

# PARKINSON'S PERSPECTIVE

Published by the Wisconsin Chapter APDA in cooperation with the APDA Information & Referral Center at St. Mary's Hospital, Madison.



**Wisconsin Chapter APDA**  
**P.O. Box 7513**  
**Madison, WI 53707**  
**608/229-7628**  
**chapter@wichapterapda.org**  
**www.wichapterapda.org**

*Chapter meetings are held the second Wednesday of the month at 5:30 pm at St. Mary's Hospital in Bistro B.*

#### **BOARD OF DIRECTORS**

Bill Walkington, *President*  
 Michelle Ciucci, *Vice President*  
 Cynthia Douglas, *Treasurer*  
 Pamela Crapp, *Secretary*  
 Burt Avedon  
 Don Behnke  
 Kristin Frederickson  
 Sherri Zelazny

**APDA Information  
 & Referral Center**  
**St. Mary's Hospital**  
**700 South Park Street**  
**Madison, WI 53715**  
**608/229-7628**  
**parkinson\_assn@ssmhc.com**

Jessica Olejniczak, *Coordinator*  
 Medical Advisor  
 Efrain Perez, M.D.

## **THANK YOU, FAMILY CAREGIVERS**

November is *National Family Caregivers Month*, and the Wisconsin Chapter APDA takes this opportunity to extend heartfelt thanks to one of our most valuable resources—the family caregiver. Family caregivers are family, friends, partners, and neighbors. We are grateful every day for the care you give to your loved one with Parkinson's disease.

The role of family caregiver can happen whether we're ready for it or not. The phrase "in sickness and in health" in our marriage vows takes on new meaning. The roles of parent and child are reversed. It's heartbreaking to see this strong individual now dependent upon you for help with the simplest of everyday tasks. It isn't business as usual any more.

It's not unusual for caregivers to have feelings of anger, inadequacy, self-doubt, sadness, resentment, or guilt. And, we shouldn't beat ourselves up for feeling this way—we're only human.

Be an advocate for yourself and the loved one in your care. Accept help when it's offered—family, friends, neighbors really want to do something—and take advantage of resources available in the community.

The Wisconsin Chapter APDA and the APDA Information & Referral Center are your advocates in this important role. We can be reached at 608/229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com). Another resource is the Wisconsin Family Caregiver Support Program, which can be reached at 866-843-9810 or [wisconsin caregiver@interfaithmilw.org](mailto:wisconsin caregiver@interfaithmilw.org).

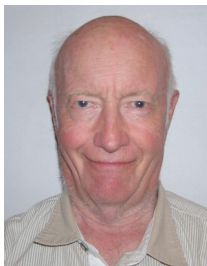
The National Family Caregivers Association (NFCA) has designated November as *National Family Caregivers Month*. Try to remember the NFCA's core messages: **Believe** in Yourself, **Protect** Your Health, **Reach Out** for Help, and **Speak Up** for Your Rights.

**BE THANKFUL FOR EVERY GOOD DAY—  
 AND TRY TO THINK ABOUT THE GOOD  
 DAYS WHEN THE BAD ONES HAPPEN.**



## From the President

*Bill Walkington*



Hello. I would like to bring you up to date on some activities in your chapter.

Jessica Olejniczak and I attended the American Parkinson Disease Association's (APDA) Annual Convention for Chapter Presidents and I&R Center Coordinators in Seattle in July.

There were attendees from the 50+ APDA chapters across the country.

The chapters all have the same goal—to ease the burden and find the cure. Some are larger and more successful than others. Some have million dollar budgets with many employees and many activities for the Parkinson's community, and some are just getting started with three or four volunteer members. We are not quite in that last category. We have a good start, but we aim to be close to the big ones. We have 100+ members and a budget of about \$30,000, but we feel we are ready for bigger things, and we have some very ambitious plans.

The APDA is just over 40 years old and is the oldest and largest of the several Parkinson groups around the country. Our national office handles grants and research projects throughout the country and has spent over \$40 million so far on research. The APDA was one of the sponsors of the research that developed Sinemet, which is still the most-used Parkinson's drug. Roughly half of the money we raise in fundraising efforts goes to support the national research program.

Unlike most other national Parkinson's groups, which all have their own agendas, APDA's goal ("to ease the burden and find the cure") means that, first, we support medical research that has a chance to solve the problem, and, second, we try to help the local Parkinson's community maintain a good quality of life.

