

PARKINSON NEWS

New National Reach, Same Local Touch

Volume 32

Issue 2

February 2012



National Parkinson Foundation Launches New Campaign: Aware In Care



Did you know that three out of four people with Parkinson's disease do not receive their medications on time when staying in the hospital? People with Parkinson's visit hospitals more often, and, combined with the great importance of the timing and dosing of Parkinson's medications, face greater risks in

the hospital.

This is why the National Parkinson Foundation (NPF) has launched the Aware in Care program, which aims to help people with Parkinson's disease get the best care possible during a hospital stay.

To protect, prepare and empower people with Parkinson's before, during and after a hospital visit, NPF has developed a free Aware in Care kit with tools and information to share with hospital staff during a planned or emergency hospital stay. The kit is available through NPF Chapters and support groups throughout the country. As a new NPF Chapter, we will be distributing the kits and education about the program to our support groups in

the coming months. An additional educational program will be developed to distribute any remaining kits.

The kit is large enough to fit your Parkinson's medications to take with you on your next trip to the hospital.

The kit includes:

- **Hospital Action Plan:** Read about how to prepare for your next hospital visit—whether it is planned or an emergency.
- **Parkinson's Disease ID Bracelet:** Wear your bracelet at all times in case you are in an emergency situation and cannot communicate.
- **Medical Alert Card:** Fill in your card with emergency contact information and place in your wallet.
- **Medication Form:** Complete this form and keep copies in your kit for use at the hospital.
- **Parkinson's Disease Fact Sheet:** Share the facts about Parkinson's with hospital staff and ask that a copy be placed in your chart.

"Aware In Care" continued on page 11

You Make The Call

By Dave Meyers

In the months since my Parkinson's diagnosis, I've bumped into too many old friends who are quick to apologize because they didn't call me after hearing about my new challenge.

"I SHOULD HAVE CALLED... but I didn't know what to say", is an all too common refrain.

The phrase, "I didn't know what to say" should be stricken from everyone's vocabulary. You've known me for 5, 10, 15, 20 years, you're a smart person, you have a myriad of communication options, you must sense that I am, if not suffering physically, certainly experiencing some emotional pain, and you "DON'T KNOW WHAT TO SAY?!". You need new vocal chords, and some new guts.

A bit harsh, I admit, but think how selfish those words sound. It might make YOU

"You Make The Call" continued on page 5

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A Very Exciting Year Ahead

By Dan Davis, President & CEO

What a very exciting time for our agency! As of January, we are officially the National Parkinson Foundation Central & Southeast Ohio. As mentioned in the December/January newsletter, this affiliation will be of great benefit, both in increasing awareness nationally as more groups join the chapter structure with the NPF to help create a more unified voice for individuals and families touched by PD, and locally as we utilize best practices and resources from other groups to improve our efforts here.

One of the first benefits for our region and support groups is the Aware In Care program, discussed on page 1 of this newsletter and a component to the program, 10 Steps to Optimum Care on page 4. We will be able to educate and empower our support group members with this important effort to prepare for a hospital stay. If you are a facilitator of one of our groups, please contact the office to schedule your Aware In Care presentation.

We are finalizing plans for our Annual Spring Symposium on April 28, 2012, and will have details in the March Issue of this newsletter and on our website. If you know someone that has volunteered their time to help those touched by PD, consider nominating them for the Betty Lindstrom Award. Betty founded our group and was instrumental in working with many other areas to create support groups and education. The nomination form can be found on page 10.

On July 14, 2012, we will be holding Night Flight, an evening golf event to raise funds, and in the fall of 2012 we will be taking part in the NPF signature event Moving Day. Future issues of this newsletter will provide additional information.

If you haven't been there lately, make sure to head to our website at www.centralohioparkinson.org to see our revised look. We will look to keep the information current, and will be able to use the information from the national group to strengthen knowledge about PD.

