

THE network

Winter 2016

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Parkinson Association
Serving Wisconsin & Neighboring States



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CONNECTIONS: The Key to Caregiving

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Letter from the President



Kate McDonald, MBA

WPA Board President

Dear Readers,

At the WPA, one of the most important ways we help is providing valuable information. We can provide area

doctor information to direct you to Parkinson's specialists and clinics. We can assist in finding a support group, exercise class, or therapy provider near you. We can direct you to books and websites that discuss the latest in research, clinical trials, and medications. In short, we connect you to the resources you need.

One of the main ways to connect to others in the Parkinson's community is through one of the many support groups.

These groups offer a way to share personal experiences in an environment that can offer comfort, advice, ideas, and many times humor. They provide an avenue for coping – for those living with Parkinson's, their caregivers, and others impacted by Parkinson's.

Forming connections can help all of us learn and become stronger in our mission to live better with Parkinson's and help find a cure. We hope you enjoy this issue dedicated to those connections.

Thank you,

Kate McDonald

What Are These 'Connections,' and Who Are They For?



Jeanine Bly,
BSW, MBA

Executive Director, WPA

Over the past year at the WPA, we have talked a lot about connections and the important role they

play: connections to you, our members; connections to research participants and funding; connections to fundraising opportunities; and connections to information and resources to assist those with Parkinson disease and their families.

In this issue of *The Network*, we highlight the essential and vital connections specific to caregiving. We address questions such as: “What are caregiving connections, and why are they important?” “Who can benefit from these connections, and how can they enhance caregiving?”

As you read this issue I encourage you to start with a personal question... “Am I a caregiver and could I benefit from connecting to these resources?” I raise this question because many people who are caregivers do not identify themselves as such, and therefore may miss out on a great deal of support, help and information that is available.

Because the changes that happen with Parkinson disease can come slowly, those providing care often don't recognize they indeed are caregivers. Instead, they refer to themselves as “just his wife,” “just her son” or “just a neighbor who helps out.” Those who don't identify themselves as caregivers can miss out on opportunities both big and small to care for themselves, which ultimately is the best way to care for their loved one with PD.

This issue of *The Network* explores from many different angles the topic of connections and caregiving. We have utilized some of our connections to provide thought provoking articles about caregiving. Dr. Abendroth's article on page 9, *The Value of Staying Connected*, addresses the caregiver's need for a diverse support network. Our front cover and featured article on page 4, *Connections: The Key to Caregiving*, highlight and explore some of the many resources available. Other articles on 'Mindfulness', the value of setting limits, plus much more are devoted to the caregiver experience. The information may be new to you or it may reinforce ideas you have been utilizing for quite some time.

So grab a mug of hot cocoa, coffee or tea and start by answering the question... “Am I a caregiver and how can I get connected?” And then enjoy exploring with us, *Connections: the Key to Caregiving*. As you read, remember: the WPA is here to be your first connection to finding the information and referrals you need.

Connections: The Key to Caregiving

Caregiver. Care partner. Caretaker. Husband. Wife. Son. Daughter. Healthcare provider. Nurse.

No matter what you call yourself, you fill many roles as the caregiver for your loved one with Parkinson disease. These roles are all connected – all impacting the way you live your life. These roles affect you whether you live with your care recipient or not, whether you financially support your care recipient or not, or whether you're a fulltime caregiver or not.

Barbara Abrams: Wife. Mother. Grandmother. Caregiver.

Barbara Abrams is a retired psychotherapist caring for her husband Don, who has Parkinson disease. Barb and Don have been married for 56 years, and have lived in their house on the east side of Milwaukee for 51 years. Don was diagnosed nine years ago, but for many years before that, he'd had a tremor. Initially diagnosed with Familial Essential Tremor, in 2007 Don's doctor mentioned that he thought Don might have Parkinson disease.

Barb related the story of the diagnosis: "He gave us no information. He said he thought Don had Parkinson's, and then he sent us on our way. We found a different doctor, and all Don had to do was walk down the hallway, and he said

'Yes. You have Parkinson disease. Let's talk about what's next.'" The progression of the disease has been slow over the last nine years, for which Barb and Don are grateful.

Even though she is a fulltime caregiver, Barb doesn't think of her role in that way. "You make these incremental adjustments as you have to, without sometimes even realizing what you've done and how things have changed. But they've changed."

For Barb, one of the biggest changes has been her community involvement. Before she retired, she served on boards of directors and committees for various organizations. She was very active in their synagogue. She and Don traveled domestically and internationally to visit friends and family members. Now traveling is out of the question, "because it takes us away from his doctors."

Recognizing the importance of a strong support system, Barb depends mainly on her friends, a caregiver support group, and one of the couple's sons, who lives nearby. Her son offered to come over for dinner with Don once a week to give Barb a break, but she doesn't always take him up on the offer. "There's something within me that feels that I don't want to go out there and have this good time without Don while he's sitting at home." Fortunately they are still occasionally able to go to the symphony and the opera – things they've always enjoyed doing together.

Barb has found her support group to be incredibly valuable. The members share their experiences, their frustrations, and their advice. Some of their loved ones are more advanced, and it helps all of the participants to talk about what's going on.

The Abrams have also found their doctors to be one of their greatest resources. Barb knows that open conversations with Don's doctors gives them access to available tools and resources, while still allowing Don to maintain his independence.

Barb's positive and realistic attitude has supported her through the harder times. "To be a caregiver you have to



Don & Barbara Abrams

care. You have to have guts. You have to have determination. You have to be extremely well organized. You have to communicate with the person you care for. If you ever look at this responsibility as a burden, then you need to hire someone else to do it. It's most rewarding when I realize that I can do this... because of how much I love him."

Caregiving in the U.S. 2015 Survey

The *Caregiving in the U.S. 2015* survey was recently released by the National Alliance for Caregiving and the AARP Public Policy Institute. The study examined the prevalence and demographics of caregivers and care recipients, the impact on the caregiver's health conditions and living situations, and information needs related to caregiving.

Caregiver Demographics

Approximately 34.2 million American adults have provided unpaid care to an adult age 50 or older in the past 12 months. The average age of a caregiver is 49, but nearly one in 10 caregivers is 75 years of age or older. Over 85 percent are caring for a relative, and one in ten provides care for their spouse.

Two-thirds of care recipients are female, and average 69 years of age. Roughly half of care recipients live in their own homes.

Health and Financial Impact on Caregivers

The study looked at the impact being a caregiver can have. While caregiving can be fulfilling, it can also be physically, emotionally, financially and professionally straining. Physical demands such as lifting the care recipient or helping them bathe can be especially difficult when caregivers are not in the best health themselves. When your loved one has a hard time following directions or communicating their needs, caregiving can cause hurt, anger or resentment, and it can be extremely difficult to see the changes in your loved one.

18 percent of caregivers reported experiencing financial strain. As with emotional stress, financial strain is greater among caregivers who live with their care recipient. Caregivers who live more than an hour away from their

care recipient also report higher levels of financial strain, perhaps because nearly half of long-distance caregivers utilize paid help.

Caregiving can also take a toll on the professional life of a caregiver. More than half of caregivers work fulltime, and sixty percent have had to make some kind of workplace accommodation, such as cutting back on working hours or taking a leave of absence.

Resources

With all of these methods of added stress in the life of a caregiver, what options are available?

According to the caregiving report, only 16 percent of caregivers have been asked by a healthcare provider what they need to take care of themselves. If the healthcare provider

doesn't ask you what you need – speak up! Ask what kinds of services they can provide for you. Ask them to recommend ways to avoid caregiver burnout. Ask for recommendations of aides, adult day programs or other avenues for respite care.

Despite caregivers' needs for support, only one out of three caregivers has made modifications to their loved one's home (34%), and fewer

have requested financial assistance (28%), used transportation (23%), or respite services (15%) for their loved one.

See page 23 for a list of agencies specifically designed to assist caregivers. Local senior centers, Aging & Disability Resource Centers, and the National Alliance for Caregiving can connect you with options for support and other ways to avoid burnout.

Throughout this journey for Barb Abrams, she has learned "There are times in your life for everything, and you better adapt!" Utilize the resources available to you – you're not alone.

What other connections have you found helpful in your care journey? Send us an email at mail@wiparkinson.org to share your ideas, tips and resources. We'd love to use your story to help others!

"To be a caregiver you have to care. You have to have guts. You have to have determination."

