

SUMMER 2016

MINNESOTA | Newsletter of the Minnesota
American Parkinson Disease Association

MESSENGER

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DEEP BRAIN STIMULATION HELPS PEOPLE WITH PARKINSON'S DISEASE

Okeanis Vaou, MD



Parkinson's Disease (PD) is a progressive disorder caused by decreased dopamine production in the brain. This lack of dopamine produces symptoms of tremor, slow movements, muscle stiffness, and unsteady gait. Although there is no cure for PD, medications such as Levodopa help treat most symptoms of PD. However, as the disease progresses, motor symptoms worsen and are more difficult to control with oral treatment, and more medication is needed

at higher doses. This may lead to side effects, including constant movements called dyskinesias. In addition, patients feel that their medication is not as effective as it used to be.

Deep brain stimulation (DBS) is an important and established treatment for PD and helps patients move better. DBS uses a fully implantable device that provides electrical stimulation in a targeted area of the brain to help control symptoms of Parkinson's Disease such as tremor, slowed movements, and muscle stiffness.

Combining DBS treatment with medication offers hours of additional good movement control. Roughly 135,000 patients have received DBS around the world so far. It is an FDA approved treatment for people who have had Parkinson's for at least 4 years and have experienced at least 4 months of movement symptoms that are not well controlled by medications, or medication side effects such as unintended movements (dyskinesia).

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The American Parkinson Disease
Association, Inc.
135 Parkinson Avenue
Staten Island, NY 10305
800-223-2732

Minnesota American Parkinson Disease Association
Information and Referral Center
333 N. Smith Ave., MR 63201
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COORDINATOR'S COLUMN

Dear Readers,



Anushka Mohideen

Thank you for welcoming me to the community, and thank you to the individuals who responded to my survey inquiring about Parkinson's disease topics that you would like to learn more about.

I encourage you to call me with any questions that you have about PD and resources in your community. You can reach me at 651-241-8297, or email me at Anushka.Mohideen@allina.com. My office hours are 9 a.m. to 1 p.m. Monday-Friday.

I would like to inform you all of a great new resource, the **Parkinson's Disease Spotlight Webinar Series**. APDA is pleased to present this special series of education programs to allow people with Parkinson's, care partners, families, and medical professionals to gain insight into the treatment and management of Parkinson's symptoms and quality of life. These excellent programs are archived to offer the option of listening at your convenience.

Topics covered include:

- *Spotlight on Clinical Trials: What You Need to Know*, with featured speakers Marie Saint-Hilaire, MD, FRCPC, and Ray James, BS, RN
- *Spotlight on Treatment Advances in Parkinson's Disease*, with featured speaker David G. Standaert, MD, PhD
- *Spotlight on Well-Being: It's a Family Affair*, with featured speaker Roseanne D. Dobkin, PhD

These webinars can be viewed at: <http://www.apdaparkinson.org/webinar/>

Educational Literature Available at the Information and Referral Center Library

The Information and Referral Center has many pieces of informational literature available for you to request by mail or e-mail. These educational supplements are an excellent resource for people with Parkinson's and their family members, as they provide a quick and thorough overview of many issues of concern.

The following educational supplements are available at the library.

- 34 Helpful Hints on Living with Parkinson's Disease
- Depression and Parkinson's Disease
- Employment and Parkinson's Disease
- Driving with Parkinson's Disease
- Choosing a Nursing Home
- Parkinson's Disease and Oral Health
- Hospitalization of a Parkinson's Patient
- Incontinence and Parkinson's Disease
- Maintaining Independence and Parkinson's Disease
- The Fine Art of Recreation and Socialization
- Exercise and Parkinson's Disease
- The Living Will and the Durable Power of Attorney
- When Should Parkinson's Patients Go to the Emergency Room?
- Keys to Caregiving
- Incontinence and Parkinson's Disease
- Dysphagia and Parkinson's Disease
- Neuro-ophthalmology and Parkinson's Disease
- Medication to be Avoided or Used with Caution in Parkinson's Disease
- Speaking Effectively: A Strategic Guide for Speaking and Swallowing
- Be Active: An Exercise Manual for People with Parkinson's Disease
- "I Have Parkinson's Disease" Card with Emergency Contact Info

- Understanding Parkinson's Disease
Psychosis: A Guide for People with
Parkinson's disease and their Caregivers

Please call or email me to request literature. I would be happy to mail this to you or direct you to the APDA website, where you can download the literature directly to your computer.

Warmest regards, Anushka

DEEP BRAIN STIMULATION HELPS PEOPLE WITH PD (cont.)