One last item to note, we also have a new page on Facebook; National Parkinson Foundation Central & Southeast Ohio. This will be an additional source of information. If you are on Facebook, make sure to find the page and "like".

Have a great month.

Save The Date

ANNUAL SPRING SYMPOSIUM

Saturday, April 28, 2012

Details in the March Newsletter

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National Parkinson Foundation Central & Southeast Ohio
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Columbus, OH 43231

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Toll Free: 866.920.6673
www.CentralOhioParkinson.org

The Parkinson News is a monthly publication of the National Parkinson Foundation Central & Southeast Ohio. Comments, Suggestions, and Article submissions may be sent in Word format, to:

comments@centralohioparkinson.org, or mailed to our office to the attention of: Dan Davis, Editor.

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A non-profit organization dedicated to providing support to individuals and families affected by Parkinson's Disease through support groups, education, awareness and support of research.

This newsletter is not intended as legal or medical advice nor to endorse any product or service. It is intended to serve as an information guide.

Come Join Us

The monthly Foldin' and Addressin' will be **Tuesday, February 28, 2012**. Come join us at 11:00 AM or when you can, and stay as long as you want at The Covenant Presbyterian Church (the corner of Redding Road and Ridgecliff) in Upper Arlington. Bring a friend. The tasks involved are simple and easy. We usually finish by 3:30 PM. During that time everyone has an opportunity to chat and have a refreshment or two. The facility is wheelchair accessible.

Put Life Back in Your Life with
"Healthy U"

Stanford University's Chronic Disease Self-Management Program

2800 Corporate Exchange Dr
Columbus, OH 43231

March 7, 14, 21, 28 and April 4, 11 of 2012
Attendance is required at all sessions
1:00pm-3:30pm

Registration required
Registration Deadline February 29, 2012

Contact Jane Acri at 614-645-3866, 800-589-7277 or jacri@coaaa.org to register

This program is Free and open to anyone with a
chronic health condition and their caregivers.

People with any chronic health condition can learn to:

Create weekly action plans

Deal with fatigue

Communicate effectively about their condition

Find physical activity that works for them

Evaluate new treatments and receive mutual support

Participants receive *Living a Healthy Life With Chronic Conditions*, 3rd Edition.

Sponsored by the Central Ohio Area Agency on Aging and
the National Parkinson Foundation Central & Southeast Ohio.

Funded by the Ohio Department of Aging.

10 Steps to Optimum Care

From the Aware In Care Kit



One of the many important items in the **Aware in Care Kit** is the Hospital Action Plan. In just 10 steps, it outlines what you can do to prepare for your next hospital visit - whether it is planned or an emergency.

Take Action at Home:

1. Line Up Help. Assemble your care team. This team should include your care partner, Parkinson's doctor and primary care physician.

2. Pack Your Aware In Care Kit. Review and know the materials provided in the kit, keeping the information updated. Add an emergency contact list, an extra supply of your Parkinson's medications and all additional medications, a completed medication form and a copy of your health care proxy card.

3. Prepare For The Unexpected. Wear the Parkinson's ID bracelet at all times, and fill out the Medical Alert Card and put in your wallet. The bracelet will alert emergency responders that you have PD and refers them to the wallet card.



4. Find A Good Hospital. Contact local hospitals and ask questions, selecting the hospital that will meet your PD needs and accepts your insurance.

When You Are In The Hospital:

5. Be Vocal. Use the **Parkinson's Fact Sheet** and **I Have Parkinson's** slips to educate the staff about Parkinson's. Let them know you need your **Parkinson's medication on time, every time.** Ask for a neurology consult or ask the physician to speak to your Parkinson's doctor. If you have trouble speaking, ask your care partner to speak on your behalf.

6. Be Persistent. Talk to each member of your care team about your symptoms and special needs. Ask for help if you feel no one is listening.

7. Get Moving. Start moving as soon as possible after your procedure. Find out if physical therapy is covered for you in the hospital, and if so, ask to begin therapy. Find out if you also qualify for physical therapy at home once you are discharged.

