | A | Q | I | N | W | O | L | P | W | O | N | S |
| B | F | R | E | E | Z | I | N | G | R | F | N | A | S | L | I | G | T | M | E | L |
| H | Q | P | Y | L | W | H | F | M | F | F | F | U | F | P | S | W | X | N | U | M |

Avalanche
blanket
blizzard
chimney
Christmas
coat
cold
December
earmuffs
February
fireplace
freeze
freezing rain
frigid
gloves
hail
Hanukkah
heater
hibernate
hockey
holidays
hot chocolate
ice fishing
ice skates
icicles
igloo
Jack Frost
jacket

January
Kwanzaa
lunar new year
melt
migrate
mittens
New Year’s Day
quilt
scarf
shovel
skiing
sled
sleet
sleight
slippery
slush
snowball
snowboard
snowdrift
snowflake
snowman
snowmobile
snowplow
snowstorm
sweater
vacation
Valentine’s Day

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Wisconsin Parkinson Association
The Network, Fall 2016

Answers on page 22
November is Winter Weather

Extreme cold and harsh winter weather can dramatically increase the daily hardships and day-to-day survival challenges for older adults and those with physical, medical, sensory or cognitive disabilities.

With temperatures dropping and snowflakes inevitable, Wisconsin Emergency Management’s ReadyWisconsin campaign urges you to take a few easy steps to prepare for emergencies.

Individuals with disabilities should develop and stay in touch with a nearby network of assistance before winter storms or record cold move in. It’s important for neighbors, relatives, care attendants, friends and coworkers to be part of your care and communications circle. Never depend on one person alone.

Severe winter weather including snow, subfreezing temperatures, strong winds, ice or even heavy rain requires planning ahead.

Seniors and people with disabilities should:

- Check with their physician or oxygen supplier about emergency plans for respirators or electrical-powered medical equipment.
- Plan now to have electrical backup for medical equipment.
- Develop a back-up communications plan in case landlines are disrupted by having a charged cell phone.
- Maintain a two-week supply of medications, both prescription and non-prescription.
- Have copies of medical records, prescriptions and medical needs readily available.
- Plan now to have accessible transportation in case of evacuation.
- Have contact lenses, extra eyeglasses and batteries for hearing aids ready to go.
- Include service animals and pets in plans.
- Think ahead about neighborhood shelters that can accommodate the needs of seniors and individuals with disabilities.

Emergency supply kits should include:

- A battery or hand crank-powered radio, extra flashlights and batteries, and at minimum, a three day supply of food and water.
- Adequate clothing and blankets for warmth.
- First aid supplies.

Finally, it is important to understand the terms of declining weather and pending winter storms.

- A winter weather advisory means that cold, ice and snow are expected.
- A winter storm watch means severe weather such as heavy snow or ice is possible in the next day or two.
- A winter storm warning means that severe winter conditions have begun or will begin very soon.

Remember that planning ahead, assembling an emergency supply kit, staying informed and keeping in contact with those in your circle are the best ways to stay safe through the uncertain days of winter.

ReadyWisconsin is an initiative of Wisconsin Emergency Management designed to educate and empower Wisconsinites to prepare for and respond to all kinds of emergencies. For more information, please visit readywisconsin.wi.gov.
Can You Afford an Offseason From Exercise?

Now that you’ve finished your trips to the rehab center two or three or four times a week for four to eight weeks or more, you’re done with therapy and exercises, right?

Sorry – that’s not the case! You need to think of exercise as a lifelong journey. Your therapist said, “Great job,” “Super work,” and “Look at the gains you’ve made” and he or she was not kidding. But you need to keep exercising daily to maintain and possibly improve on those gains.

Let’s explore the model used by the NFL. Each season begins with twice a day practices called the preseason. Think of your preseason as you going to a rehab or exercise program with an intense focus on what you need to improve. This could be an LSVT Big and Loud program, Loud Project, or PWR! program, or something else.

Once you’ve completed the preseason, you move into the regular season. NFL teams in the regular season now decrease their practice to once a day, and then game day. Your regular season is performing the exercises you learned in your intensive therapy every day. These skills must remain sharp and honed for the best possible performance you can have. Do you think that Aaron Rodgers only throws footballs on Sunday, you know like Jay Cutler? (Sorry Chicago fans, it’s just an analogy). No – Rodgers practices all the time to keep him on the top of his game. (GO PACKERS!) Exercise physiology has shown that if you do not perform an improved skill over time that the gains made in therapy or working out are lost quickly. You need to practice and perform your exercises daily for maximal maintenance and gain of function.

So once the Super Bowl is over, the offseason has begun. You’ve heard of players coming back to training camp overweight, out of shape, and just not ready for the big game. They have to do intense exercises and hope to gain back what they lost. But the players who continue to practice and work hard during the offseason are the ones who come back hungry and ready to go from day one.

Can you afford to have an off-season? Research has shown you can’t.

A recent study conducted in New Castle on the Trent in England followed patients who had demonstrated good gains in LSVT Loud programming. Not surprisingly, by the end of the 16 session program, they all showed improvement. After a time, those who did not utilize what they learned either reverted to where they started therapy – or showed an even greater decline. This is only one study, but it definitely indicates that continued practice and performance helps maintain skills.

