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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wiparkinson.org
Kate McDonald
WPA Board President

Dear Readers,

1986 was a busy year…

Halley’s Comet made an appearance after 76 years.

“Out of Africa” won Best Picture at the 58th Annual Academy Awards and “Top Gun” was the highest grossing film of the year.

In sports, the Chicago Bears won the Super Bowl against the New England Patriots and 20-year-old Mike Tyson won his first ever boxing title.

The average cost of a new house in the United States was just over $89,000 and smoking on public transportation was banned.

And, the staff at the Wisconsin Parkinson Association was planning what would be its 1st Annual Symposium, for early 1987.

This year, WPA held its 30th Annual Symposium. Over 30 years – through just that one annual program – we are proud to have reached over 7,500 people with Parkinson’s, their loved ones and caregivers, and professionals who work with and support people with Parkinson’s.

This year, we held two main sessions and two breakout sessions, each with three options for attendees. Forty-one vendors spent the day talking with attendees and sharing their services and products. For a full listing of the exhibitors and sponsors, see page 15. This issue of The Network summarizes the sessions from the Symposium. So if you weren’t able to attend this year, you’ll get a taste of what you missed.

Mark your calendars now for the 31st Annual Symposium on Friday, June 23, 2017 in Pewaukee, Wisconsin. You won’t want to miss it!

Kate McDonald
WPA’s Symposium draws attendees from far and wide to learn more about Parkinson’s treatments and resources, and to connect with others who have PD. Many people are involved in one or more support groups, so for the last several years, WPA has led a training for support group facilitators the Thursday before the Symposium.

At the Facilitator Training, support group leaders shared the successes and challenges they have faced with their groups over the past year. Some facilitators have been involved in their groups for as many as 16 years, while others have only just recently taken over managing a group. Joyce Hagen, who has facilitated a support group in Shawano, Wisconsin for the past 4 years, was glad to have time to hear from other group leaders. “The networking within the facilitators is a valuable tool, and the shared ideas help me to go back with a renewed vitality to share with my group!” she said.

Some support group meetings consist mainly of “sharing” time, whereas others bring in guest speakers for half of their meetings. Jon Hill, a new support group facilitator in Stoughton, Wisconsin, considered the question, “What makes my symptoms feel better?” in planning a recent meeting. The answer to that question led him to coordinate a fly fishing clinic for group members. The clinic filled up very quickly, and Jon and co-facilitator Dennis Owen are considering adding a second clinic for those who want to try fly fishing!

Attendance in support groups ebbs and flows for various reasons. Many support groups are holding steady around 15-20 members, but some have as many as 40 or as few as six attending on a regular basis. The facilitators agreed that the group dynamic changes significantly with a larger group, as attendees are not always comfortable sharing personal stories in front of a lot of people. As a result, facilitators face the constant challenge of adjusting meeting agendas to match the needs of the group as a whole, but also making sure individuals’ needs and concerns are met.

This year, WPA brought in Mary Voelker, a management consultant who focuses on change initiatives to promote individual, team, and organizational performance. With her Ph.D. in organization development from Marquette University and as the principal in her business, Consulting on Change, Mary was the perfect facilitator to lead the discussion on group dynamics.

Joyce Hagen appreciated the discussion led by Mary. “The discussion in our small groups led to so many good ideas being brought out. Focusing on not interrupting one another and setting time limits will be helpful for all group leaders.”

Have you found a group that you’re comfortable with? Are you looking to start a group in your area? Whether you’re looking for education, a sense of community, or workout buddies, you can find it in a support or exercise group.

See pages 16-21 of this magazine or visit wiparkinson.org for a current list of over 100 support and exercise groups.
Seeing a Movement Disorder Specialist: What to Know, Ask & Expect

In the opening session of the Symposium, Dr. Brad Hiner from Froedtert & the Medical College of Wisconsin walked through a typical appointment with his patient Patrick Grady and Patrick’s wife Ann.

Before Dr. Hiner started the mock appointment, we did a quick poll of the people in attendance, asking how many have Parkinson disease, how many see a neurologist, and how many see a movement disorder specialist who is specifically trained in treating patients with Parkinson disease and other movement disorders. Of the over 250 attendees, approximately half the audience had Parkinson’s. Roughly two-thirds regularly see a neurologist, and about one-third of those with Parkinson’s see a movement disorder specialist regularly.

