



# PARKINSON NEWS

THE CENTRAL OHIO PARKINSON SOCIETY

PROVIDING SUPPORT TO  
INDIVIDUALS AND FAMILIES AFFECTED  
BY PARKINSON'S DISEASE

Volume 30 Issue 3 March 2010

## Dr. Paulson's Notes - Cognitive Decline

By Dr. George Paulson

The neurological literature tends to be repetitive; issues that intrigue one investigator are of interest to others as well. In late 2009, data from the PSG (Parkinson Study Group, which we were once a part of) in Iowa, was reviewed using the data from the earlier DATATOP reports and records of several decades ago—remember that was the first major study related to deprenyl and its potential use for neuroprotection. The 740 participants in this recent review had confirmed PD and averaged about 62 years of age, thus were a little younger than many PD patients. Any large research group may suffer from “research bias,” e.g. the research participants may be better educated or healthier than people who don't participate. Study results indicated that 46 of the group showed significant cognitive decline, while most of the other patients remained relatively stable. Unfortunately, all of us learn that even without PD there may be some age related TOT (tip of tongue) phenomena, as when one cannot think of a name or word until it bubbles up into consciousness later, unbidden and apparently spontaneously. What

were the features that made cognitive decline more likely? What features, that were not causative factors, were associated with cognitive decline? Decline in mental function was more likely with older age, decline was more likely in men, and more likely when there was symmetrical PD rather than unilateral—one arm—involvement. When the motor impairment was greater (not tremor which did not correlate well with decline) and there was a problem with swallowing or major speech impairment the prospects for the patient become more grim. It is troublesome, but no real surprise that autonomic disturbances including constipation, erectile dysfunction, swallowing problems and urinary urgency are all unhappy consequences of PD for some people.

Exciting research from Nationwide Children's Hospital in Columbus and the group led by Dr. Jerry Mendell. Dr Mendell is doing animal research on gene therapy with potential applications for PD patients with motor or muscular problems. From San Francisco in the November Neurology

*“Notes” continued on page 5*

## Agency Update – Board Approves Agency Vision, Creates Strategic Plan

At the January, 2010 Board meeting the Board of Directors approved the following vision statement:

**For people living with Parkinson's and their loved ones within the area served by the Central Ohio Parkinson Society to have a consistent source of information, support and access to services proven to mitigate the effects of the disease and enhance the quality of life.**

This Vision is the basis for the creation of the 2010 – 2013 Strategic Plan to guide us in meeting the needs of the PD Community we serve.

The Plan approved by the Board includes the following goals:

*“Strategic Plan” continued on page 11*

### ON THE INSIDE

Free Classes . . . . .	2
Exercise of the Month . . . . .	2
Attention Runners . . . . .	3
Tip of The Month . . . . .	3
Annual Spring Symposium . . . . .	4
Attention PD Artists . . . . .	4
Support Groups . . . . .	6
Fore Hope Golf Clinic . . . . .	8
Memorials & Honorariums . . . . .	8
Life with My Assistance Dog . . . . .	9
Betty Lindstrom Award . . . . .	10
Newsletter Renewal Form . . . . .	11
Donations . . . . .	11

## 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 Central Ohio Parkinson Society. Speech training will help you keep your voice longer and exercise will help you 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

#### NEW LOCATION

Second and fourth Wednesdays, 10:30 am to 12:00 pm  
Instructor: Donna Doellinger, Certified Alexander Technique teacher:  
Where: 6660 North High St, Suite 2G (Entry Level)  
Worthington

### TAI CHI CLASS

Thursdays: 10:30 am to 11:15 am  
Instructor: Nathan Menaged  
Where: North Community Lutheran Church  
114 Morse Rd, Columbus. First Floor  
Call 614.841.0781 for questions or to enroll

### EXERCISE CLASS

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

#### NEW LOCATION: 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)  
Contact: Bill & Doris Savely: 740.417.4145

Wednesdays: 12:00 pm to 1:00 pm

Instructor: Christa Reams

Fridays: 11:00 am to 12:00 pm

Instructor: David Zid

Where: *Schiller Park (German Village)*  
1069 Jaeger Street, Columbus

Contact: 614.645.3156

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## Exercise of The Month: Functional Fitness Plan XIV – Moving About in Crowds

By David Zid & Jackie Russell

*Do you avoid crowds? Would you feel comfortable walking into a large sporting event, or a concert? Moving about in large groups of people seems to be a problem for many with Parkinson's. The trick is to maintain your focus on walking while keeping your balance in case the person in front of you stops suddenly, or you get pushed or bumped. These exercises will help you to multitask while walking, which is necessary to confidently move about in a crowd. (You will need a playground ball or light medicine ball for some of these exercises.) Keep working at this; good luck. ~David*

Always think about BIG steps .....