As a therapist who works daily with patients with Parkinson disease, I believe that therapy and exercise are medicine, and you need to take that medicine daily. It’s not always easy and it does require a commitment. Find ways to work it into your daily schedule. Seek out a skills group that meets in your area. Find a buddy with whom you can do your exercises, or ask your spouse to be your partner. Be creative, and reward yourself for exercising.

If it’s been too long and you haven’t done your exercises in a while, it might be time to get back into a therapy program to relearn those skills, and then begin your lifelong journey of exercise. Check with your trusted physician and get an order for therapy. You owe it to yourself to keep yourself in the best possible condition.

In the words of Vince Lombardi:

“The only place success comes before work is in the dictionary.”

Frederick Henry
Speech Pathologist, Aurora Sinai Medical Center
What is the correlation between Parkinson disease and dementia? Can Parkinson's cause dementia?

There is a correlation, in fact, between Parkinson disease and dementia. Due to the nature of Parkinson disease and what happens in the brain as the Parkinson disease progresses, dementia can develop over time. In part, this is due to an abnormal deposition of protein called alpha synuclein. When the alpha synuclein protein accumulates into an abnormal deposit, we call the deposit a “Lewy Body”. However, not everyone with Parkinson’s will develop dementia. Other factors may also contribute to memory loss but sometimes it’s not always easy to determine if it’s because of Parkinson’s, medication or possibly another form of dementia such as Alzheimer’s disease.

Does carbidopa/levodopa work only on physical symptoms, or will it help cognitive symptoms as well?

I would say that for some people, the carbidopa/levodopa can indirectly help with cognition. Since it primarily helps with physical symptoms, this would allow for the ability to increase physical activity such as exercise and also allow for more socializing which in turn would help cognition to some extent. The medication can also help with mood and energy level as well for some patients and thus secondarily help cognition.

Ask the doctor! Send your questions about Parkinson disease to mail@wiparkinson.org and put “Ask the Doctor” in the subject line.

---

**Ask the Doctor**

Kathryn Gaines, DO
Neurologist,
Aurora Advanced Healthcare

**Parkinson Disease: Living Well in Brookfield**

Attend this FREE session to learn about improving your life with Parkinson disease. Featured topics will include:

- **Parkinson Disease: More than a Movement Disorder**
- **It’s a Matter of Mind Over Bladder**
- **Why Can’t They Hear Me?**

Space is limited. Registration is required.

**Friday, November 11**

9:00 am - 12:00 pm

Registration from 8:30-9:00 am.
Light continental breakfast provided.

**Embassy Suites Hotel**

1200 S. Moorland Road | Brookfield, WI

No charge | Registration required
Winter can seem to stretch on for a long time and leave you searching for activities. Catching up on reruns of "Law & Order" can only keep your interest for so long, so what else can you do? Have you ever considered playing video games?

Your kids or grandkids might play video games, and while there are many games that only involve the movement of your thumbs on a controller, there are a lot of games that can actually help your Parkinson’s symptoms. The Wii video game system can be hooked up to your TV and can keep you entertained – and exercising – for hours!

Chris Banedt was diagnosed with Parkinson’s about four years ago, and is a participant in Aurora Sinai Medical Center’s BIG & LOUD program, where she uses the Wii as part of her rehabilitation. Since using the Wii she has noticed she has smoother movements and feels able to move more freely. Chris has a Wii at home, and has been known to spend a few hours at a time “playing” games. One of her favorites is “Speed Slice,” where you have to move the Wii remote to slice a watermelon before it hits the floor. The game requires big movements and arm swings to move a large sword, which Chris has been working on through the BIG program.

Chris usually plays the games at home alone, and she feels it has really helped her posture and her confidence. Her balance has improved over the last few years, which she also attributes to the Wii games. On a game like “Ski Slalom,” it can be tempting to try to steer your skis with your shoulders, but the Wii Balance Board accessory won’t respond to shoulder movements. You steer by shifting your weight, so the board doesn’t let you “cheat.” The instant feedback helps you correct and adjust your movements, and helps you improve your balance without thinking about it.

“The Wii gives you instant feedback, so a patient knows right away to correct posture, or if they need to make a larger movement next time,” said Laura. “Another benefit is that the better you get at a game, the more challenging the game becomes. It moves you through the levels of beginner to advanced, which is really helpful to keep you engaged and continuing to improve.”

Alan Zischke was diagnosed with Parkinson’s in 1991 and participated in Aurora’s rehab program several years ago. After the WPA’s Symposium in June, he was inspired to go through the program again to help his symptoms. Alan usually has his rehab session with another patient, but she was out sick, so Alan’s friend Kristie Fischer joined him for a round of Wii golf.

“I have really noticed a difference in Alan, even in the last few weeks. He’s definitely made some strides,” Kristie said. When Alan started the session, he would sit in a chair to play the games. Now he gets up without the assistance of his walker. Laura credits Wii with helping Alan to build his endurance and confidence in getting up and down out of his chair.

