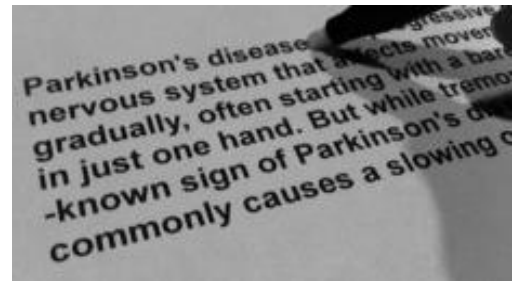


# The Resource

A publication provided by the Parkinson's Resource Center

4th Quarter 2012

Volume 11, Issue 4



Our Thankful Edition  
what's inside::

A year of TeleHealths  
2013

Parkinson's Disease and  
Lewy Body Dementia

Shakin' but not Stirred  
Results 2012

## TeleHealth Broadcasts

Broadcasts take place the 2nd Monday of each month 2pm to 4pm at St. Luke's Rehabilitation Institute of Spokane And currently broadcast To 20 additional sites in Washington, Oregon, Montana, Idaho and Alaska in partnership with NWPf. Call (509) 473-2490 for locations near you.

## November 12, 2012

*Dr. Daniel Burdick  
Movement Disorder  
Specialist, Booth Gardner  
Parkinson's Care Center  
at Evergreen Hospital*

IN HONOR OF NATIONAL  
CAREGIVERS MONTH

Caregiving to the  
Caregivers

## December 10, 2012

*Dr. Carlson, Neuro  
Surgeon  
Jamie Mark, ARNP  
Deep Brain Stimulation  
(DBS) and Help for  
Parkinson's Disease*

## Our Thankful addition

As we come around the corner from fall towards winter in the Inland Northwest we are looking back at the last few months and all the activities we have been able to be part of including the first annual INW Hope for Parkinson's Conference in August, celebration for a new season of the Tremble Clefs and Dance for PD with summer picnics and fall sessions beginning in September and in October our 4th Annual "Shakin' but not Stirred" Fundraising event for Parkinson's Disease in the Inland Northwest.

The first annual INW Hope for Parkinson's Conference was brought to the Spokane area by one of our partnering organizations, the Northwest Parkinson's Foundation based out of Seattle, Washington and thru the support of the Festival of Speed event and their proceeds in 2012. We were honored to take part of the conference as a vendor and proud to see our Tremble Clefs perform for a conference attended by just over 250 people affected by Parkinson's Disease in the Inland Northwest. We were thankful to have Dr. Lawrence Elmer, Neurologist and Movement Disorder Specialist from University of Toledo Medical Center speak about Wellness and Mindfulness for Brain Health, Dr. Monique Giroux, Movement Disorder Specialist and Medical Director speak about Cognition and Non-Motor Features of Parkinson's, Doreen Nicholas, Speech Therapist for EWU's Speech Therapy program and clinic and the Parkinson's Resource Center's own Tremble Clef group perform and Music is Exercise for the Parkinson's, brought to us by Brain Matt Ford, Ph.D Associate Professor, University of Alabama who got us moving around the Northern Quest Casino's Conference Pavillion. We are thankful that we were able to participate in the conference and to help the Inland Northwest Parkinson's community.

Through partnerships in the Parkinson's Community helps our organization and organizations like the Northwest Parkinson's Foundation work towards their missions. The Parkinson's Resource Center's mission is "Serving to enhance the quality of life of people affected by Parkinson's disease through empowerment, education, and awareness. We are thankful for all of your continued support by attending our activities, programs, events, and your generous donations. As we move forward to the winter season we wish you a safe and healthy holiday season.

DVD's of the conference are available . Please call the Parkinson's Resource Center at 509-473-2490 to request your copy to be mailed to you free of charge. The free DVD is available thru support of generous donors like you. Ask us how you can help others receive this and other resources free of charge.

## We are thankful for a new season of Tremble Clefs and our Tremble Clef Volunteers

As the Tremble Clef's started their 8th season with a picnic celebration at Manito Park this August, we wanted to thank our volunteer leaders who have worked for the past several years to coordinate the Tremble Clef's group and activity. Walt and Shirley Jakubowski have been instrumental in the growth and support of this beneficial program for people affected by Parkinson's Disease, especially those affected in their voice and speech. The joy received while attending the Tremble Clefs sessions and performances are immeasurable. For the Parkinson's Resource Center, this is a bittersweet time where we celebrate the success of the program and those who have continued to grow the program but we are also getting ready to say a reluctant good bye as Walt and Shirley retire from their leadership roles and pass their responsibilities on to the next generation of Tremble Clef leaders. Thank you Walt and Shirley for your dedication to this program but also to your time on the Board of Directors for the Parkinson's Resource Center, we value all that you have contributed and look forward to continuing and growing this program in the spirit you have done as volunteers.