Not all patients are candidates for DBS treatment. Patients must undergo a series of tests in order to be scheduled for DBS surgery. The presence of dementia and minimal response to Levodopa are some of the excluding criteria for patients considering DBS treatment. DBS surgery usually involves two parts. The first part involves the implantation of thin wires in the right target in the brain. The second stage usually takes place a week later. At that point, a pacemaker like device (neurostimulator) is placed under the patient's chest and connected to the wires in the brain. A few weeks later, the physician will turn the neurostimulator on and adjust the settings for better symptom control. This may take more than one visit. Oftentimes the patient's medication can be reduced.

Multiple patient studies have shown the benefits of DBS therapy in patients with PD. DBS treatment provides 5 more hours of "on" time without troublesome dyskinesias and has been shown to improve quality of life and activities of daily living in general. Long term safety and effectiveness has been established through 36 months.

For many people with Parkinson's, DBS makes a difference when medication alone cannot provide relief and daily activities have become challenging. DBS has helped people with PD stay as independent as possible and lighten the burden of the disease.

PARKINSON'S DISEASE RESEARCH AT THE UNIVERSITY OF MINNESOTA

Paul Tuite, MD



As a clinician working with patients with Parkinson disease (PD), I am excited to share my research experiences with you and to inform you of various research projects being conducted at the University of

Minnesota. Since arriving at the University in 1996, I have directed more than 30 clinical trials related to PD and other movement disorders. Research offers an opportunity for advancement of PD treatments as well as a way to better understand the disease progression and symptoms, so that we may be able to prevent the development of disease in the future.

Working across disciplines, researchers at the University of Minnesota are establishing the first statewide registry of Minnesotans with PD, a resource that could dramatically improve future studies on the disease and help reveal which genetic traits and environmental factors add to the risk of PD. The project, entitled Parkinson's: Environment, Diet, and Lifestyle (PEDAL), is part of the state-funded MnDRIVE Transdisciplinary Research Program, and involves a questionnaire, as well as saliva and toe nail samples to look for exposures such as heavy metals, pesticides, and gene variants that detoxify.

At the University of Minnesota, we are fortunate enough to have access to some of the most advanced Magnetic Resonance instrumentation in the world through the Center for Magnetic Resonance Research facility (CMRR). The center

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boasts many MR instruments from 1.5 Tesla (T) to 7T imaging, which can give researchers clearer images of brain structures than MR instruments used clinically. This is especially important since there is currently no definitive MRI method for determining the absence or presence of PD. Some areas of active research at the CMRR include using the MRI to determine structural and chemical differences between people with and without PD, characterizing changes in the brain as PD progresses, and improving Deep Brain Stimulation (DBS) by creating patient specific models for surgical targeting.

MRI techniques are also being used at the CMRR to evaluate PD and REM Behavior Disorder (RBD). Patients who experience RBD are more likely to develop PD, which makes the characterization of RBD patients crucial to understanding how PD develops in the brain. In addition to using MRI techniques to characterize patients with sleep abnormalities and comparing the resulting images to PD patients, researchers at the University of Minnesota are also evaluating patients using freezing of gait and cognition.

Another promising candidate for PD treatment is the medication ursodiol (UDCA), which may act as a neuroprotective chemical in the brain. UDCA has been shown to increase cellular energy in genetically engineered Parkinson skin cells in a study in England. Meanwhile, we have shown that brain energy level is lower in patients with PD by using sophisticated MRI techniques.

Thus, our goal will be to determine if the drug UDCA increases brain energy. This research may offer a new therapeutic treatment to combat the progression of PD. A pilot study utilizing UDCA in PD patients is expected to begin later this year.

Meanwhile, we are exploring other research options such as the leukemia medication nilotinib, and vaccine studies for those with PD. Although it is premature to know if these treatments are going to be effective, these are treatments that are worth pursuing if there is sufficient funding to support expensive clinical trials to study their safety, patient tolerability, and their effectiveness.



The CMRR at the University of Minnesota

In addition to medications, there are several studies at the University of Minnesota evaluating the effectiveness of various devices. One such device is the PD Data Watch, which involves a watch-like device that records movement. The PD Data Watch can be used

as a tool for medical professionals to evaluate a patient's PD treatment and management program. The device also has the capability to remind the wearer to take their medication, which could aid in effective management of PD for the patient. Other device studies being conducted at the University of Minnesota include a variety of DBS studies.

Research is essential in furthering our knowledge of PD progression and treatment. If you are interested in participating in research at the University of Minnesota, please contact Krista Sands, PhD, at 612-626-3525.

APDA MN CHAPTER UPDATE

Patty Flynn, President of the American Parkinson Disease Association, Minnesota Chapter



2016 has been, and will continue to be, an exciting year for the APDA-MN chapter.