Partner push - Stand in front of your partner. Have your partner gently push your shoulder with enough force to cause a slight forward loss of balance. Step forward with one leg to maintain your balance, then return to starting position. Your partner will then gently push you to the right, and then to the left. Take a step either way to maintain your balance. Lastly, your partner will tug your

shoulder backward; you will take a step back and return to starting position. Make certain this is performed in a safe environment, and that your partner does not allow you to fall. Your partner will then randomly push you in all 4 directions; each time you will step to maintain your balance and return to starting position. Perform this exercise for 3 minutes – *seems like a long time but really works for balance improvement.*

Walking while bouncing a ball – Bounce a ball up and down while standing in one place. When you become comfortable with this, begin to bounce the ball while walking. Bounce the ball once with each step. Try to walk slowly with big steps; stay in control. Try to work up to 20 steps and 20 bounces without missing.

Partner ball bounce – Face your partner and stand about 10 feet apart. Raise the ball over your head, and throw the ball into the ground using a bounce pass to your partner. Allow only one bounce before your partner catches it, and

*Continued on next page*

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bounces it back to you. Repeat 20 times.  
Want something more challenging? Try walking forwards as your partner walks backwards and bounce the ball to each other. Repeat 20 times. For a real challenge, walk backwards as your partner walks forwards, still bouncing the ball to each other. Repeat 20 times.

Rotational step with a throw - Stand with feet parallel, knees slightly bent while holding a ball. Have your partner stand to your right and slightly behind you. Take a wide step backwards and to the right, turning your foot out. As you step, pass the ball to your partner with or without a bounce. Have your partner pass the ball back to you before you return to starting position. Then return to starting position while holding the ball. Repeat 10 times. Repeat this motion on the opposite side, 10 repetitions.

Rotational Step while balancing an armload – Repeat

the rotational step while holding an armload of empty containers, i.e., water bottles or milk cartons. Try to carry one more than is comfortable to hold in your arms. Avoid dropping any of the containers. Alternate sides for 10 repetitions.

Walking with an exercise band – Stand 3 feet apart from a partner, positioned as if you are going for a walk together. Hold one end of an exercise band (or rope or long towel) with one hand while your partner holds the other end. The band or rope should have tension. As you walk, have your partner pull and release the band as you continue to walk with big steps. Try to achieve 20 steps without losing your balance.

*For additional exercise ideas, refer to our book and DVD Delay the Disease – Exercise and Parkinson’s Disease which is available at [www.delaythedisease.com](http://www.delaythedisease.com)*

## ATTENTION RUNNERS:

The Central Ohio Parkinson Society is proud to announce an exciting event to raise support and awareness for Parkinson’s disease.

In June of 2010, interested volunteers will start training for the Columbus Nationwide Half-Marathon with the ultimate goal to raise funds for Central Ohioan’s living with Parkinson’s. The ½ Marathon will take place in October and training sessions will be held weekly from June until the start!

If you are a support person, a friend or just an avid runner and want to help this cause, please send your inquiries to [ddavis@centralohioparkinson.org](mailto:ddavis@centralohioparkinson.org). It’s a great event to get involved, to get in shape and to support the Society.

## Tip of The Month - Choking

*By Paul Bouchard*

Are you one of those PWP who toss and turn during the night and find yourself horizontal in the bed when you wake up in the morning? If you have awoken to find your body at a painful position, angled with your head hanging over the side of the bed, maybe ready to fall, then take heed. There might be some relief available using a body pillow.

There are pillows made of foam that come in different sizes from 6 inches x 4 inches x 12 inches and up, for your neck or your arm. Also in longer round sizes of 6 inch diameter x 60 inches long for your body. They are firm foam (can be vinyl covered for sanitary requirements) and are expensive; prices range from \$20.00 to \$100.00 The long pillows are laid in the bed next to the user and placed on the lower side of the user and are wedged under the edge of the body, slowing down the shifting. It takes a little practice, but you will soon have it down pat.