Our message to our readers; to join Tremble Clef's you do not have to be able to sing or "have a good voice" but be willing to take on the opportunity to spread joy and do so by exercising your voice to tunes that will make anyone listening, smile, and help those with Parkinson's Disease, their families, caregivers and even providers.

We are looking forward to the new year of the TeleHealth Presentations.

**\*Here are some of the topics we are looking to bring to the 21 sites in Washington, Idaho, Montana, Oregon and Alaska**

(\*Please visit our website January 2013 for confirmed scheduled speakers).

Thank you to all our past speakers, the 21 communities that host the satellite locations, St. Luke's Rehabilitation (Spokane, Washington) and Inland Northwest TeleHealth who make this program possible each month.

- PD:101
- Fall Prevention
- Music Therapy
- Nutrition and Parkinson's
- Parkinson's Voice Project
- Research, possible causes and prevention of Parkinson's Disease
- PD Awareness Month Panel of experts and others affected by PD.
- Taking Charge of you medications
- DatScan and it's uses in Parkinson's Disease
- Trager Massage and Parkinson's Disease
- Dance and Exercise for PD, what you can do in your own home

- ◆ Anchorage, AK - Providence Hospital
- ◆ Billings, MT - Deaconess Billings Clinic
- ◆ Clarkston, WA - Tri-state Memorial
- ◆ Coeur D'Alene, ID - Kootenai Medical Center
- ◆ Colfax, WA - Whitman County Hospital
- ◆ Colville, WA - Providence Mt. Carmel
- ◆ Dayton, WA - Dayton General Hospital
- ◆ Grangeville, ID - Syringa Hospital/Clinic
- ◆ Kennewick, WA - Kennewick General Hospital
- ◆ Kirkland, WA - Evergreen Hospital Surgery and Physician Center
- ◆ Miles City, MT - Community Mental Health Center

- ◆ Moses Lake, WA - Samaritan Healthcare
- ◆ Newport, WA - Community Hospital
- ◆ Othello, WA - Othello Community Hospital
- ◆ Pendleton, OR - Pendleton Public Library
- ◆ Port Townsend, WA - Jefferson Healthcare
- ◆ Pullman, WA - Pullman Regional Hospital
- ◆ Ritzville, WA - East Adams Rural Hospital
- ◆ Spokane, WA - St. Lukes Rehabilitation Center
- ◆ Tonasket, WA - North Valley Hospital
- ◆ Walla Walla, WA - St. Mary's Medical Center

### Tremble Clefs

#### Southside Tremble Clefs

South side Tremble Clefs sessions meet at the Rockwood Manor South Atrium every Tuesday from 1pm to 2pm

#### Northside Tremble Clefs

North side Tremble Clefs sessions meet the first Wednesday of every month at the Avalon Care Center from 2pm to 3pm at 9827 N. Nevada.

You are welcome to participate in both the north side and south side sessions and new members are always welcome.



Join **Dance for PD** the 1st and 3rd weekend of each month, February thru June and September thru December.

**Dance for PD** at the Gonzaga University Dance Studio  
1108 N. Pearl  
Spokane, WA  
11am to 12:15pm

**Next dance sessions:**  
September 8th and 22nd

### Exercise for PD in Spokane

Join the class every Tuesday 3:00pm to 3:45pm Avalon Care Center at North Pointe. Class is free for all who attend! You do not need to be a resident of Avalon to attend. Contact: Ingrid van Anrooy, PT to sign-up: 468-7000

# Lewy Body Dementia, Parkinson's Sleeping Bear

## Killing the Bear

At our recent TeleHealth broadcast in Spokane, WA, we talked about LBD as Parkinson's Disease (PD's) Sleeping Bear—that everyone with PD had a Lewy Bear den and that all too often, the den was occupied. We discussed some symptoms that warn of this—active dreams, hallucinations, delusions and drug sensitivity—and then went on to list some ways of keeping one's bear “tame,” that is quiet, if not asleep. During the question and answer period, one gentleman asked “What's being done to kill the bear?” Our answer wasn't very satisfactory because while there's a lot being investigated and tried, nothing has worked yet. Not for LBD, and not for any of the neurodegenerative diseases like PD or Alzheimer's. But there is hope.

Much of the research has moved to identifying the earliest symptoms of these diseases. One advance is that live brain scans like MRI's have improved and can now provide information once only found in autopsies. Researchers are using these to compare the brains of people with very early symptoms to “normal” brains. The belief now is that all of these disorders start well before there are any symptoms and the goal is to find the trigger that starts the degenerating process. Alzheimer's researchers have had some success and anything they learn helps the research for any of the other neurodegenerative diseases like PD and LBD. The bear isn't dead yet, but the ammunition is getting better!

