

May Edition 2014

www.pfnwo.org  
nancy.temme@utoledo.edu

# Frankly Speaking

Parkinson Foundation of Northwest Ohio Newsletter - PFNWO

## PFNWO MISSION STATEMENT:

To establish optimal quality of life for the Northwest Ohio Parkinson's community through awareness, education and care.

### **Parkinson Foundation of Northwest Ohio Serving the PD community in the following counties:**

*Allen, Ashland, Auglaize,  
Crawford, Defiance, Erie, Fulton,  
Hancock, Hardin, Henry, Huron,  
Lucas, Marion, Mercer, Ottawa,  
Putnam, Paulding, Richland,  
Sandusky, Seneca, Van Wert,  
Williams, Wood, Wyandot*

#### **Board Officers:**

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*President*  
Gail Zimmerman  
*Vice President*  
Stacey Dunbar  
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Bart Bolbach  
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Suzette Croll  
Mark Fischer  
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Nancy Temme

#### **Regional Office:**

580 Craig Dr #8  
PBM#202  
Perrysburg, OH 43551

Visit [www.pfnwo.org](http://www.pfnwo.org)  
for PFNWO  
Community  
Programming,  
Information & Events

## A Note From Nancy

**H**appy Spring to All! And I do mean Happy Spring. The mountain of snow at the center of my cul-de-sac is finally gone and the warm, sunny days seem miraculous. I thought they would never get here! I'm hoping the longer, brighter days will help to keep me and the Board of Directors on track with some much needed improvements and ambitious projects.

First of all, I would like to check to see if some of you were able to make any of the resolutions I wrote about in the February edition. I really surprised myself. I did them all! I signed up for Kroger's Community Rewards Program. It took a whole 10 minutes. Even if you have registered, you'll need to re-register each spring.

I'm registered on FOX TRIAL FINDER and may do a trial up at U of M as a "normal person" (my words, not theirs) versus a person with PD. Normal – Ha- fooled them! I joke but often times participants without PD are needed for trials. John and I are both going to participate in Jason's doctoral study later this month. There is more information on his study inside this edition. The best thing about Jason's study is that he will come to you!

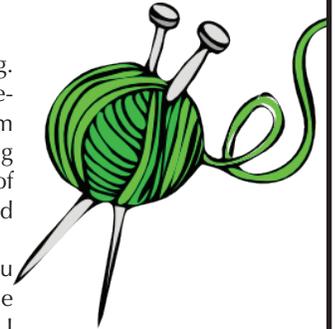
Most surprising of all, I'm exercising. I've started walking again. I cannot believe how something as simple as a walk can make big changes in how I feel. I feel so much better physically. Not as stiff and sore as I was before getting a bit more active. I also think my mood has improved but that might be spring fever. To make sure I walk every day, I got a walking buddy, a little white fuzzy puppy John and I have named IZZY. Getting a puppy to walk with might be a little extreme but it is working for me. John even takes her out for a spin on the days I work! She is a good little buddy and we are both enjoying her to bits (most of the time anyway).

Spring also brought us the 17th Annual PD Symposium on April 5th. It was a great program featuring Brian Fiske, PhD with the Michael J Fox Foundation. His presentation featured information to bring us up to date on the PD research arena. He feels there are many reasons to be hopeful with the aggressive research happening all around the world. Dr. Elmer and his staff brought us up to speed on trials and research opportunities at the Gardner McMaster Parkinson Center. More information on these studies can be found inside this issue too. A fine meal was served and the prize drawings, gift basket and 50/50 raffles were a big hit!

So much happening in our PD Community. Teva Neuroscience is sponsoring several PD Update Programs throughout our region. Dates have been set for the 6th Annual PD Gala and 18th Annual PD Symposium. New exercise and therapy programs are popping up! Look for more Big and Loud Training and a Knock-Out PD Boxing program. Planning is underway for the Romp to Stomp and a Michael J Fox Foundation walk later this year too! I think 2014 is going to be a great year for our community!

