

# Indy PD Update

PRODUCED AND DISTRIBUTED BY: PAACI  
Parkinson's Awareness Association of Central Indiana, Inc.

August, September, October 2020

## *Fall Parkinson's Symposium Webinar*

Saturday, October 17, 2020 at 12 pm

Due to COVID-19 the PAACI Board of Directors has decided for everyone's safety this year's annual Symposium will be a Webinar.

For more information about the upcoming webinar please contact Sheri at 317-255-1993 or sheripaaci@yahoo.com or look for info on the Friday Eblast.

### *Our Speakers will be:*

**Dr. Kunal Gupta, M.D., Ph.D.** Neurosurgeon coming to IU Medical Center

**Georgia Malandracki, Ph.D., CCC-SLP, BCS-S** Associate Professor in the Department of Speech, Language and Hearing Sciences at Purdue University

## *Combined Meeting: CareCon & Holiday Party*

Saturday, December 12th at 11 am at Old Bethel United Methodist Church

Located at 7995 E. 21st St., Indpls., IN 46219

At this time the PAACI Board of Directors has not decided if the CareCon/Holiday Party will be a live event or a webinar. We are currently planning to have the event at the Old Bethel United Methodist Church at 21st and Franklin Rd. on the east side of Indy.

Please watch your mailbox and our Friday e-blasts for updated information.

### *Our speakers will be:*

**Dr. Chase R. Stuart, DPM** discussing Parkinson's Disease and Footcare  
and

**Tammy Calvert**, Retired Community Involvement Coordinator and  
**Leo Rafail, BSW**, Education and Training Resource for local and national health care organizations will discuss The Heart of Caregivers and Caregiving.

*If you need any information about either of these events please contact Sheri at 317-255-1993 or sheripaaci@yahoo.com.*

## Helpful Phone Numbers

**PAACI Office—317-255-1993**

## Movement Disorder Specialists

Ruth Ann Baird, M.D.—317-948-3220  
Joanne Wojcieszek, M.D.—317-948-5400  
Liz Zauber, M.D.—317-948-5400  
Christopher James, M.D.—317-948-5400

American Parkinson’s Disease Assoc.-800-223-2732  
Caregivers Spt Grp w/Catholic Charities—317-261-3378  
CICOA—317-254-5465  
Chair exercise classes—317-872-4567  
Indiana Parkinson’s Foundation & The Climb—317-550-5648  
Indiana Reading & Information Services—317-715-2004  
Parkinson’s Foundation– 1-800-473-4636 / Parkinson.org  
Rock Steady Boxing—317-288-7035  
Rx for Indiana—1-888-477-2669  
Shelby County PD Exercise & Support—317-398-0127  
(-Currently limited to Shelby County residents and  
Major Health Partners patients)  
Young Parkinson’s of Indiana (YPI)—317-203-3049

## Newsletter

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

**Funded by** your donations (including dues & Tulip Society Memberships) and the Parkinson’s Awareness Association of Central Indiana, Inc.

**Arranged & Edited by** Sheri Kauffman & John Deck

### Medical Disclaimer:

The information in this Newsletter is not intended or implied to be a substitute for professional **medical** advice, diagnosis or treatment. All content and information contained herein are for general information purposes only.

## Goodbye to Linda Hinkle



Linda Hinkle was a grandmother, friend and unstoppable advocate for people with Parkinson’s Disease. Her ability to put people at ease and her willingness to step up and do the work was key to her popularity amongst the Parkinson’s community. She took part in many research studies, became an advocate with the

Parkinson’s Foundation, and was instrumental in bringing about several retreats and conferences for women with Parkinson’s. Those of us with Parkinson’s knew she was a wealth of knowledge on PD and always shared it with graciousness and a smile. Linda also served as a PAACI board member from May of 2017 until right before her passing and volunteered for PAACI many years before being on the board. She was a wonderful, beautiful lady that is missed a lot. She passed away on May 1, 2020,

RIP...Our Dear Friend.

## 40th Anniversary Celebration

In 2021, PAACI will be celebrating our 40th Anniversary Celebration. We are still in the planning stage for this event, but are really looking forward to it and we hope you are too! Please keep an eye out for more information.

## PAACI Board Members

**President**—John Deck  
**Treasurer**—Jeff Brodzeller  
**VP of Programs**—Terri Weymouth  
**Unofficial VP of Silent Auctions**—  
Joann Whorwell

**Members at Large**—Rebecca Parks, NP; Edward Daly, M.D., Ph.D., Kathleen Krueger, Richard Mottor, Tom Little, Robert Thompson  
**PAACI Executive Secretary**—  
Sheri Kauffman



## The President's and Executive Secretary's Corner with John Deck & Sheri Kauffman

PAACI, like all of us, has been busy keeping up with the advised restrictions and recommendation with COVID-19. We have had to become more reliant on e-mails, webinars, and zoom presentations with information for the Parkinson's community. We are still planning to have our Annual Symposium on Saturday, October 17, but this year will be a break from tradition. This year's Symposium topics will be "An Update on DBS" and "Swallowing Disease in PD".