8. Stay On Top Of Your Care. Engage your care partner in monitoring all aspects of your care. Pay attention to the medications, treatments and tests you get in the hospital. Know the medications that are unsafe for people with Parkinson's. Speak up if you think something is wrong.



When You Are At Home:

9. Follow Up And Provide Feedback. Contact your Parkinson's doctor and share your discharge instructions. Contact the hospital and let them know about the quality of care you received. Prepare your kit for your next hospital stay.

10. Connect With Others. Reach out to join a local support group. Review the support groups listed in this newsletter, or contact the office for other areas at 1.866.920.6673.

Like Us On Facebook

Make sure to find our new page: National Parkinson Foundation Central & Southeast Ohio and "like" for updates and information.

Exercise of the Month: Functional Fitness Plan V

Posture (Floor Exercises)

By David Zid, BA, ACE, APG Certified Functional Fitness Trainer and Jackie Russell, RN, BSN

Because posture is so important, I want to add some floor exercises to help combat that “vulture” pose. Perform these in addition to the standing exercises for posture and the “vulture” should vanish. Good luck and stand tall. ~David

TV Pose – Lie face down on the floor. Prop your upper body up on your elbows (like you are watching TV) with your head held high, looking forward. You should feel a slight arch in your back. Hold for 30 seconds; work up to 2 minutes if possible.

Swims - Lie face down on the floor. Make a fist with one hand and rest your chin or forehead on it. Outstretch the other arm; lift that outstretched arm and the opposite leg 4-6 inches off the floor. Return arm and leg to starting position. Repeat 5-10 times. Repeat on the opposite side.

Back Lineup – Lie on back, face up with legs as straight as possible, arms above the head on the floor. Progressively push heels, then knees, hips, low back, shoulders, head, elbows, and finally hands into or towards the floor. Hold this position for several seconds, then relax. Repeat this exercise in reverse order, starting with hands and ending with heels.

Seated Stretch - Sit on the floor, with your hips close to the wall. Push your head and shoulders into the wall; push your legs into the floor. Relax your hands in your lap, toes pointed toward the ceiling. Hold for 2 minutes, relax and breathe.

*For additional exercise ideas, refer to our book and DVD **Delay the Disease – Exercise and Parkinson’s Disease**, and our newest collection of exercises on DVD **Functional Fitness for Parkinson’s**, which is available at www.delaythedisease.com*

Attention Readers:

Have questions about exercise? If so, send them into the office, and then look for the answers in a future issue. Send in the questions via email to comments@centralohioparkinson.org, mail them to our office at 2800 Corporate Exchange Dr, STE 265, Columbus, OH 43231, ATTN: Newsletter, or feel free to call them in to 614.890.1901 or Toll Free to 866.920.6673

You Make The Call– *continued from page 1*

uncomfortable to make that call, so your potential discomfort overrides the comfort you might provide someone who is facing perhaps, the biggest challenge in their life? In your world, avoiding a little awkwardness takes precedent over showing you care? You want that on a tombstone?

So the next time you think, “I should call, but, golly gee, I don’t know what to say”, get a mirror and have a talk with the person staring back at you. And think about your first thought. When you get to, “I should have called, but”... STOP. Your initial instinct is right on. Of course you should call! And know this: if you call and babble, stammer, and generally butcher everything your English teachers ever taught you, I’ll only remember that you called. If you call, and say something totally stupid, I will remember that you called. If you call and find it hard to go on, I’ll only remember that you called. At a time when I am just plain scared of my own mortality and felling things I’ve never felt before, I don’t care WHAT you say or HOW you say it.

But by saying nothing, you’re saying a lot. The silence is deafening...and revealing.

Not knowing what to say, or saying it using something less than

the King’s English is pardonable. Not caring enough to place the call is selfish, gutless, and inexcusable. My response to “I should have called, but I didn’t know what to say” goes like this: “You didn’t call, and I know EXACTLY what to say”. MAKE THAT CALL! A Wizard of Oz reference seems in order...have a heart, use your brain, and muster up some courage.