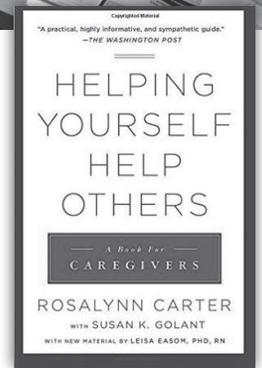
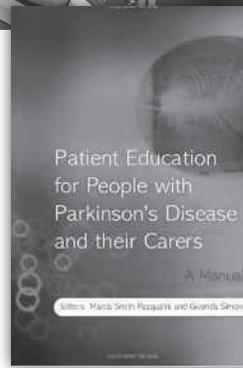
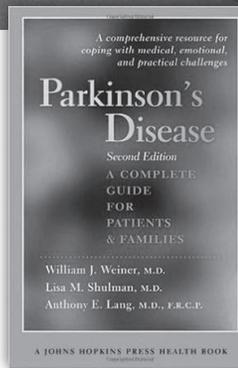
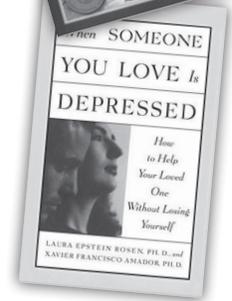
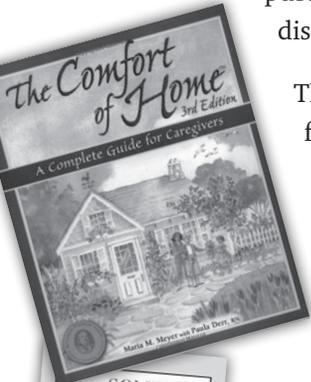
– Barbara Abrams

Resource Library

The WPA moved into its new offices last spring, and the new space has allowed us to expand our free Resource Library. We have over 150 different books, DVDs, and other publications about Parkinson disease available for check out.

The library contains resources for caregivers and people with PD, and includes such topics as aging, brain health, family, inspiration, coping, related disorders and more.

Materials can be checked out for 8 weeks at a time. The current listing of available resources is on our website under the "About Us" tab. You can check out materials by calling our office for them to be sent to you, or you can stop by in person.



THE **network** magazine!

A sponsorship of *The Network* is a great way for you to promote your business or services, recognize or memorialize a loved one, and to support people with PD. Sponsorship investment includes:

- Prime recognition on the front and back covers of one issue
- A full page of recognition through an article and a logo recognition piece
- Prominent logo placement in three subsequent issues
- Archival on the WPA's website
- Tax deduction. The WPA is a 501c3 organization. Your donation, in the form of a sponsorship investment, is tax deductible to the fullest extent allowed by law.



Contact the WPA for more information at 414-312-6990!

Mindful Caregiving

**Alison
Byrne, PhD**

As a psychologist who works with caregivers, I am often asked for tips on managing caregiver stress. Perhaps a caregiving routine seems to require more hours than there are in the day.

Maybe a care recipient exhibits aggressive or inappropriate behaviors, or perhaps a caregiver has neglected his or her own health in order to provide for their loved one. Many times, managing stress involves taking time off from caregiving, so that one can recharge and refresh. However, although respite and time for self-care are essential aspects of caregiver health, it is also true that some challenges in caregiving are unavoidable. How can a caregiver manage stress when he or she is facing these daily challenges?

One of the most effective ways of managing day-to-day stress is to exercise Mindfulness. Mindfulness refers to fully accepting and appreciating the present. As author James Baraz defines it, “Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).”

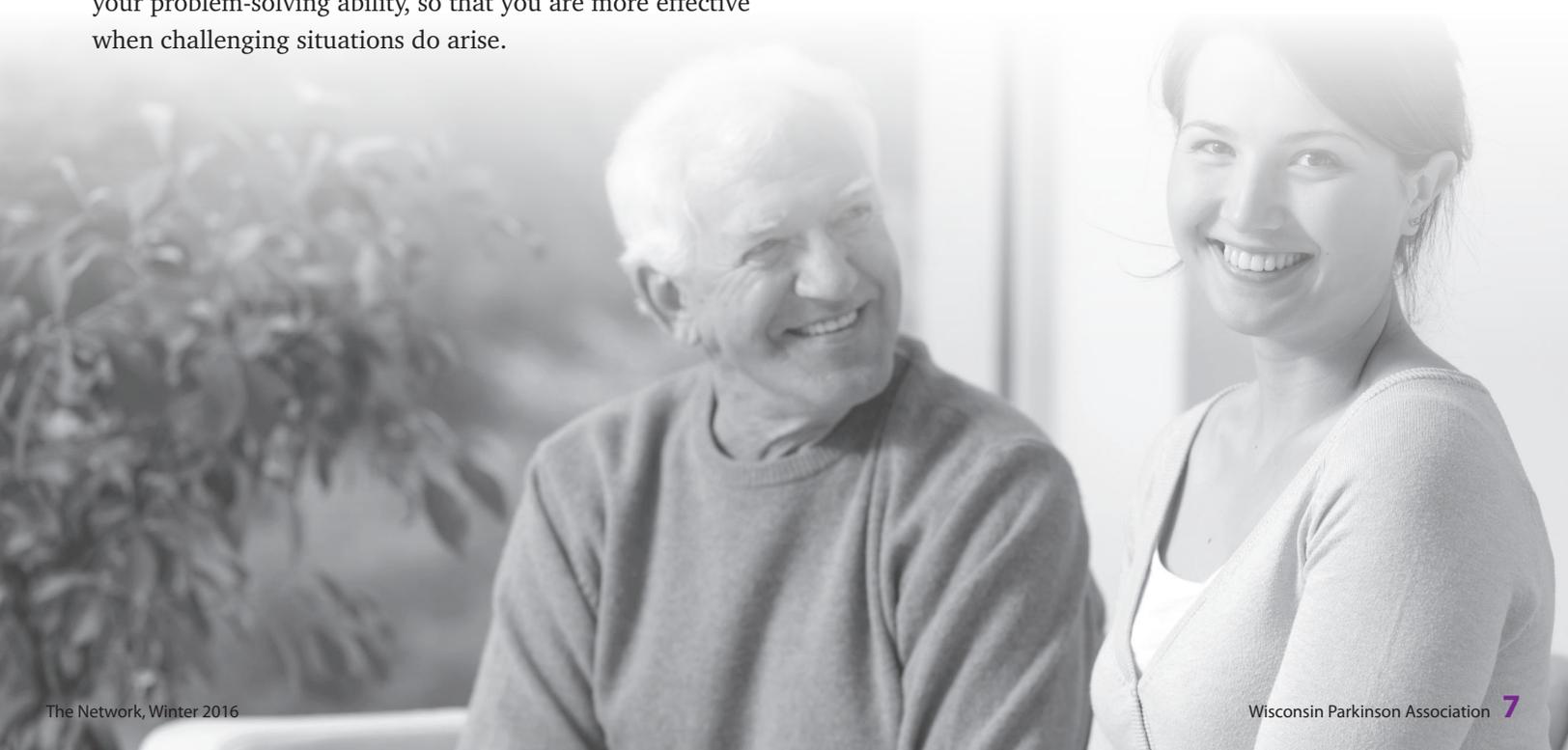
Being mindful in your caregiving will not only reduce your level of stress in the moment, but it will also improve your problem-solving ability, so that you are more effective when challenging situations do arise.

There are several ways in which you can be more mindful in your caregiving:

Slow Down: Many elderly patients complain that the “world moves too fast,” and that the people caring for them always seem to be in a hurry. Speeding through our caregiving tasks may feel necessary at times, but over the long run it means we are focused only on finishing the job and moving on to the next thing on our “to-do” list. In the process, we miss whatever beauty, peace, or happiness the present moment might hold. Practice taking your time with caregiving tasks. Be fully present in the moment, whether pleasant or unpleasant. Quiet your mind, focusing only on the task at hand. You may be surprised at how calm you feel by simply slowing your pace!

Be Flexible: Flexibility is another key to mindfulness. Unfortunately, it’s one of the first things to go when we’re stressed. Instead, we might cling to the familiar, which can prevent us from seeing new solutions. Caregivers may experience this when managing challenging behaviors in their loved one. Perhaps the techniques that worked in the past are no longer effective, but in our stressed state of mind, we feel compelled to keep using them. When the

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Why Do I Feel This Way?