"Georgia Malandraki, Ph. D, Associate Professor of Speech, Language, and Hearing Sciences will be speaking about swallowing, swallowing research and its treatment with Parkinson's Disease. Also speaking will be Dr. Kunal Gupta, M.D., PhD., Neurosurgeon about Deep Brain Stimulation: An Update. Both of these presentations will be very informative.

On Saturday, December 12th we plan to have a combined event: "CareCon" our Caregivers Conference and our Holiday Party. Leo Rafail, and his wife Tammy Calvert will be our presenting on Caregivers and Caregiving. Also presenting will be Dr. Chase Stuart, DPM (Podiatrist) on the topic of Parkinson's Disease and foot care.

We have been working hard to keep our members/readers apprised of zoom and webinar topics on Parkinson's Disease, and through updates on our e-blast we encourage and hope you are staying updated and connected. If you know of other opportunities that we may include don't hesitate to call Sheri at 317-255-1993 or e-mail [sheripaaci@yahoo.com](mailto:sheripaaci@yahoo.com) and let her know.

We hope you are honoring the COVID-19 restrictions, keeping yourself and your family safe. Even though we can't see you face to face right now, we welcome calls and e-mails if you want to contact us for any reason.

We also want you to be aware that we will be offering the sale of the James Parkinson tulip bulbs. (See below for prices and ordering instructions.)

2021 will be the 40<sup>th</sup> anniversary of PAACI and we hope to be offering a special celebration, as social regulations will allow.

We do appreciate those individuals who have paid their membership dues and donated to the tulip society. If you have not paid your membership dues, now would be a great time and we would really appreciate it.

And thank you to all of you for being the best part of PAACI! We look forward to seeing you again soon, hopefully.

Sincerely,

John Deck, Sheri Kauffman & the PAACI Board

## PAACI Dues & James Parkinson's Tulip Bulbs

On April 11, 2005 the red tulip was recognized as the international symbol of Parkinson's disease during the 9th World Parkinson's Disease Day Conference in Luxembourg. The red tulip was chosen as a symbol of hope for Parkinson's sufferers. Then in 1817 the red Triumph tulip with a white margin was named for the English doctor who first described the disease, the "Doctor James Parkinson's tulip". In 1981 it was hybridized by J.W.S. Van der Wereld who also suffered from Parkinson's disease. The hybridized tulip is a rare and beautiful thing.

**Parkinson's Tulips Cost:** Non dues paying members get 10 bulbs for \$15  
 PAACI dues paying members get 13 bulbs for \$15  
 Tulip Society Members get 20 bulbs for \$15  
 Purple Tulip Society Members get 30 bulbs for \$15

If you would like to purchase some tulip bulbs and/or want to pay your 2020 dues or Tulip Society membership, or if you need to know if you've paid your 2020 dues please contact Sheri at [sheripaaci@yahoo.com](mailto:sheripaaci@yahoo.com) or 317-255-1993.

## Meet our Symposium Speakers



**Georgia A. Malandracki, Ph. D.**, CCC- SLP, BCS-S is Associate Professor in the Department of Speech, Language and Hearing Sciences at Purdue University. She has a courtesy appointment in the Weldon School of Biomedical Engineering, and Research Director of the Purdue I-Eat Swallowing Research Laboratory and Clinic. She is a faculty associate of the Purdue Center for Aging and Life Course. The primary aim of her research is to uncover the central and peripheral neural mechanism of swallowing functions, in an effort to inform clinical decisions and to develop treatment for children and adults with swallowing problems (dysphagia). She is a pioneer in the area of dysphagia telehealth. She has received numerous awards and honors for her research. In 2019, she was awarded the 2019 NIH NIBIB R21 Trailblazer Award, as well as the Purdue University 2019 College of Health and Human Sciences Early Career Research Achievement Award.

She received her Ph.D. from the University of Illinois. Currently at Purdue University, she also has academic affiliations with Columbia University and the University of Athens, Greece. In 2019, she received the Ruth and M.D. Steer Outstanding Teaching Award at Purdue University. In addition to her research in swallowing disorders, she is also certified in the Lee Silverman Voice Treatment. She has at least 30 journal publications, book chapters on dysphagia, and numerous research works in progress.

The Title of her presentation is “Swallowing and Swallowing Disease in Parkinson’s Disease: What is New and How We Can Help.