Wisconsin Chapter programs are aimed specifically at Wisconsin Parkinson's patients. As you know, Parkinson's is a very slow-progressing disease, and the patient and caregiver have many needs not included in the medication plan. Besides raising money to support the national

research agenda, the chapter also provides funds and volunteers to support local projects. We work with the APDA Information & Referral Center, located at St. Mary's Hospital in Madison, to develop support groups. We also help fund and organize seminars to keep patients, caregivers, and medical staff up to date.

But, we are anxious to get some other projects going, and they will start as soon as we raise enough money and have volunteers available.

These projects include exercise classes tailored just for Parkinson's patients, a monthly series on topics for the Parkinson's community, and a respite program that would provide free, short-term care to give caregivers some precious time off. We look forward to developing additional programs as we gain more support money and volunteers. You can volunteer and/or donate by contacting Jessica at 608/229-7618 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com).

On another topic, sometimes it is hard to get priority in research funding, partly because it has been very difficult to get an accurate count of just how many Parkinson's patients there are. Most estimates put the number at about 1 million to 1.5 million nationally, but some of us think the actual number is substantially higher, partly because longevity has increased, but also because of the high demand for services for Parkinson's patients. A higher number would make a difference in the way research money is allocated, so this number must be accurate to, hopefully, start increasing Parkinson's research funding.

There are two bills in Congress—one in the House (H.R. 1362) and an identical one in the Senate (S.1273)—that would establish a national registry of Parkinson's patients and MS patients, which, in turn, would establish an accurate count. These bills need our support for passage of the *National MS and Parkinson's Disease Registries Act*. Please let your U.S. senators and representatives know of your support for this important legislation.

If you can volunteer either money or time, please consider joining the Wisconsin Chapter APDA. We would enjoy having you, and we could make our programs grow faster. We can help a lot of people.

## From the Information & Referral Center

Jessica Olejniczak



Being diagnosed with a chronic disease affects people in different ways. Many feelings and questions go through one's head about the disease they are diagnosed with. Some people may be depressed but take one day at a time and try not to let it get to them.

I hope all with Parkinson's can have a positive attitude with this disease, which reminds me of a story I heard.

A young couple moved into a new neighborhood, and one morning while they were eating breakfast, the woman watched her neighbor hang the wash outside. "Gee," she said to her husband, "her laundry isn't very clean. She doesn't know how to wash correctly. Maybe she needs better laundry detergent." Her husband looked at the laundry hanging on the line but didn't say anything.

A few days later, the same thing happened. Again, the wife commented on how dirty the laundry looked. And, again, her husband didn't say anything.

This went on for weeks. Every time her neighbor would hang out her wash to dry, the young woman would make the same comment.

Finally, one morning, the young woman looked out the kitchen window only to see that the wash on the line was bright and clean. She said to her husband, "Look. She's learned how to do the wash correctly. I wonder who taught her."

Her husband replied, "I woke up early this morning . . . and cleaned our windows."

Having that clean window can help a person with Parkinson's disease get through times they may not think they can get through.

This is why we are starting a *Parkinson's Disease 101* class for those who are newly diagnosed. We want to educate people about the disease and help them to see that they are not alone in this fight. The first class was November 16 at St. Mary's Hospital. Please contact me ([parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com) or 608/229-7628) if you are interested in attending a future class. There is no charge.

Remember—take time to clean your windows. Your positive attitude will help you and the people you are around get through the day.

### Helpful Hint

Bread is always tied up with those pesky little plastic-covered wires. Remove them and secure the bag with a pinch-type clothes pin

*This hint comes from a caregiver in the Fox Valley area.*

If you have a helpful hint to share, contact Jessica at 608/229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com).

### Resource Book

The *Wisconsin Parkinson's Disease Resource Book* has been updated. Printed copies are available from Jessica at 608/229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com). The resource book also is available at the Wisconsin Chapter APDA website, [www.wichapterapda.org](http://www.wichapterapda.org).

### GoodSearch & GoodShop

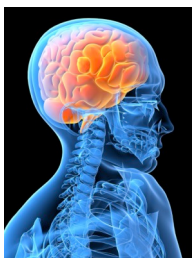
Search the web with Yahoo-powered GoodSearch.com, and they'll donate a penny to the chapter. Shop at over 600 GoodShop.com merchants, and a percentage of each purchase will go to the chapter.