Each caregiver's role is different based on who they are (husband, wife, son, daughter, or in-laws), what they are doing, how often and how long they have been caregiving. The caregiving experience changes people, but the parent will always remain the parent. While the caregiver may feel like they are now parenting the parent, it is really the change in roles. The daughter describes herself as the parent because she is now doing parent-like activities; shopping, feeding, laundry, bathing, finances. In reality the daughter is now the caregiver.

Each caregiver has different experiences, needs, feelings, expectations, challenges and rewards. How a person responds to this new role will depend on how they feel about it, not just what needs to be done. If the son treasures time doing things for mom it will be rewarding. If his wife resents him being gone and "doing stuff for her," it will be stressful – for everyone. If mom never took care of her children, past resentment may cause a problem. "Why should I care for the parent who never cared for me?" If a wife always "took care" of her husband and now the husband is doing everything she did, there can be a real sense of respect and love flowing from the wedding vows, "for better or worse." Or conversely the spouse may feel robbed, resentful and "everything is a burden."

While fitting the caregiving activities into daily routines can feel stressful, caregivers often describe their "caregiver stress" as being different from normal daily stress. "Caregiver burden" is the term Rhonda Montgomery, PhD has been using to best describe the different sense of stress caregivers feel. While many caregivers feel the term is negative and do not like to refer to their caregiving as "burdensome," everyone is at a loss for a better word.

Caregiver burden or stress can cause physical, mental and relational problems. Understanding the source of the burden can help. Mary Brintnall-Peterson, PhD,

an educator who helps put into practice the research of Dr. Montgomery, explains that there are three kinds of caregiver stress or burden, and if we understand where the stress comes from we have a better chance at reducing that stress and staying healthier.

The first kind is relationship stress or burden. It is stress that comes from the strain of the relationship between the caregiver and the care receiver. Perhaps the caregiver sees the recipient's request as too demanding. Perhaps there have been years of discontent and now it gets out of hand with more arguing and bickering. Perhaps one person feels mom is really unsafe and mom tells him to leave her alone. Since he can't keep her safe, he feels stressed and guilty.

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Caring for Persons with Parkinson Disease:

The Value of Staying Connected

**Maryann
Abendroth, PhD, RN**

Informal caregivers, such as spouses, partners, adult children, other family members, and friends, play a vital role in caring for persons with chronic debilitating illnesses. Caregivers of persons with Parkinson disease are unique among caregivers in that they face a variety of challenges due to the uncertain course of the disease, and the unpredictable ways the symptoms progress. Such distinct challenges complicate both caregiving and care planning. Studies have shown us that caregiving can have negative impacts on caregivers' physical and mental health, especially putting them at risk for caregiver strain. Reducing strain in family caregivers of persons with Parkinson disease may improve the health and wellbeing of caregivers as well as delay possible long-term care placement of the person with Parkinson disease.

In the course of my research at Northern Illinois University, I have interviewed many caregivers of persons with Parkinson disease who described their roles as cheerleader, teacher, informal counselor, head of household, driver/navigator, and supervisor. Caregivers are committed to assuring the best possible care for the persons with Parkinson disease, no matter the stage of their caregiving journey. Newer caregivers have reported no major adjustments to their lifestyles, yet future changes loom in their thoughts. Others who are further along the caregiving journey report having good and bad days. Bad days often result in exhaustion that is indicative of caregiver strain, whereas good days result in just being able to rest and hold hands with their loved one.

One of the main pieces of advice I have gleaned from caregivers is the importance of having a support network to make the caregiving journey more manageable. They said a diverse support network is crucial to caregiver wellbeing. This network can include family members, friends, coworkers, support groups, respite care, healthcare providers, members of their spiritual community, and even pets. Caregivers specifically feel that peer-led support groups offer positive healing energy. They also have



expressed the value of taking care of themselves. Caregiving can be daunting, requiring constant vigilance and major changes in lifestyle. Yet carving out time for oneself, no matter how small, is crucial according to one caregiver who said “If you have a pitcher of water and you pour water for everybody in your family over and over, and you don’t save any for yourself, you will run dry. You will have nothing left to give. You have to nourish yourself and take time for yourself so you can give to others.”

As a caregiver, we often forget to think about ourselves, yet being a caregiver can make persons more vulnerable to strain and other physical health symptoms. It is important for caregivers to maintain their health and wellbeing through self-care and use of support networks. The key is to tap into those sources, which may then also lead to helping others with similar experiences along this caregiving journey.

Maryann Abendroth PhD, RN is an assistant professor of nursing at Northern Illinois University. Her research focuses on formal and informal caregiver strain and wellbeing among those caring for persons with Parkinson's disease and other chronic illnesses. For more information and to participate in the current research study related to the health and wellbeing of caregivers of persons with Parkinson's disease, visit <http://mabend.tumblr.com>.

Awards Celebration & Annual Meeting

In December, the WPA held its Awards Celebration & Annual Meeting at Westmoor Country Club in Brookfield, Wisconsin, where several local business owners and volunteers were honored. The evening included a reception for members of the Tulip Club before the dinner.

Knut Apitz received the prestigious Tulip Award. The tulip is the international symbol of Parkinson disease, and since 2009, the WPA has given the Tulip Award annually to individuals and groups who have done extraordinary things to impact education and awareness of Parkinson's in the area. Apitz, former owner of Grenadier's Restaurant in Milwaukee, has been a board member of the WPA for several years, and has used his influence in Milwaukee to broaden WPA's reach. He has brought sponsors, volunteers and donors to the organization, has been involved in the planning of annual WPA events, and even asked friends and family members for donations to the WPA in lieu of gifts at his 75th birthday party.

Mike Engel, chef and owner of Pastiche Bistro & Wine Bar in Milwaukee, received the Innovative Fundraiser award. Engel has found a creative way to benefit the WPA by adding a small upcharge to special menu requests, and donating those charges to the WPA.

Craig Plowman, president of HeatTek, Inc. in Ixonia, received the Bedrock Award. A bedrock is a solid, strong foundation, and the WPA is fortunate to have the support and foundation of Plowman and HeatTek, Inc. The strength and support Plowman has provided has strengthened the WPA and its mission of education and awareness.

Patrick Pelkey was awarded the Mission Driver award. As a facilitator for two support groups and a regular attendee at a number of others, Pelkey is a great public advocate and easily and happily steps in to assist staff at events and programs.

Jack Hunter received the Volunteer of Year award. Hunter volunteers as photographer at nearly every WPA event, spending each event positively representing the WPA, and he even took a day off work to help the WPA get settled into their new offices in June.



Awards recipients in front of the beautiful Christmas tree at Westmoor Country Club: Craig Plowman, Mike Engel, Knut Apitz, Jeanine Bly (WPA Executive Director), Jack Hunter and Patrick Pelkey.



Support Group facilitator and Mission Driver award recipient Patrick Pelkey and his wife Sharon.

Tulip Club

The Tulip Club is a special group of individuals who provides significant philanthropic support for the WPA's programs and services. Membership in the Tulip Club is available with a gift of \$250 or more and includes special recognition and an invitation to an exclusive annual reception prior to the Awards Celebration & Annual Meeting in the fall, pictured here. In the next few weeks, you'll receive a letter about Parkinson Disease Awareness Month in April, and we hope you will be considering joining this outstanding group of donors.

We sincerely thank the following members of the Tulip Club who have joined with us in support of those with Parkinson disease.

Don & Barbara Abrams	Harold Nigbor
Barbara Anderson	Patrick & Sharon Pelkey
Jack & Carole Bast	Cheryl Prescott
Ron & Darla Becker	George & Judi Prescott
Guenther & Virginia Behre	Lloyd Purnell
John & Lynn Binder	Donald & Beverly Randall
Claire Boles	John Rinka
Keith & Kate Brewer	Joe & Patricia Schlicher
Domenick Bruno	Richard & Deanna Schumann
James & Lynn Cantrell	Wayne & Barbara Sommer
Thomas Cassidy	Ronald & Suzanne Spear
Richard Cosentino	Joseph & Nancy Van Hook
Robert & Betsy DeMotts	Ed Vojtik
Jerome & Claudine Doornek	Peter & Irene Weber
Jerry & Sheree Friedman	Ginger Wooster
Eugene & Beverly Gloudeman	David Zarwell
Dolores Gust	James & Yvonne Ziemer
Jo Ann Hogan	
John Hosmanek	
Ken & Joan Hunt	
Grace Jaeger	
Anne Kelly	
Dorothy Kizewski	
James Kress	
Gary Leo, DO	
Richard & Linda Lundin	
Edward & Katherine McCaskey	
Paul & Elna McDonald	
Rob & Kate McDonald	
Geo Bill McGinnis	
Kathleen Miller	
Ron & Kathy Mohorek	
Ken & Carol Muderlak	
Ron & Nancy Muehlhausen	
Ed & Nan Napoleon	



Volunteer of the year Jack Hunter chats with board member Jim Cantrell and his wife Lynn.