As I write, I temper the emotion I feel for this topic. I recognize that no one has the ability to say the exact right thing at the exact right time...especially to a friend in a tough spot. Conversely, a friend in a tough spot is a friend first and foremost, not a grammarian. He values your friendship, not your use of syntax.

In my career and in my life, I use an adage that seems to work remarkably well in a variety of situations: “When all else fails, tell the truth.”

Role play with me: You: “Hey, I don’t know what to say.” Me: “You don’t have to say anything, the fact that you called speaks volumes.”

There, was that so hard?

Support Group Programs for February & March 2012

Please contact the facilitators listed to confirm the meeting is still being held.

ATHENS COUNTY

Second Tuesday of the Month at 2:00 pm

O'Bleness Hospital

June Safranek, 740.590.3243

Anne Stempel, 740.593.8665

February 14, 2012

March 13, 2012

Regular exercises will begin 1:45 pm before each meeting

COSHOCTON COUNTY

Third Monday of the Month at 11:30 am

Coshocton County Memorial Hospital

Bob Pingle, 740.622.6010

Chuck Hathaway, 740.622.0863

February 20, 2012

March 19, 2012

DELAWARE COUNTY

Third Wednesday of the Month at 1:30 pm

Delaware Township Hall, 2590 Liberty Rd, Delaware

Al & Barb Ulrich, 740.363.3841

February 15, 2012 - "To Drive or Not to Drive"

March 21, 2012 - Nutrition

DELAWARE SPEECH CLASS

2nd & 4th Monday of the month at 1:30 pm

Delaware Senior Center, 800 Cheshire Rd, Delaware

Contact Al & Barb for details

FAIRFIELD COUNTY

Third Wednesday of the Month at 1:00 pm

Mills Memorial Church, 402 N Broad St, Lancaster

Edna Lee, 740.654.1347

February 15, 2012 - Speaker; Call for details

March 21, 2012

FRANKLIN COUNTY

CENTRAL OHIO CAREGIVERS

NOTE CHANGE IN DATE, TIME & LOCATION

Fourth Thursday of the Month at 1:00 pm

Panera Bread, 875 Bethel Rd, Olentangy Plaza

Dorothy Woldorf, 614.221.0324

February 23, 2012

March 22, 2012

DBS DISCUSSION GROUP

First Monday of the Month at 7:00 pm

Various Locations

Office, 614.890.1901

Call Office for details on date and location for meeting

EL DOPAS

Second Monday of the Month at 7:00 pm

The United Methodist Church, 600 High St, Worthington

Susan Hervey, 614.372.5360

Kathy Hakes, 614.444.6517

February 13, 2012 - Care & Share

March 12, 2012 - Birthday Party and Game Night; details to follow.

EL DOPAS "PARKINSON PARTNERS"

Last Monday Every Other Month at 6:30 pm

Hunan Lion, Bethel Rd

Maureen Haney, 614.451.0982

March 26, 2012 - Call Maureen for reservations.

All partners are welcome.