Playing video games isn’t a scary or intimidating activity – the goal is to work on improving your symptoms while having fun. If you don’t have a Wii or WiiU (the newest version), and you’re interested in trying it out, ask around. With the popularity of the system in the last few years, you probably know someone who has one you could try. Chris suggests trying out the “100 Pin Bowling” game and “Speed Slice.” Alan likes the golfing and canoeing. Laura suggests trying any game that challenges you and that encourages balance, concentration, and movements.

No matter what – they all suggest you try a variety of games to find the ones you like. With so many options, you will be able to find something that will help you exercise and have fun at the same time!
Once the snow starts falling, we know the inevitable will happen: we will get stir-crazy inside the house. Even if you have a Wii and have gone through all the other indoor activities on page 11, you’ll be looking for a reason to get out of the house.

Start with your local senior center. Activities range from social and recreational to educational and travel. Many centers offer meals five days a week, Bingo and other games, and exercise classes. Some offer dance classes, concerts, and movie showings. You might even find that your local center offers bus trips to local sporting events, casinos and more.

When was the last time you attended a play? If you live near a metropolitan area, there are a variety of theatres to choose from. Visit Travel Wisconsin’s website and see the performing arts directory under the “Things to Do” menu. Many theatres offer discounted matinee tickets as well as senior discounts. If there aren’t any professional theatres or amateur acting groups in your area, check with your local high school. Drama classes and theatre groups hold plays throughout the year, and supporting your local art community is a great way to get out of house! Whether you’re looking for local theatre, musicals or touring Broadway productions, there are always quality performances happening close by. There’s really a show out there for everyone, and winter is the perfect time to spend an evening inside a cozy theatre enjoying a great performance.

Even if you get out of house just for dinner, there are plenty of options in your area for a delicious dinner. If you need handicap accessible restaurants, visit travelwisconsin.com to search their directory. No matter what type of food you’re in the mood for, you should be able to find it.

There might be a craft fair or church activities in your area as well. You generally don’t need to be a member of a church to participate in their events, and it can be a great way to help you socialize and connect with your community.

However you do it, find ways to get involved in your community and enjoy the season!
The World Parkinson Congress provided an international forum for dialogue on the latest scientific discoveries, medical practices, and caregiver initiatives related to Parkinson disease. Each congress brings together physicians, neuroscientists, and a broad range of other health professionals, care partners, and people with PD for a unique and inspiring experience.

Imagine walking (or should I say shuffling) into a room and for the first time in a while – you’re not getting strange looks. Rather, you receive smiles and hugs from the people around you. With a greeting like that, you can't help but feel at peace with your Parkinson’s. This is what happened when I entered rooms at the World Parkinson Congress (WPC) recently.

The WPC occurs every three years and was held September 20-23, 2016 in Portland, Oregon. The congress was attended by over 4,000 individuals from 67 different countries. Just like the diversity of symptoms of Parkinson disease, the backgrounds of the attendees were similarly diverse. I met a chemist and a mathematician, an American Ninja Warrior and a former NBA player – all with Parkinson’s.

During the opening ceremony, the co-president of the congress stated “at the WPC we focus on what we can do rather than what we can’t do.” This statement was evident not only in the formal sessions I attended, but also in conversations among the Congress attendees. The connections I made with other patients will stay with me forever. We came as strangers and left as friends. Nearly every person I met encouraged me to keep fighting, and let me know that if I needed anything I could turn to them. The older generation with PD were focused on maintaining an active lifestyle with this disease, while the younger generation is focused on finding a cure. No matter their reason for attending, it was evident that everyone in attendance was optimistic about the future.

My favorite small group session was called “PD for a day,” and was comprised of ten patients and healthcare professionals. The program is designed by a company called Smart Patients. During the session, Parkinson’s patients served as teachers while the non-PD attendees were the students. The “teachers” helped simulate life with PD for the “students.” For example, to simulate tremors the students would try using their phones while the teachers gently shook their arms. To simulate irregular gait, the students would try walking with weights on one ankle.

Along with the many workshops at the congress, WPC also hosted wellness classes, book discussions, and an exhibit hall full of resources for people with Parkinson’s and their caregivers. One of the most touching displays was an art walk featuring a tree made up of quotes and stories shared by people who have been touched by Parkinson’s.

A tree made up of quotes and stories shared by people who have been touched by Parkinson’s.

Samantha with May May Ali, oldest daughter of Muhammad Ali, who lived with Parkinson disease and passed away earlier this year. May May spoke at the Congress and read a poem she had written about her father.