Mike Engel, winner of the innovative fundraiser award and his wife Angela catch up with old friends Ursula & Knut Apitz. Knut was the recipient of the WPA Tulip Award.



Board Member Bob Norman with Samantha Barbian, and Tulip Club members Patty & Joe Schlicher.

**Congratulations to our award winners,
and thank you for all you do for the WPA!**



on the Road!

This has been a busy time of year for the WPA! We have held educational sessions all over the state and have participated in a variety of other conferences.



TV Interview ▲

Jeremy Otte was interviewed by Trinity Broadcasting Network, WWRS-TV, for their show *Public Report*. The show aired on December 21 in the Milwaukee area. He spoke about the signs, symptoms and potential treatments of PD, as well as some new developments. You can view the entire segment at wiparkinson.org/News.aspx?id=132.

Fall Prevention in Fond du Lac

Fond du Lac's Fall Prevention Coalition hosted a conference in November. The conference was open to community members and healthcare professionals, which included home health agencies, ADRC staff, and physical and occupational therapists from health systems in the area. Our presentation covered the unique challenges of PD that can lead to falls, such as reaching for a high shelf.

Parkinson Disease: The Basics & Beyond ▼

We held "Parkinson Disease: The Basics & Beyond" for the first time in Waupaca in November. A support group member had seen the presentation in Door County and wanted to bring it to the area, working with ThedaCare Medical Center to host the program.

The Laureate Group invited us to speak to a group of community members and staff at two of their locations – Oak Hill Terrace in Waukesha, and Wilkinson Woods in Oconomowoc. We connected with over 70 individuals on the symptoms and basics of PD.

In October, the WPA held this seminar in Rockford, Illinois. There are several very active support and exercise groups in the Rockford area, and over 125 people attended the program.



Caregiver Conferences – Fond du Lac and Milwaukee ▲

Fond du Lac's annual Caregiver Conference provided a great opportunity to connect with 165 professional and family caregivers. The WPA presented there, and had a display table to connect with attendees on signs and symptoms of PD, as well as providing resources for caregivers.

The WPA also participated as a presenter and sponsor at the Milwaukee Caregiver Conference, and spent the day connecting with over 200 caregivers. The display table was in the main seminar room, and we handed out information to help caregivers access the information and support they need.

Check out www.wiparkinson.org for upcoming presentations, and if you're interested in hosting an event near you, contact our staff.

Setting Limits is the Key

Realizing the added pressure of being a full-time caregiver is not the only challenge faced by caregivers. In many cases, it is the stress of caring for a loved one, all while maintaining a job and supporting a family. It is at this moment where setting limits and making choices becomes most important. The key step is learning how to say “no,” yet maintaining a strong bond with your loved one. Taking a step back and seeing life as an equal distribution of give-and-take between family and caregiving often yields a myriad of benefits and positive change. These benefits include:

- Setting limits can reward the caregiver and the care recipient. The loved one learns some independence, while the caregiver gets a break and stays away from “burnout.”
- Taking a step back and saying “no” at times can be beneficial to your health. Caregivers tend to be at high risk for illness and realizing that you cannot take on everything can allow you the opportunity to spend time with family and friends.
- By allowing other family members to step in at times to assist you, you gain the freedom and momentary break that can help in refocusing your attention to the care recipient.

Juggling a family, job, and being a caregiver is difficult, and that is why it is vital for your health, well-being, and familial bonds that you set a standard to follow early. Setting limits does not mean you are being selfish or avoiding responsibility, rather it allows you the opportunity to continue to provide the quality care you would hope to give. Here are some other helpful hints as you go about setting limits in your daily life:

- Decide early on what you can and cannot do, take into account your workload, family needs, and personal life and remain steadfast when your plan is challenged or questioned.
- Set limits from the start of your caregiving role so you do not surprise your loved one when you suddenly decide to change something or say “no.”
- Maintain a quality relationship with your loved one and explain to them your feelings on a given situation and why setting limits can work for both of you.
- Be careful not to let emotions like anger, guilt or anxiety affect how you feel about setting limits.
- Do not feel as though you are less courageous or caring if you say “no” and appear tough at times. Your loved one must realize that you have your life to think of also.
- Talk with other family members and friends to involve them in caregiving. This does not mean you are avoiding your responsibility, rather you are allowing yourself some flexibility and giving yourself an occasional break.

If you struggle in setting limits and saying “no,” you may consider talking with a therapist who can help you refocus your intent.

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Support Groups & Exercise Groups

The WPA has just made it even easier to find support groups and exercise groups in your area. Groups in Wisconsin are now 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 January 12, 2015. Please contact the WPA at 414-312-6990 or mail@wiparkinson.org with any changes.

Northeastern Wisconsin

1. Fish Creek
2. Sturgeon Bay
3. Shawano
4. Waupaca
5. King
6. Appleton
7. Green Bay
8. Neenah
9. Oshkosh
10. Manitowoc
11. Fond du Lac
12. Sheboygan

Northern Wisconsin

1. Bayfield/Apostle Islands
2. Minocqua
3. Rhinelander
4. Wausau
5. Stevens Point
6. Marshfield
7. Wisconsin Rapids

Southeastern Wisconsin

1. West Bend
2. Hartford
3. Grafton
4. Mequon
5. Menomonee Falls
6. Brookfield
7. Waukesha
8. Oconomowoc
9. Summit
10. Brown Deer
11. Whitefish Bay
12. Milwaukee
13. Wauwatosa
14. West Allis
15. Greenfield
16. St. Francis
17. Racine
18. Kenosha
19. Whitewater

Southern Wisconsin

1. Portage
2. Baraboo
3. Richland Center
4. Waunakee
5. Sun Prairie
6. Madison
7. Verona
8. Stoughton
9. Monroe
10. Janesville

Western Wisconsin

1. Shell Lake
2. Hudson
3. Chippewa Falls
4. Eau Claire
5. La Crosse

Illinois

1. Libertyville
2. Roscoe
3. Rockford
4. Belvidere
5. Dixon
6. Northfield

Indiana

1. Notre Dame/South Bend

Iowa

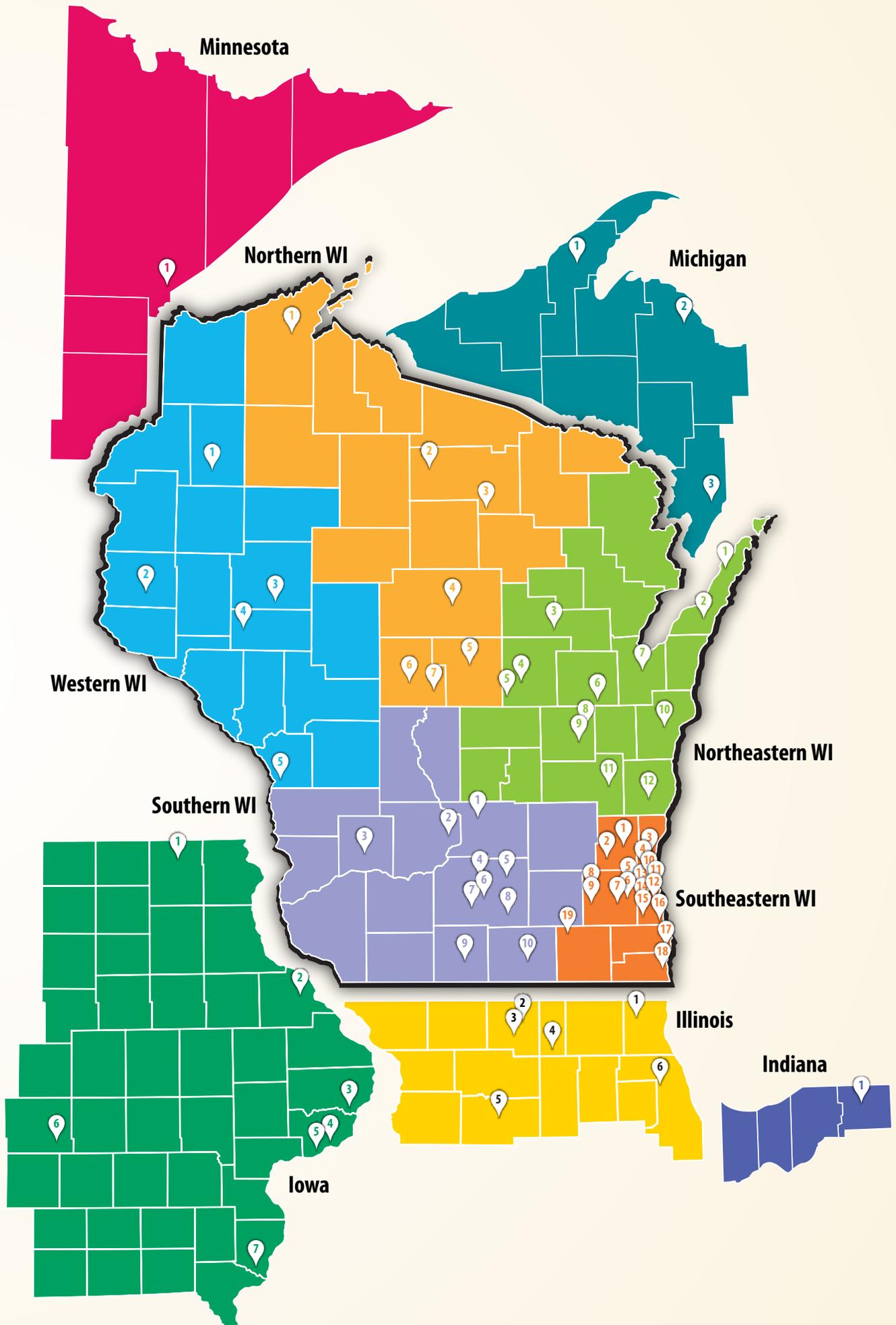
1. Decorah
2. Dubuque
3. Clinton
4. Davenport
5. Bettendorf
6. Newton
7. Burlington