Something to think about as we move through this year is that you can be a part of bringing meaningful programming to our PD Community. Think about joining the Board, working on one of our events or even starting a support group in your area. The life that will benefit the most will be yours. John and I have found this to be true for us. We have met wonderful people, made great friends and learned so much about life with PD and its challenges. Our next Board meeting is May 15, 2014 at 3:00 p.m. (held at The Huntington Insurance, 1670 Indian Wood Circle, Maumee, OH 43537 in Arrowhead Park), if you would like to join us.

Be well and enjoy this lovely weather,  
Nancy Temme





## Speech Motor Sequence Learning Study

To date, few studies have examined how adults learn speech movement sequences. In addition, fewer studies have examined how Parkinson's disease may affect the learning of new speech movements. Therefore, this study will provide insight into how adults with and without Parkinson's disease learn speech movement sequences. The results of this study will have important implications for speech therapy programs aimed at treating voice and speech changes related to Parkinson's disease.

This study is my dissertation research which I am completing under the direction of Alex Goberman, Ph.D. in the Department of Communication Sciences and Disorders at Bowling Green State University. My primary research interests include examining changes in speech related to Parkinson's disease. In the future, I hope to apply my research to develop new treatments aimed at helping individuals with Parkinson's disease who are experiencing voice and speech problems.

You are being invited to participate in a study of speech motor learning. Speech data will be collected to help us determine how new speech movements are learned. The purpose of this study is to gain a better understanding of speech motor learning in adults with and without Parkinson disease. Participation is voluntary. You will receive no payment and there is no financial cost for participating. This study will be conducted by Jason Whitfield (jwhitf@bgsu.edu; 419-372-4320) in the department of Communication Sciences and Disorders at Bowling Green State University.

The study will include two sessions that will occur on separate days. Each session will last 60 minutes. The study will take place at a location that is convenient for you. During the study, you will be asked to complete both speech and non-speech tasks and fill out a series of questionnaires.

**If you are interested in hearing more about this study, or are considering volunteering, please email [jwhitf@bgsu.edu](mailto:jwhitf@bgsu.edu) with your email and phone information.**



## Take a step in finding a new treatment for Parkinson's Disease

If you are 30 years of age or over and diagnosed with moderate to severe Parkinson's disease, you may be interested in participating in this research study.

If you are interested in finding out more about the study, please contact:

**UTMC - Gardner McMaster Parkinson Center**

**Stephanie Wilson, RN, MSN, CCRC  
Phone: 491-383-6721**

**Email: [Stephanie.Wilson@utoledo.edu](mailto:Stephanie.Wilson@utoledo.edu)**

This study is being conducted by local Physicians to test the safety and effect of an investigational study drug in Parkinson's disease patients who have been optimally or maximally treated with levodopa combination therapy.



## SEEKING PARTICIPANTS FOR A CLINICAL TRIAL

### STUDY TITLE:

A Phase 2, Randomized, Double-Blind, Placebo-Controlled, Multiple Dose, Parallel Group Study to Evaluate the Pharmacodynamics, Efficacy and Safety of RM-131 Administered to Patients with Parkinson's Disease (PD) and Chronic Constipation Dissatisfied with Current Therapy (MOVE-PD)

### WHAT IS THE MOVE-PD STUDY ABOUT?

MOVE-PD is a research study to test a new drug called RM-131 to see if it will help to improve bowel function and reduce discomfort from constipation in people with PD.

### WHO CAN PARTICIPATE IN MOVE-PD?

Men or women, age 18 or older who have:

- Parkinson's disease, and
- Chronic constipation (difficulty emptying bowels) for past 3 months that has not been relieved satisfactorily with previous treatment attempts
- Good general health, and are not currently pregnant, breastfeeding, or planning to get pregnant

Eligible participants will receive study-related evaluations, laboratory tests, and the investigational drug at no cost.