FORUM AT KNIGHTSBRIDGE

Second Thursday of the Month at 1:30 pm

4625 Knightsbridge Blvd

Lori Wengerd, 614.481.8888

Dodie Wood, 614.481.8888

February 9, 2012

March 8, 2012

GROVE CITY AREA

Fourth Wednesday of the Month at 1:30 pm

E. L. Evans Senior Center, 4330 Dudley Ave

John Corbett, 614.279.4984

February 22, 2012 - Regular Meeting

March 28, 2012 - Regular Meeting

HILLIARD AREA

Third Monday of the Month at 7:00 pm

Traditions at Mill Run, 3550 Fishinger Rd, Hilliard

Ernie Kreutzer 614.890.1901

February 20, 2012

March 19, 2012

REYNOLDSBURG AREA

Fourth Thursday of the Month at 10:00 am

Reynoldsburg United Methodist Church, 1636 Graham Rd

Carmel Jenkins, 614.861.2571

Maureen Patterson, 614.833.0980

NO MEETING IN FEBRUARY

March 22, 2012 - Care & Share

WESTERVILLE AREA

First Wednesday of the Month at 1:30 pm

Westerville Senior Center, 310 W. Main St, Westerville

Bev Phipps, CRNS, 614.882.9338

February 1, 2012

March 7, 2012

YOUNG ONSET

First Tuesday of the Month at 7:00 pm

Ray Patch Family YMCA, 4515 Cosgrave Rd, Hilliard

Jim Eder, 614.370.0204

February 7, 2012

March 6, 2012

GUERNSEY COUNTY

Second Tuesday of the Month at 2:00 pm

Crossroads Branch Library, 63500 Byesville Rd, Cambridge

Chris Stats, Seniors Helping Seniors, 740.439.5817

February 14, 2012

March 13, 2012

JEFFERSON COUNTY

Third Friday of the Month at 12:00 pm
Eat & Park Restaurant, Ft. Steuben Mall, Steubenville
Judy Owens, 740.283.7210
Barbara Penman, 740.282.5645
February 17, 2012 -A chiropractor will discuss Winter Exercise
March 16, 2012

JEFFERSON COUNTY EXERCISE CLASS: MALADY CLASS
Monday & Wednesday at 1:30 pm
YMCA Wellness Center, 3151 Johnson Rd, Steubenville
INSTRUCTOR: Tammy Gregory from "Body Recall"

KNOX COUNTY

Third Wednesday of the Month at 1:30 pm
Knox Community Hospital, 1330 Coshocton Rd
Jeanne Phillips, LSW, 740.393.9000
February 15, 2012
March 21, 2012

KNOX COUNTY DELAY THE DISEASE EXERCISE CLASS
Tuesday & Thursday at 10:30 am
Waterford United Methodist Church, 20595 Waterford Rd,
Fredericktown
Contact Brian Hassel at 740.694.9862

LAWRENCE COUNTY

Third Friday of the Month at 1:00 pm
Woodlands Retirement Center, 1 Bradley Foster Dr,
Huntington, WV
Leala Zappa 304.697.1620
February 17, 2012
March 16, 2012

LICKING COUNTY

Third Sunday of the Month at 2:30 pm
Licking Memorial Hospital, 1320 W. Main St, Newark
Jay Wood, 740.522.8759
February 19, 2012 - Don Ridgeman, ERS Monitoring
March 18, 2012 - Speaker from Flint Ridge Nursing & Rehab Center

MARION COUNTY

Third Friday of the Month at 1:00 pm
Marion Senior Center, 2375 Harding Highway East
Greg Darling, 740.383.4105
February 17, 2012
March 16, 2012

MARION YOUNG ONSET

First Tuesday of the Month at 7:00 pm
Berean Baptist Church, 131 Marion Cardington Rd, Marion
Greg Darling, 740.383.4105
February 7, 2012
March 6, 2012

MUSKINGUM COUNTY

Third Wednesday of the Month at 2:00 pm
Primrose Retirement Community, 4212 Northpointe Dr,
Zanesville
Martha Purkey, 740.450.4548
February 15, 2012
March 21, 2012

MUSKINGUM COUNTY DELAY THE DISEASE EXERCISE CLASS
Every Tuesday from 10:00 am - 11:00 am
North Terrace Church of Christ, Bowers LN, Zanesville
Rhonda Forrestal, 740.455.5151
Anyone interested in more information, contact Martha Purkey at 740.450.4548

PICKAWAY COUNTY

NOTE SCHEDULE CHANGE
Third Friday of Every Other Month at 1:30 pm
Pickaway Manor, 395 Clark Dr, Circleville
Elaine Winter, 740.474.6564
March 16, 2012 - Call for details