Michigan

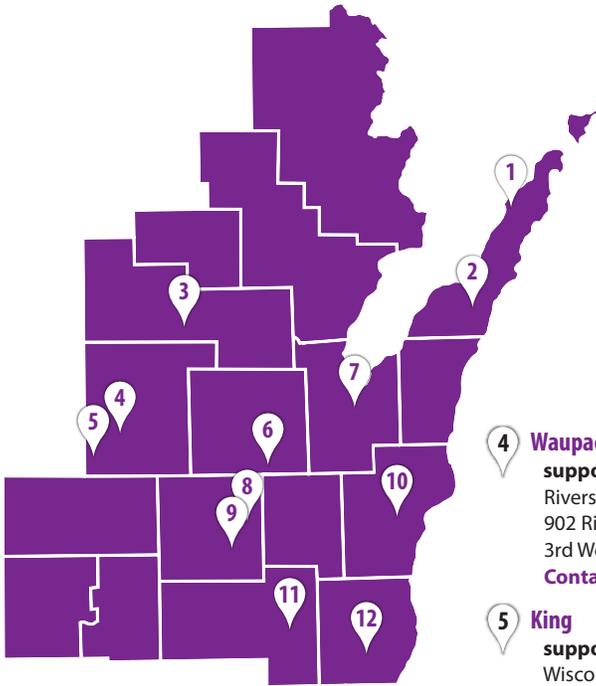
1. Calumet
2. Negaunee
3. Menominee, MI/Marinette, WI

Minnesota

1. Duluth



Support Groups & Exercise Groups



northeastern wisconsin

1 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

2 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

3 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

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

5 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

6 Appleton
support group
 Touchmark at West Prospect
 2601 Touchmark Drive
 3rd Thursday at 2:00 p.m.
Contact: Rachel Watkins-Peterson at 920-832-9100

young-onset group
 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

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

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

support group
 Aurora BayCare 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

8 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

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

9 Oshkosh
support group
 Bella Vista
 631 Hazel Street
 2nd Tuesday at 4:00 p.m.
Contact: Beth Waller at 920-233-6667

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

exercise group
 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

10 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

Support Groups & Exercise Groups

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

11 Fond du Lac

support group

Aurora Health Center
210 Wisconsin American Drive
2nd Floor Meeting Room
2nd Monday at 10:00 a.m.
Contact: Lori Anderson at 920-906-4792
or Cheryl Leonard at 920-477-5222

exercise group

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

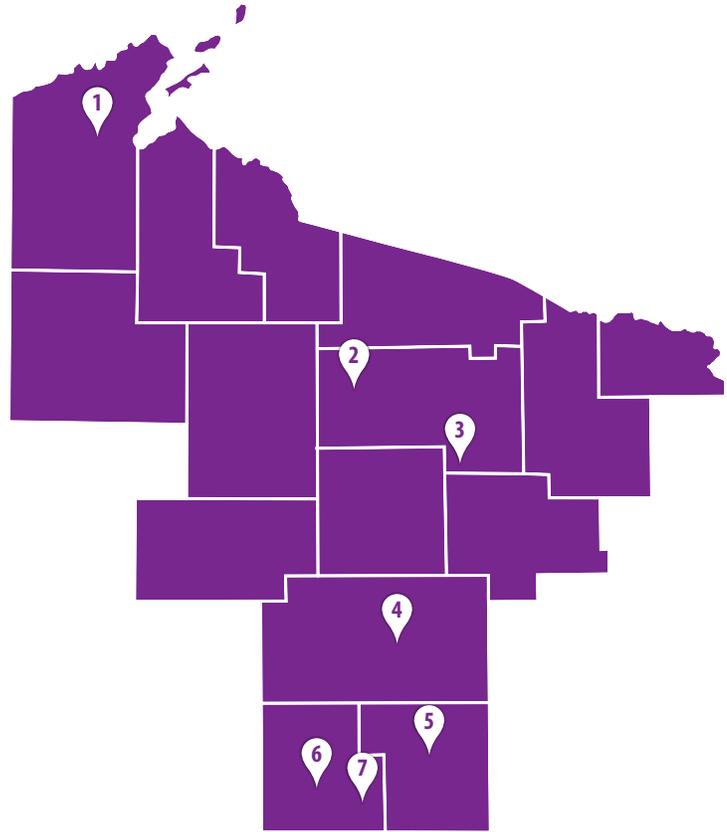
12 Sheboygan

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



northern wisconsin

1 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

2 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

3 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

4 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

5 Stevens Point

support group

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

6 Marshfield

support group

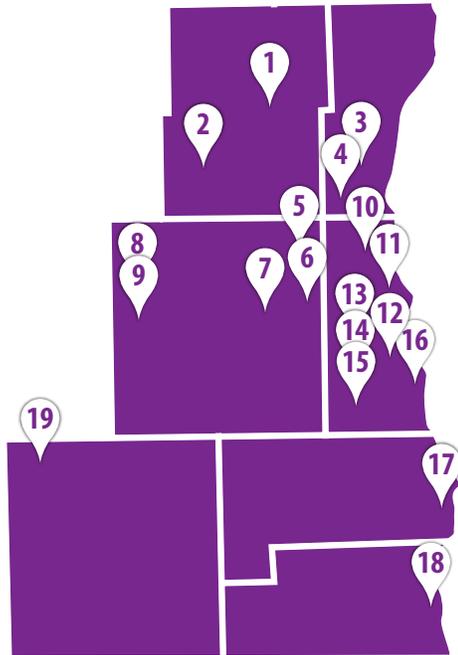
Wesley United Methodist Church
205 S. Maple Street
3rd Thursday at 1:00 p.m.
Contact: Marilyn Seidl-Kramer at
715-305-8224

7 Wisconsin Rapids

support group

Riverview Hospital Association
410 Dewey Street
4th Monday at 6:00 p.m.
Contact: Jeremy Otte at 414-312-6990

Support Groups & Exercise Groups



southeastern wisconsin

- 1 West Bend**
support group
 Cedar Ridge Retirement Campus
 113 Cedar Ridge Drive
 3rd Monday at 1:00 p.m.
Contact: Kathy Stultz at 262-338-2821
- exercise group**
 Kettle Moraine YMCA at River Shores
 705 Village Green Way, Suite 201
 Tuesdays & Fridays at 2:00 or 2:30 p.m.
 (fee associated)
Contact: Beth Dieringer, PT, or Anne Langenfeld Smith, PT, at 262-247-1050
- 2 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 Beimeil, PTA, or Meg Bowen, PTA, at 262-670-7233
- 3 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
- 4 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