With this knowledge, Dr. Hiner started his exam and explained that every Parkinson’s exam should cover the UPDRS – the Unified Parkinson Disease Rating Scale. The UPDRS helps to identify the four cardinal symptoms of Parkinson’s and allows the movement disorder specialist the ability to examine a patient to see how the current treatment regimen is helping specific symptoms.

Dr. Hiner stressed that if a patient is being treated for Parkinson’s and has not had the UPDRS done, his or her clinician may be missing important aspects of the disease and may be overlooking potential treatments and therapies to alleviate symptoms.

As Dr. Hiner conducted Patrick’s exam, he provided comments and input regarding Patrick’s symptoms. He explained and demonstrated where Patrick’s symptoms occurred during the exam – and where they didn’t. Throughout the exam, Dr. Hiner asked Patrick and Ann questions about how certain symptoms seemed at home and if there are symptoms that did not appear during the exam. Dr. Hiner explained the importance of his understanding of the patient’s symptoms at home as well as what is exhibited during the clinic appointment to provide appropriate care.

Dr. Hiner discussed the importance of occasionally bringing the caregiver to appointments. The caregiver will often have unbiased input and observations that can be very beneficial in allowing the movement disorder specialist to fully understand what the patient is facing in their diagnosis.

Several attendees commented afterwards how helpful it was to see the exam presented in that way. “Having Patrick and Ann helping to explain their experience was so helpful,” one attendee who had Parkinson’s commented. “My neurologist has walked through the UPDRS with me, but I didn’t understand why some of the movements were done. Now I get it.”

The mock appointment was an engaging and informative way to help each attendee learn more about his or her own symptoms and diagnosis.

If you’re not sure if your Parkinson’s physician is a movement disorder specialist, or if you are currently looking for a movement disorder specialist in your area, contact WPA at 414-312-6990 or wiparkinson.org.

The four cardinal symptoms of Parkinson disease are:

1. Resting tremor
2. Cogwheel rigidity
3. Bradykinesia (slowness, impaired fine motor skills)
4. Gait/balance impairment

Presented by
Bradley C. Hiner, MD
Professor of Neurology,
Froedtert & the Medical College of Wisconsin
Medicare is a confusing topic, and many people with Parkinson’s are eligible for Medicare but might not be sure how to proceed. **This breakout session,** presented by Elizabeth Johnson from Frett Barrington Ltd. addressed the following questions:

- What are Medicare Parts A, B, C, and D?
- What are the costs for Medicare?
- What is traditional Medicare?
- What is a Medicare Advantage Plan?
- What are my options?

With several different parts, Medicare can seem like “Alphabet Soup”!

- Part A: Inpatient hospital services
- Part B: Professional medical services including doctor office visits, labs and x-rays
- Part C: Medicare Advantage Plan
- Part D: Prescription drug plans

There are different enrollment periods for Medicare. The initial enrollment period is three months prior to your Medicare eligibility, and lasts through three months after your Medicare eligibility (which is the 1st day of the month in which you turn 65). A special enrollment period applies if you were able to defer Part B due to being covered by an employer group plan, and you must apply within 8 months of losing the coverage from your employer. The late enrollment period is from January 1 through March 31 of each year, and coverage would begin July 1, but a penalty will apply for late enrollees.

“Traditional Medicare” includes Parts A and B. For 2016, Part A covers inpatient hospital coverage, typically with no premium charge. Enrollments are usually completed automatically through Social Security, and the deductible is $1,288 per 60 day confinement. There is a per day deductible after 60 days of $322. For 2016, Part B covers physician and other medical services. The monthly premium starts at $121.80 per month for new enrollees in 2016. The Part B deductible is $166 per calendar year, and then includes 80% coverage for Medicare-covered services after deductible. There is an additional premium surcharge for high income participants.

Medicare Part D is a prescription drug program offered through private insurance companies. There are twenty-five different Part D plans offered in Wisconsin with an average monthly premium of $35. Initial, special and open enrollment periods apply, and there is a late entrant penalty.