Samantha (right), with her sister Danielle and Brian Grant, a retired NBA star who was diagnosed with Parkinson disease at the age of 36.
Crossword Puzzle

ACROSS
1) Weighed down
6) Extend, as a subscription
11) Massage locale
14) Japanese art genre
15) Bakery emanation
16) In poor health
17) Corporate doings
19) Joke
20) Crops up
21) Co-creator of "The Flintstones"
23) Exploitative employer
26) Limestone formation
27) Adjusts wheels
28) Totally swamp
30) Bouncy type of stick
32) Bank offering, for short
35) Lee who founded the Shakers
36) Silly laughs
38) Oil holder
39) Chinese dynasty name
40) Like some suspects
41) Expressed, as a farewell
42) More hackneyed
44) Abdominal protrusion
46) Slowpokes
48) Heir
49) Crush
50) Ancient Greek marketplaces
52) Actress MacGraw
53) Use a cold rink
55) West of "My Little" Chickadee"
59) 180-degree maneuver
60) Like a graveyard at midnight
61) Printer's widths
62) A yoga position
63) Dutch painter Jan

DOWN
1) Science class feature
2) "The Phantom Menace" boy
3) Archaeological site
4) Blockage of a sort
5) Impulse-conducting cell
6) Poker play
7) It soars over shores
8) Naysayers' words
9) Pair of commas?
10) Duds
11) Important
12) Many a housewarming gift
13) Pond buildup
18) Breaks a commandment
22) "Is that ___?"
23) Melonlike tropical fruit
24) Without company
25) Important or influential people
26) Eye up and down
28) First name in mystery
29) Nonexistent
31) Chill
33) Sound medium
34) "Lend ___" ("Listen up!")
36) Cunning
37) Endings for "lobby" and "real"
41) Braised dish
43) Get ___ of (discard)
44) Roll-call reply
45) Wipes clean
46) Dishonor
47) Baseball legend Ryan
48) Trumpets and tubas
50) Bust ___ (laugh hard)
51) Wise mentor
54) "Am ___ understand ..."
55) "___ you there?"
56) Item of formal wear
57) Early night, to a poet

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Indoor Activities During the Winter

It is hard, and may be unadvisable, for some people with Parkinson’s to hazard the ice and snow of winter, but that doesn’t mean that you have to stay inside and be sedentary for six months. There are plenty of indoor activities that can keep your body moving and keep your mind sharp.

While playing Bingo will probably not build muscles, it can build brain cells. It also is a great way to socialize and build relationships.

You can still walk in the winter without fear of slipping on the ice and snow. Many area malls open their facilities to walkers before the retail shops open for business. It is also possible to walk through the mall when the stores are open. If malls are not nearby, investing in a gym membership or investing in a treadmill can help you stay in shape during the cold days of winter.

A stationary bike also allows you to get aerobic exercise without the fear of falling.

Swimming at a local YMCA or community pool is another way to stay in shape during the winter. Aquatic exercise is a great way to exercise without too much stress on joints and muscles.

Dancing is a fun way to burn calories and get cardio exercise at the same time. Square dancing, ballroom dancing, country line dancing and Zumba all fit in the dance category. Find a dance style that appeals to you and join the fun.

Working out at a health club is another great option for you. Work with a personal trainer to create a customized program to help you stay in shape, build muscle and sometimes relieve pain.

Gaming technology, which was once thought of as the technology for the young, is now making a play in the lives of older adults. (See page 7).

Don’t forget to exercise your brain. While winter makes outdoor exercises physically challenging for some, it provides a great opportunity for you to exercise your mind. There are many classes that take place in the winter. You can learn to cook, sew, quilt, and paint. Enrolling in a class at your local community college or joining a book club are great ways to meet new people and keep your mind sharp.

If you’re watching TV, exercise during the commercials. Stand up and sit down repeatedly during those breaks, being careful not to plop down into the chair. Engage your leg muscles to lift your body – don’t depend on the arm of the chair to boost yourself up.

Information provided by Health Connection, a publication of Ministry Health Care.
WPA hosted the 5th Annual WPA Open Against Parkinson Disease on September 13, 2016 at The Legend of Brandybrook in Wales, WI. The golf outing is the largest annual fundraiser WPA holds. This year, we had 84 golfers, and over 130 people for dinner. Thank you to Financial Strategies, Inc., and HeatTek, Inc., our presenting sponsors. Please visit wiparkinson.org for a full listing of sponsors.

The WPA Open supports our mission of providing outreach, education and services to people with Parkinson disease, their caregivers, family members, and health professionals. Thank you to all who supported this event!
1. Kelly Kwapił, Dan Rafeldt, and Jerry Ehlinger watch as another golfer tees off.

2. This year, supporters were able to purchase a flag in honor or in memory of a loved one. This flag was purchased by Kristine Johnson in memory of her father, Gordon Rieber, who had Parkinson disease and recently passed away.

3. Keith Brewer, Frank Lorenz, and WPA Board Treasurer Dick Schumann enjoyed the cocktail hour before dinner started. Thanks to Frank for serving as our auctioneer!

4. The skies were grey, but the rain held out! Kevin Cosentino, WPA Board Member Dick Cosentino, Tom Powers and Patrick McBride were the winning foursome with a score of 11 under par.

5. WPA Open Committee member Dr. Dan Murray (far left) with his foursome: Patti Nolan, Peter Duffey and Kevin King. Dr. Dan celebrated his birthday with us!

6. Guests enjoyed cocktails while scoping out the silent auction items. Many guests also participated in the Wine Pull and the 50/50 raffle, too!

7. On-course beverages were provided by the Prescott Family Foundation. WPA Board Member Cheryl Prescott and her dad George Prescott spent the day golfing with us.

8. Mike Holland, David Jorgensen, Greg Remus, and Jimmy Rosen enjoyed the beautiful weather!

9. HeatTek, Inc. was one of the presenting sponsors. Adam Plowman, Jason Plowman, Gregg Martin, and Craig Plowman enjoyed supporting WPA throughout the day.