You can make GoodSearch or GoodShop your home page or add it to your toolbar. Just type in *American Parkinson Disease Association-Wisconsin Chapter* to begin your search.

Questions? Contact Jessica at 608/229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com).

If you received this newsletter via mail and would like it electronically, please contact Jessica at 608/229-7628 or [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com). Or, let Jessica know if you are receiving it via e-mail and would like it sent in the mail.

## Dementia in PD: Redirection and Validation



Many people associate dementia with the elderly, but cognitive decline can occur in younger people as well. Dementia may occur in 30-50% of Parkinson's cases. Reasoning, memory, speech, and judgment are usually affected. Dementia due to Parkinson's is also

a Lewy body dementia.

The patient's doctor should be consulted if dementia is suspected. It can be part of the disease or a side effect of medication. If medication is the cause, the doctor may be able to adjust it. Many medications approved for Alzheimer's also are approved for Parkinson's disease dementia.

Caring for a person with dementia can be very difficult, especially if he or she is having hallucinations or delusions. Sometimes, trying to bring people with cognitive issues back to reality can make them more stressed and agitated. There are two techniques that can help: redirection and validation.

**Redirection** turns a person's attention from what is stressful to something more pleasant. When doing this, one must be sensitive to the situation so as not to cause more stress. Example:

*John* (no longer working but on disability): "I need to get to work. I'm going to be late."

*Jane*: "But I just made breakfast. Why don't you eat a good breakfast, so you can function better at work."

**Validation** helps confirm a person's feelings and emotions, while encompassing the redirection technique. This technique helps the person with cognitive issues maintain self-esteem and helps reduce negative behaviors. Example:

*John*: "I need to get to work. I'm going to be late."

*Jane*: "I know you're worried about being late, because you don't like to be late for anything, but why don't you sit down and have a good breakfast, so you can concentrate on your day ahead."

There are some things to keep in mind when working with these techniques:

- Your loved one will be able to notice body language, so be cautious that it doesn't contradict what you are saying.
- Try to figure out why your loved one is acting a certain way and then figure out how to address it.
- Don't try to make sense of what is happening. Some things may not be logical, but the feelings are legitimate.
- Ask your loved one how situations and actions make him feel. Once you know this, validate that back to him.
- Be sensitive to your loved one's ego and allow her a graceful exit.

Sometimes people with dementia become increasingly agitated in the late afternoon or early evening. This phenomenon has been called "sundowning," because of its prevalence during evening hours, but doctors now believe this behavior can occur at any time during the day or night.

This syndrome can cause increased confusion, anger, disorientation, agitation, depression, restlessness, paranoia, and rapid mood changes. Symptoms include rocking, crying, pacing, hiding things, acting out violently, wandering, and hallucinations, all of which could result in sleeplessness. People with Parkinson's disease can have less energy later in the day, depending on what activities they do, which can cause this behavior. Some ways to ease the symptoms are:

- Allow for light exposure in the early morning to help set the internal clock.
- Discourage daytime napping to regulate the sleep cycle.
- Encourage exercise throughout the day to expend excess energy.
- Limit caffeine intake, particularly in the evening.
- Plan activities for the daytime, so there is sufficient time to adjust to night.
- Have a quiet nighttime activity ready and a private space for relaxing.

*Continued on page 5*

**Redirection and Validation** *continued*

- Consider using a bedside commode. Leaving the bedroom to use the restroom can start the cycle all over again, making it hard to get back to sleep.
- Schedule regular medical appointments to ensure the individual is not in physical pain.
- Take precautions to provide a safe space for the person at night, so you can get a solid night's rest, even if they need to stay awake and wander.

Not everything will go the way you want it to with Parkinson's disease, but if you can be mindful of your loved one's feelings when he or she is going through a time of uncertainty, both parties will be better off.

*Based on information at [www.guilbertguide.com](http://www.guilbertguide.com) and [www.sundownerfacts.com](http://www.sundownerfacts.com).*

**Ask the Expert**

If you have questions about Parkinson's care, please send them to Jessica Olejniczak at [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com) or St. Mary's Hospital, APDA, 700 South Park Street, Madison, WI 53715.

**Q** There are studies that show that grapefruit can interfere with some neurological medications. Do I have to worry about grapefruit interfering with my Parkinson's medications?

**A** All of the Parkinson's medications are safe with grapefruit. However, not all the patient's other medications may be safe, as some antidepressants or antipsychotics may interact with grapefruit (and just a few patients are taking those). If you have questions about your medications and grapefruit interference, please talk to your pharmacist.