As you are well aware the goal of the Tipster is to bring forth novel Health Care tips; primarily saving money. Here is the savings for the use of body pillows. Don’t run out to the sports shop or the medical supply house and spend \$100.00. Let’s see if this works for you first. Take a bath towel or even a throw rug that’s a little stiff and about 3-4 feet long. Roll it into a log, use clear tape and wrap it around the log, nice and tight.

It will take a few nights but it will work itself to fit perfectly. An added bonus is that a 2 foot log will work nicely as an ankle support.

*Have a tip you would like to share with our readers? You can mail it to the office: PO Box 16126 Columbus, OH 43216, ATTN: TIP, or via email to [comments@centralohioparkinson.org](mailto:comments@centralohioparkinson.org)*

THE CENTRAL OHIO PARKINSON SOCIETY PRESENTS OUR ANNUAL SYMPOSIUM:

**“BUILD A BETTER YOU!”**

**SATURDAY, APRIL 24, 2010**

**NEW START TIME: 9:15AM - 3:00PM**

**(Registration Begins at 8:30)**

**Ohio Department of Transportation**

**1980 West Broad St**

**Columbus, OH 43223**

**SCHEDULED SPEAKERS:**

**MORNING PROGRAM**

**Dr. Lawrence Elmer**  
Center for Neurological Disorders  
The University of Toledo Medical Center

**David Zid & Jackie Russell**  
Delay the Disease - Exercise and Parkinson's Disease

**Adrienne Raimo, Registered Dietitian, LD**  
Nutrition and PD

**AFTERNOON PANEL**

**Dr. Punit Agrawal**  
Movement Disorders Clinic  
The Ohio State University

**Dr. Charles Hickey**  
Columbus Ophthalmology Associates

**Dr. Gene Graham**  
Podiatrist

**Registration deadline is April 17, 2010**

A light lunch will be provided

**Donations suggested: \_\_\_\$5 \_\_\_\$10 \_\_\_\$15 \_\_\_\$20 \_\_\_other**

Contact the office for additional information or to register

**ATTENTION PD ARTISTS:**

The Central Ohio Parkinson Society 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, 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: Central Ohio Parkinson Society, PO Box 16126, Columbus, OH 43216-6126 ATTN: PD Artist. You may also send an email to [comments@centralohioparkinson.org](mailto:comments@centralohioparkinson.org)

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## Notes – continued from page 1

journal, there was a summary report on the safety and tolerability of one type of gene therapy in PD. After study of a primate model, in an effort to offset the loss of the enzyme that converts levodopa into dopa (L-amino acid decarboxylase or AADC), AADC was linked with a viral vector carrier and inserted into the striatal areas that are damaged in PD. A small study of 10 patients was conducted, and even though one hemorrhage in the brain occurred that was obvious and two other episodes of bleeding were noted on x-ray, the injections were said to be tolerated well. Study results showed a 30% improvement in those with lower doses, 75% improvement in those with the higher dose of enzyme. One interpretation for the improvement was that the treatment helps restore some of the ability of the cells to handle levodopa. Obviously the work needs confirmation by other laboratories in larger studies. However, safety issues remain a consideration, and there may be other enzymes that could be targeted with even more benefit. This has to be considered an exciting development, and an approach often discussed but hard to study or employ in patients.

As a companion comment to the above, it is noted that several articles have mentioned not just the undoubtedly useful change in many who undergo deep brain stimulation (DBS), but also that as high as 3% of those patients may have a bleed after the needles are inserted. There is also increasing evidence that some with DBS may be noted to have more apathy, decreased motivation, and less interest or emotional responsiveness. That does not mean the use of DBS is not a fine advance in the treatment of PD, but it does mean that study and evaluation of all patients is necessary, so that the procedure is understood better, becomes safer and steadily more effective.