10. Golfers could play a Closest to the Pin game, where the winner took home $500. Thanks to John Selix (far left) for sponsoring and running the game! US Cellular’s foursome enjoyed the game: Aaron Schoonover, Scott Trottier, Rich Walos, and Tim Kerwin.

11. Financial Strategies. Inc. was one of the presenting sponsors. WPA Board Member Jim Cantrell, Bob Barbian, Clyde Peschl and Tom Nelson enjoyed the day.

Photo Credits: Luke Wein Photography & Diane Rychlinski
Donations & Tributes

We are grateful to the following donors for their support of those living with Parkinson disease. This list reflects gifts received from March 24, 2016 through September 28, 2016. While space considerations hinder our ability to list all donors, please know that we deeply appreciate every gift. Tribute gifts are listed collectively by the name of the honored or memorialized person.

$10,000 and more
Phyllis I. Wormwood Fund
Movers & Shakers Classic
Golf Outing
Punt Parkinson’s with the Pack

$2,500 to $9,999
Bottle Milwaukee Softball Tournament
in memory of Tim Puthoff
Community Health Charities
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Vanguard Charitable
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David Zarwell

Bottle Milwaukee Softball Tournament

$249 to $100
Dennis Asmus
Allan and Linda Bankier
Gary Berweger
Patrick Bortz
William and Patricia Brown
Thomas Cassidy
Robert and Joanne Castleton
Mary Coraggio
Robert and Betsy DeMotts
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Mike Fort
William and Joan Geenen
William and Laura Getka
Philip and Laurel Hahn
E. William Harvat
David Herzel
Theresa Hochrein
John Hosmanek
Bill and Lynn Ihlenfeld
Dan and Isabel Kedrowski
Eugene and Alice Kenyon
Deborah Kinder
Oscar and Delores Kraus
Charles and Nannette Krause
Elizabeth Larsen
Jodi Lipsh
Patrick C. Lyons
Joel Mason
Dennis Mullins
Joanne Nevins
Bob and Julie Norman
Robert and Flora O'Hagan
Rick Olejnik
V Robert and Virginia Payant
Michele Purnell

Bernadette Rack
Everett Scarborough
Phyllis Scharner
Garry and Barbara Schmidt
Bob and Sharon Schoening
Scribner, Cohen & Company, S.C.
Margaret Seibel
Nelson and Carolyn Shafer
Russell Sherman
Dave Simon
Bill and Julie Snively
St. Camillus
Ernest and Kathryn Storm
Anthony Stratil
Anne Vanasten
Ellen Walsh
Wenthe-Davidson Engineering Co.
Carolyn White
Alice Wondra

In honor of
Knut Apitz
Maria Jorgensen’s birthday
Dick Landwehr
Bob and Linda Mlynarek’s wedding
Ken Muderlak
Rob and Jeanne Sprister’s wedding
Robert Western

In memory of
Norbert Braun
Marvin Bulgrin
Richard Callender
Dorothy Clausen
Thomas J. Conley
Bernadette Commar
Wayne R. Coughlin
Patricia Dankmeyer
James E. Dietert
Paul Francis Egner
Betty Ellenberger
LaVerne Feld
Thomas D. Findlay
Barry Fredrich
Vickie L. Ginster

continued on next page
Fall is here, and winter is right on its heels.

As the leaves fall, your yard will need raking and your gutters will need cleaning. Once the snow falls, your sidewalks and driveway will need to be shoveled as well. As you age, or your Parkinson’s progresses, outside chores like these get more difficult. It’s important to remember that you aren’t alone with these tasks – there are many resources to assist you this time of year! While you strive to maintain your personal health and safety, take advantage of these resources to help maintain your yard and home.

First, don’t be afraid to ask for help. There may be teenagers in your neighborhood who are looking to make a little extra money. You can ask them to rake or shovel your yard as needed. You may have friends or family who are willing to help, and just need to be asked. You may also have children, grandchildren, nieces or nephews willing to assist you.

Many of us don’t have family nearby to assist, so we need other options. Interfaith Senior Programs is a national organization with chapters in many major cities. This agency often has volunteers looking to assist older adults or people with disabilities. They can arrange for volunteers to come to your home and help with yardwork and snow removal. They also may have volunteers that are willing to assist inside your home with small repairs and other needs.

If you live in Wisconsin, you can also contact the local Aging & Disability Resource Center. In other states, contact the local Health & Human Services organization. They may not provide services such as yardwork or snow shoveling, but they can connect you with local organizations who provide these services and other resources. Local churches and faith-based organizations may also have volunteers who can assist you with these chores.

If all of these options fail, contact your local 2-1-1, which is a free and confidential service to help people find resources they need. Contact them by calling 2-1-1 on your phone.

There is no need to put yourself or your health at risk. Utilize the resources available to support you and make your life a little easier this season!
Groups in Wisconsin are listed by region: Northeastern, Northern, Southeastern, Southern, and Western. Map pins identify cities that host a support, caregiver, exercise or young-onset group in each region. Support groups in the states surrounding Wisconsin are listed by each state.