Finally, Medicare Part C is a Medicare Advantage Plan where the enrollee still pays the monthly Medicare Part B premium, which starts at $121.80. Private insurance companies contract directly with the government to offer Medicare Advantage Plans, and the carrier assumes full risk and receives a flat monthly fee per enrollee from the federal government. Part C is regulated through the Federal Government Center for Medicare & Medicaid, not through each state’s Commissioner of Insurance. Thirty percent of Medicare beneficiaries are enrolled in Medicare Advantage Plans today.

It’s important to remember that you still have choices. You can retain your previous employer’s plan, or take advantage of your Medicare eligibility. You will also want to compare and consider the group plan deductible and out-of-pocket cost, as well as the group plan monthly premium cost. If you are covering your spouse, you need to know if they are eligible for Medicare, too.

For more information, visit medicare.gov.
There are three ways to manage the symptoms of Parkinson disease: medications, surgery and exercise. This breakout session, presented by three therapists from Aurora Medical Center in Summit, focused on physical and vocal exercise, with the goal of helping attendees find the combination of exercises that best fits their lifestyle and physical capabilities.

One symptom of Parkinson disease is a perception mismatch, which leads to smaller movements and a lower voice. As the voice gets lower, people with PD also tend to experience hoarseness, mumbling, smaller mouth opening, uncoordinated breathing and monotone pitch.

The benefits of physical exercise include:
- Overriding involuntary small movements
- Slowing disease progression
- Improving brain functioning
- Improving cardiovascular health
- Reducing fall risk and improving balance
- Improving coordination and flexibility
- Improving quality of life and reducing depression

The benefits of speech exercises include:
- Increasing volume
- Improving vocal quality and reducing hoarseness
- Improving articulation and enunciation
- More effective use of breath

The presenters demonstrated ways to incorporate exercise into your daily activities. If you’re physically able, take the stairs instead of an elevator. Park at the far end of the grocery store lot. Exercise during commercial breaks when watching TV by doing seated exercises, going from a seated to standing position several times, or taking one lap around the house. To incorporate speech exercises into daily routines, sing along to the radio, read the newspaper out loud, make a point to speak loudly on the phone and count out loud while doing physical exercises.

When participating in an exercise class, you’ll find that it will quickly become a part of your daily routine. In addition to the physical benefits, you’ll also learn proper form for exercises from the instructor and you’ll have the added benefit of support from your peers. You will develop a support network for you to improve your Parkinson’s symptoms and exercise techniques.

The presenters shared information on some of the classes offered through Aurora Medical Center in Summit and the Pabst Farms YMCA in Oconomowoc. There are a variety of classes offered for all levels of function, mobility and cognition, and classes are offered at various times throughout the day. Some classes combine both physical and speech exercises. The three presenters demonstrated a number of these exercises during their session and showed how you can perform them regardless of your current level of mobility. Many participants practiced the exercises from their chairs, while others stood and participated.

You should consult with your doctor regarding recommendations for the appropriate class level for you. Aurora Medical Center in Summit also offers a free screening with a speech therapist and physical therapist to determine the right class level for you.

While the presenters focused on the classes in their area, there are a number of similar exercise classes offered throughout Wisconsin. For a listing of exercise groups in your area, see the back of this magazine or visit wiparkinson.org for a current list of over 100 support and exercise groups.
Adapting Your Home for Safety & Convenience

There are many ways to adapt your home to prevent complications and promote safe living. It’s important to reduce the risk of injury and accidents for both the person with Parkinson disease and the caregiver. Ruth Busalacchi, owner of SYNERGY HomeCare shared one of the most important questions to consider when examining the safety of your home: In a fire or other emergency, what is your ability to exit quickly and respond appropriately to the situation?

**Some tips to strongly consider:**
- Wear an emergency pendant
- Ensure there are at least two exits out of the home, with no clutter and a ramp outside if necessary
- Consider “one-motion” door handles and reconsider multiple locks on the inside of doors
- Find the shortest distance from bed to the exit
- Notify local fire and police of family conditions and challenges

If the person with Parkinson disease experiences issues at night, Ruth provided some general safety tips:
- Close bedroom doors at night
- Use monitors to hear your loved one
- Consider urinals and bedside commodes for nighttime bathroom needs
- Install an alarm on a bedroom door for an alert that your loved one is up

Ruth then focused on fall risks within the home. She shared that 1 in 3 seniors each year have a fall that will lead to hospitalization. Parkinson’s increases your fall risk. Ruth recommends you install nightlights in the halls and bathrooms to prevent falls at night. You should make sure walkways are clear and free of clutter. Finally, make sure tripping hazards, such as throw rugs, are removed from the home.