There continues to be reports on the non-motor aspects of PD, almost as if we had never noted those before. What has happened nationally is that we are now becoming aware that some people have symptoms in non-motor areas before tremor or rigidity occurs. In addition, some of the non-motor aspects of PD can be very troublesome and may be overlooked by doctors during examination. Also, patients may never mention these symptoms if not asked the right questions. Some of the autonomic problems include: trouble with sense of smell, skin changes, urinary urgency or impotence, and these may occur even before the motor aspects of the disease have become apparent. An article, published in November 24, 2009 by the Mayo Clinic, used a review of hospital records to document chronic constipation in PD patients with onset occurring 20 or more years before PD symptoms were obvious. Such chronic constipation was associated with an increased risk to develop PD. Study authors believe that chronic constipation could be an early mani-

festation of the autonomic disarray that is characteristic of PD. It is known that some of the first loss of neurons seen with PD occurs in the autonomic nervous system, and this is presumably the cause. Other confounding possibilities for an explanation exist. Could it be constipation and PD are independently linked to other factors, such as diet, exercise, laxatives, or intestinal absorption of toxins? Another even more “far-out” explanation, and one not mentioned by the authors, is an effect of personality as playing a role in both PD and constipation.

The Movement Disorders journal published last spring had several articles of interest. A careful review of all the neuroprotection trials of medications for PD analyzed fifteen trials with 13 different drugs for a total of 4,087 patients. This work from the University of Texas and other centers, tells us that six of the trials gave results that appear at first consistent with neuroprotection. In fact however, it was hard to separate out the effect of a drug in modifying the symptoms, but not producing any real protection from eventual decline. Often, similar studies made the preliminary results seem equivocal. Unfortunately, the bottom line is probably well-stated in the first line in the paper: “No pharmacological agent has yet been shown to slow the progression of Parkinson’s disease.”

A study in the same journal attempted to explain the weight loss which may occur in PD. As I interpret the report, it was neither more use of energy, as from shaking, nor solely less intake of calories. There seem to be multiple factors, and attention to maintaining nutrition, including routine consumption of standard vitamins, along with encouraging pleasure in eating and at meal time may be the lesson for us all.

An observational study from Finland reflects experiences some may have noted. Almost 50% of patients, from a group of 120 had postural hypotension (a drop in blood pressure when they stood). Falls were correlated with this, but so was a tendency to sway when standing for a time. Balance may be affected in some of these patients. This may serve as a warning to be careful when having to stand for a long time or to get up suddenly. I fear sometimes I only write about ominous things—but I do hope the message gets across that many studies are being done, and funding is being allocated for PD research. In fact in 2005, all amounts are increased from 2003. \$20 million in research funding was allotted by U.S. based foundations, \$236 million by the federal government, and \$948 million by industry. May the efforts bear fruit!!

Regards to you all, and thanks for friendship.  
George Paulson

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## SUPPORT GROUP PROGRAMS FOR MARCH & APRIL 2010

If you are willing to take the first step, there will be a seat open for you.

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### ATHENS COUNTY

**WHEN:** Second Tuesday of the Month at 2:00 pm  
**WHERE:** O'Bleness Hospital  
**FACILITATORS:** June Safranek, 740.590.3243 and  
Ann Stemple, 740.593.8665  
*March 9, 2010*  
*April 13, 2010*

### COSHOCTON COUNTY

**WHEN:** Third Monday of the Month 11:30 am  
**WHERE:** Coshocton County Memorial Hospital  
**FACILITATORS:** Bob Pingle, 740.622.6010 and Chuck  
Hathaway  
*March 15, 2010 - A Physical Therapist will present a  
program*  
*April 19, 2010*

### DELAWARE COUNTY

**WHEN:** Third Wednesday of the Month at 1:30 pm  
**WHERE:** Delaware Township Hall  
2590 Liberty Rd, Delaware  
**FACILITATORS:** Al & Barb Ulrich, 740.363.3841  
*March 17, 2010 - Sandy Miller will present a program  
about what's available from the Delaware County Health  
Department*  
*April 21, 2010*

### DELAWARE SPEECH CLASS

2nd & 4th Monday of the month. Contact Al & Barb  
for details

### FAIRFIELD COUNTY

**WHEN:** Third Wednesday of the Month at 1:00 pm  
**WHERE:** Sterling House  
241 Whittie Dr (off Memorial), Lancaster  
**FACILITATOR:** Edna Lee, 740.654.1347  
*March 17, 2010*  
*April 21, 2010*

### FRANKLIN COUNTY

**NEW GROUP - CENTRAL OHIO PARTNERS**  
**WHEN:** Third Thursday of the Month at 2:00 pm  
**WHERE:** 500 W Wilson Bridge Rd, Worthington  
**FACILITATOR:** Dorothy Woldorf, 614.221.0324  
*March 18, 2010 - Care & Share*  
*April 15, 2010 - Possible Location Change. Members  
will be notified; call Dorothy for information*