In the meantime, we must continue to keep our LBD bear tame. Recent research has helped us to learn much about those very early symptoms—LBD's early warning system—and has identified a mild cognitive impairment (MCI) specific to LBD, called MCI, non-amnestic type. This includes symptoms other than forgetfulness, that is, thinking errors and the symptoms mentioned earlier. Being able to identify LBD earlier means that we can reconsider treatment options (decreasing PD drugs perhaps, and/or starting dementia drugs), prepare for the future while you can still have a say, and especially, do everything possible to decrease stress.

Written and submitted by Helen Whitworth, BSN

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**The Parkinson's Resource Center is a 501 © 3 Nonprofit led by a Board of Directors as it has been for 12 years now. As volunteers they commit to time and support to help drive the organization so that it continues to meet and exceed the mission of the organization.**

We would like to take a moment to say thank you to two Board Volunteers who completed their board service in 2011/2012.

***Thank you Sharon Fosseen and George Amend (and their families) for their service and commitment to the Parkinson's Resource Center.***

We would also like to welcome the Parkinson's Resource Center's new board members in 2012.  
***Jake Timm, One Ten Capital, Dave Vahala, Travel Leaders, John Cahill, TEVA NEUROSCIENCES, and Ingrid Van Anrooy, PT, Brighton Care.***

Thank you for time and service commitment to the mission of the organization and the people we serve who are affected by Parkinson's Disease.

***The Board of Directors have created a new program...Introducing the PRC Ambassadors!***

The board of directors nominates:

**John Smith**, from the Lewiston/Clarkston area as a PRC Ambassador for his service to the Lewiston/Clarkston community and the Inland Northwest to support Parkinson's Disease.

**Shirley Holeman Hernandez**, from Spokane, Washington for her continuous work to advocate for Parkinson's resources in Spokane, the Parkinson's Resource Center and its social media efforts to support and promote services for those affected by Parkinson's Disease in Spokane, Inland Northwest and the far reaching corners of the world that she has sent “Parky the Penguin” the mascot for the PRC.

# PARKINSON'S RESOURCE CENTER

awareness ~ education ~ empowerment

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Spokane, WA  
Permit #28

## Parkinson's Resource Center

Deaconess Health and Education Building  
910 W 5th Ave., Ste 256  
Spokane, WA 99204  
Phone: 509-473-2490  
Fax: 509-473-2495  
E-mail: center@SpokaneParkinsons.org  
**www.spokaneparkinsons.org**

### Our Mission:

*"Serving to enhance the quality of life of people  
affected by Parkinson's disease through  
empowerment, education, and awareness."*

**The Parkinson's Resource Center (PRC) is a 501c3 non-profit and provides it's programs to attendees free of cost for those affected by Parkinson's.** Through your generous donations we continue to be able to provide our programs. Please donate to the PRC via the website: [www.spokaneparkinsons.org](http://www.spokaneparkinsons.org), look for us in the Inlanders Non-profit guide on July 19th to donate, or call the PRC to donate by phone or mail. Your generous donation is tax deductible.

**The Parkinson's Resource Center would like to thank the Empire Health Foundation for its recent grant to help us to continue to provide services to those affected by Parkinson's Disease.**

Thank you to all our Volunteers, with special thanks to the volunteers who make our support groups and programs possible.

Walt and Shirley Jakubowski, Tremble Clefs  
Julie and Patrick Willis, Women With PD Support Group  
Correen Morrell, Parkinson's and Caregiver Support Group  
Lindy Lynse, Caregiver Support Group(s)  
Jay and Bill Warren, Dance for PD

**The Parkinson's Resource Center is looking to fill two volunteer positions.**

**Resource Center Volunteer:** Volunteer one to two days a month from Noon to 4pm. Volunteer will help with administrative tasks. Computer experience preferred.

**TeleHealth Video Recording:** Volunteer once a month to assist with recording the TeleHealth broadcasts the 2nd Monday of each month from 1:30 to 4pm and help editing broadcast for distribution. Training provided to committed volunteer.

**Please email at [center@spokaneparkinsons.org](mailto:center@spokaneparkinsons.org) or reach Cyndi Cook, Resource Director by phone or message at 509-473-2493 to apply for the volunteer positions.**

All our services are FREE because of your generosity and paying it forward to others affected by Parkinson's!

### Please mail your donation to:

Parkinson's Resource Center  
PMB 199, 1314 S Grand Blvd., Ste 2  
Spokane, WA 99204

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_

DAYTIME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

CHECK ENCLOSED

CREDIT CARD:  VISA  MASTERCARD

CREDIT CARD NUMBER: \_\_\_\_\_

EXPIRATION: \_\_\_\_\_ SECURITY CODE \_\_\_\_\_

\_\_\_\_\_  
CARDHOLDER'S SIGNATURE (or call 509-473-2490)

My donation is in the Honor of \_\_\_\_\_ Memory of \_\_\_\_\_,  
their name \_\_\_\_\_

PRC of Spokane is a 501 © 3 and your donation is be tax deductible.