ROSS COUNTY

Third Monday of the Month at 10:30 am
Chillicothe Fitness and Racquet Club, 1245 Western Ave,
Chillicothe
Misty Allen, 740.773.4928 or 740.779.3000
February 20, 2012
March 19, 2012
A Monthly Calendar of meetings and exercise classes is available at the support group meeting

ROSS COUNTY EXERCISE CLASS

Every Monday & Friday at 10:30 am and every other
Wednesday at 10:30 am
Chillicothe Fitness and Racquet Club
Misty Allen, 740.773.4928 or 740.779.3000

SCIOTO COUNTY

Last Thursday of the Month at 1:30 pm
Hillview Retirement Center, 1610 28th St, Portsmouth
FACILITATOR: Sue Harrison, 740.353.1393
NOTE DATE AND TIME CHANGE FOR DECEMBER
February 23, 2012 - February Fun and Games
March 29, 2012 - Program planning for the year

UNION COUNTY

Second Tuesday of the Month at 1:30 pm
First United Methodist Church, 207 S Court St, Marysville
Betty Crowder, 937.747.3703 or 937.642.0418
February 14, 2012
March 13, 2012

WASHINGTON COUNTY

First Saturday of the Month at 10:00 am
Redwood Restaurant, 2813 Washington Blvd, Belpre
Mary Ann Smith, 304.863.6234
February 4, 2012 - Regular meeting
March 3, 2012

Regional Ohio Support Groups

Northwest: 800.438.5543 Toll Free, www.pfnwo.org

Northeast: 800.630.3193 Toll Free, www.ohparkinson.org

Souhwest: 937.878.8608, www.ohioparkinson-southwest.org

IN CELEBRATION OF

Christmas:

Allen & Barb Ulrich
Ken & Diane Ulrich
Charles I. Ulrich
Carl & Pam Fallara

Rob & Katy Cantlon
Steve & Karen Cantlon

Eric & Carol Henderson
Steve & Karen Cantlon

Bill & Tina Root
Steve & Karen Cantlon

Michael Cantlon
Steve & Karen Cantlon

Mark Cantlon
Steve & Karen Cantlon

Maureen Patterson
Richard & Mary McComb

Uncle Phil Rowe
Dan & Carrie Davis

Steve Cantlon
Eric & Carol Henderson

Anniversary:

Bill & Cathy Johnson
Jenny Smith
Frank Johnson
Leon Johnson
Mary Shields

Train the Caregiver Seminar

Saturday, March 24, 2012
1 - 4 pm

Auxiliary Conference Center
St. Rita's Medical Center
730 W. Market St
Lima, OH 45830

Cost: \$10 per person or \$20 per Couple

**To register or for more information,
contact:
Beth Hartoon, PT, 419.523.5391**

ATTENTION PD ARTISTS:

The National Parkinson Foundation Central & Southeast Ohio will again be presenting a PD Artist display at our symposium. It is our goal to showcase the talents of individuals with PD, and the triumph of their spirit in continuing to create beauty.

In order to gauge the space we may need to present such an event, we would like to request all interested individuals to provide the following information:

- Name, address and phone number
- How long you have had PD?
- Type of art/craft (painting, woodwork, poetry, photography, etc.)
- Approximate number of pieces you would like to display
- Would you be willing to donate one or more pieces to a permanent collection?
- Would you be interested in selling any of your items?
- Will you be attending the Symposium?

Please send the requested information to the office: National Parkinson Foundation Central & Southeast Ohio, 2800 Corporate Exchange Dr, STE 265, Columbus, OH 43231 ATTN: PD Artist, or send an email to comments@centralohioparkinson.org. Contact the office with any questions; 614.890.1901, Toll Free 866.920.6673

DONATIONS

Andrew J. Chonko
 Wanda M. Lee
 Milton J. Outcalt
 William & Jane Bish
 William & Marolyn Halverson
 Paul & Jane Gaydos
 Jane W. Ellis
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 Charles Johnson
 Helen Schrote
 Fred Dietz
 Ralph McCoy
 Mary & Michael Motz
 Jeanette Speckman
 Susan Hervey & Paul Bouchard