This list is current as of October 14, 2016. Please contact the WPA at 414-312-6990 or mail@wiparkinson.org with any changes.
Support Groups & Exercise Groups

**northeastern wisconsin**

**Appleton**
- **support group**
  Touchmark at West Prospect
  2601 Touchmark Drive
  3rd Thursday at 2:00 p.m.
  **Contact:** Leslie Thede 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

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

**Fond du Lac**
- **support group**
  Aurora Health Center
  210 Wisconsin American Drive, 2nd Floor Meeting Room
  2nd Monday at 10:00 a.m.
  **Contact:** Joel Mason, DPT, at 920-448-4303

**Green Bay**
- **support group**
  Aging & Disability Resource Center
  300 S. Adams Street
  2nd Tuesday at 1:00 p.m.
  **Contact:** Mary Jo Williams at 920-448-4303

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

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

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

**Manitowoc**
- **support group**
  Manitowoc Senior Center
  3330 Custer Street
  4th Thursday at 1:30 p.m.
  **Contact:** Vicki Rathsker at 920-726-4626

- **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

**Neenah**
- **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

**Oshkosh**
- **support group**
  Bella Vista
  631 Hazel Street
  1st Thursday from 1:30 – 2:30 p.m.
  Every other month, call for details
  **Contact:** Beth Waller at 920-233-6667

- **support group**
  Oshkosh Senior Center
  200 N. Campbell Road
  1st Thursday at 9:30 a.m.
  Every other month, call for details
  **Contact:** Traci Ombrello at 920-337-1126

- **exercise group**
  AquaToned, YMCA
  205 Maritime Drive
  11:30 a.m. – 1:00 p.m. (fee associated)
  **Contact:**骠 April Brown at 920-682-0341

**Shawano**
- **support group**
  City Hall
  127 S. Sawyer, River Room
  2nd Tuesday at 1:30 p.m.
  **Contact:** Joyce Hagen at 715-526-5104

**Sheboygan**
- **support group**
  Sunny Ridge Health & Rehabilitation Center
  3014 Erie Avenue
  3rd Tuesday at 2:00 p.m.
  **Contact:** 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

**Sturgeon Bay**
- **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 Grota, PT, or Shawn Hanrahan, PTA, at 920-743-4949

**Waupaca**
- **support group**
  Riverside Medical Center
  902 Riverside Drive
  3rd Wednesday at 2:00 p.m.
  **Contact:** Patrick Pelkey at 920-538-0144
Support Groups & Exercise Groups

northern wisconsin

**Athens**
- for graduates of LSVT BIG
- Athens Fire Hall
- 221 Caroline Street
- Thursdays from 10:15 – 11:00 a.m.
  - **Contact:** Trina Tiffany at 715-574-9406

**Bay Area**
- 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

**Colby**
- for graduates of LSVT BIG
- Colby Retirement Community
- 510 W. Waussau Street
- Wednesdays from 8:30 – 9:30 a.m.
  - **Contact:** Trina Tiffany at 715-574-9406

**Marshfield**
- 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

**Minocqua**
- 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

**Rhineland**
- 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

**Stevens Point**
- support group
- Lincoln Senior Center
- 1519 Water Street
- 4th Tuesday at 1:00 p.m.
  - **Contact:** Ellen Grys at 715-343-6294

**Wausau**
- 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 or M.J. Horvat at 715-205-9195

southeastern wisconsin

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

**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

**exercise group**
- Boxing for Parkinson's
- 2007 Water Tower Boulevard
  - Group Exercise Studio
  - 7 Week Session, Thursdays 1:00 – 2:00 p.m. (fee associated)
  - **Contact:** Kathy at 262-544-4111

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

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

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

**Hartford**
- 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

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

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

- exercise group
- 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

**Oconomowoc**
- support group
  - Oconomowoc Memorial Hospital
  - 791 Summit Avenue
  - 3rd Friday at 2:00 p.m.
  - **Contact:** Jeremy Otte at 414-312-6990

- exercise group
  - Pabst Farms YMCA
  - 1750 E. Valley Road
  - Wednesdays & Fridays at 1:00 p.m. (fee associated)
  - **Contact:** Marlene Ridgway at 262-434-2600

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

**St. Francis**
- support group
  - St. Ann Center for Intergenerational Care
  - Adult Day Services Unit
  - 2801 E. Morgan Avenue
  - 3rd Tuesday at 1:30 p.m.
  - **Contact:** Kathy Jaap at 414-483-9219

**Summit**
- exercise group
  - Aurora Medical Center Summit
  - 36500 Aurora Drive
  - Outpatient Rehabilitation Gym
  - Every Monday at 6:00 p.m. (free)
  - **Contact:** Katie Mack at 262-434-2600
Support Groups & Exercise Groups

Waukesha

**exercise group**
Waukesha Family YMCA
320 E. Broadway
Mondays & Thursdays at 1:00 or 1:30 p.m.
(fee associated)
**Contact:** Kristine DeKarske, PT, at 262-542-2557

Wauwatosa

**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:** Laura Kurth at 414-805-5223

**men’s group**
San Camillo, 10200 W. Bluemound Road
2nd Monday at 1:30 p.m.
**Contact:** Mr. Carol Smith at 414-607-7142