*Answer provided by Erwin B. Montgomery, Jr., M.D.*

**Affirmations for Caregivers**

*by Janet Edmunson, M.Ed., and author of Finding Meaning with Charles: Caregiving with Love through a Degenerative Disease*

- I will explore life's adventures together to store up fond memories that will sustain me.
- I will look for the gifts that only this type of challenge can afford.
- I will respect our differences in order to overcome conflicts.
- I will hold on to my passions, because they are the essence of who I am.
- I will give myself credit for staying strong despite being pushed to my limits.
- I will give myself grace (forgiveness) when I occasionally blow it.
- I will expect that some people will find it difficult to visit my loved one. That's okay—it doesn't mean they've stopped caring.
- I will remember that the difficult personality changes are not my loved one—they are the disease.
- I will be determined to reach my life goals.
- I will make meaning out of this disease.

**IT'S ANNUAL RENEWAL TIME**

Chapter members are reminded to return the annual membership renewal/update form, which was sent the end of September. This does not apply to members who joined the chapter in 2009.

## MARK YOUR CALENDARS!!

The Wisconsin Chapter APDA is looking forward to our first Wine Tasting Fundraiser on Saturday, February 13, 2010, at Blackhawk Country Club in Madison. Bring your sweetheart, friends, and family for a relaxing pre-Valentine's Day evening of wine tasting and appetizers. All funds raised will help support our respite care and exercise programs.

Individual and business sponsors are needed. Sponsoring this event is a great way to advertise your business and support programs that benefit our PD community.

For more information, please contact Jessica at parkinson\_assn@ssmhc.com or 608/229-7628.



## Appleton Walk - Success!!

It was a nice brisk day for a walk! **THANK YOU** to all who supported our third annual Appleton walk-a-thon on Saturday, October 3, 2009. Members of the Parkinson's community—people with Parkinson's, family, friends, and caregivers—came to City Center Plaza in Appleton to raise money (over \$16,000) and awareness for Parkinson's disease.

In addition to you, our loyal supporters, we know this couldn't happen without our corporate sponsors, silent auction donors, and volunteers. We are very grateful to the following:

**CORPORATE SPONSORS:** Jewelers Mutual, WHBY, NeuroSpine, Woodward Radio, Teva Neuroscience, Heid Music, and Grubb Ellis Pfeifferle.

**SILENT AUCTION DONORS:** 1<sup>st</sup> Place Trophy and Engraving, AppleCreek Whitetails Ranch, Appleton Heart Institute, Avenue Jewelers, Basil's, BDM, Brennan Family, Chip DeTuncq,

Copperleaf, Dip'n Good Dip, Dug Out, Familiar Grounds, Fat Cat Designs, Green Bay Packers, Harrison Promotions, Helein Family, Hesson Law, Jane Rayford, Kari Voissum, La-Z-Boy, Lexis Nexis, Lisa Ramsdell, Liz Malchow, Lori Gonnering, Lullaby Shop, Harmony Café, Massage Connection, Memorial Florist, Modern Flooring, MroCro Sex Olives, Nell & Company, Old 45 Archery, Paula Ort, PoolWorks, Potter Family, Red & White, Robert Dipretore, Season's Restaurant, Service Motor Center, Snap-On Tools, Soul Reflections Photography, Sound World, Trek, Tundra Photography, U-Step, Wild Apple Studio, and Wally's Still.

**VOLUNTEERS:** Dan Helein Family, Gary Helein Family, Joanie Helein, Gary and Kim Kilishek, Kronser Family, Cheri Nagan, Tracy Nadolski, Michael Potter, Stephany Family, and Amy Trierweiler. These volunteers do an amazing job!



## UPCOMING EVENTS

### Wine Tasting Fundraiser

Saturday, February 13, 2010  
Blackhawk Country Club, Madison  
More information to follow

### Parkinson Action Network (PAN) Research & Public Policy Forum

February 17, 2010  
Virtual Forum  
[www.thepanforum.org](http://www.thepanforum.org)  
or  
meet at the Neuro-Spine Center of Wisconsin  
5320 Michaels Drive, Appleton  
10:00 am - 4:00 pm

### Parkinson's Walk-a-Thon

Sunday, April 28, 2010  
East Towne Mall, Madison  
More information to follow—  
Start forming your team now!