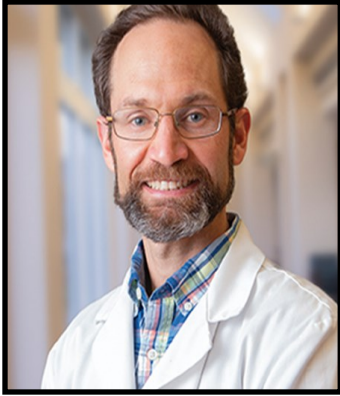


**Kunal Gupta, M.D., Ph.D.**, will be joining the medical community at Indiana University as a functional neurosurgeon, specializing in neurosurgery for Parkinson’s Disease., essential tremor, and epilepsy. He trained at Oregon Health and Science University in Portland Oregon, and completed his fellowship at Emory University in Atlanta, Georgia. Both institutions are leading national centers for deep brain stimulation (DBS) and laser ablation.

From 2001 to 2007 he attended medical school at the University of Cambridge and in 2008 was elected a full member of the Royal College of Surgeons in England. He has more than 10 scientific publications. He and his family look forward to joining our central Indiana community.

Title: Deep Brain Stimulation (DBS): An Update

## Meet our CareCon Speakers...



**Dr. Chase Stuart, DPM** is a foot doctor (Podiatrist), graduating from the Ohio College of Podiatric Medicine. He specializes in diabetes wound care and limb preservation, sports related injury, geriatric foot care, and participates in residency education at St. Vincent Hospital.

The title of his presentation will be “Parkinson’s Disease and Footcare”

## The Heart of Caregiving and Caregivers

**Tammy Calvert** spent 31 years of her working career supporting incarcerated women at the Indiana Women’s Prison. For much of that time, until her retirement in 2016, Tammy was the community involvement coordinator. She positively impacted hundreds of women through the programs she developed, introduced and passionately executed at IWP. Among the many programs, Tammy helped to bring the ICAN (Indiana Canine Assistance Network) assistance dog training program to the women. She also helped to start a program to design and produce mosquito nets for under-developed countries, a sewing program that created countless quilts, dog beds, and the period-correct clothing worn by the interpreters at Conner Prairie, and organized events to help keep women remain connected with their children and families while at IWP. Since her retirement, she continues to support many of the women who have returned to the community and continues to connect community programs with those who are still incarcerated. She is a former EMT and is currently co-owner of Pop’s Donuts and an active volunteer with the Morgan County Senior Advocates.

Leo Rafail



Tammy Calvert

For 25 years **Leo Rafail, BSW** has provided social work services and support for people with neurological diagnoses and their friends and families. He has spent this time working with people affected by Huntington’s Disease, Parkinson’s Disease and ALS, otherwise know as Lou Gehrig’s Disease. In addition to providing direct services, Leo has become recognized as an education and training resource for national health organizations, case workers, medical students, physicians, nurses, social workers, and other medical professionals at all levels. He is currently the Director of Philanthropy for the Center for At-Risk Elders, co-owner of Pop’s Donuts, and the president of the Morgan County Senior Advocates. He is a graduate of Marshall University.

**Parkinson's Awareness Association of  
Central Indiana, Inc. (PAACI)**  
P.O. Box 19575, Indpls., IN 46219  
317-255-1993 [www.paaci.org](http://www.paaci.org)  
Facebook: Indianapolis Parkinson  
Email: [skauffman@paaci.org](mailto:skauffman@paaci.org)



**Are you a Tulip Society  
Member Yet?**

If you would honor us by pledging to one of the levels in the Tulip Society, you could help us continue to make a bigger impact tomorrow.

Our Tulip Society levels are:

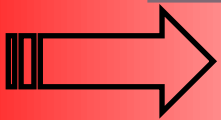
Pink Tulip Society—\$100-\$249

Orange Tulip Society—\$250-\$499

Purple Tulip Society—\$500 or more donation.

Thank you for your consideration!

All Tulip Society donations are tax-deductible.



Clip here \_\_\_\_\_

**Dues, Memorials & Tulip  
Society Donations**

\_\_\_\_\_ Today I would like to pay my annual PAACI dues of \$25.

\_\_\_\_\_ Today I would like to pay my Tulip Society donation of \$\_\_\_\_\_ (\$100 or more).

\_\_\_\_\_ Today I would like to make a donation in honor/memory (circle one) of a loved one.

Name of honoree: \_\_\_\_\_ Amount of donation: \_\_\_\_\_

Please mail acknowledgement of the donation to the family at: (Include name and address)

From: \_\_\_\_\_

*Payments can be made by check to PAACI at P.O. Box 19575, Indpls., IN 46219 or by credit card on this form, by phone at 317-255-1993, or by the PAACI website at [www.paaci.org](http://www.paaci.org) and click on "Make a donation".*

Name on card: \_\_\_\_\_ Phone: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

Zip code (where statements are received) \_\_\_\_\_ CVV Code: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_