### HOW DO I FIND OUT MORE?

If you are interested in learning more about this study, ask your physician or nurse for a study brochure or you can call:

**Stephanie Wilson RN, MSN, CCRC 419-383-6721**

You can also visit <http://clinicaltrials.gov> (NCT# ..... ) for more details on the study.



## RESEARCH OPPORTUNITIES

- Do you have Parkinson's disease, are between 45-80 yrs. old, not currently taking Azilect (rasagiline), and are experiencing difficulties with your memory or thinking?
- Do you have Parkinson's disease and are experiencing constipation and dissatisfied with your current constipation treatment?
- Do you have Parkinson's disease and are currently on Sinemet along with at least one other medication for PD and are experiencing "off" time when your medications are not working to control your symptoms and experienced dyskinesias either currently or in the past?
- Do you have Parkinson's disease and are experiencing lightheadedness or dizziness?
- Have you been diagnosed with Parkinson's disease in the last 3 years, 35-75 years of age, and are not currently on any Parkinson's medication?

If you answered "Yes" to any of these questions you may qualify for one of the clinical research trials being conducted by Dr. Elmer/Dr. Menezes/Molly Scott and the research team in the Gardner-McMaster Parkinson's Disease Center.

If you are interested in finding out more about the Parkinson's disease research studies being conducted, please call Stephanie Wilson RN – 419-383-6721.

**\*Helpful Clinical Websites for Parkinson's disease research\***

<https://foxtrialfinder.michaeljfox.org/>  
<http://clinicaltrials.gov/>

# Happenings

## MOVERS & SHAKERS

### PARKINSON FITNESS CLASS

FREMONT MOOSE LODGE

2507 Hayes Ave – Fremont, OH 43420

Sessions currently ongoing

For more information or to register contact:

Lesley King at 419-334-6630



### Hancock County Agency on Aging Fitness Center

339 E. Melrose Ave, Findlay, OH 45840 – Fitzgerald Room

Every Monday & Wednesday 11:15 a.m. to 12:15 p.m.

Free to members of the Hancock County Agency on Aging

\$20 for non members for an 8 week session

First week is FREE!

Contact fkasmarek@hancockseniors.org

To register or request more information:

419-423-8496 ext. 2004

### Kingston Care Center

4121 King Rd, Sylvania, OH 43560

Sessions Ongoing

For more information or to register contact:

Ashley at 419-517-8282 or

asautter@kingstonhealthcare.com

### University of Toledo Main Campus

Health Education Building – Basketball Court #1

Across the street from the Football Stadium at the bottom of the hill

Sessions Ongoing

Sign up by calling Michelle Masterson at 419-530-6671

### Wood County Committee on Aging

Bowling Green Senior Center

305 N Main St. – Bowling Green, OH 43402

Mondays and Thursdays 11:15 a.m. to 12:15 p.m.

\$30 for a 12 week session

Sessions Ongoing

For more information or to register call:

Program Department at 419-353-5661

### St. Rita's Medical Center Auxiliary Conference Center

718 W. Market St., Lima, OH 45801

Wednesdays 1-2 p.m., May thru November

cost: \$100 for 27 sessions

### Putnam County YMCA

101 Putnam Parkway, Ottawa, OH

Thursdays 1-2 p.m., May thru November

Cost: \$100 for 27 sessions



## SAVE THE DATES

### Parkinson's Disease Educational Programs

Sponsored by

TEVA

Neuroscience

#### Thursday, May 8

##### Dinner Program

6:00 - 7:30 p.m.

Featured Speaker: Molly Scott, NP

Father John's Microbrewery

301 Butler Street

Bryan, OH 43506

#### Tuesday, May 13

##### Breakfast Program

9:00 - 10:30 a.m.

Featured Speaker: Molly Scott, NP

Rick's City Diner

5333 Monroe Street

Toledo, OH 43623

#### Friday, May 16

##### Lunch Program

2:00 - 3:30 p.m.