April was Parkinson's Awareness Month. We are pleased to tell you about a new, annual campaign that we started this

year. On April 11th we encouraged our neighbors and communities to "Leave the Lights on for Parkinson's Awareness." The date coincided with World Parkinson's Day. World Parkinson's Day is an annual event dedicated to providing a greater understanding of Parkinson's Disease and how this condition affects people's lives. In April, we also partnered with eleven Green Mill restaurants throughout the state and participated in their Eat and Earn program. APDA-MN received a percentage of the total bill for each person who presented his or her APDA voucher and ate at one participating Green Mills on April 11th-13th.

The APDA-Minnesota Chapter Facebook page featured a handful of Spotlight on Parkinson's posts to recognize Parkinson's Awareness Month. You can go online to read stories, tips, and encouraging words from some wonderful people who are living with Parkinson's Disease in Minnesota. "Like" our page on Facebook to receive helpful information and resources about Parkinson's, as well as updates on what the chapter is working on.



Leaving the Lights On for Parkinson's Awareness

This year, the APDA-MN board of directors has been concentrating our efforts on creating grant programs and applications for people with Parkinson's in Minnesota. We are working on four separate grant programs. The Simple Gifts program focuses on respite services and help at home. There are also programs for exercise, transportation, and medication assistance. There will be more information on these grants available in the fall issue of the Minnesota Messenger.

We are pleased to announce that we will be rolling out a new APDA-MN website later this summer. We are excited about that, as it will be an additional way for us to get more information out to you. Until the website is available, if you have any questions, please feel free to call our Information and Referral Center at 651-241-8297.

CAREGIVER SERVICES AT THE AMHERST H. WILDER FOUNDATION

Parichay Rudina, LGSW, Caregiver Services at Amherst H. Wilder Foundation



After a diagnosis of Parkinson's disease, there are a lot of questions to tackle: Who's going to pick up the prescriptions? Where is that Power of Attorney document? Who is going to do all the driving? What is coming next?

Because the coming changes and challenges affect the whole family, Caregiver Services can be an invaluable part of a person's care plan. You, the family members and friends supporting a person with Parkinson's disease, need support too, especially over the duration of a progressive disease. Dealing with mounting care needs, stress, financial concerns, and your own health is hard to do when your focus is on a person with Parkinson's, but it is so important. Taking care of yourself means you'll have more energy and strength to provide care to others. Working with a professional who can help you develop the tools and resources needed to manage the coming challenges can help you give care in a way that is meaningful to you.

Amherst H. Wilder Foundation's Caregiver Services Social Workers are here for you with a wide range of supportive services that have proven results. There are times when caregivers can benefit from one-on-one support. Social workers at the Wilder Foundation offer coaching and consultation, which provides you with on-going support tailored to your situation. This extra

support help you achieve better health and well-being. P.S. I Understand is a peer support program for caregivers that connects them to volunteers who have also provided care for loved ones.

Support groups can be wonderful opportunities to gather as a group and share concerns, resources, and gain support. Wilder Foundation hosts two support groups: Adult Children Caregiver Support Group and Memory Loss Discussion Group. CaregivingNOW is a Facebook group for those caregivers who want to engage in conversation, ask questions, and learn from one another online.

Staying as healthy as possible is important for everyone. Our Health and Wellness programming includes Living Well with Chronic Conditions, Living Well with Diabetes, and Tai Ji Quan: Moving for Better Balance. Living Well with Chronic Conditions is a six-week workshop designed to help participants move toward a healthier, more active lifestyle. Living Well with Diabetes focuses on diabetes management. Tai Ji Quan: Moving for Better Balance, emphasizes improving balance, mobility, and daily functioning, while reducing falls.

Getting a break is essential for reducing caregiver stress, maintaining your patience, and keeping the other enjoyable aspects of your life part of your routine. Respite care can be provided by friends, family, social service providers, home care agencies, and Adult Day programs. Wilder's Adult Day program provides a day of stimulation, exercise, and social interaction for a person with Parkinson's disease, while you get some time to yourself and the peace of mind that comes from knowing your family member or friend is well cared for.

Group Education workshops provide you with information needed to provide care and manage your role as a caregiver. These workshops also connect you to other caregivers in similar situations. One of our workshops is "Powerful

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Tools for Caregivers,” a six-week class covering communication techniques, self-care practice, and building confidence while managing emotions. You’ll develop a wealth of tools to reduce personal stress, change negative self-talk, communicate needs to family members and healthcare or service providers, communicate more effectively in challenging situations, recognize the meaning behind your emotions, deal with difficult feelings, and make tough caregiving decisions. A weekly action plan to do something you enjoy helps you practice and master these tools.