- 5 Menomonee Falls**
exercise group
 Wisconsin Athletic Club
 N91 W15700 Falls Parkway
 2 times a week for 60 minutes
Contact: 262-255-5700
- 6 Brookfield**
support group
 Brookfield Regency
 777 N. Brookfield Road
 1st Thursday at 2:30 p.m.
Contact: Jeremy Otte at 414-312-6990
- support group**
 Brookfield Public Library
 1900 N. Calhoun Road
 Harnischfeger Room
 3rd Tuesday from 2:30 – 4:00 p.m.
Contact: 414-805-8326
- exercise group**
 Brookfield Senior Community Center
 2000 N. Calhoun Road
 Tuesdays & Thursdays at 10:30 a.m. (fee associated)
Contact: Lisa Glenn at 262-796-6675
- 7 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

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

- 8 Oconomowoc**
support group
 Oconomowoc Memorial Hospital
 791 Summit Avenue
 3rd Friday at 2:00 p.m.
Contact: John Selix at 262-691-9495
- exercise group**
 Pabst Farms YMCA
 1750 E. Valley Road
 Wednesdays & Fridays at 1:00 p.m.
 (fee associated)
Contact: Katie Mack at 262-434-2600
- 9 Summit**
exercise group
 Aurora Medical Center Summit
 36500 Aurora Drive
 Outpatient Rehabilitation Gym
 Every Monday at 6:00 p.m. (free)
Contact: Min Kim, PT, at 262-434-2600

- 10 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: Megan Radowski or Liz Paly, PT, at 414-354-9622
- 11 Whitefish Bay**
support group
 Jewish Community Center
 6255 N. Santa Monica Boulevard
 Room 1M50
 2nd Wednesday from 3:00 – 4:30 p.m.
Contact: 414-805-8326
- caregiver group**
 Jewish Community Center
 6255 N. Santa Monica Boulevard
 Room 3J15
 2nd Monday from 10:30 a.m. – Noon
Contact: Miriam Oliensis-Torres at 414-963-2600
- exercise group**
 Parkinson's Dance Class
 Jewish Community Center, Studio B
 6255 N. Santa Monica Boulevard
 Every Friday from 2:15 – 3:30 p.m.
 (fee associated)
Contact: Susanne Carter at 414-871-1523
- exercise group**
 Jewish Community Center
 6255 N. Santa Monica Boulevard
 Mondays & Thursdays at 1:30 p.m.
 (fee associated)
Contact: Kerry Meskin, PT, at 414-964-4444

Support Groups & Exercise Groups

12

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

13

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: 414-805-8326

caregiver group

Community Conference Center
8700 Watertown Plank Road
Lower Level, east side of WAC
2nd Saturday from 1:00 – 2:30 p.m.
Contact: 414-805-8326

men's group

San Camillo, 10200 W. Bluemound Road
2nd Monday at 1:30 p.m.
Contact: 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 W. Watertown Plank Road
Tuesdays from 1:00 – 1:55 p.m.
7-Week Session (fee associated)
Contact: Jessica at 414-443-5000

14

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

15

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

exercise group

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

16

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: Hattie Goodman at 414-744-5654

17

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

18

Kenosha

support group

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

19

Whitewater

support group

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

exercise group

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

Save the date **30th Annual WPA Symposium**



**Country Springs Hotel &
Conference Center
Pewaukee**

Support Groups & Exercise Groups



southern wisconsin

- 1 Portage support group**
Bethlehem Lutheran Church
W8267 Highway 33
3rd Thursday at 2:00 p.m.
Contact: Jeremy Otte at 414-312-6990
- 2 Baraboo support group**
First Congregational United Church of Christ
131 Sixth Avenue
3rd Monday at 2:00 p.m.
Contact: Sylvia Kriegel at 608-356-7096 or Geri Schoenoff at 608-356-3473
- 3 Richland Center support group**
Richland Center Community/Senior Center
1050 Orange Street
4th Wednesday at 10:00 a.m.
Contact: Maureen Smith, PT, at 608-647-2623 or Jo Wenzler at 608-553-0200
- 4 Waunakee support group**
Village Center of Waunakee Senior Center Stage
333 S. Madison Street
4th Tuesday at 2:00 p.m.
Contact: 608-229-7628
- exercise group**
Waunakee Senior Center
333 S. Madison Street
Tuesdays from 1:30 – 2:15 p.m. (fee associated)
Contact: 608-849-8385
- 5 Sun Prairie support group**
Colonial Club Senior Center
301 Blankenheim Lane
Therapy Room
4th Monday at 1:00 p.m.
Contact: 608-229-7628

- exercise group**
YMCA of Dane County
1470 Don Simon Drive
Wednesdays at 11:00 a.m. (fee associated)
Contact: 608-837-8221
- 6 Madison support group**
Asbury United Methodist Church
6101 University Avenue
3rd Thursday from 4:00 – 5:30 p.m.
Contact: 608-229-7628
- support group**
Madison Public Library Sequoia Branch
4340 Tokay Boulevard
Meeting Room A
Last Monday at 7:00 p.m.
Contact: 608-298-7520
- caregiver group**
East Madison/Monona Coalition on Aging
4142 Monona Drive
1st Wednesday at 4:00 p.m.
Contact: 608-229-7628
- young-onset group**
St. Mary's Hospital
700 S. Park Street, Room 1209
1st Thursday at 6:00 p.m.
Contact: 608-229-7628
- exercise group**
Bliss Flow Yoga
3527 University Avenue
Fridays from 2:00 – 2:45 p.m. (fee associated)
Contact: 608-233-2577
- exercise group**
Harbor Athletic Club
2529 Allen Boulevard, Middleton
Multiple meeting days and times for PD exercise, Zumba, PDGlee, PD in Motion (fee associated)
Contact: 608-831-6500

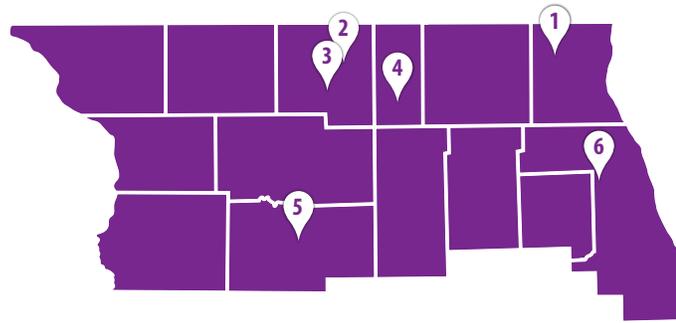
- exercise group**
Madison Senior Center
330 W. Mifflin Street
Tuesdays at 10:30 a.m. (fee associated)
Contact: 608-266-6581
- exercise group**
UW Health Sports Medicine Center
Research Park Fitness Center
621 Science Drive
Tuesdays & Thursdays from 12:40 – 2:10 p.m. (fee associated)
Contact: Melissa Mattioda, PT, at 608-265-8303
- 7 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
- 8 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: Hollee Camacho at 608-873-8585 or Richard Lornson at 608-712-3106
- exercise group**
PWR! fitness
Stoughton Area Senior Center
248 W. Main Street
Call for information; 6-week class with a PWR! instructor (fee associated)
Contact: Hollee Camacho at 608-873-8585
- 9 Monroe support group**
Monroe Clinic
515 – 22nd Avenue
3rd Saturday; call for time
Contact: Shelley Kimble-Welch and Steve Welch at 608-966-1398
- 10 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

Support Groups & Exercise Groups



western wisconsin

- 1 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
- 2 Hudson support group**
Hudson Hospital and Clinics
405 Stageline Road
2nd Tuesday at 10:00 a.m.
Contact: Vicky Hakala at 651-436-1331
- 3 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
- 4 Eau Claire support group**
Sacred Heart Hospital
900 W. Clairemont Avenue
Room location varies
3rd Tuesday from 1:00 – 3:00 p.m.
Contact: Sarah Hendrickson, RN, at 715-717-4334
- 5 La Crosse support group**
Gundersen Lutheran Hospital
1900 South Avenue
4th Tuesday at 2:00 p.m.
Contact: Julie Holzwarth at 608-782-7300



illinois

- 1 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
- 2 Roscoe, IL exercise group**
Pedaling for Parkinson's
Stateline Family YMCA, Roscoe Branch
9901 Main Street
Mondays, Wednesdays, Fridays at 11:00 a.m. (free)
Contact: Ann Hankins at 608-365-2261
- 3 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