Featured Speaker: Molly Scott, NP

Hampton Inn & Suites

540 E Country Road 89

Fremont, OH

#### Thursday, June 5

##### Dinner Program

6:30 - 8:00 p.m.

Featured Speaker: Molly Scott, NP

Holiday Inn Express Tiffin

78 Shaffer Park Drive

Tiffin, OH

#### Saturday, June 28

##### Brunch Program

9:30 a.m. - 12:00 p.m.

Featured Speaker: Dr. Lawrence Elmer, MD, PhD.

The Henry (Formerly The Ritz Carlton Dearborn)

300 Town Center Drive

Dearborn, MI 48126

#### Monday, August 11

##### Dinner Program

6:30 - 8:00 p.m.

Dolce Vita Italian Grille

391 North Telegraph Road

Monroe, MI 48162

**6th Annual PD Gala**  
*Shaken ~ Not Stirred*

*Friday Evening,*

**October 10, 2014**

**The Pinnacle in Maumee**

**Music by Don & Dan**

**18th Annual**

**PD Symposium**

**Saturday, April 15, 2015**

**Parkway Place**

**Maumee, OH**

*The Parkinson's Disease Educational Programs Sponsored by Teva Neuroscience are free but space is limited. To reserve your place at any of the programs, please*

*call **1-800-438-5584** and follow the prompts.*

*Please leave your name and phone number, the date of the program you would like to attend, and the names of any others in your party.*

Do you ever feel like kicking some PD butt? Here's your chance to Knock Out PD! Boxing as a therapy for PD is not new but it is new to NW Ohio. Started in 2006 as Rock Steady Boxing out of Indianapolis, the program has found its way to Toledo, Ohio's International Boxing Club located in Oregon, Ohio. Check it out and get out there and kick some PD butt!

# KNOCK-OUT YOUR PARKINSONS!

By Rachel Martinez, CHES, Occupational Therapy Student

In previous issues, you have heard about the great benefits of fighting your Parkinson's disease through exercise. What better way to fight it than putting a pair of boxing gloves on and throwing some punches? Knock-Out Parkinson's is a new boxing program offered at the International Boxing Club in Oregon, OH for people with PD. Boxing training naturally works on skills that can be affected by PD. You will be reaching and stepping in different directions (heavy bags and focus mitts), which encourages BIG movements.

For participants affected by freezing, jumping rope is a great way to work on initiating movement. Holding the heavy bag for your partner while he or she punches challenges your balance. The rope drills are also a great way to target balance because you are ducking under a rope as if dodging a punch from an opponent. Speaking of opponents, our only foe in this gym is PD! We will not be sparring or hitting each other.

The idea of using boxing training to fight PD started with a gym called Rock Steady Boxing in Indianapolis, IN. Rock Steady Boxing was founded in 2006 by Scott Newman, who was diagnosed with PD at the age of 40. It has since grown tremendously and now has 160 members. The ages of these members range from late 30s to early 90s. They now have over 20 affiliates in 11 states, including 3 international affiliates. Coach Harry Cummins, the founder and Executive Director of the International Boxing Club, is excited to bring this movement to the Toledo area. He recently attended the Rock Steady Boxing training camp in Indianapolis where he spent a weekend learning about how boxing can help those with PD.

Combs, Dryer Diehl, Staples, Conn, Davis, Lewis, and

Schaneman (2011) conducted a pilot study at Rock Steady Boxing that shows that boxing may indeed positively impact the symptoms associated with Parkinson's disease.



Participants attended 2-3 classes per week for 12 weeks. Five out of the six participants showed improvements in every area tested: balance, gait or walking, disability/function in everyday life, and quality of life. All participants continued to make improvements after 24 and 36 weeks of boxing. The article was published in *Physical Therapy*.

The February newsletter discussed an article that showed the power of exercise on improving your mood and depression. Boxing training is a fantastic way to improve your mood. I know it works for me! Not only are you exercising in a group where you feel a sense of camaraderie, but also the boxing itself is a blast!

