

Aug, Sept, Oct 2013

INDY PD UPDATE

PRODUCED AND DISTRIBUTED BY: PAACI
PARKINSON'S AWARENESS ASSOCIATION OF CENTRAL INDIANA, INC.

Symposium

September 21, 2013 at 1pm
(Registration & Open House 12:00-1pm)
Cognition & Nutrition in Parkinson's

At the Indy West Conference Center,
400 N. High School Rd., Indpls., IN

\$20 per non-dues paying single
\$40 per non-dues paying couple
\$15 per dues paying member
\$30 per dues paying couple

Dues Reminder

If you haven't paid your dues for 2013, please pay them now. It's \$25/year for a family of up to 4 people. Paying your dues gives you a discount on your Symposium tickets, a tax deductible donation, and helps keep PAACI up and running.

Contact us at:
Sheripaaci@sbcglobal.net or
call 317-255-1993

Inside this issue:

Symposium Speakers	3-4
Symposium Registration Form	5
More Symposium Info	6
Memorials & Donations	7-8

Member Speak (One of our members stories. Send me us if you'd like to be featured.) 8

PAACI Numbers:

PAACI Office—317-255-1993
Parkinson's Care Partner
Support Group (For Caregivers)
(317) 902-7373

Newsletter

Published by the Parkinson's Awareness Association of Central Indiana, Inc. (PAACI)

Funded by your donations and the Parkinson's Awareness Association of Central Indiana

Arranged & Edited by Sheri Kauffman

Cover photo by Bryan Pressner

Disclaimer: The contents or opinions expressed in this newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by PAACI Staff/Board. Please consult your personal physician, attorney or therapist regarding your individual medical or legal issues.

PAACI Board Members

Nancy Pressner—**President**
 Jeff Brodzeller —**Treasurer**
 Rebecca Parks—**VP of Educational Programs**
 Connie Beery—**Board Secretary**

Members at Large—Edward Daly, M.D., Ph.D., Ahmed ElAntably, Dee Garrett, Glenda Ockerman

Honorary Board Member—Julie Sanderson, Joe Carney

PAACI Executive Secretary—Sheri Kauffman

Helpful Phone Numbers

American Parkinson's Disease Assoc.-800-223-2732

Aqua classes—317-547-8349

Caregivers Spt Grp w/Catholic Charities—317-261-3378

CICOA—317-254-5465

Dr. Ruth Ann Baird—317-217-3000

Dr. Joanne Wojcieszek & Dr. Liz Zauber—317-944-4000

Chair exercise classes—317-872-4567

Ft. Wayne exercise classes—260-486-4893

Indiana Parkinson's Foundation—317-630-0315

Indiana Reading & Information Services—317-715-2004

National Parkinson's Foundation-1-800-473-4636

Parkinson's Action Network- 800-850-4726

Parkinson's Disease Foundation-(212) 923-4700

Physical therapy—317-823-6841

Rock Steady Boxing—317-205-9198

Rx for Indiana—1-877-793-0765

Shelby Cty PD Exercise & Support—317-398-7614
 (Currently limited to Shelby County residents and Major Health Partners patients)

Southside Support Group—Contact Judy Clodfelter at clodfeltj@msdmail.net

The Climb North—317-774-7252

The Climb South—317-946-5340

Westside Support Group—317-244-4463

Young Parkinsons of Indiana—317-203-3049

Symposium 2013



Jon Thompson, PsyD, HSPP

Clinical Neuropsychologist
Clinical Services Manager

Dr. Thompson received his bachelor's degree in psychology from the University of Indianapolis in 1996. He earned his doctorate in Clinical Psychology from the University of Indianapolis in 2002, and completed a residency in Clinical Neuropsychology with Pediatric Neuropsychology Associates at Methodist Children's Hospital in Indianapolis in 2003.

Following completion of his APA accredited internship and a Fellowship in Clinical Neuropsychology, Dr. Thompson provided comprehensive psychological and neuropsychological services in southeastern Virginia until moving back to Indianapolis in 2006.

Dr. Thompson provides neuropsychological services to individuals of all ages, although his clinical practice now consists primarily of older adults. His professional memberships include the American Psychological Association and the National Academy of Neuropsychology. Dr. Thompson is also credentialed with the National Register of Health Service Providers in Psychology and recently received his Board Certification in Clinical Neuropsychology by the American Board of Professional Psychology.

Dr. Thompson has particular clinical interest in: cerebrovascular disorders, traumatic brain injury, sports related concussion, normal pressure hydrocephalus, **Parkinson's Disease**, memory loss, dementia, assessment of capacity and tic disorders.



Jackie Nielsen, MS, RD, CDE

Jackie has 32 years of experience in the field of nutrition and food science. She has been a Registered Dietitian for 26 of those years, working in both hospital settings and private practice.