Each class has a different topic:

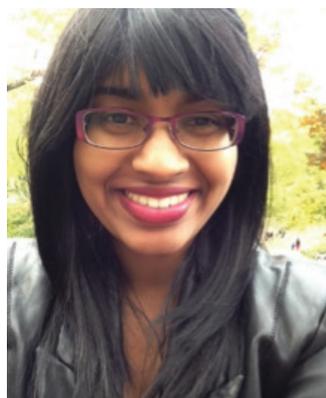
- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Communicating in Challenging Situations
- Learning from Our Emotions
- Mastering Caregiving Decisions

“Powerful Tools for Caregivers” is offered throughout Minnesota and can be a great way to start thinking about the support you need going forward.

Finding support for yourself as you care for someone with Parkinson’s disease may not be the first thing you think of, but it is essential for you and the person you are caring for. Contact Wilder Foundation’s CARE line at 651-280-CARE (2273) to find out more about upcoming classes, events, and the support available for you.

MASSAGE THERAPY AND PARKINSON’S DISEASE

Anushka Mohideen, APDA Minnesota Information and Referral Coordinator



Muscle rigidity (stiff or inflexible muscles) is one of the main symptoms of Parkinson’s disease (PD). Rigidity can stop muscles from stretching and relaxing, and it can cause painful muscle cramps. Muscle rigidity also

affects movement, making it difficult to get out of chairs, change positions when lying down, and perform many other physical activities. Regular exercise and physical therapy can help manage muscle rigidity by strengthening muscles and improving both flexibility and mobility. Another excellent way of coping with muscle rigidity is massage therapy. Massage is often thought of as a method to help you relax and pamper yourself. However, there are many physical, emotional, and mental benefits that come with massage, such as reduction in muscle pain and stiffness, reduction in insomnia, stress, and anxiety, and improvement in joint and muscle flexibility. These benefits can be especially important for people living with PD.

Massage Bodywork magazine discussed some of these benefits in a 2002 article titled *Bodywork and Parkinson’s patients: A Strong Combination*. The article was written by Dietrich Miesler, a certified massage therapist and the former director of the Day-Break Geriatric Massage Project in Indiana. Miesler explains, “The stresses put on the body of the person with Parkinson’s disease are similar to stresses endured as the result of sporting activities. The big difference, however, is that exhausting sporting events

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are typically followed by long periods of rest and relaxation, whereas the musculature of the Parkinson's individual never has any rest period, suffering structural changes (stiffness and rigidity) which make it palpably different. Geriatric massage, with its manifold effects on the body, is the perfect medium to keep muscles soft and pliable. In five minutes, the long strokes of Swedish massage carry 10 times the amount of blood to the massaged muscle as arrives naturally during a 15-minute rest."

The Touch Research Institute and the Department of Neurology at the University of Miami, in collaboration with the pharmacology department at Duke University, carried out a study on the effect of massage therapy on symptoms of Parkinson's disease. The study was published in the *Journal of Bodywork and Movement Therapies*. Sixteen adults with PD were randomly assigned to receive either massage therapy or progressive muscle relaxation for 30 minutes twice a week for a study period of five weeks. The massages were full-body massages focusing on the back, buttocks, legs and feet, arms and hands, neck, face, and head, all of which are areas affected by rigidity in PD. On the first and last days of the study, participants completed self-reports on daily functioning, sleep, and fatigue, and physicians evaluated the participants. Physicians and participants used the Activities of Daily Life scale, which measures the amount of daily activities a person with PD can perform, to assess daily functioning. A 15-item sleep scale was used to gauge participants' quality of sleep and levels of fatigue, and urine samples were collected to determine participants' stress hormone levels. The study found that daily functioning improved for participants who completed the massage



therapy treatment program. These participants reported more restful sleep, with less sleep disturbance, and less fatigue as a result. The urine samples also revealed a decrease in the stress hormones norepinephrine and epinephrine.

Researchers Paterson, Allen, and Browning (2005) carried out another study of therapeutic massage for people with PD. The researchers selected seven participants with a wide range of severity in their symptoms. These participants underwent a course of eight one-hour sessions of deep whole-body massage over eight weeks. On the first and last day of the study, researchers provided participants with the Parkinson's Disease Questionnaire, the Measure Yourself Medical Outcome Profile, and the Medication Change Questionnaire. The researchers also interviewed participants before and after the massage therapy intervention. At the end of the eight-week study period, participants reported an improvement in self-confidence, well-being, and activities of daily living, including the ability to walk.