### Mary's Wish Golf Outing

Sunday, September 26, 2010  
Door Creek Golf Course, Cottage Grove  
More information to follow

### Executive Committee Elections

In the recent chapter election, Bill Avedon, Pamela Crapp, and Bill Walkington were reelected to the Executive Committee, and Kristin Frederickson was elected as a new member. At the October chapter meeting, Walkington and Crapp were reelected as president and secretary, respectively.

Honorary lifetime membership was granted to Don Behnke at the August chapter meeting.

### Death of APDA Leader

The Parkinson's community is deeply saddened by the recent passing of Dr. Paul Maestroni.

For over 20 years, Dr. Maestroni was the director of Scientific and Medical Affairs at the APDA headquarters in Staten Island, New York. He created the Information & Referral Center concept and was instrumental in developing the World Parkinson Disease Association involving 25 countries.

### Pill Phone

A new medicine management service is available to Verizon and AT&T mobile phone users. Pill Phone notifies users by vibrating or ringing their cell phones or sending a text message, reminding subscribers to take their medicine at specific times. Online notification also can inform family/caregivers if the subscriber has taken the medicine or has not responded to the alert. Pill Phone provides an image of what the pill looks like and describes potential side effects. The service costs \$3.99 a month. For more information, go to [www.pillphone.com](http://www.pillphone.com).

*Article reprinted from the APDA of Idaho Parkinson's News and Notes*

## You Are An Ironman!



by Sherri Zelazny

Ironman athlete Kurt Schmelz represented all the qualities that you need as an individual with Parkinson's disease or as a caregiver—motivation, determination, and endurance—on September 13, 2009.

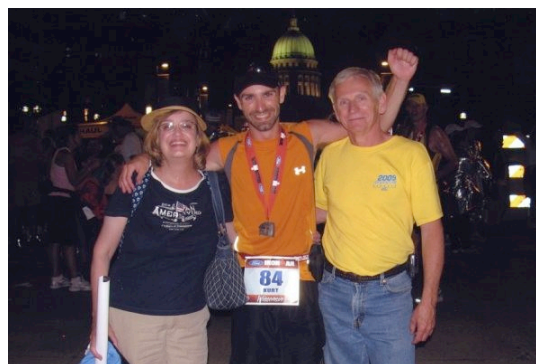
Kurt demonstrated all that is needed to keep your body moving, achieve great

personal goals, and conquer great challenges. He completed the race (1.2-mile swim, 112-mile bike ride, and 26.2-mile run) in 14 hours, 49 minutes, and 1 second, having begun at 7 a.m.

In addition, he helped raise \$945 for the Wisconsin Chapter APDA through the Ironman Wisconsin Janus Charity Challenge. The chapter is grateful to Kurt for his willingness to compete on our behalf and admires the personal challenge he accepted in completing the Ironman. Following, Kurt talks about the amazing support that surrounded his participation in the Ironman.

From Kurt:

*Ironman competitions are meant to be an individual test of fitness and endurance. Throughout this experience, I have found that this is far from the truth. The support that everyone gives to an athlete, not just on race day but throughout training and preparation, definitely makes this a team event. Ironman was a truly amazing experience that I cannot hope to describe fully. The sight of the sunrise over Lake Monona, the sound of the cannon signaling the start of the race, the roar of the crowd, thousands of volunteers and supporters, and, finally, the sight of the finish line in the distance are all pieces of an experience that can only be felt but not truly expressed in words. I would like to say thanks to my friends, family, colleagues, the APDA, and everyone who contributed, either with donations or support.*

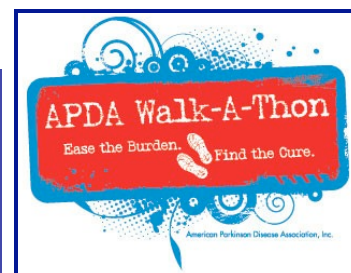


## Golf Outing - Huge Success

The Second Annual Mary's Wish Golf Outing was held on a beautiful fall day, September 27, 2009. Sixty-nine golfers and over 50 donors and sponsors helped raise \$6,557.48 for the Wisconsin Chapter of the American Parkinson Disease Association in honor of Mary Hoffman.

**Save the date** for the third Annual Mary's Wish Golf Outing—Sunday, September 26, 2010.

The chapter proudly announces that the national 2010 APDA walk-a-thons will feature the logo designed by Amy Helein and Colleen Maes for the 2009 Appleton walk. Great national exposure for the Wisconsin PD community. Congratulations, Amy and Colleen!