Her expertise is in the fields of diabetes, nutrition support, **Parkinson's Disease**, allergies and special needs children. She also works with clients with coronary disease, Gluten Enteropathy (Celiac disease), and Cancer. Jackie believes nutrition is the key to maintaining or improving one's health.

Jackie has written a chapter in "Parkinson's Disease: Guidelines for Medical Nutrition Therapy for use by Nutrition Professionals" entitled "Acute/Subacute/Long Term Care/Home Health Care". She presents locally or nationally at conferences and workshops on the topic to both health care professionals as well as to patients and caregivers.

Jackie's training includes: B.S. Home Economics, Fields: Food and Nutrition, M.S. Food Science and Nutrition, R.D. Registered Dietitian, C.D.E. Certified Diabetes Educator, and C.N.S.D. Certified Nutrition Support Dietitian. She is also the Cofounder/owner of Partners in Nutrition, LLC and has been given the honor of dietitian of the year three times.



Victoria Wessler

Certified Tai Chi Instructor

Victoria Wessler is a Certified Tai Chi for Health instructor and offers classes which are open to the public including Tai Chi for Health, Tai Chi for Arthritis and Tai Chi for Diabetes. She teaches at Community Hospital North, Witham Hospital, and the Peace Through Yoga Studio.

Victoria says she is on a personal mission to dispel the myth that Tai Chi is only for the elderly. “Tai Chi is for everyone!”, she explains, “Tai Chi is a very accessible form of exercise. It can be practiced regardless of age, weight, or physical ability. The practice of tai chi over time has a significant calming effect of it on your mind and strengthens your body. A recent review of 47 studies published in the Archives of Internal Medicine conclude that tai chi can lower blood pressure; increase flexibility, strength, and balance; and decrease stress, anxiety, and depression and help you lose weight.”

When she is not practicing Tai Chi, Victoria and her husband Robert (who live on a mini farm in Boone County with their dog and five rescued kitties) enjoy gardening and grow and preserve much of their own food.

For more information about the many health benefits of Tai Chi or to find a class taught by Victoria near you, go to www.taichieveryday.com.



Joanne Wojcieszek, M.D.

Clinical Associate Professor of Neurology, IU School of Medicine

Director, Movement Disorder Clinic

Sr. Member of the Neurology Staff at the Huntington Clinic

Dr. Wojcieszek (or as her patients know her, Dr. Joanne) brings a passion for creating positive doctor-patient relationships to the field of neurology using an approach that combines science and medicine with active listening. Under-girding this is her firm belief in the dignity of patients and a conviction that medical students and doctors must listen to patients and build positive relations with them to facilitate healing. Her focus is on teaching medical students and residents interested in HD, Parkinson’s disease, Tourette Syndrome and other movements disorder to both counsel and comfort patients, especially those patients who have moved beyond hope of cure.

A member of the American Academy of Neurology, the Movement Disorder Society and The Consortium of Neurology Clerkship Directors. Dr. Wojcieszek was nominated by Senator Richard G. Lugar (R-IN) to be a Local Legend. She began her career as a neurologist and researcher at the University of Iowa Hospitals and Clinics, in 1989 and later won a fellowship in clinical therapeutics with application to the study of movement disorders at the University of Rochester Medical Center.

She came to the Indiana University School of Medicine in 1995 as Clinical Assistant Professor of Neurology, and became a Clinical Associate Professor of Neurology in 2001. She has received the Indiana University Trustee Teaching Award, School of Medicine in 2003 and the Teaching Excellence Recognition Award, Indiana University School of Medicine in 2000.



Parkinson's
 Awareness
 Association
 Of Central
 Indiana, Inc.
 317-255-1993
 www.paaci.org

Symposium Registration Form

INDY PD UPDATE

\$20 per non-dues paying members
 \$15 per dues paying member
 \$25 dues for a family of 4 or less

<u>Name of Attendee:</u>	<u>Paying Dues or Date Previously Paid: (\$25 for a family of up to</u>	<u>Amount Paying:</u>
Total Attendees:	Total Dues:	Total Payment:

Method of Payment: Check _____ Cash _____
 Credit Card Payment (circle one): Mastercard Visa Expiration Date: _____
 Credit Card Number: _____
 Zip Code (where credit card statements are received): _____
 Signature: _____

Contact Information

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 (Please include phone number for questions)
 E-mail: _____

Please make checks payable to PAACI. Registrations and payments can be mailed to the PAACI Office at:

PAACI
 6847 Hillside Ct.
 Indpls., IN 46250

Contact Sheri at 317-255-1993 or e-mail sheripaaci@sbcglobal.net for questions or more information.

***Most time sensitive information is sent out through e-mail. If you would like to receive messages from us that include information about new or updated PD info, local events, or webcasts please be sure to share your email with us in the contact information.