**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 414-259-3708

**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:** Shauna Perry or Biz Casmer at 612-801-0188

**exercise group**
PD on the Move
PARKinson Wellness Recovery (PWR!)
Training Method
Wisconsin Athletic Club
8700 W. Watertown Plank Road
Tuesdays from 1:00 – 2:00 p.m.
7-Week Session (fee associated)
**Contact:** Jessica Doine, PT, DPT at 414-443-5000

**exercise group**
Parkinson’ s Dance Class
West Suburban YMCA
2420 N. 124th Street
Thursdays from 1:00 – 2:00 p.m.
7-Week Session (fee associated)
**Contact:** Erica Wasserman at 414-454-4645

West Allis

**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 Tharan at 262-691-7342, or
Mary Donovan at 414-817-0192

**West Bend**

**support group**
Cedar Ridge Retirement Campus
113 Cedar Ridge Drive
3rd Monday at 1:00 p.m.
**Contact:** Gary Schilling at 262-388-0522

**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**

**support group**
Jewish Community Center
6255 N. Santa Monica Boulevard
Room 3M15
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

**support group**
Fairhaven Retirement Community
435 W. Stain 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

Janesville

**support group**
Asbury United Methodist Church
606 Nichols Road
1st Wednesday from 2:00 – 4:00 p.m.
**Contact:** Jordan Mooney at 608-229-7628

**young-onset group**
St. Mary’s Hospital
700 S. Park Street, Room 1209
9/1, 12/1 at 6:00 p.m.
**Contact:** Jordan Mooney at 608-229-7628

**support group**
Monona United Methodist Church
606 Nichols Road
1st Wednesday from 2:00 – 4:00 p.m.
**Contact:** Jordan Mooney at 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, PDLee, 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

Baraboo

**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

**southern wisconsin**

**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
2100 E. Milwaukee Street
Wednesdays from 9:00 – 9:45 a.m.
(fee associated)
**Contact:** Connie Udell at 608-302-7088

**support group**
Monona United Methodist Church
606 Nichols Road
1st Wednesday from 2:00 – 4:00 p.m.
**Contact:** Jordan Mooney at 608-229-7628

**young-onset group**
St. Mary’s Hospital
700 S. Park Street, Room 1209
9/1, 12/1 at 6:00 p.m.
**Contact:** Jordan Mooney at 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

Wisconsin Parkinson Association
The Network, Fall 2016 19
Support Groups & Exercise Groups

Richland Center
support group
Richland Center Community/Senior Center
1050 Orange Street
1st Thursday at 10:00 a.m.
Contact: Maureen Smith, PT, at 608-647-2623

Stoughton
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: Jonathan Hill at 608-206-9597 or Dennis Owen at 608-516-6150

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

Sun Prairie
support group
Colonial Club Senior Center
301 Blankenheim Lane
Therapy Room
4th Monday at 1:00 p.m.
Contact: Jordan Mooney at 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
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

Waukaee
support group
Waukaee Senior Center
333 S. Madison Street
4th Tuesday at 2:00 p.m.
Contact: Candice Dufek at 608-850-5877

western wisconsin

Chippewa Falls
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 Diane Whelan at 715-861-4169

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

Eau Claire
support group
Sacred Heart Hospital
900 W. Clairemont Avenue
Room location varies
3rd Tuesday from 1:00 – 3:00 p.m.
Contact: Jamie Wright at 715-717-3147

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

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

Shell Lake
support group
Northwest Wisconsin Parkinson's Support Group
201 N. Second Street, Lower Level
1st Thursday at 1:00 p.m.
Contact: Jolene Colburn at 715-255-0357

support group
Parkinson’s Disease & Movement Disorders Center, Feinberg Pavilion, Conference Room A
710 N. Lake Shore Drive
1st Tuesday from 10:30 – 2:00 p.m. (lunch provided)
Contact: Pam Palmentera, LCSW at 312-503-4397

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

Lake Forest, IL
exercise group – Dance for Parkinson’s
Lake Forest Health & Fitness Center
1200 N. Westmoreland Road
Wednesdays from 2:00 – 3:00 p.m. (registration required)
Contact: Anthony Simone at 847-535-7140

exercise group – Pedaling for Parkinson’s
Lake Forest Health & Fitness Center
1200 N. Westmoreland Road
Tuesdays from 11:00 – 12:00 p.m. (registration required)
Contact: Anthony Simone at 847-535-7140

support group
Lake Forest Health & Fitness Center
1200 N. Westmoreland Road
2nd Wednesday from 10:00 – 12:00 p.m.
Contact: Anthony Simone at 847-535-7140

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

Lindenhurst, IL
exercise group – Dance for Parkinson’s
Lindenhurst Health & Fitness Center
3098 Falling Waters Blvd.
Thursdays from 10:15 – 11:00 a.m. (registration required)
Contact: Anthony Simone at 847-535-7140

exercise group – Boxing for Parkinson’s
Core Combat Sports
7135 Clinton Road
Tuesdays & Thursdays 1:00 p.m.
(fee associated)
Contact: Tommy Woodruff at 779-423-0502