IN MEMORY OF

Richard English
 Paul & Susan Bouchard
 Daniel & Mary Lou Pelzer
 Alene & Sally Hinshaw
 Tom & Mary Jane Bolon
 Len & Kathy Myers

Bill & Carol Thompson
 Virginia English
 Richard & Jane Ward
 Babs Thorson
 Dan & Carrie Davis

Harold C. Houghton
 Sharon L. Schaffner

Eugene L. Bulgozdy
 Family & Friends of Chase

Ora Wright
 Jason, Jamie & Riley Mayberry
 Roby & Janet Whitley
 CPD-Burglary Squad & Property
 Recovery Unit

Milly Berry
 Kathleen A. Berry

Frank Weade
 Claire M. Weade

Shirley Horner
 John & Harriet Zierer

Clifford Heer
 Esther J. Heer

Richard Arnold
 Susan A Arnold

Fay Rossman
 Donald W Rossman

Betty Brungs
 Dwight Colins
 Ron & Virginia Swoyer
 Wellman Funeral Home

Robert Augsburg
 Hazel Augsburg

Manley Spillman
 Dorothy Spillman

Lynne Murdock
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Elma Ankney
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 Lois & Wilmer Clem
 Paul Winker Family

E. Dean Coffman
 Brian & Jodi Bergere
 Ingrid Emch & James Hunley
 Kyle Gerlach
 The Klopfer Family
 Amy & Brian Boyles
 Patti & Jon Heintzelman
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Robert L. Shafer
 Mary Dauberman

George Hand
 Marian Hand

Mabel McGraw
 Patty & Ray Reid

Christian Dumperth
 Richard & Lora Dumperth

IN HONOR OF

Maureen Patterson
 Richard & Mary McComb

Mr & Mrs Barry Turner
 Al & Sandy Katz

John P. Acri
 Joan Acri

Dr. George Paulson
 Patricia Loomis

Robert L. Kramer
 Aaron R. Kramer

Charles & Jan Lensing
 Dave & Debbie Pryor-Trent

The Betty Lindstrom Award

The National Parkinson Foundation Central & Southeast Ohio will once again honor an individual within the state of Ohio who has demonstrated active involvement in the Parkinson community by giving extensive time and energy to those afflicted with PD. The recipient must possess outstanding personal qualities, a thorough knowledge of PD and be involved in a worthy activity devoted to improving the quality of life of individuals with PD and their families. To nominate someone for this award, please provide the following information (feel free to use additional paper if needed):

Name of Nominee: _____

Address of Nominee: _____

What contributions has the nominee made within his/her region and within the PD community? _____

Describe the nominee's exemplary personal qualities and how they have affected his/her role in the PD community?

How does the nominee demonstrate and share his/her knowledge of PD? _____

Please state why this individual is deserving of this award: _____

Nomination submitted by: Name: _____

Address: _____

Phone: _____

Mail to: National Parkinson Foundation Central & Southeast Ohio
ATTN: Betty Lindstrom Award
2800 Corporate Exchange Drive, STE 265
Columbus, OH 43231

The recipient will be honored at our Spring Symposium, April 28, 2012
Nominations must be received in our office by April 13, 2012

Newsletter Renewal Form



Please continue my subscription Cancel my subscription

Name _____

Address _____

City _____ State _____ ZIP+4 _____

Please send my newsletter via email: _____

What topics would you like to see covered, or questions to be answered, in future newsletters?

Those making an optional contribution of \$35.00 or more will be acknowledged in our monthly newsletter. This acknowledgement will be name only - without address or amount of gift.

Your contribution may be tax deductible. Please make your check out to National Parkinson Foundation Central & Southeast Ohio (in U.S. dollars) and enclose with this form and mail to 2800 Corporate Exchange Dr., STE 265, Columbus, OH 43231.