### EARLY-ONSET, YOUNG, AND/OR STILL WORKING

**WHEN:** Third Monday of the Month at 7:00 pm  
**WHERE:** Traditions at Mill Run  
3550 Fishinger Rd, Hilliard  
**FACILITATOR:** Ernie Kreutzer 614.486.1901  
*March 15, 2010*  
*April 19, 2010*

### EL DOPAS

**WHEN:** Second Monday of the Month at 7:00 pm  
**WHERE:** The United Methodist Church  
600 High St., Worthington.  
**CONTACTS:** Kathy Hakes, 614.444.6517, Karen  
Cantlon, 614.846.0172, Sue Dollinger, 614.261.9756,  
Susan Hervey, 614.372.5360  
*March 8, 2010 - Birthday Party and Care & Share*  
*April 12, 2010*

### EL DOPAS "PARKINSON PARTNERS"

**WHEN:** Last Monday Every Other Month at 6:30 pm  
**WHERE:** Hunan Lion, Bethel Rd  
**CONTACT PERSON:** Maureen Haney, 614.451.0982  
*March 29, 2010 - Call Maureen for reservations. All  
partners are welcome*

### FORUM AT KNIGHTSBRIDGE

**WHEN:** Second Thursday of the Month at 1:30 pm  
**WHERE:** 4625 Knightsbridge Blvd.  
*March 11, 2010 - Scott Ritchey from Safe Home by  
Interim Health Care*  
*April 8, 2010*

### GROVE CITY AREA

**WHEN:** Fourth Wednesday of the Month at 1:30 pm  
**WHERE:** E. L. Evans Senior Center  
4330 Dudley Ave.  
**FACILITATOR:** John Corbett, 614.279.4984  
*March 24, 2010 Regular Program*  
*April 28, 2010*

### REYNOLDSBURG AREA

**WHEN:** Fourth Thursday of the Month at 10:30 am  
**WHERE:** Reynoldsburg United Methodist Church  
1636 Graham Rd.  
**FACILITATORS:** Carmel Jenkins, 614.861.2571 and  
Maureen Patterson, 614.833.0980  
*March 25, 2010 - Care & Share, weather permitting*  
*April 22, 2010*

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## WESTERVILLE AREA

**WHEN:** First Wednesday of the Month at 1:30 pm  
**WHERE:** Westerville Senior Center  
310 W. Main St., Westerville  
**FACILITATOR:** Bev Phipps, CRNS, 614.882.9338  
*March 3, 2010*  
*April 7, 2010*

## JEFFERSON COUNTY

**WHEN:** Third Friday of the Month at 12:00 pm  
**WHERE:** YWCA  
320 N Fourth St, Steubenville  
**FACILITATORS:** Judy Owens, 740.283.7210 and  
Barbara Penman, 740.282.5645  
*March 19, 2010*  
*April 16, 2010*

## JEFFERSON COUNTY EXERCISE CLASS: MALADY CLASS

Monday & Wednesday at 1:30 pm; Trinity E, 380  
Summit Ave, Steubenville. Instructor from "Body  
Recall"

## KNOX COUNTY

**WHEN:** Third Wednesday of the Month at 1:30 pm  
**WHERE:** Knox Community Hospital,  
1330 Coshocton Rd., Private Dining Room  
**FACILITATOR:** Jeanne Phillips, LSW, 740.393.9000  
*No March Meeting*  
*April 21, 2010*

## LAWRENCE COUNTY

**WHEN:** Third Friday of the Month at 1:00 pm  
**WHERE:** Woodlands Retirement Center  
1 Bradley Foster Dr., Huntington, WV  
**FACILITATOR:** Leala Zappa 304.697.1620  
*March 19, 2010*  
*April 16, 2010*

## LICKING COUNTY

**WHEN:** Third Sunday of the Month at 2:30 pm  
**WHERE:** Licking Memorial Hospital  
1320 W. Main St., Newark  
**FACILITATOR:** Jay Wood, 740.522.8759  
*March 21, 2010*  
*April 18, 2010*  
*A small library with books on PD and related subjects is  
maintained*

## MARION COUNTY

**WHEN:** Third Friday of the Month at 1:00 pm  
**WHERE:** Marion Senior Center  
2375 Harding Highway East  
**FACILITATOR:** Greg Darling, 740.383.4105  
*March 19, 2010*  
*April 16, 2010*