Depending on physical and cognitive issues, it may be important to have a friend, volunteer, or professional homecare provider who is available to appropriately respond in an emergency. Day programming might also be a good option to consider on a regular basis.

Ruth offered some advice on how to help a loved one bathe if the bathroom isn’t accessible or your loved one is resistant. First, consider possible root causes, she suggested. Someone with Parkinson’s may have a fear of falling or freezing movements, and the pain associated with the disease may lead to fear of cold or uncomfortable feelings during a shower. You might reconsider where your loved one bathes. Some day programming services simply offer bathing services, or you might consider your athletic club as a possible place to bathe. Ruth suggested visiting a home medical store for equipment ideas to help your loved one safely bathe at home, and talking with your doctor about any questions you have.

If cognitive changes occur, Ruth addressed how caregivers can help their loved ones feel comfortable and less anxious when the caregiver leaves the house. Your loved one sees you as their “safety net,” and short-term memory loss may impact how often they call out for help. Try writing a note – in your handwriting – assuring your loved one, for example, “Everything is fine, I will be right back”; or “This is my friend Suzie and I trust her.” If you have friends or professional homecare services in your home, you may consider asking those individuals to wear scrubs or refer to your helper as a “nurse”, because a nurse is generally thought of as a trusted person.

If you are unable to leave your loved one alone, consider respite services or other community organizations that offer assistance.
Caregivers don’t always identify themselves as caregivers. By definition, however, anyone who gives help and protection to a loved one, or provides assistance to someone else who is incapacitated and needs help performing the daily tasks essential to living a normal life is a caregiver. Caregivers may be family members, friends, trained professionals, neighbors or community members.

There are a variety of reasons why someone becomes a caregiver. Family responsibility and marital vows can unexpectedly throw someone into the role of caregiver. They might also feel that no one else can provide the care as well as they can. Certain cultural beliefs can also lead to one becoming a caregiver.

The level of care provided also varies: from checking in regularly and reminding him or her of appointments, to managing medications and finances, to helping with instrumental activities of daily living or even living with your loved one.

Caregivers tend to experience higher levels of depression, stress and frustration than non-caregivers. They are also at an increased risk of high blood pressure and heart disease, and have lower levels of self-care than non-caregivers. Caregivers should also be aware of caregiver burnout, a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude.

There are many symptoms of caregiver stress:

- Denial
- Anger
- Social withdrawal
- Anxiety
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Health problems

continued on page 22
When your movement disorder specialist has prescribed a new medication for you, have you ever wondered how they know which one to use, why, and when to start the medication? Nurse Practitioner Dacy Reimer presented a breakout session on the various medications used to treat symptoms of Parkinson disease.

Dacy gave a brief history of the medications that have been approved and used in Parkinson’s care over the last 60 years. She overviewed the various types of medications, levodopa, dopamine agonists, and other medications used in PD treatment. While she discussed the medications and how they treat your PD, Dacy emphasized the importance of being aware of possible side effects, and the importance of communicating those side effects to your care provider immediately. All medications have the potential to cause side effects, and the only way to limit their impact is to report them immediately. There may be other medication options for you if your current one causes side effects.

When considering a treatment option with your physician, it is important to remember your role in this decision. Treatment is specific to each individual, and is based on the goals of the patient and provider. Remember this when talking to another individual with PD as well. Their care plan is different from yours based on individual goals, past medical history, and how other treatment has been tolerated. It can often take multiple tries before you and your care provider find a treatment plan that works for you, your lifestyle and your family.

With any treatment, the goal is to reduce symptoms and allow you to live the life you want to lead. This may mean that the timing and dose of medications will vary greatly from initial diagnosis through the progression of the disease. This is important as you assess your symptoms and day-to-day management to accurately report to your doctor. The medication regimen set by your doctor is based on your in-office exam, so if you don’t accurately report your daily symptoms, the medication that is prescribed to you may not achieve its maximum potential.