Living with Parkinson's disease can bring with it a number of stresses, and massage can be a good way to manage that stress and give yourself a break from any worries you might have. For 30 minutes or an hour, or as long as your massage takes, you can close your eyes, relax, and clear your mind. Massage therapy has been proven to decrease levels of cortisol, a stress hormone, and increase levels of serotonin and dopamine, neurotransmitters associated with happiness. For this reason, massage therapy is a great option for care-partners as well. Many massage centers even offer "couples massage" treatments where partners can receive massages side-by-side.

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Massage is now available in a variety of settings, from day spas to clinics and offices. It is very important to find a massage therapist trained by an accredited school of massage therapy. Designations include L.M.T. for licensed massage therapists and C.M.P. for certified massage practitioners. Tell your medical team, family, or friends that you are considering getting a massage. They may be able to provide you with a referral to the right massage therapist. You can also find massage therapists by searching for one on the American Massage Therapy Association website, <http://www.amtamassage.org/findamassage/index.html>, or by calling the toll free number 1-888-843-2682. In Minnesota, the Penny George Institute for Health and Healing offers massage therapy services.

When you call to make the first appointment with the massage therapist, let him or her know that you have Parkinson's disease. You may want to communicate any special needs or concerns you have associated with symptoms such as balance instability, freezing, slowness of movement, or low blood pressure. Many massage techniques require that you lie down on a massage table, but chair massages can be done seated.

Common types of massage therapy include chair massage, Swedish massage, deep tissue massage, and sports massage.

- In chair massages, clients sit facing forward in a specially-designed chair. Clients remain fully clothed and no oils are used. The therapist massages the upper body. Chair massages usually last 15-30 minutes.
 - The Swedish massage is a full body massage (usually the back, legs, arms, and neck) and was developed by a Swedish physiologist. Because the therapist may use oil, lotion, or powder to reduce friction, the client usually lies semi-clothed or unclothed under a sheet. The therapist is careful to only expose the part of the body being massaged. It is a great "beginner massage."
 - Deep tissue is another common massage technique. The pressure is firmer and more intense than the pressure used in the Swedish massage technique.
 - A sports massage usually focuses on one problem area. It is often helpful for people with chronic pain and/or a limited range of motion.
- What to expect during a massage:
- Your massage therapist will ask you a few questions. They will want to know about your personal health and what benefits you hope to receive from your massage. This is a good time to talk about any areas where you experience stiffness and rigidity.
 - Depending on the type of massage and/or the part of the body being massaged, you may be asked to remove certain clothing. Your therapist will give you privacy and provide a robe or a towel to cover yourself. If removing your clothing is not comfortable for you, consider a chair massage.
 - You will be asked to lie down. Communicate any special needs or concerns you have in getting on or off the massage table. Let the massage therapist know if you experience balance instability, freezing, slowness of movement, or orthostatic hypotension (low blood pressure).
 - Music, nature sounds or other relaxing sounds may be played in the background. Ask the massage therapist to adjust the music volume, temperature of the room, lighting, etc. if you feel the environment is distracting or uncomfortable.
 - Oils or lotions may be used on your skin. Communicate any allergies or concerns to your therapist.
 - Massage should not be painful. You may experience momentary discomfort in a particular spot in a muscle that feels like a knot. But if it becomes painful, speak up. Let your massage therapist know if you experience pain or are uncomfortable during your session.

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- After the massage, do not get off the table too quickly. If you feel light headed or dizzy, communicate this to your massage therapist.
- It is very important to drink extra water after your massage.

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COMMUNITY CLASSES ALLINA HOSPITALS

ATTN: LSVT Big and Loud Graduates!

Courage Kenny Rehabilitation Institute (CKRI), part of Allina Health, is offering community exercise and speech classes for people with Parkinson's Disease. The group setting is led by therapists certified in the LSVT technique. This is a great way for participants to review exercises, renew enthusiasm for completing home exercises, interact with others who have completed LSVT, and have some fun!

Classes are offered at the following locations. Days and times are also listed:

United Hospital Campus, Exercare Fitness Center (BIG) and Outpatient Rehab (LOUD), St. Paul, MN 55102

Classes meet the 1st and 3rd Thursday of each month, 10-11 a.m. BIG (physical therapy)

Classes meet the 1st Thursday of each month, 11 a.m.-noon LOUD (speech therapy)

For more information or to register at this location, call 651-241-8290.

Abbott Northwestern Hospital, Coyne Conference Room (LOUD), and Physical Therapy gym (BIG), Minneapolis, MN 55407

Classes meet the first Tuesday of each month. 3-4 p.m. LOUD (speech therapy); 4-5 p.m. BIG (physical therapy)

For more information or to register at this location, call 612-863-1924.