If you don't believe me, ask Suzanne and Craig. When asked why she likes coming to the boxing class, Suzanne replied, "It's fun to be here and to get some good exercise!" Craig agreed with her and said, "That's the good part—you're having fun, but you're exercising at the same time. And the fun makes you not think about the fact that you're exercising."

The Knock-Out Parkinson's program at the International Boxing Club is ongoing. It will be offered year-round on Mondays and Wednesdays and there is no cost. Caregivers are welcome and encouraged to participate. You need your exercise too! Call Coach Harry Cummins at (419) 450-8435 for more information about the program and how to get started.

# Why Yes, I Do Box

By Lori Borgman, Newspaper Columnist, Author and Speaker

**W**hen someone asks you to go boxing, it's not the sort of invitation you accept without asking questions. I had two: "Are you going to hit me in the face?" and "Will there be blood?"

The retired United Methodist minister who invited me is congenial, witty, and not the sort of man you would picture taking a swing at your face and breaking your nose, but all the same I felt better asking.

As it turns out, nobody in Marvin's boxing class hits anybody else. They box heavy bags, speed bags and practice with two female trainers—one a three-time world champion boxer.

Oh, did I mention that all the boxers in the class have Parkinson's? Marvin was diagnosed at 61, a few months after he retired. Seven years later he's still boxing, working to stave off the progression of Parkinson's.

With any affliction, challenge or brick wall, when the determined ones can't pass through, they hunt for a way around, under or over. It's called grit.

Grit is what they develop at Rock Steady Boxing. It's an intense 90-minute workout. They start with warm-up exercises in a ring that used to be a backup ring at Madison Square Garden years ago.

After their warm up, they hit the exercise machines and after that they don the gloves. Then they box against the heavy bags and the speed bags. Periodically, a trainer yells to drop and give her three pushups. Some shake, some tremble, some falter, but nobody quits.

The drill with the jump rope is fascinating. One man jump ropes the length of the gym, others lay the jump rope on the floor and practice jumping over it, back and forth, back and forth. Making the feet move is hard for people with Parkinson's. There is something about seeing a line that encourages the brain to tell the feet to step over it. Maybe it's the same effect as signs that say "Wet Paint" or "Don't Walk on the Grass."

And then there is the drill with the focus pads. Focus pads are the baseball gloves of boxing. Trainers put a focus pad on each hand, and boxers punch into them, working on speed, endurance and agility. A trainer calls out a large

man with an unsteady and halting gait. He turns toward her and nearly loses his footing. He hesitates. He doesn't say anything verbally, but it looks like a body language no.

She calls him again. He lumbers over, raises his gloves and throws a punch. His stance is uncertain. She yells and he throws another punch. Then another. Left, right, left, right. She demands more of him. More and more. She's pushing him hard, and if he falls it won't be easy getting him back up.

He throws faster and faster, harder and harder. He has found a rhythm that moments ago was beyond reach, or at least beyond my imagination. She slowly raises the focus pads higher and higher still yelling, challenging, encouraging. His punches follow her moves with a fluid grace. Her arms are extended as high as they will go. He reaches high and throws hard in complete and utter defiance to the forces working against him.

Determination 1, Challenges of Life, 0.

*About Lori ~ Lori Borgman is a newspaper columnist, author and speaker. Her newspaper column touches on a wide array of topics ranging from the truth about nagging to the hazards of upper arm flab. She is also the author of the popular essay, "The Death of Common Sense."*





# PFNWO is Working Hard for You!!



Our Board Members are 100% volunteer and are dedicated to establish optimal quality of life for the Northwest Ohio Parkinson's community.