Moline, IL
support group
Addus Evergreen Club
4011 Avenue of the Cities
3rd Monday from 2:30 – 4:00 p.m.
Contact: Marilyn Woelke at 309-781-6462

dance for Parkinson’s
Lindenhurst Health & Fitness Center
3098 Falling Waters Blvd.
Thursdays from 10:15 – 11:00 a.m. (registration required)
Contact: Anthony Simone at 847-535-7140

exercise group – Boxing for Parkinson’s
Core Combat Sports
7135 Clinton Road
Tuesdays & Thursdays 1:00 p.m.
(fee associated)
Contact: Tommy Woodruff at 779-423-0502

Moline, IL
support group
Addus Evergreen Club
4011 Avenue of the Cities
3rd Monday from 2:30 – 4:00 p.m.
Contact: Marilyn Woelke at 309-781-6462

Support Groups & Exercise Groups
Support Groups & Exercise Groups

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

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

exercise group
Pedaling for Parkinson’s
YMCA of Rock River Valley
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 6:30 p.m.
Dinner meetings at 6:30 p.m.
Contact: David & Linda Palmer at 815-871-6710

caregiver group
Meet at various restaurants. Contact Tom for location.
2nd Thursday at 7:00 p.m.
Contact: Tom Habing at 815-398-1720

caregiver group
Gloria Dei Lutheran Church
4700 Augustana Drive
Wednesdays from 9:30 – 10:30 a.m.
Contact: David Palmer at 815-871-6710

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: Ashley Hoverson at 608-365-2261

iowa

Bettendorf, IA
caregiver group
Bettendorf Family YMCA
3800 Tanglefoot Lane
1st Thursday from 1:00 – 3:00 p.m.
Contact: Gene Kenyon at 563-549-7890

eXercise group
Delay The Disease
Bettendorf Family YMCA
3800 Tanglefoot Lane
Tuesdays & Thursdays 11:15 a.m. – Noon
Contact: Marli Apt at 563-359-9622

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

Clinton, IA
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
exercise group
Delay The Disease
Genesis Medical Center-West
Central Park Avenue
Mondays & Thursdays from 12:15 – 1:00 p.m.
Contact: 563-421-4540

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

Decatur, IA
support group
Winneshiek Medical Center
901 Montgomery Street
4th Wednesday at 1:30 p.m.
Contact: Dawn Milligan at 563-387-3146

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

Newton, IA
support group
Wesley Park Center
500 First Street North, Garden Room
3rd Monday at 1:30 p.m.
Contact: Eloise Prater at 906-863-9445

Menominee, MI/Marinette, WI
exercise group
MoveFree, Exercise class
Greater Marinette-Menominee YMCA
1600 West Drive
Mon. & Wed. 11:00 – 11:45 a.m. (fee associated)
Contact: Kristen Weglarz at 906-863-9983

caregiver group
Harbors Retirement Community
1110 Tenth Avenue
3rd Thursday at 10:00 a.m.
Contact: Patricia Ihler at 906-863-9445

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

minnesota

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

Follow the WPA on Facebook!
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Winter Wonderland answers
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Crossword Puzzle answers
continued from page 10
**Recent & Upcoming Events**

**9th Annual Bottle Milwaukee Softball Tournament in Memory of Tim Puthoff**

Megan & Matt Puthoff, organizers of The Bottle Milwaukee Charity Softball Tournament in Memory of Tim Puthoff, Kathy & Len Puthoff, and Jeremy Otte, director of outreach & education for Wisconsin Parkinson Association.

The Puthoffs coordinated the event in Milwaukee that raised over $6,600 for WPA this year.

**4th Annual Punt Parkinson's with the Pack**

Samantha Barbian and her family hosted the 4th annual golf outing and Packer game party at Bub’s Irish Pub in Germantown.

This year they raised over $11,000 in support of WPA!

**Parkinson Disease: Living Well in Green Bay**

WPA was pleased to partner with Aurora BayCare to host a half day session on Living Well with Parkinson disease.

Thanks to Dr. James Napier, Neurologist; Sara Beno-Chambers, NP; Natasha Dorsey, Personal Trainer; and Junius Ho, MS, ACSM-Certified Personal Trainer for their presentations!

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**Wisconsin Parkinson Association invites you to a Holiday Reception**

Westmoor Country Club, Brookfield | December 7, 2016, 5:00-7:00pm

No charge to attend. Donations welcome.

Please RSVP by December 1 to 414-312-6990 or mail@wiparkinson.org

Join us for a reception of complimentary cocktails & hors d'oeuvres to celebrate the holiday season! A brief program at 6:00 will include the presentation of the Tulip Award to longtime WPA supporter Edmund Vojtk. 
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 connect with others in your area.

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

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

Upcoming Events

December 7, 2016
Holiday Reception
Brookfield

March 2017
Parkinson Disease: Living Well
Appleton

May 19, 2017
Parkinson Disease: Living Well
Wausau

June 23, 2017
31st Annual PD Symposium
Pewaukee

September 12, 2017
6th Annual WPA Open
Waukesha

More programs are being planned in Milwaukee, La Crosse, Madison and other locations. Visit wiparkinson.org for more information!