Mercy Hospital, Lower Level, Classroom C (BIG & LOUD), Coon Rapids, MN 55433

Classes meet the 1st and 3rd Wednesday of each month, 10-11 a.m. BIG (physical therapy); 11 a.m.-noon LOUD (speech therapy)

For more information or to register at this location, call 763-236-8910.

Unity Hospital, Lower Level, Classroom C or Boardroom (BIG & LOUD), Fridley, MN 55432

Classes meet the 1st and 3rd Tuesday of each month, 9-10 a.m. BIG (physical therapy); 10-11 a.m. LOUD (speech therapy)

For more information or to register at this location, call 763-236-3000.

CKRI – St. Croix, Fitness Center, (BIG & LOUD), Stillwater, MN 55082

Classes meet on Friday from 10-11 a.m.

The cost is \$55 for a 10-week session

For more information or to register at this location, call 651-241-3336.

CKRI – St. Croix, Pool Exercise Class (for people with PD and/or other neurological disorders), Stillwater, MN 55802

Classes meet Monday, Tuesday, Wednesday, and Thursday, 10-11 a.m.

Cost is \$105 for a 10-week session

New participants, please call 651-241-3346 to schedule an orientation prior to attending your first class.

For more information or to register for pool exercise at this location, call 651-241-3346.

PARKINSON'S DISEASE/ MOVEMENT DISORDERS FITNESS EXERCISE CLASSES, CAPISTRANT CENTER AT BETHESDA HOSPITAL

Fitness Exercise Classes for Parkinson's Disease/Movement Disorder

4 classes designed to provide fitness opportunities for participants across the continuum of their disease. This unique exercise program emphasizes 4 key components; cardiovascular, stretching, strengthening, and balance.

The class schedule varies by class level;
Fitness 1, Fitness 2, Fitness 3, Fitness 4.

Classes follow a circuit and highlight Parkinson's specific exercises from the PWR! Fitness training model.

Prior to starting an exercise class, every new participant will meet with a physical therapist for a free assessment to determine appropriate class. New participants please call 651-326-2150 to schedule a free fitness assessment.

Bethesda Hospital B Level Gym

Class day and time vary per class.

\$5 per class; scholarships available.

Call Ellen for information at 651-232-2166.

Nordic Walking

Nordic walking makes walking a new fitness experience. Using poles while walking has all of the benefits of walking, plus engaging the muscles of the upper back, shoulders, arms, and torso. The swinging arm motion of walking with poles is important for the balance and coordination of people with Parkinson's.

\$5 participation fee; caregiver/care-partner walk for free.

Call Ellen for dates and more information at 651-232-2166.

Tai-Chi Classes for Parkinson's and Wellness

Tai Chi is a Chinese exercise of slow circular movements that help promote energy flow and a sense of well-being. This Tai Chi can be done standing or sitting in a chair.

New members begin on the 1st Monday of each month. 9:30 a.m. orientation / 10-11 a.m. class.

Bethesda Hospital, 7th Floor Conference Room

\$5 per class; no charge for caregiver/care-partner

Registration required. Call Ellen at 651-232-2166.

Clay Class with Northern Clay Center Artist

Try something new and creative in a fun, supportive, and relaxed atmosphere. This class allows participants to work on fine motor skills and hand strength. People with Parkinson's and caregivers/care-partners are welcome.

No charge.

Bethesda Hospital Therapeutic Recreation Department, 2nd Floor

For dates and information, call Ellen at 651-232-2166.

Dancing with Parkinson's

This class is modeled after the Dance for PD program from the Mark Morris Dance Company in Brooklyn, NY. Come alone or with a caregiver/care-partner. Enjoy live music & move to feel energized. This class is an interactive experience for all.

The Dancing with Parkinson's class is located at the Jewish Community Center, 1375 St. Paul Ave., St. Paul, MN 55116

Please bring a photo ID for each person. The class meets on Thursdays from 10-11 a.m.

\$5 per class; no charge for caregivers/care-partners.

Registration required. Call Ellen at 651-232-2166.

SAINT PAUL PARKS AND RECREATION CLASSES

Parkinson's Wellness Recovery (PWR!)

This evidence-based program is designed for individuals with early stage Parkinson's, and is focused on improving posture, mobility, agility, endurance, strength, and function. It is appropriate for any adult who is able to get on and off the floor without assistance. Participants may use a chair.

PWR! classes address movement issues common to people with Parkinson's Disease. Exercises are adapted to meet your needs, but you will be challenged. Bring a yoga mat and water bottle to class.

The Arlington Hills Community Center is located at 1200 Payne Avenue, St. Paul, MN 55106.

Classes take place on Monday and Wednesday from 9:30-10:30 a.m. The fee is \$8 for drop-in participants.