## CONTRIBUTIONS

The Wisconsin Chapter APDA received the following donations from May to September 2009. The chapter gratefully accepts these gifts to support programs and activities, including *Parkinson's Perspective*, educational symposia, support groups, resource manual, caregiver activities, general program expenses, Wisconsin APDA Information & Referral Center, lecture series, Parkinson's walk-a-thons, and national APDA research.

### IN HONOR OF

**Peg Bauer**

**Lois Hindhede**

**Mary Hoffman**

**Dave Roberts**

**Micky Thomas**

Lake Edge United Church of Christ

**Judy Guten's Birthday**

Barbara Zall

### IN MEMORY OF

**Robert Busse**

Gary and Janet Strelow

**Shirley Drake**

J. Annie Keith

**Richard V. Gilbertson**

Gordon and Ruth Gerland

Thomas and Pamela Hansen

Fred and Cheryl Harasha

Paul and Constance Miller

Sheryl Renslo

Irene Sherman

Barbara Albright Sutter

D.A. and K.B. Woolhiser

**Dorothy Heffernan**

Linda and Gary Busha

Todd and Susan Denholm

Foley & Lardner LLP

William and Kathleen Gilmore

Marilyn Graves

Dauna Moths

Marian Roepe

Charles and Andrea Roth

T.J. and K.M. Roy

Michael and Susan Van Sicklen

David and Nancy Sonntag

Jim and Susan Vergeront

Mary Vowinkel and Robert Kranz

J. and R. Zellmer

**Alfred Kienast**

Operative Plasterers & Cement Masons

**August Levandowski**

Dorothy Konkol

**Albert W. Stark III**

Betty and Jim Huffer

**Dean "Beagle" Watzke**

Waun-A-Bowl Fifth Annual Bowl for Beagle

### OTHER CONTRIBUTIONS

Peter Anderson, Family, and Friends

Second Annual Power Walk

Cory and Kristy Beyer

Mary Breitrack/BBM Marketing

Blaine and Laura Carlson

Christopher and Sara Castillo

Kara Gorenc

David and Janet Hanson

Peg Hitt

Michael Imes and Dawn Van Kley-Imes

Katherine and Terry Larsen

Donald and Stephanie Laufenberg

Carina and Omar Masis

Constance Piehowski

Stephanie Pribyl

Jacquelyn and Dean Walenczyk

Marrien Walker

Terry and Marilyn Wegener

### MATCHING GIFTS

Alliant Energy Foundation

Bank of America

### Last-Minute Tax Donation

Need a last-minute tax break for 2009? Please consider donating to the Wisconsin Chapter APDA.

## APDA Support Groups

The following support groups are sponsored by the Wisconsin Chapter of the American Parkinson Disease Association. For information on other support groups in the state, please contact Jessica at 608/229-7628 or parkinson\_assn@ssmhc.com.

### Appleton

Young Onset Support Group  
NeuroSpine Center of Wisconsin  
5320 West Michaels Drive  
2<sup>nd</sup> Thursday at 6:00 PM  
Contact: Vera Ramacitti at 715/412-2148

### Baraboo

1<sup>st</sup> Congregational United Church of Christ  
131 6<sup>th</sup> Avenue  
3<sup>rd</sup> Monday at 2:00 PM  
Contact: Sylvia Kriegle at 608/355-3289

### Fitchburg

Fitchburg Senior Center  
5510 Lacy Road  
2<sup>nd</sup> Friday at 9:30 AM  
Contact: Mary Hoffman at 608/249-9109

### Madison

Parkinson's Disease Caregiver Support Group  
(caregivers only)  
East Madison/Monona Coalition  
4142 Monona Drive  
1<sup>st</sup> Tuesday at 4:00 PM  
Contact: Jessica Olejniczak at 608/229-7628

Young Onset PD Support Group  
St. Mary's Hospital  
700 South Park Street  
Conference Center  
1st Thursday at 6:00 PM  
Contact: Jessica Olejniczak at 608/229-7628

Asbury United Methodist Church  
6101 University Avenue  
3rd Thursday at 7:00 PM  
Contact: Jessica Olejniczak at 608/229-7628