Finally, Dacy reminded attendees that all treatment plans should include regular exercise. Research has shown that staying active and exercising will increase the efficacy of your medications and improve your PD symptoms.

No matter which medications you are prescribed, you play a vital role in how they will help you and your symptoms. Accurately reporting your symptoms and taking the medications as prescribed will allow the medications to work best for you long-term.
LSVT BIG® is a program that has helped many people with Parkinson disease manage their symptoms. This breakout session was presented by Erica Vitek from Aurora Sinai Medical Center and a faculty member of LSVT Global. The session focused on advances in neuroscience and their impact on the field of rehabilitation, the development and data on LSVT LOUD® – an effective speech treatment – and examples of exercises incorporated in the BIG program.

The presentation began with a brief video of a woman named Shirley. When Shirley first began the LSVT LOUD program, her voice was soft and uncertain, and she spoke with a very monotone voice. Throughout the course of the program, which was documented in a three minute video, the changes in Shirley’s voice, as well as her physical appearance, were obvious. She spoke much louder and her voice was much stronger and more confident. She held the syllable “ahhh” for 23 seconds at the end of the video, whereas at the beginning she was only able to hold it for eight seconds. The changes were a great demonstration of the impact of this type of therapy in a person with Parkinson disease.

The LSVT programs are administered in an intensive manner to challenge the impaired system. The program is delivered one-on-one with a LSVT certified physical, occupational or speech therapist 4 days a week for 4 weeks. Each session is sixty minutes long, and there are daily carryover assignments and daily homework for the participant.

One of the challenges in Parkinson disease is a sensory problem, which can be noticed clinically even in early stages of the disease. Patients often have no awareness of their soft voice, diminished arm swing, or shortened stride length, so when they are asked to increase amplitude to within normal limits, it can feel very odd. It’s similar to when the speedometer on a car needs to be recalibrated. The driver generally doesn’t notice a problem until he or she gets pulled over!

The goal of LSVT BIG is that people with Parkinson disease will use their bigger movements “automatically” in everyday living – and there will be long-term carryover of increased amplitude use!

The presentation walked through the basic components of an LSVT BIG session, showing maximum sustained movements like a floor to ceiling reach, a side to side arm swing, and stepping forward, sideways and backwards. Other multidirectional repetitive movements are also included, and a large part of the program is patient-driven. The therapist will ask what tasks are an important part of daily life for the patient and incorporate movements that help with tasks such as getting in and out of bed or the car, doing laundry, or gardening.

If you’re looking to get started with LSVT BIG and LSVT LOUD, visit lsvtglobal.com to find a certified clinician in your area, and ask your doctor for a referral and a prescription for a speech or physical/occupational therapy evaluation and treatment. LSVT Global also offers DVDs to introduce you to the movement exercises that will be used in the program.
Dr. Brad Hiner, Professor of Neurology, Froedtert & the Medical College of Wisconsin, demonstrated what an appointment with a movement disorder specialist looks like.

Over 250 individuals attended the 30th Annual Symposium.

Elizabeth Johnson from Frett Barrington Ltd. answered questions about Medicare.
Allison Hyngstrom and Danille Parker from Marquette University demonstrated exercises everyone can adapt to fit into their lifestyle, and ways to incorporate small bits of exercise into other daily activities.

Dacy Reimer, APNP-C, Lakeside Neurocare Limited, gave a brief history of Parkinson’s medications and reminded all attendees how important it is to accurately report your symptoms and side effects to your doctor.

Erica Vitek, MOT, OTR, Aurora Sinai Medical Center, educated attendees on the LSVT BIG and LOUD programs, demonstrating the impact the movements and exercises can have on a person with Parkinson’s.
New Frontiers in Exercise & PD

Presented by
Allison Hyngstrom, PT, PhD and Danille Parker, PT, DPT, GCS, CEEAA
Marquette University

Exercise can have direct and positive effects on the nervous system, and is proven to play a crucial role in maintaining quality of life for people with PD. Individuals with PD who exercise regularly see an improvement in balance and posture and have an easier time managing daily activities and restoring lost function.

In the closing session, Allison Hyngstrom and Danille Parker from Marquette University discussed the ways exercise affects your body, and ways to modify exercises with the progression of your disease – and they got everyone out of their seats to move and stretch!