For more information, contact Arlington Hills Community Center at 651-632-3861. You can also contact the instructor, Kris Gjerde, at 651-334-5622 or kgjerde@gmail.com.

BOXING CLASSES FOR PARKINSON'S EXERCISE

Title Boxing Club runs a fitness-based non-contact boxing program called Knock Out Parkinson's for individuals with Parkinson's disease. Classes are available at the Coon Rapids, Lakeville/Apple Valley, and Arden Hills locations.

Classes are located at 12475 Riverdale Blvd, Coon Rapids, MN 55433.

The Coon Rapids class meets Monday and Wednesday, from 2-2:45 p.m.

Call 763-323-0100 for more information or to register.

Classes are located at 7630 160th St W, Lakeville, MN 55044.

The Lakeville/Apple Valley class meets Tuesday and Thursday, from 2-2:45 p.m.

Call 507-581-8113 for more information or to register.

Classes are located at 3529 Lexington Ave N, Arden Hills, MN 55126.

The Arden Hills class meets Tuesday and Thursday, from 2-2:45 p.m.

Call 651-204-0560 for more information or to register.

Upper Cut Boxing offers the Rock Steady Boxing program for people with Parkinson's disease.

Upper Cut Boxing is located at 1324 Quincy Street NE, Minneapolis MN 55413.

Classes meet on Tuesday and Thursday from 9:30-10:30 a.m. Participants must schedule an assessment and have a note from their doctor in order to participate.

Call 612-822-1964 for more information.

WAYZATA CLASSES

Pilates Reformer for Parkinson's

The Pilates MN studio offers Pilates Reformer for Parkinson's, a class designed especially for people with Parkinson's. Pilates Reformer exercises assist clients in movement so they can acquire flexibility, strength, joint mobility and core stabilization.

The Pilates MN studio is located at 864 Lake St E, Wayzata, MN 55391.

Classes are offered Tuesdays from 2:30-3:30 p.m. and Thursdays from 1:30-2:30 p.m.

Call 952-476-0304 or e-mail pamela.h@pilatesmn.com for more information

MINNETONKA CLASSES

Living Well with Parkinson's Disease

The Ridgedale YMCA offers a Living Well with Parkinson's Disease exercise class, led by an instructor certified in the Delay the Disease program.

The Ridgedale YMCA is located at 12301 Ridgedale Dr., Minnetonka, MN 55305

The class is offered every Thursday from 9:30-10:30 a.m.

Call 952-544-7708 or email heidi.weinberg@ymcamn.org for more information.

DULUTH CLASSES

Parkinson's Dance Studio

Classes are based on the Dance for PD Program of the Mark Morris Dance Group.

A fun, energizing class that draws on many dance forms. Class begins in chairs; later dances can be done standing or seated.

People with Parkinson's and their family, care partners, and friends are welcome.

Unitarian Universalist Congregation,
835 W. College St., Duluth MN

Class meets on Fridays from 1-2:15 p.m.
Suggested donation: \$3 per person or \$5 per pair/group

For more information, see www.tinyurl.com/pdsduluth, or call Jessica at 218-727-8286.

ROCHESTER CLASSES

Power Classes

Classes are held 4 times per week at ExercisABILITIES, INC., a physical therapy and medical fitness clinic.

For more information, contact Melanie Brennan, PT-DPT, at 507-259-7570.

HELP US CONTINUE THIS VITAL SERVICE IN MINNESOTA. DONATE NOW!

Checks can be mailed to the APDA Information and Referral Center of Minnesota, United Hospital, John Nasseff Medical Building (MR 63201), 333 N. Smith Avenue, St. Paul MN 55102

For more information about our services in Minnesota, please contact Anushka Mohideen, Information and Referral Coordinator, at 651-241-8297, or via email at Anushka.Mohideen@allina.com.

INVESTIGATIONAL DRUG STUDY: ARE YOU ELIGIBLE TO PARTICIPATE?

1. Does your Parkinson's disease medication take too long to work?
2. Does your Parkinson's disease medication not last until the next scheduled dose?
3. Does your Parkinson's disease medication suddenly stop working?
4. Is your Parkinson's disease medication unreliable?

If you answered yes to any of these questions, you may be eligible to participate in a study evaluating an investigational drug to see if it could effectively and quickly turn you from the OFF state to the ON state. Eligible study participants will continue taking their current Parkinson's disease medications.

All study-related visits, tests, and medication will be provided to participants at no cost. In addition, reimbursement for study-related time and travel may be provided.

Dr. Sotirios Parashos
Park Nicollet Institute
Struthers Parkinson's Center
6701 Country Club Dr.
Golden Valley MN 55427

Contact information for the study: Sadie McGregor, sadie.mcgregor@parknicollet.com, or call 952-993-5903.