Symposium Extras

As many of you may know, at the close of each Symposium we have a question and answer panel, where you can give your questions to a board member for the panel to address. We will also be having tables of Parkinson's Support & Exercise groups, local vendors and other helpful organizations.

Something new you'll see this year will be a silent auction during the Symposium, all proceeds go to help fund the PAACI organization. Please bring your cash, checkbook or credit cards and take home something nice. We look forward to seeing you there! If you have any questions call Sheri or email her at 317-255-1993 or sheripaaci@sbcglobal.net.

Parkinson's Center & PAACI Move

For the first time in more than 25 years, we're moving! PAACI's new office will be located at 6847 Hillsdale Ct., Indpls, IN 46250. We are moving in collaboration with Rock Steady Boxing to create a Parkinson's Center, sort of a one stop shop for people with Parkinson's Disease.

We hope you'll like our new location as much as we do.

Our new open office hours will be Monday, Wednesday and Thursday from 9am-5pm starting August 1, 2013. Please plan to stop by and see us!

Directions to Symposium

From North/West side of Indianapolis:

Take 465 west toward I-65 South
Take 10th St. Exit (Exit 14), then right on west 10th
1st left onto North High School Rd
400 N. High School Rd. is on the right side

From South/East side of Indianapolis

Take 465 West to Rockville Rd. (Exit 13)
Left on Rockville Rd., right on N. High School Rd.
400 N. High School Rd. is on the left side

From far Eastside Indianapolis

Take 70 west to 465 South West
Take Holt Rd. exit (Exit 77), turn right on S. Holt Rd.
Left on Rockville Rd., right on N. High School Rd.
400 N. High School Rd. is on left

Choose to Move—IPF walk

Date: 9/21/13

(Yes, this is the same day as Symposium, please come after the walk, relax, have lunch and get some good information.)

Time: 9am

Cost: \$40/10k run

\$30/5k run

\$25/fun-run

Call Jessica at 317-727-5893 for more info.

Research Study

IU Speech & Hearing Sciences Department is looking for adults diagnosed with Parkinson's Disease (PD) and healthy adults (45+) for a study on speech production in PD. Qualified participants will receive free speech and hearing evaluations. The study requires you to read lists of sentences that will be recorded. Please call 812-855-7768 for more information or to schedule an appointment. \$25 compensation upon completion.

Rest in Peace Dear Friends...

Bob Boone	Bill Palmby
Betty Fields	James "Jim" Pressner
Robert Hammond	Donald Wilson"
Donald Haynam	James Darrell York
John Hessman	
Mabel Lee	Sister & Sister-in-law of
James D. McAtee	Ronald & Alice
Mary Jo Moore	Kilgore

Multiple Donations ...Special thoughts and thanks to our friends who have made several donations to PAACI over the last few months including... Martin & Carol Zagarinsky and Mary Skinner.

Honorariums... Some of our PD friends like to honor their friends and/or loved ones with a donations. Our honoree in this Newsletter is **William "Bill" Israel.**

Dues Paid
Thank you to all our dues paying members. We appreciate your support.



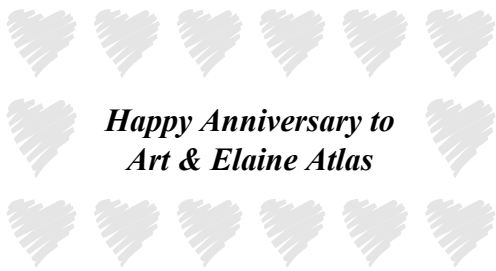
PAACI is so grateful for your donations. Thank you for thinking of us in all you do.

XX John & Mary Lou Adams, David & Linda Armstrong, Calvin & Linda Bayles, Angela Blevins, Kenneth Christy, Anna Cottman, Dick & Dorothy Crane, Karen L. deGraaf, Don Fields, Normman & Donna Funkhouser, Thomas & Patricia Grabill, Ronald & Elinor Hackler, Mridula Jarial, Patricia Kluempers, Martha & John Ladd, Kristi Lammers, Michael McConnell, Thelma Moore, Forrest & Sharon Payne, Jean M. Pattison, Donna Richard, James Rogers, Mary Sutton, M.L. Thurman, Peg Sharples, Carol Slocum, Susan Stephens, M.D., Emily Ward, Henry & Mary Weaver, Patsy Wilson, Jerry & Sandy Wuest

Multiple Memorial Donations

Special thanks to our members' families who thought of PAACI at a very difficult time in their lives. These are our members whose families remembered us in their loved ones obituaries or at their memorial services. **Thanks to the families of Donald R. Haynam, James McAtee, Mary Jo Moore and James Darrell York**

Donations made in loving remembrance of...
Floyd Chandler
Jay Cottman
James Skinner



Bequests are donations planned lovingly long in advance, placed in your will, to be given upon your passing. As much as we all know how difficult this kind of planning is, your thoughtfulness really matters to us. **Thank you so much!**

PAACI Cares Donation Fund...