One exercise suggested was using a stationary tandem bicycle. It may be difficult for some people with Parkinson disease to keep a steady pace while pedaling on a stationary bicycle, so using a tandem bicycle allows the caregiver or therapist to maintain a steady pace while “forcing” the person with Parkinson’s to keep moving at the same speed.

In addition to walking on a treadmill, a person with Parkinson’s could try walking backwards on the treadmill while holding the handrails. This kind of exercise utilizes different muscles, and will also help improve balance.

There are a variety of exercises you can do. Stretching helps keep your body limber and mobile. Strengthening exercises help improve posture and coordination, while increasing bone and muscle strength. Research has found that high-intensity strength training can improve walking speed, ability to climb stairs, and overall balance. Aerobic conditioning like walking, biking, dancing and swimming will improve stamina and endurance.

People with Parkinson disease tend to have specific impairments like small step size and movements, poor neck and spine movement, difficulty with movement transitions and slower speed. Combinations of a variety of exercises can help these symptoms.

All exercise strategies, such as Tai Chi, boxing, kayaking, and dancing, can be modified as needed and incorporated as part of a strength, aerobic and stretching program. It is recommended to follow progressions that include reducing the base of support, increasing surface compliance, increasing speed or resistance, adding a secondary cognitive task, limiting visual input and increasing the length of remembered sequences and improving form.

These exercises are intended for prevention but can be modified easily for any stage of PD progression. Modifications may include verbal, auditory, sensory or visual cues. You might also use repetitive movements and position changes to personalize a workout. Don’t be afraid to ask for assistance from a spouse, caregiver or friend if you need it!

The main takeaway from this session: every little bit helps! Even small exercises can help you manage your PD symptoms and help improve quality of life.

For a listing of exercise groups in your area, see the back of this magazine or visit wiparkinson.org for a current list of over 100 support and exercise groups.
Symposium Sponsors

Thank you to our 30th Annual Symposium Sponsors. This program would not be possible without your support!

Gold Sponsors

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WisPACT

Symposium Vendors

Throughout the Symposium, these health and community agencies displayed valuable information. We appreciate their support and participation, and we’re glad our attendees had the chance to learn more about what they can offer!

Seniors Helping Seniors
Spa Massage On The Go
St. Camillus
St. John’s On The Lake
SYNERGY HomeCare
US WorldMeds, LLC
Visiting Angels
Vitality To You
VITAS Healthcare
Walk-In Tubs Of Wisconsin
Wisconsin Talking Book & Braille Library
WisPACT, Inc.
YMCA of Greater Waukesha County
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 July 27, 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  
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**

*support group*

Aurora Health Center  
210 Wisconsin American Drive, 2nd Floor Meeting Room  
2nd Monday at 10:00 a.m.  
**Contact:** Mary Beth Fumelle at 920-655-3715

**Green Bay**

*support group*

Aging & Disability Resource Center  
300 S. Adams Street  
2nd Tuesday at 1:00 p.m.  
**Contact:** Carol Mueller at 920-655-0451

**Green Bay**

*support group*

SS. Edward and Isidore Parish  
3667 Flintville Road  
4th Wednesday from 10:00 – 11:30 a.m.  
**Contact:** Beth Waller at 920-743-3476

**Lakewood**

*support group*

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

**exercise group**

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

**exercise group**

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

**King**

*support group*

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

**Manitowoc**

*support group*

Manitowoc Senior Center  
3330 Custer Street  
4th Thursday at 1:30 p.m.  
No meeting July or August  
**Contact:** Vicki Rathsack at 920-726-4626

*exercise group*

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

*exercise group*

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

**Neenah**

*support group*

Neuroscience Group  
1305 W. American Drive, 2nd Floor Classroom  
4th Thursday at 2:00 p.m.  
**Contact:** Kristine Barts at 920-938-0144

**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:** Amanda Ubbelohde at 920-232-5320

*exercise group*

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

*exercise group*

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

*exercise group*

Oshkosh 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

**Shawano**

*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**

*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

**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 Grotta, 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
### 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. Wausau 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 8:00 a.m.
  - **Contact:** Dennis Leith at 715-358-2207 or Norma Semling at 715-545-3414