THE APDA PRESENTS: FALL PARKINSON CONFERENCE

Saturday, Oct. 1, 2016 | 9 AM – 3 p.m.
United Hospital Conference Room
333 N. Smith Avenue | St. Paul, MN

Conference Highlights

- **Exercise and Non-Motor Symptoms of Parkinson's Disease**
Okeanis Vaou, MD, Neurologist, Noran Clinic
- **Legal Issues for Minnesotans with Chronic Illness**
Joy Gullikson, Elder Law Attorney, Bradley Hagen & Gullikson, LLC
- **Music Therapy and Parkinson's Disease**
Melissa Hirokawa and Brianna Larsen, M.M. MT-BC, Neurologic Music Therapy Fellow, Living Spirit Therapy Services, LLC
- **Mindfulness in the Management of Anxiety and Depression**
Jeanine Myrvik, LICSW, Psychotherapist, Allina Health Mental Health Clinic

For more information or to register, call 651-241-8297, or email Anushka.Mohideen@allina.com.

This program offers 4.8 contact hours of continuing education.

SAVE THE DATE: 2016 PARKINSON WALK AND CELEBRATION SATURDAY, SEPT. 10 | 9 A.M. REGISTRATION | 10 A.M. WALK

Roseville Central Park | 2540 Lexington Ave. N. | Roseville, MN 55113

Start creating your walk team – register and raise funds for Parkinson’s disease

Please join us as we spread awareness of Parkinson’s and raise funds to support APDA’s efforts through our dual mission to **Ease the Burden** through patient services and **Find the Cure** through research approved by our prestigious Scientific Advisory Board. The 2016 Optimism Walk will also include:

- Exhibits and giveaways
- Refreshments
- A chance to honor or remember your loved one
- Prizes and raffle

The Walk is a 1.1 mile route around beautiful Lake Bennett. The route is wheelchair accessible and walking is optional. Create or join a team and begin collecting pledges. For ease of registration, go on line and register as an individual, a team captain, or team member.

Walkers who have raised a minimum of \$25.00 and are present on the day of the Walk, will receive a t-shirt while supplies last.



DONATE NOW: ON LINE AT apdaparkinson.donordrive.com/event/2016MNOptimismWalk/ OR USE THIS FORM FOR PLEDGES

I cannot participate, but am enclosing my donation of _____

I would like this contribution to be in Memory or Honor (please circle one) of: _____

Donations listed below sponsor a walker or team (Name of Walker or Team) _____

Name	Address	City	State	Zip	Amount	Paid

Walker’s Name _____ Fundraising Goal _____

Address _____ City _____ State _____ Zip _____

Email _____ Telephone (_____) _____

Waiver: I understand that I am voluntarily participating in this event at my own risk and my own request. I hereby waive all claims against the American Parkinson Disease Association (APDA), sponsors, staff, event personnel or volunteers for any injuries or damages that I might suffer at this event. I grant full permission for the organizer to use my name, video, photographs of me in the legitimate accounts and promotions with this event.

Please make check out to **MN Chapter of the American Parkinson Disease Association** and mail to:
 United Hospital
 333 N. Smith Ave., MR 63201
 St. Paul, MN 55102

Questions: Call Anushka Mohideen at 651-241-8297 or e-mail anushka.mohideen@allina.com



**American Parkinson Disease Association
Information and Referral Center of Minnesota**
United Hospital
John Nasseff Medical Building (MR 63201)
333 N Smith Avenue
St. Paul, MN 55102

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SYSTEM



SUPPORT APDA MINNESOTA! JOIN APDA MINNESOTA: A CAMPAIGN TO EASE THE BURDEN HERE AT HOME

APDA Minnesota's mission is to be a partner in easing the burden of our families and neighbors afflicted with Parkinson's disease.

By providing helpful resources such as our Information & Referral Center, support groups, a well-stocked library, special events and programs, educational symposium and seminars, we work with patients and their families to maintain the highest standard lifestyle possible for as long as possible. And, we do this without charge or membership fees.

We need your help, however, and ask that you make a donation to allow APDA Minnesota to continue these services and resources for free. No amount is too small and will have a positive impact on the many families in Minnesota burdened with a progressive degenerating neurological disease. If you cannot give at this time, please think of those in your life who would like to contribute on your behalf and share this request with them.

If you have an address change or want your name taken off our subscriber list, please give us a call toll free at 888-302-7762 or in the Twin Cities area 651-241-8297. Also, feel free to call with any questions or comments.

DISCLAIMER: The material presented in this issue is solely for the information of the reader. It is not intended for treatment purposes, but rather as a basis for discussion with the patient's physician.