### Portage

Bethlehem Lutheran Church  
W8267 Highway 33  
3<sup>rd</sup> Thursday at 2:00 PM  
Contact: Elayne Hanson at 608/742-2410

### Shell Lake

St. Joseph's Catholic Church  
502 North 2nd Street  
Lower Level  
1st Thursday at 1:00 PM  
Contact: Gary Burkart at 715/468-4334

### Stoughton

Stoughton Area Senior Center  
248 West Main Street  
4th Wednesday at 1:30 PM  
Contact: Hollee Camacho at 608/873-8585

### Sun Prairie

Colonial Club Senior Center  
301 Blankenheim Lane  
Therapy Room  
4<sup>th</sup> Monday at 1:00 PM  
Contact: Jessica Olejniczak at 608/229-7628

### Waunakee

Village Center of Waunakee  
Senior Center Stage  
333 South Madison Street  
4<sup>th</sup> Tuesday at 2:00 PM  
Contact: Sylvia Engen at 608/850-3658



## Young Onset Parkinson's Disease Resources

The American Parkinson Disease Association operates a National Young Onset Center with a full-time director dedicated solely to helping people with young onset Parkinson's disease and their families. The center, located at Glenbrook Hospital in Glenbrook, Illinois, offers educational and support programs and services nationwide.



APDA recently published a new ***Young Parkinson's Handbook: A Guide for Patients and Their Families***. This excellent book is a compilation of

articles from many of the country's leading experts and is a must-have for those whose life is impacted by young onset PD.

APDA's National Young Onset Center also produces the ***YOUNG PARKINSON'S NEWSLETTER: Living Well & Staying Strong***.

All APDA publications are available free of charge.

Join the Young Onset Center mailing list by calling 877-223-3801 or emailing [apda@youngparkinsons.org](mailto:apda@youngparkinsons.org) and receive your complimentary ***Young Onset PD Information Packet***, which includes a copy of both the handbook and the newsletter. Find other educational and support information on the Web site, [www.youngparkinsons.org](http://www.youngparkinsons.org).

The APDA's *Person-to-Person* program offers young people with Parkinson's the opportunity to connect with others who have situations or experiences similar to their own. They maintain a calendar of events and can connect you with support activities in your area.

In Wisconsin, there are three young onset support groups (Appleton, Madison, Milwaukee) that meet monthly. For additional information, contact us at [parkinson\\_assn@ssmhc.com](mailto:parkinson_assn@ssmhc.com) or 608/229-7628.

## Veterans Benefits and PD

Military veterans with Parkinson's disease should be aware of the Non-Service Connected Improved Pension Benefit available from the U.S. Department of Veterans Affairs. To meet military qualifications, a veteran must have served 90 days active duty (one of which was during wartime), have a discharge of any kind other than dishonorable, and be either age 65 or disabled.

In addition, the veteran or surviving spouse must meet income and asset criteria.

U.S. Benefits Analysts is a public service company that will work with any veteran or surviving spouse to obtain allowable benefits. There is no cost for these services.

For more information, contact Mark Brandenburg at 888-311-8880 x 213 or [mark@usveteransbenefits.org](mailto:mark@usveteransbenefits.org). The website is [www.usveteransbenefit.org](http://www.usveteransbenefit.org).



Winter Solstice will occur this year in the Northern Hemisphere on December 21. It is the shortest day and the longest night of the year and marks the beginning of winter.

# PARKINSON'S PERSPECTIVE

This newsletter is published three times a year for Parkinson's patients, their families, and caregivers by the APDA Information & Referral Center and the Wisconsin Chapter of the APDA.

If you no longer wish to receive the newsletter, please contact Jessica at 608/229-7628 or parkinson\_assn@ssmhc.com.

The newsletter is intended for educational purposes only and should not be interpreted as providing medical recommendations. Patients are advised not to change their treatment without the advice and consent of their treating physician. Newsletter content is the sole responsibility of the editors.

## INSIDE

- Thank You, Family Caregivers
- Chapter/Coordinator Comments
- Dementia in PD: Redirection and Validation
- Wine-Tasting Fundraiser
- Upcoming Events
- Support Group Contacts



## Editors

**Jessica Olejniczak**  
Center Coordinator

**Pamela Crapp**  
Wisconsin Chapter

**Floyd Carlstrom**  
Wisconsin Chapter

Place  
Stamp  
Here

APDA Information & Referral Center  
St. Mary's Hospital  
700 S Park St  
Madison, WI 53715