**Rhinelander**
- **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

**Brown Deer**
- **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

**Greenfield**
- **exercise group**
  - Combat PD – Based off of Delay the Disease
    - Wisconsin Athletic Club
    - 5020 S. 110th Street
  - Tuesdays at 10:00 a.m. (fee associated)
  - **Contact:** Ken Merkitch, PT, at 262-634-1994

**Hartford**
- **exercise group**
  - Aurora Medical Center Washington County
    - 1032 E. Sumner Street
    - Fridays from 1:30 – 3:00 p.m. (fee associated)
  - **Contact:** Susan Goulet at 414-332-3551

**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:** Katie Mack at 262-434-2600

**Racine**
- **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:** 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
    - Tuesdays 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

exercise group
Boxing for Parkinson’s
Wisconsin Athletic Club
1530 E. Moreland Boulevard
Group Exercise Studio
7 Week Session, Thursdays 1:00 – 2:00 p.m.
(fee associated)
Contact: Kathy at 262-544-4111

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 414-545-1487

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: 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 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,
Judie Tharman 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 1M50
2nd Wednesday from 3:00 – 4:30 p.m.
Contact: Laura Kurth at 414-805-5223

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 8
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. Stavin 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
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

Madison
support group
Asbury United Methodist Church
6101 University Avenue
3rd Wednesday from 2:45 – 4:00 p.m.
Contact: Jordan Mooney at 608-229-7628

support group
Oakwood Village
6205 Mineral Point Road
2nd Thursday from 1:30 – 2:30 p.m.
Contact: Cindy Koehn at 608-230-4433

caregiver 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

southern wisconsin

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

Wisconsin Parkinson Association
The Network, Summer 2016
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Support Groups & Exercise Groups

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

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 1:00 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 Dianne Wilson at 715-861-4169

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
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

illinois

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

Chicago, IL
art and yoga support group
Parkinson’s Disease & Movement Disorders Center, Prentice Pavilion, Conference Room Q
710 N. Lake Shore Drive
2nd, 3rd, & 4th Tuesdays; Art: 1:00 – 2:00 p.m., Yoga 2:00 – 3:00 p.m.
Contact: Pam Palmentera, LCSW at 312-503-4397

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
exercise group – Dance for Parkinson’s
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

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

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

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

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

exercise group
Let’s Get Moving
Gloria Dei Lutheran Church
4700 Augustana Drive
Wednesdays from 9:30 a.m. – 10:30 a.m.
Contact: David 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 & Linda Palmer at 815-871-6710

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

caregiver group
Gloria Dei Lutheran Church
4700 Augustana Drive
Wednesdays from 9:30 – 10:30 a.m.
Contact: Linda 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

Burlington, IA

support group
Great River Medical Center
1225 Gear Avenue, Blackhawk Room
3rd Thursday at 2:00 p.m.
Contact: Tom Zimmerman at 319-753-0550 or Maralyn Stull at 641-791-2299

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

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

Davenport, IA

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

Decorah, IA

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

eexercise 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 641-791-1018

michigan

Calumet, MI

support group
Aspirus Keweenaw Home Health & Hospice
314 Sixth Street
2nd Monday at 1:00 p.m.
Contact: Sarah Baratono at 906-337-5708

Menominee, MI/Marinette, WI

exercise group
Move Free, 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

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

Menominee, MI

support group
Negaunee Senior Center
345 Michigan Avenue
4th Monday at 1:00 p.m.
Contact: Brittany 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 Setterlund at 218-728-4986 or Catharine Larsen at 218-733-9903

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

follow the WPA on Facebook!
Facebook.com/wiparkinson
New Board Members:
Fred Moseley & Peter Ginn

WPA is pleased to announce the addition of Fred Moseley and Peter Ginn to its board of directors.

Fred is Audit Partner and Professional Practice Director for Deloitte LLP, a leading professional services firm in Milwaukee and Chicago. He is a resident of Long Grove, Illinois.

Peter is Senior Vice President of Industrial Investments at Wangard, a Milwaukee-based real estate investment firm. He is a resident of New Berlin, Wisconsin.

“We are thrilled to have Fred and Peter join the board,” said Kate McDonald, President of the WPA board of directors. “This is an exciting time of growth for WPA, and they both have personal ties that connect to our mission.”

Welcome to the Board!