## What have we done for you lately ???

- **Quarterly Frankly Speaking Newsletter**  
(To receive one go to our website or call 800 number)
- **Improved 800 Phone Number** (Coming Soon)  
(Routes your phone call for faster response and the same time reduces monthly cost) 1-800-438-5584
- **Assistance for Regional Support Groups**
- **Improved Website — pfnwo.org**  
(User friendly and helpful links, updated info and events)
- **Expanded Therapy/Exercise Programs**  
(Delay the Disease)  
(Fremont, Findlay, Bowling Green, Toledo)

- **Fundraisers**  
(Continue to raise money for education, awareness and continuum of care)  
(Gala, Romp to Stomp, Michael J. Fox Walk)
- **Educational Programs**  
(Coordinate Regional educational programs with local Neurologists and TEVA to deliver updated research and developments on Parkinson's Disease to you.)
- **Assisted in Development/Fundraising of Gardner McMaster Parkinson Center**

Every donation counts and helps us to continue providing education, awareness and continuum of care throughout the Northwest Ohio Region. We are here for you ... please let us know what we can do to help.



# CAREGIVING TIPS

## NON-MEDICAL HOME CARE - THINGS TO CONSIDER

**M**aintaining independence and dignity while still living at home can be a difficult task for individuals with Parkinson's. With the help of a non-medical, private duty home care agency, this goal becomes much more achievable. There are some important qualities to consider when selecting a home care company and it is important to know what questions to ask to assure peace of mind, for both the person with Parkinson's and their families.

Caregivers should always be subject to stringent hiring processes, including skill competency testing, criminal history background checks, and verification of prior employment. The home care company should bond and insure their caregivers, maintain the proper workers' compensation and liability insurance and require TB testing. Required attendance of industry specific training classes will help ensure client safety. There are some agencies that have taken the time to learn more about Parkinson's disease through attendance at support groups or educational sessions, as well as specific training for physical and speech therapists in BIG and LOUD therapies.

Service options provided by non-medical home care companies can vary significantly. An in-home client assessment by a registered nurse or social worker, prior to beginning services, should be used to determine the proper level of services necessary for proper care. These same professionals provide ongoing supervision of the client's care by the home care aids.

Periodic re-assessments by these professionals should also be required. It is important that you communicate your

needs as specifically as possible during the assessment and continue to voice those needs during the care. For example, if you are looking for an aid for late evening hours to assist with the bedtime routine, make sure you are specific about what hours work for you. If they do not have an aid available from 10 p.m. to midnight and that is your preference, you may need to find another agency that is able to meet that need.



The availability of after-hours assistance to families, clients, and caregivers is another important factor to consider in your choice of a home care provider. This normally proves beneficial when troubleshooting last minute client requests for scheduled services.

A truly reputable home care company will back up their care with a guarantee on their services. If you are not comfortable with someone they send out to the home, you have a right to call the agency and request someone different. It is also important that they try to send the same individual as often as possible. This allows you to become familiar with each other, which improves the level of care.

Non-medical private duty home care is not covered by most insurance, including Medicare plans. There is coverage available through the PASSPORT program via the Area Office on Aging, but it is income based. I encourage families to consider this type of care as an investment in the family. It can provide a much needed break for those providing care in the home and it can allow the person with Parkinson's to remain in his or her own home for as long as possible, safely.

– Kristen Schuchmann, MRC, LSW, PCC

### Kroger Community Rewards Program

PFNWO Organization#: 81482

Visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and register or re-enroll today.

**You need to re-enroll every year.** Any questions contact Program

Coordinator: Barbara Harris at [barbarah0913@gmail.com](mailto:barbarah0913@gmail.com) or 419.448.9333

**REGISTER OR RE-ENROLL NOW!**





## PARKINSON FOUNDATION of Northwest Ohio

580 Craig Dr #8  
PBM#202  
Perrysburg, OH 43551

### Parkinson Foundation of Northwest Ohio Support Groups (Updated March 2014)

*If you are new to a group, please call ahead to confirm meeting time and location*

#### **Ashland County**

2nd Tuesday 2:00 p.m.  
Belmont Tower  
2140 Center Street  
Ashland, OH  
Traci Malaska or  
Connie Butler 419-207-3003