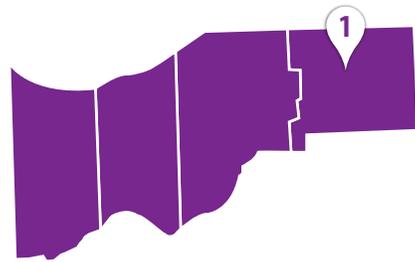
exercise group
Let's Get Moving
Gloria Dei Lutheran Church
4700 Augustana Drive
Wednesdays from 9:30 a.m. – 10:30 a.m.
Contact: David Palmer at 815-871-6710
- 4 Belvidere, IL exercise group**
Keen Age Center
2141 Henry Luckow Lane
Tuesdays at 9:00 a.m. (fee associated)
Contact: Linda Palmer at 815-871-6710

caregiver group
Keen Age Center
2141 Henry Luckow Lane
Tuesdays at 9:00 a.m.
Contact: David Palmer at 815-871-3710
- 5 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
- 6 Northfield, IL support group**
North Shore Senior Center
161 Northfield
Every Wednesday at 1:00 p.m.
Contact: Heather Resnick at 847-784-6038
- 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



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facebook.com/wiparkinson

Support Groups & Exercise Groups

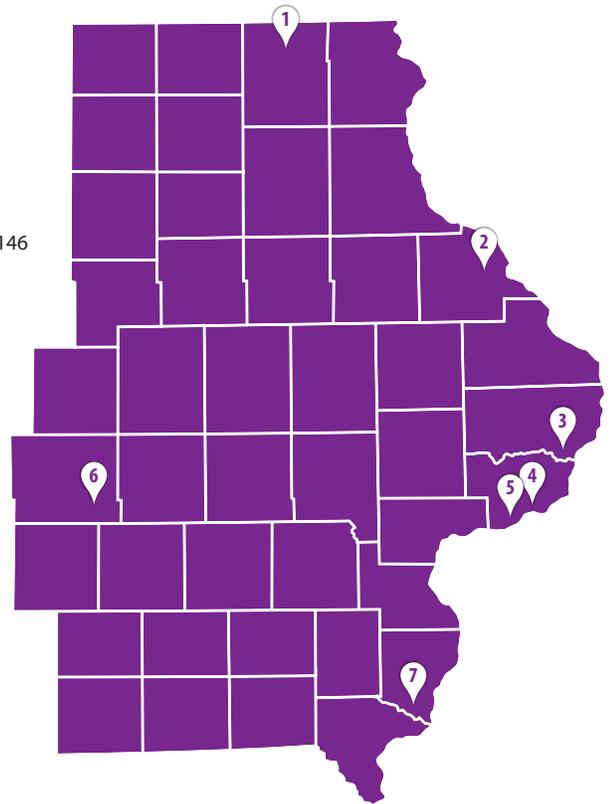


indiana

- 1 Notre Dame/South Bend, IN**
support group
 Michiana Parkinson Support Group
 Holy Cross Village, Andre Place
 54515 State Road 933 North
 1st Monday from 1:00 – 3:00 p.m.
Contact: Dawn Hatch at 574-262-1739

iowa

- 1 Decorah, IA**
support group
 Winneshiek Medical Center
 901 Montgomery Street
 4th Wednesday at 1:30 p.m.
Contact: Dawn Milligan at 563-387-3146
- 2 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
- 3 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
- 4 Davenport, IA**
caregiver group
 YMCA – Utica Ridge
 4885 Utica Ridge Road
 1st Thursday from 1:00 – 3:00 p.m.
Contact: Gene Kenyon at 563-549-7890
- 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
- support group**
 Ridgcrest Village, Crest Activity Room
 4130 Northwest Boulevard
 3rd Saturday from 10:00 a.m. – Noon
Contact: Gene Kenyon at 563-549-7890
- 5 Bettendorf, IA**
exercise group
 Delay The Disease
 Bettendorf Family YMCA
 A branch of the Scott County 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



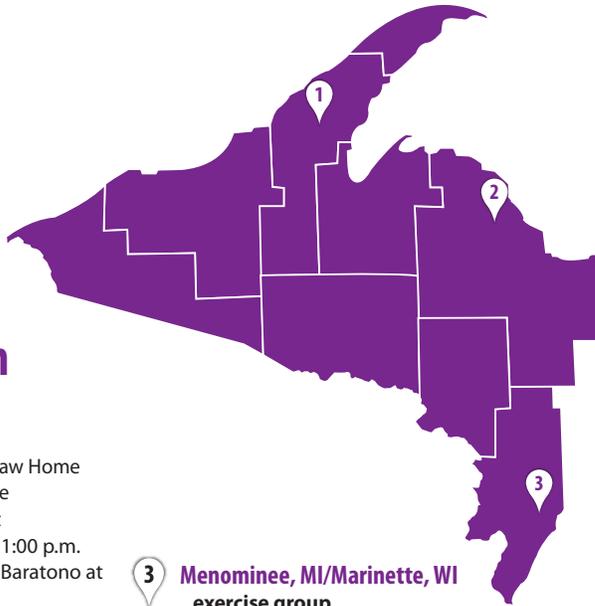
- 6 Newton, IA**
support group
 Wesley Park Center
 500 First Street North, Garden Room
 3rd Monday at 1:30 p.m.
Contact: Eloise Prater at 641-791-1018
- 7 Burlington, IA**
support group
 Great River Medical Center
 1225 Gear Avenue, Blackhawk Room
 3rd Thursday at 2:00 p.m.
Contact: Tom Zimmerman at 319-753-0550
 or Maralyn Stull at 641-791-2299

**Remember
 or Honor Your
 Loved One in a**

Special Way

Making a donation to the WPA on behalf of a loved one, whether alive or deceased, is an act of kindness and generosity that will benefit many others in our community. For more information on honoring your loved ones, visit www.wiparkinson.org.

Support Groups & Exercise Groups



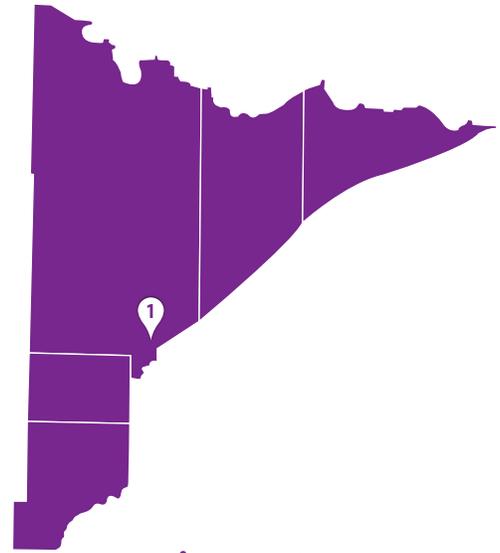
michigan

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

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

3 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



minnesota

1 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

Caregiver Resources

There are many resources available to assist you in caring for your loved one, and to help you develop an extensive support network for you and your loved one.

If you live in Wisconsin, start with your local Aging & Disability Resource Center (ADRC). You can find your local agency at www.dhs.wisconsin.gov/adrc. The ADRC will provide you with local caregiver resources and programs for the caregiver and care recipient. Their staff will help you to navigate the system and learn what services you may currently qualify to receive. You can also contact your local senior center to see what they provide.

In addition to the ADRC and senior centers, there are a number of agencies specifically designed to assist caregivers:

Family Caregiver Support Network

<http://interfaithmilw.org/support-for-family-caregivers>
800-449-4481 or 414-220-8600

Wisconsin's Family Caregiver Support Program

www.wisconsin caregiver.org • 866-843-9810

National Alliance for Caregiving

www.caregiving.org • 301-718-8444

AARP Resources for Family Caregivers

<http://www.aarp.org/home-family/caregiving>
888-687-2277

When you contact these organizations, consider the variety of resources they can provide for your care recipient as well as to you as the caregiver. Utilize the tools provided and incorporate as many of these resources into your caregiving experience as possible. The WPA is happy to be part of your care team, and we look forward to connecting with you!

Support Groups in the New Millennium

**Linda
Ellington-Palmer**

I don't know about you, but when I used to think of support groups, I envisioned

a bunch of people sitting on uncomfortable chairs in a circle, pouring out their hearts about the daily trials brought on by a myriad of life-altering events. I also envisioned these groups to be mostly women, because men don't share their woes the way women do, right?

If this sounds like a support group you are currently attending, RUN! There are better options out there!

Along with iPhones, Facebook and the Paleo diet, the new millennium has brought an updated look to support groups. They aren't your grandmother's support group anymore. Some don't even consider themselves to be "supportive"... well, at least that's not how they started out.