Taking Care of the Caregiver

continued from page 9

Jennifer reminded attendees that almost all caregivers view caregiving as a positive experience, and gave some tips for dealing with stress:

• Recognize warning signs early
• Identify sources of stress
• Identify what you can and cannot change
• Take action

Recognizing the reasons why you are a caregiver can help with stress:

• Knowing you are giving back to someone who has supported you throughout your life
• Satisfaction of good care for your loved one
• Personal growth
• Increased meaning and purpose in life
• Supporting and maintaining family tradition

As a caregiver, it’s very important to take care of yourself. Make yourself a priority by exercising, maintaining a balanced diet, getting enough sleep, and keeping up with your own doctor appointments as necessary. Consider ways to develop your own coping skills by being realistic, giving yourself credit – not guilt – for what you are doing, and asking for and accepting help when you need it. Other suggestions from attendees for coping with caregiver stress included accepting that changes will always occur in life, embracing the power of positive thinking, and finding ways to laugh!

Resources for Caregivers

Aging and Disability Resource Centers
www.dhs.wisconsin.gov/adrc/consumer/

National Caregivers Library
www.caregiverslibrary.org | 804-327-1111

National Institute on Aging
www.nia.nih.gov | 800-222-2225

Wisconsin Family Caregiver Support Program
www.wisconsincaregiver.org | 866-843-9810
Recent Events

June 11 – Movers & Shakers Golf Outing

Movers & Shakers Golf Classic coordinators Joe and Patty Schlicher present a donation of $13,076.48 to the Wisconsin Parkinson Association, represented by director of outreach & education Jeremy Otte.

Left: Movers & Shakers Golf Classic coordinators Joe Schlicher with Tom Pipines of Fox 6 Milwaukee. Pipines participated in the outing and served as emcee and auctioneer.

Right: One auction item was a large gas grill and 2 beautiful Adirondack chairs built by event organizer Joe Schlicher.

The 2nd annual Movers & Shakers outing took place on June 11, 2016 at Evergreen Golf Club in Elkhorn, Wisconsin. The Schlichsers dedicated this year’s event to the family of Jerry Bullock, a family friend who also had Parkinson disease and recently passed away. This year, the Movers & Shakers Classic raised an incredible $13,076.48 to donate to WPA!

June 4 – Punch Out Parkinson's Golf Outing

Left: The Evan Riley Band performs for golf outing attendees at the end of the event.

Right: Two members of the Evan Riley Band kick off the Punch Out Parkinson’s Golf Outing.

The Evan Riley Band hosted the 2nd Annual Punch Out Parkinson’s Golf Outing & Concert on June 4 in Janesville, Wisconsin. The event raised over $1,400 to donate to WPA!

5th Annual WPA Open Against Parkinson Disease

Tuesday, September 13, 2016
The Legend at Brandybrook | Wales, Wisconsin

11 AM Registration
12 PM Shotgun start with scramble format
5 PM Silent Auction, Wine Pull, Cocktails, Networking
6 PM Dinner, Program, Auction

Register by September 1
$1,000/foursome or $250/golfer
Includes lunch, on-course beverages, cocktail hour and plated dinner

Don’t Golf? Come for the elegant dinner!
For $100 per guest, join us at 5 pm for cocktails, wine pull, silent auction and networking in the clubhouse overlooking the beautiful golf course.

Presented by HeatTek, Inc. and Financial Strategies, Inc.

To register or for more information, visit wiparkinson.org or call 414-312-6990.

Special Thanks to the Papa Joe Golf Outing, in honor of “Papa Joe” Kloiber. Joe’s friends and family raised over $3,300 to donate to WPA!

Thank you to the organizers, attendees, sponsors and supporters of these community events!!
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 health care, assistance for caregivers and families, and increased funding for research.

Upcoming Events

**September 13**
5th Annual WPA Open Against Parkinson Disease Golf Outing
The Legend at Brandybrook, Wales

**September 28**
Parkinson Disease: Living Well
Aurora BayCare, Green Bay
No charge – sign up at wiparkinson.org

**October 25**
Parkinson Disease: The Basics & Beyond
Stevens Point

**December 7**
WPA Awards Celebration & Annual Meeting
Westmoor Country Club, Brookfield

Visit wiparkinson.org for more information!