## MARION YOUNG ON-SET

**WHEN:** First Tuesday of the Month at 7:00 pm  
**WHERE:** Berean Baptist Church  
131 Marion Cardington Rd, Marion  
**FACILITATOR:** Greg Darling, 740-383-4105  
*March 2, 2010*  
*April 6, 2010*

## MUSKINGUM COUNTY

**WHEN:** Third Wednesday of the Month at 2:00 pm  
**WHERE:** Primrose Retirement Community  
4212 North Pointe Dr, Zanesville  
**FACILITATOR:** Martha Purkey, 740.450.4548  
*March 17, 2010*  
*April 21, 2010*

## PICKAWAY COUNTY

**WHEN:** Third Friday of the Month at 1:30  
**WHERE:** Berger Hospital  
600 N Pickaway, Circleville  
**FACILITATOR:** Elaine Winter, 740.983.3275  
*March 19, 2010*  
*April 16, 2010*

## ROSS COUNTY

**WHEN:** First Tuesday of the Month at 1:00 pm  
**WHERE:** Traditions  
143 Western Ave, Chillicothe  
**FACILITATOR:** Eva Blazer, 740.773.8145  
*March 2, 2010 - Misty Allen will present a program on  
exercise*  
*April 6, 2010*

## SCIOTO COUNTY

**WHEN:** Last Thursday of the Month at 1:30 pm  
**WHERE:** Hillview Retirement Center  
1610 28th St  
**FACILITATOR:** Sue Harrison, 740.353.1393  
*March 25, 2010*  
*April 29, 2010*

*"Support Groups" continued on page 8*

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## Support Groups – continued from page 7

### UNION COUNTY

**WHEN:** Second Tuesday of the Month at 1:30 pm

**WHERE:** First United Methodist Church,  
207 S Court St

**FACILITATOR:** Debby Ranney 937.642.1409

*March 9, 2010*

*April 13, 2010*

### WASHINGTON COUNTY

**WHEN:** First Saturday of the Month at 10:30 am

**WHERE:** Bellpre Church of Christ  
2932 Washington Blvd, Belpre

**FACILITATOR:** Mary Ann Smith, 304.863.6234

*March 6, 2010 - Deborah Stevenson, Physical Therapist  
from Health South*

*April 3, 2010 - Daniel Rich, LMP; Chair Massage*

**In Celebration of Parkinson's Awareness Month  
The Central Ohio Parkinson Society and Fore Hope Present:**

**Group Clinic PD Tuesday, April 6, 2010 at 9am at the Four Seasons Dome  
5000 East Broad St., Columbus, OH**

Fore Hope will be offering a free group clinic to provide another exercise option for interested individuals using golf as a means to improve functioning for individuals with PD. The clinic includes:

**Introduction** – Golf Professional Todd Tracy and Recreational Therapist Lisa LaVelle will briefly go over information about Fore Hopes mission and vision of the program.

**Stretching** – It is important to stretch out before any activity, based on each individual's ability; the Recreational Therapist will lead the group in some simple warm-up stretches.

**Teaching**- Based on knowledge level of the game of golf of the group participants, we will introduce basic swing technique and the putting stroke. Splitting into two groups with the help of our Fore Hope volunteers, each group will spend some time practicing putting and full swing. Fore Hope will adapt to each individuals needs throughout the one hour clinic. With our staff and volunteers, we hope to provide a fun and safe environment for all of our participants.

**Closing** – At the end of the full hour clinic, we will talk with everyone as a group, hand out any additional information on the Fore Hope program and take any questions anyone might have.

\*Call the Fore Hope office at 614-784-1111, or email at forehope@forehope.org to sign up for the clinic, and also if you have any additional questions about the program. Additional information about Fore Hope is available at www.forehope.org

#### IN LOVING MEMORY OF

**Ruth Renico**

Barbara E Donohue  
Mr & Mrs Robert Wentzel

**Stella Doulis Kozyris**

Mr & Mrs Robert Pulsinelli  
Alexandra Yessios

**Virginia "Ginny" Wade Carte**

Rita K Burns  
Shepard Center Columbus City Schools  
The Staff of Devonshire Elementary  
Mary J Griffith  
NHS Class of 1947