#### **Auglaize County**

3rd Monday 2:00-3:00 p.m.  
Joint Township District Memorial  
Hospital, 200 St. Clair Street,  
St. Mary's, OH 45885  
Linda Dicke 419-394-3335

#### **Fremont Memorial Hospital PD Support Group**

2nd Tuesday 2:00 p.m.  
EVERY OTHER MONTH:  
(Meets in Jan, Mar, May, Jul, Sept  
& Nov)  
Fremont Moose Lodge,  
2507 Hayes Ave.,  
Fremont, OH 43420  
Lesley King 419-334-6630

#### **Hancock County**

3rd Monday 12:30 p.m.  
St. Michael's Catholic Church  
750 Bright Road,  
Findlay, OH 45840  
Dennis Ploszaj 419-425-8506

#### **Lima Area Parkinson's Support Group**

1st Thursday of each month,  
2:00-3:00 p.m.  
NO meetings in December,  
January and February  
St. Rita's Auxiliary  
Conference Center

718 W. Market St.,  
Lima, Ohio 45801  
Beth Hartoon 419-226-9019

#### **Lucas County**

2nd Thursday 1:30 p.m.  
*\*Meetings do not occur January,  
February & March*  
Boulevard Church of Christ,  
7041 W. Sylvania Ave,  
Sylvania, OH 43560  
Carrie Boze 419-841-3070

#### **Parkinson Project of NW Ohio Young On-Set Group**

2nd Wednesday 7:00 p.m.  
*\*Meets every Month EXCEPT July*  
Fort Meigs Center for  
Health Promotion  
(Perrysburg YMCA)  
1451 Eckel Junction Rd.,  
Perrysburg, OH 43551  
419-874-1234  
Linda & Michael Kramer  
419-499-2457  
Barbara Harris  
419-448-9333

#### **Perrysburg Parkinson Disease Support Group**

1st Thursday 2:30 p.m.  
Zoar Lutheran Church,  
314 E. Indiana Ave,  
Perrysburg, OH 43551  
Kristen Schuchmann  
419-383-6737

#### **Putnam County Parkinson's Support Group**

4th Wednesday 11:15 a.m.-  
12:45 p.m.  
NO meetings in December,  
January and February  
Henry's Restaurant, 810 N.  
Locust St., Ottawa OH 45875  
Beth Hartoon 419-226-9019

#### **Sandusky Parkinson's Disease Support Group**

1st Thursday Each month, 3:00-  
4:30 p.m.  
Firelands Hospital, South  
Campus  
Old Providence Chapel  
Hayes Avenue  
Sandusky, OH 44870  
Sandi Bodi 419-357-2895

#### **Western Ohio**

3rd Thursday 2:00 p.m.  
New location:  
Briarwood Village  
100 Don Desch Dr.,  
Coldwater OH 45828  
Paul Honigford 419-678-2851

#### **Williams County**

3rd Monday 12:30 p.m.  
*\*Excluding County Holidays*  
Bryan Senior Center,  
1201 South Portland,  
Bryan, OH 43506-2079  
419-636-4047  
Laura Rohlf 419-924-2927

#### **Wood County PD Support Group**

2nd Monday 1:30-230 p.m.  
Bowling Green Senior Center,  
305 N. Main St.,  
Bowling Green, OH 43402  
419-352-7558  
David Buenting, Facilitator

#### **CAREGIVER SUPPORT GROUPS**

##### **Toledo Caregivers (C.A.R.E.S.) Support Group**

1st Monday 6:30 p.m. (except  
Holidays)  
Lutheran Village at Wolf Creek  
Assisted Living  
2001 Perrysburg-Holland Rd.  
Holland, OH 43528  
Kristen Schuchmann  
419-383-6737,  
Lisa Keaton 419-383-6770

##### **Findlay Caregivers Support Group**

1st Monday 11:30 a.m.  
Bob Evans, 2400 Tiffin Ave.,  
Findlay, OH 45840  
Carol Hassan 419-423-1486