Thank you, thank you, thank you to **Mary Neffner**, who made the first donation to our PAACI Cares! Fund. This donation along with future PAACI Cares! donations will fund the respite care fund. We're so grateful for your help.

Member Speak



Meet Jack Beck...he was diagnosed with Parkinson's Disease at 72 years young and up until recently was very active. Jack was a US Navy man and a volunteer firefighter. He traveled extensively and spent winters in Arizona and summers in Indiana and his favorite hobby was rebuilding Studebaker cars and trucks. That is until he took a fall and was taken to the hospital where he was diagnosed with Parkinson's Disease. He now resides in a nursing home, but has fought a hard fight to maintain his life while living with PD. He has been treated with multiple medication regimens and physical therapy. Now at 82 years old the trembling has set in and Jack says that he often "feels like his brain tells him to turn right, but his body turns left, then he trips and falls over himself". But he gets up and tries again...we all have to get up and try again.

 * PAACI would like to make a special acknowledgement *
 * to **Bill Froelich** and the **Al Malaikah-Murat Shrine** *
 * who lovingly make a donation in memory of Midge *
 * Lackey every year in May. *

Donations of \$100 & over

Fidelity Charitable Gift Fund
 C/o Ray & Carol Andrejasich

Fred & Neomi Brinson

Anna Cottman

Robert Dale

Norma & Donna Funkhouser

Fidelity Charitable Gift Fund
 C/o The Gabel Fund

Hoosier MGA Club

Janeen Israel

Terri Livingston

Mike McConnell

Jean M. Pattison

Patsy Wilson

Donations Under \$100

Maureen Daley

Coy Devine

Beverly R. Engle

Don Fields

Jerry & Darlene Fox

Friends at Glen Ridge

Imogene Grosheim

Beverly Heider & Sons

Sandi Hobbie

Stephen & Vera Holliday

Deb Kehl

Joe Kidwell

Kristi Lammers

Alice McClellan

Robert & Shirley

McMenanin

Anthony & Jean Meiser

Michelle Moore

Thelma Moore

Ronald & Judy Musivk

Mary Jane Northam

Lucille Owens

Forrest & Sharon Payne

Jim Poole

Marcia Rainey

Tom & Marsha Riggs

Lawrence & Phyllis

Schneider

Susan Stephens

David & Barbara Vandersall

Henry & Mary Weaver

Caroline Yandas

Naomi R. York

Donations Under \$100

John & Mary Lou Adams

Vivian Alexander & Robin

Jim & Sandy Bartholomew

Ron & Trudy Bauerle

Calvin & Linda Bayles

Eric & Clair Beaver

Keith & Adrian Borden

Marilyn Brews

Elsie Britton

Ray & Becky Bunes

Pat & Brenda Christensen

James Couk

Ed & Nancy Coulter

**Parkinson's Awareness Association of
Central Indiana, Inc. (PAACI)
6847 Hillsdale Ct., Indpls., IN 46205
317-255-1993 www.paaci.org
Facebook: Indianapolis Parkinsons**

Non-Profit
U.S. Postage
PAID
Permit# 1040
Leesburg, FL
34748

Stay up to date...get the breaking news on PD with email blasts

In an effort to keep the Parkinson's community more up to date and current, we are sending out more email blasts. If you would like to receive the most up-to-date information regarding local PD events, webinars, or any new information available please send your email address to:
sheripaaci@sbcglobal.net or
text PARKINSONS to 22828.

PAACI Cares!

The first initiative of PAACI Cares! is to help off-set the cost of respite care. Respite care refers to the opportunity for the care provider and the person affected by Parkinson disease to get a break. The kick-off to the PAACI Cares! Respite program allows caregivers up to \$500.00 per year in assistance to subsidize the cost of respite care for in-home care.

If approved, the subsidy is paid directly to the agency after the respite care has been provided and appropriate documentation has been submitted. There will be a list of respite care providers from which you can choose one that would work for your situation. There is an application process which explains the qualification process. These forms are available by calling the PAACI office at (317)255-1993 or by emailing sheripaaci@sbcglobal.net. PAACI member in good standing (dues current) should mail or email applications to the PAACI Office for review.

Want to help?

PAACI would like to help as many people as possible through the PAACI Cares! Program. If you would like to help, please consider making a tax-deductible donation designated for "PAACI Cares!".

- Every \$25 tax-deductible donation pays for two hours of respite care for someone in need and a \$500 donation pays for one more PAACI Cares! Grant, which means one more person we can help. Please use the enclosed envelope and just mark it "PAACI Cares!"