**Winifred "Peggy" Hunker**

Lillian M Boyajian  
Barbara O Guertal  
Clara K Norman  
Eleanor C Padjen

**Richard E Christensen**

Peggy Christensen

**Richard Gebhart**

PD Support Group of Lancaster

**Maxine Lovell**

Mr & Mrs William Sycks

**George R Shontz**

Mark R Munetz  
Ralph Tolbert

**Florence Anderson**

Mr & Mrs Anthony Oldham  
Mr & Mrs Bruce Bauchmire  
Mr & Mrs Charles Rayburn  
Anne L Guerrier  
Mr & Mrs Donald Morgan  
Marc A Rayburn  
Mr & Mrs Stephen Walton

#### IN HONOR OF

**Maureen Patterson**

Richard & Mary McComb

**Richard and Donna Spracklen**

Chester R Kurtz

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# Life with My Assistance Dog - Jordan - The Adventure Continues

By Maureen Patterson

*Continued from the February Newsletter*

Jordan also likes to visit my sister and her husband's dogs. They have a fenced yard as well, and Sunny and Cooper keep Jordan running the whole time we are there. We have had a couple of bad experiences, however. My nephew's chocolate Lab did not like Jordan in his territory, and neither did my sister's Alaskan dog. They each growled at Jordan, and he was defensive, to protect me, and growled in return. I guess all dogs don't love other dogs.

Other places Jordan is use to frequenting are: the hair salon, the grocery store, drug store, hardware stores, and, unfortunately, hospitals. We had several friends this past year we visited, due to illness, surgery or accident. But, in November, my husband was hospitalized from the 4th through the 9th with pneumonia. It had manifested from the H1N1 virus. He is now doing fine, but poor Jordan endured 12 hour hospital days almost all that time. He was on his best behavior, and the nurses told their friends. Nurses from all floors stopped by the room to see if they could visit with Jordan. He seems to become a therapy dog for everyone he meets. Even a few of the doctors asked to pet him. One doctor got him a hospital blanket to lay on. Everyone loves Jordan.

Jordan does many tasks for me, but the most important is helping me balance as I walk. His harness is a sure sign to him that it is time to work. If I need him in a work state of mind, I can put him in his training vest. It allows him a break from the harness if I will be sitting for awhile. He loves to play, what Antonia and I have named, "ball-in-the-hall". It is a game of fetch for Jordan to play when unable to play fetch outside. The only problem is the toys we toss have left many marks on the paint on my walls. A small price to pay to make sure Jordan gets his exercise every single day. The whole family enjoys playing "ball-in-the-hall." My whole family loves Jordan.

We were blessed with a new grandson, born this past May. Antonia has a little brother now and his name is Declan. We took Antonia and Jordan to meet him the day he was born. Jordan gently laid his head on Declan's tiny body, and sighed lovingly. I felt he was saying, "Another one to love and play with." Antonia is rough and tough with Jordan and can be wild as she laughs and has him chase her. Yet, Jordan knows he must be gentle with Declan. He is submissive to Declan's little hand when he reaches to pet him. Jordan gives him gentle licks on the top of his head, or the tip of his nose. Another 'best buddy' relationship is blooming.

I realize all this praise makes Jordan seem that he isn't re-

ally a dog. Nothing could be further from the truth. Once in a while, he'll steal a toy from Antonia, just to get my attention! He never takes anything he shouldn't, without making sure I see him do it, then he runs and makes a game out of it. He'll do this if I am cleaning house all day or am on the computer too long, just to get my attention. He can be ornery. For example, a few times he has refused to come back into the house from the back yard, because he didn't want to go to church. Once, he took the phone off the hook and ran outside with it! Yes, he immediately had my undivided attention. He loves to be played with, petted, brushed, fussed over, and the center of attention, like any pet dog. Jordan also loves to work and run through his command list, just for practice. He is so much more than a pet. He is my helper, my companion, my friend, my protector, my most willing and able assistant, in anything I need. He is my miracle dog, my angel from God, sent to help me cope with my PD I have NEVER regretted my decision to apply for a dog.

In October, we went to A.D.A.I. for a two day refresher training course. We also had Jordan re-certified as a working dog for another year. This must be done yearly for the first three years, and then every other year. These classes are as much a refresher for the humans as it is for the dogs. We got to see old friends and make some new ones. No matter how good Jordan and I are together, there will always be room for improvement. We also learned some hands-on information from others who have had their dogs longer. It was a great experience, and I am glad we went.