Parkinson disease unquestionably fits into the category of life-altering events, and it definitely brings with it a whole new set of woes to Parkies and their care partners. But how some folks in the Rockford, Illinois area are accessing support these days fits right in with their busy lifestyles. We all know the benefits of vigorous exercise when living with PD, but do you know that you can get your exercise and support at the same time? Here's another idea: We all have to eat, so why not get together for lunch once a week after a Pedaling for Parkinson's exercise class?

Still unsure? How about a care partner support group once a week while your Parkie participates in an exercise class? We continue to have traditional monthly support group meetings, during the day and in the evening, but there seems to be a pattern of unconventional support-seeking going on in northern Illinois!

We are all busy these days. Whether it's work, children, grandchildren, civic obligations, exercise, therapy or doctors' appointments, off times/on times... our calendars are



bursting at the seams. Now you're being asked to consider adding a couple of support groups a month. UNCLE!!!

Many people get all the information they need from their physicians or the internet. There are some very reliable websites to address just about any topic related to Parkinson disease. There are also many opportunities on social media, including some terrific pages and blogs for those with Parkinson's and their care partners. Some of you are newly diagnosed and you may not be ready to acknowledge the disease to yourself, let alone a group of strangers. We understand. Your best source of support will no doubt come from your family and friends. While you may not be ready, your care partner or family members might be, and they may need the support a group can provide. The WPA is also a great resource for information and what's happening in the PD community... including support.

continued on next page

Ask the Doctor



Kathryn Gaines, DO
Neurologist,
Aurora Advanced Healthcare

How does the caregiver affect the quality of care a patient receives?

The caregiver can often provide invaluable information to the physician. Sometimes subtleties occur that aren't even known to the patient that a caregiver will notice, which can turn out to be quite important. Some caregivers play quite an active role in the patient's day-to-day needs and it's important for the caregiver to understand and implement management strategies. I've also had the experience where the patient doesn't want to admit to a problem or doesn't find a certain problem important enough to mention, however the caregiver will speak up and I'll find out about a potentially serious problem that may have gone ignored had the caregiver not chimed in at the time. Such information can mean the difference between poor and good quality of life.

What kind of referrals should you expect from your doctor?

Because Parkinson disease can affect so many body systems, the potential for referrals to specialists can be remarkable. Common referrals include physical, occupational and speech therapy to help with movement, balance, swallowing and voice issues. Medical specialty referrals can include cardiology referrals for example as sometimes blood pressure issues occur. Bladder issues that arise might be helped by a referral to the urologist. Mood can be an issue and if somewhat complex, it is helpful to enlist the help of a psychotherapist or psychiatrist or both. If double vision is an issue, a visit to the ophthalmologist may help to obtain the correct eyeglass prescription. These are just a few examples, and are not all inclusive. It's important to mention all potential issues at regular neurology appointments and work with your doctor on what makes sense for your situation.

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

Support Groups in the New Millennium *continued from previous page*

Support groups are also becoming great resources on the topic of research. An area university has sent their physical therapy students to our groups to observe what goes on. What a great, non-traditional way to learn more about the PD community!

No matter how it looks or what form it takes, support is all around. If you're not getting what you want or need, talk

with your support group facilitator, or call the WPA about getting a new group started!

Linda Ellington-Palmer and her husband David Palmer run several support groups, caregiver groups and exercise groups for people living with Parkinson disease. They reside in the Rockford, IL area.

Mindful Caregiving *continued from page 7*

situation changes, are you able to change with it? Or do you find yourself holding on to what's familiar? Remind yourself of this classic statement attributed to Bruce Lee: "Notice that the stiffest tree is the most easily cracked, while the bamboo or willow survives by bending with the wind."

Accept Your Lack of Control: There are many aspects of caregiving that are out of our control. When caring for a person with dementia, for example, we cannot control the course of the illness. We cannot control the countless small stressors in our daily lives, such as traffic or bad weather. And despite our best intentions, we cannot control the sometimes challenging behaviors of our loved one. Ironically, however, we often respond to our lack of control by working even harder to exert control. We may rigidly schedule our routines with the hope that nothing unexpected occurs. We may refuse offers of help, because we feel that no one can care for our loved one as well as

we do. Unfortunately, trying to maintain control in this way only compounds stress and anxiety. A core component of mindfulness is recognizing those areas we cannot control, so we are free to devote our energies toward things that we can truly change.

Mindfulness in caregiving takes practice. We live in a society that values speed, multitasking, and control. Challenge yourself instead to slow down, increase your flexibility, and accept those aspects of caregiving that are out of your hands. You will likely improve your quality of life, and therefore will certainly improve the quality of life of your loved one.

Alison Byrne, PhD is a psychologist at the Milwaukee VA Medical Center. "Mindful Caregiving" was the keynote speech she gave at the 2012 Caring for the Caregiver Conference in Milwaukee, Wisconsin. Article reprinted with permission from Interfaith Family Caregiver Support Network.

Why Do I Feel This Way? *continued from page 8*

The second kind is objective stress or burden. This is when the caregiver just doesn't seem to be able to get everything done.

There may be kids, grandkids, work, volunteer activities and hobbies. But juggling all the commitments is just getting to be too much. The relationships may be fine but there just isn't enough time or energy to meet all the other obligations.

The third kind is generalized stress or burden. This is caused by a caregiver's sense of anxiety or worry. The anxiety may be related to the caregiving experience, a specific task or how caregiving is affecting work or other relationships. It may be about a current situation or the future and the "what ifs."

So what can we do? To reduce relationship stress many people seek counseling, support groups or have family meetings. Many also seek additional help that can change their role or place within the relationship. Objective stress may be able to be lessened by reducing the number of tasks done. Again, one may need to ask for help. It is becoming well recognized by

employers that it is better to offer help to a good employee than have them feel too stressed, leading to mistakes or getting sick and needing more time off. (Only 30% of employees usually use their company's employee assistance programs.) Caregivers who persistently worry may want to learn about techniques that lower stress and prevent health problems.

Gaining a sense of control and feeling supported helps to reduce the feeling of burden and maintain health. The staff at Interfaith's Family Caregiver Support Program can help caregivers identify or talk about the stress and burdens of caregiving. Resource Specialists can help caregivers access services, find support and ultimately reduce the sense of isolation, frustration, stress and burden. Caregiving can be both difficult and rewarding but the caregiver needs to remain healthy. Please reach out if you are experiencing caregiver burden or stress 414-220-8600.

Article reprinted with permission from Interfaith Family Caregiver Support Network.

Upcoming Events

March 11 | 9 a.m.-Noon Parkinson Disease: Living Well

The Grand Meridian
2621 N. Oneida Street | Appleton
Registration & light breakfast from 8-9 a.m.

Featured topics will include:

- Treatments, Symptoms and Diagnosis
- Staying Active through Exercise
- Participating in PD Clinical Trials

No charge to attend. **Registration required at 414-312-6990 or mail@wiparkinson.org.**

May 12

Parkinson Disease: Living Well
Wausau

June 23

WPA Support Group Facilitator Training
Pewaukee

June 24

30th Annual Parkinson Disease Symposium
Pewaukee

September 13

5th Annual WPA Open Against Parkinson
Disease Golf Outing
The Legend at Brandybrook

Visit www.wiparkinson.org for more information!

New Board Member Kristine Everson

We are pleased to welcome **Kristine Everson** to the WPA Board of Directors. Kristine is the Catering Sales Manager for Marcus Hotels & Resorts in Milwaukee, a division of Marcus Corporation. Over the last several years, Kristine's role has been to mainly support Marcus Corporation's nonprofit clients through events and services.

Kristine originally connected with the WPA through fellow board member Knut Apitz. Coincidentally, within a few weeks of

her connecting with the WPA, her father was diagnosed with Parkinson disease.

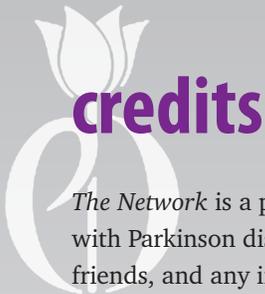
Kristine has been a supporter of the WPA over the last year through her position as the chair of the events committee. She also recently worked with her employer, Marcus Hotels & Resorts to host a "BluTender" event at Blu Bar & Lounge at The Pfister, where two board members "competed" for sales and tips to benefit the WPA.

Welcome to the board Kristine!



Kristine Everson

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

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.

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***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.



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