✂ Cut along dotted line and return

Aware in Care— continued from page 1

- **I Have Parkinson's Reminder Slips:** Share vital information about Parkinson's disease with every member of your care team in the hospital.
- **Thank You Card:** Present this card to a staff member who provides high quality care.
- **Magnet:** Use this magnet to display a copy of your Medication Form in your hospital.
- Only 25% of hospitals have a mechanism in place to contact a patient's Parkinson's doctor upon admission
- 70% of hospital staff are unaware of the drugs that worsen PD motor symptoms or are contraindicated for people with Parkinson's

A study by the NPF (Chou, Kelvin L., et al. *Best Care Practices in NPF Centers: Care of the Hospitalized Parkinson's Disease Patient*. Parkinsonism and Related Disorders, 2011.) found:

Additional information about **Aware in Care** can be found at www.awareincare.org. If you do not live in an area with a NPF Center or Chapter, kits may also be ordered by calling 1.800.4PD.INFO (473-4636).



NIGHT FLIGHT

GLENROSS GOLF CLUB
231 CLUB HOUSE DRIVE, DELAWARE, OHIO
SATURDAY, JULY 14TH
(SATURDAY, JULY 21ST: BACK-UP/RAIN DATE)

For more information including sponsorship opportunities, please contact Mark Palumbo.

(740) 917-5037
markpalumbo@centralohioparkinson.org





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February 2012



FREE CLASSES

You are invited to join other Parkinsonians in fighting your PD. All classes below are entirely free. The costs are borne by the National Parkinson Foundation Central & Southeast Ohio. Speech training will help you keep your voice longer and exercise will help reduce rigidity. Studies have shown that Alexander Technique and Tai Chi help with posture and balance. All classes run continuously. You need not worry about coming in the middle. Spouses and helpers are invited as well.

GROUP SPEECH THERAPY SESSIONS

First and third Wednesdays: 10:00 am to 11:00 am
Second and fourth Wednesdays: 1:30 pm to 2:30pm
Instructor: Mimi Gelacek, Speech pathologist
Where: Columbus Speech and Hearing Clinic,
510 East North Broadway, Columbus

ALEXANDER TECHNIQUE CLASS

Second and fourth Tuesdays: 1:30 pm to 2:30 pm
Instructor: Donna Doellinger, RN, Certified
Alexander Technique teacher
Where: 6797 North High St, Suite 327, Worthington

TAI CHI CLASS

Thursdays: 10:00 am to 10:45 am
Instructor: Nathan Menaged
Where: North Community Lutheran Church
114 Morse Rd, Columbus. First Floor
Call 614.841.0781 for questions or to enroll

DELAY THE DISEASE EXERCISE CLASSES

Mondays: 1:00 pm to 2:00 pm
Instructor: Robert Gardner, DDS, "Doc Bob"
Where: Trillium Place, 3500 Trillium Crossing, Dublin
Contact: Carrie McCarter: 614.923.3451

Delaware

Tuesdays: 11:00 am to 12:00 pm
Instructor: Robert Gardner, DDS, "Doc Bob"
Where: Willow Brook Christian Village
100 Willow Brook Way (off Route 23 across from Bob Evans)
Contact: Bill & Doris Savely: 740.417.4145

New Class:

ARLINGTON COURT NURSING CENTER
Wednesday: 4:00 pm to 5:00 pm
Where: 1605 NW Professional Plaza, Upper Arlington
Contact: 614.545.2441

Schiller Park Location

Wednesdays: 12:00 pm to 1:00 pm
Instructor: Christa Ream
Thursdays: 11:00 am to 12:00 pm
Instructor: Jeremey Quinn
Fridays: 11:00 am to 12:00 pm
Instructor: David Zid
Where (Wed - Fri): 1069 Jaeger Street, Columbus
Contact: 614.645.3156

The NPF Helpline is open Monday through Friday
from 9:00 AM to 5:00 PM EST. HELPLINE: English/Español
1.800.4PD.INFO (473-4636) Get your PD questions answered.