Please, if you need assistance and are a dog lover; do not hesitate to at least consider the possibility of getting a dog for assistance. It would change your life, for the better, forever. I can attest to that, as I am living proof.

I have a best buddy, and his name is Jordan. I am never, ever alone.

*If you are interested in applying for a dog, would like to volunteer, or simply have a question about Assistance Dogs of America, Inc., please call or email below, or get on their website. It's easy, and they are absolutely wonderful, helpful and compassionate people. I give my own, personal recommendation.*

*Assistance Dogs of America, Inc.  
Education and Training Facility  
8806 State Route 64, Swanton, Ohio 43558  
Phone: 419-825-3622, Fax: 419-825-3710  
E-mail: Jenny at: [jbarlos@adai.org](mailto:jbarlos@adai.org) or  
Dawn at: [dhammer@adai.org](mailto:dhammer@adai.org)  
Website: [www.ADAI.org](http://www.ADAI.org)*

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# The Betty Lindstrom Award

The Central Ohio Parkinson Society 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: Central Ohio Parkinson Society

ATTN: Betty Lindstrom Award

PO BOX 16126

Columbus, OH 43216-6126

The recipient will be honored at our Spring Symposium, April 24, 2010

**Nominations must be received in our office by April 2, 2010**

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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 is tax deductible. Please make your check out to Central Ohio Parkinson Society (in U.S. dollars) and enclose with this form and mail to PO Box 16126, Columbus, OH 43126.

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*Clip here and return*

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## Strategic Plan – continued from page 1

**1. BOARD DEVELOPMENT:** COPS will have an energized, involved, informed, board guided by written governance policies, procedures, planning and evaluation systems.

**2. RESOURCE DEVELOPMENT:** COPS will diversify its sources of funding to support its programming and adequately fund its infrastructure while building a reserve to fund the future.

**3. MARKETING:** COPS will know its potential market in each county being served and will be highly visible (both physically and virtually) with all personnel (staff, volunteers, board) living the COPS mission, knowing the competition, communicating the COPS brand and achieving benchmarks in the marketing plan.

**4. PROGRAM DEVELOPMENT:** COPS' programs and services will be consistent with the needs of local populations, evidence-based, in compliance with all federal, state, and/or local requirements, have consistently high consumer satisfaction ratings, and have complete, readily retrievable data for evaluation purposes.

**5. FACILITY/INFRASTRUCTURE:** COPS will offer safe, comfortable, welcoming facilities to diverse participants in multiple central and south east Ohio locations, equip the facilities with appropriate technology and recruit and retain qualified personnel.

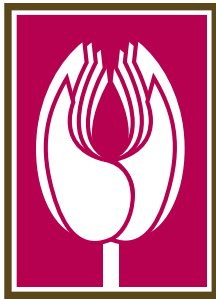
**6. EVALUATION:** COPS establishes expected outcomes for its programs, its financial performance and its personnel (both paid and volunteer), compares actual performance to expectations and uses the findings to continually improve.

If you have skill sets in any of the above goals, and would be interested in serving in a volunteer capacity to assist in the development and execution of the objectives as we look to improve our capacity to serve the PD community, please contact the office at 614.486.1901 or via email to [comments@centralohioparkinson.org](mailto:comments@centralohioparkinson.org)

### DONATIONS (CONTRIBUTING \$35 OR MORE)

Margene Albright  
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The monthly Foldin' and Addressin' will be **Tuesday, March 30, 2010**. 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.

**The Central Ohio Parkinson Society**  
PO Box 16126 Columbus, OH 43216-6126  
**Office Hours:** Monday–Friday 9:00–5:00

**Office:** 614.486.1901 **Fax:** 614.486.3706 **Toll Free:** 866.920.6673  
[www.CentralOhioParkinson.org](http://www.CentralOhioParkinson.org)

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## SAVE THE DATES!

**Annual Spring Symposium**  
**Saturday, April 24, 2010**

**4th Annual Cruise-In for Parkinson's**  
**Saturday, June 26, 2010**

Details in future newsletters and on our website:  
[www.CentralOhioParkinson.org](http://www.CentralOhioParkinson.org)

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The Parkinson News is a monthly publication of the Central Ohio Parkinson Society. Comments, Suggestions, and Article submissions may be sent, in word format, to: [comments@centralohioparkinson.org](mailto: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 the support of research.*