

August 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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Regional Office:
580 Craig Dr #8
PBM#202
Perrysburg, OH 43551

Visit www.pfnwo.org
for PFNWO
Community
Programming,
Information & Events
800-438-5584

A Note From Nancy

John and I had an upsetting experience over the Symposium weekend. Our house cat Tango disappeared. Was she hiding in the house or did she slip outside? We couldn't find her. We felt terrible – she is our declawed house cat – not an outside cat. How long had she been missing? When had we seen her last? Had we taken her so for granted we didn't notice she had slipped away? What should we do now?

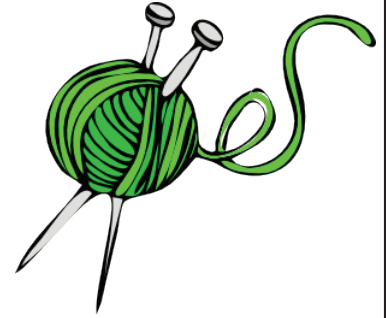
Tango's disappearance made me think about PD and what a rotten thief it is. One day you have the world by the tail and are zipping along. Slowly, activities and functions you had never given a thought to are gone! Your smile, handwriting, sense of smell and taste, arm swing, balance and all the many motor and non-motor functions are gone or a real struggle. The changes can be so subtle that you might not even notice them slipping away until they're gone.

Just like the good old Joni Mitchell song "Big Yellow Taxi" says, with PD "you don't know what you've got till it's gone!" There is some good news though. That is many of us have the ability to fight off and even retrieve some of our function from the PD thief by developing our own PD security system. Sounds crazy? Think about the following components to your PD security system.

- Work with your PD Care team to be sure you are on the best PD medicines for you. If you aren't feeling good, let them know it. Schedule another appointment – don't wait until your next appointment if you are having problems.
- Take those PD medicines as scheduled. The schedule has been set up to try to achieve the best symptom coverage possible.
- Ask for referrals for Physical, Occupational or Speech Therapy if needed. Having vision problems – see a neuro-ophthalmologist. Having other problems – ask for help or a referral.
- Enroll in an exercise program. Big & Loud, Delay the Disease, Movers & Shakers, Community Wellness Programs, Rock Steady Boxing and Silver Sneakers are all available in our area.
- Take advantage of free services. Use the links on our website (pfnwo.org) to get to national PD foundations to learn more about PD, our constant companion. Caregiver or PWP, the links will get you to more information than you could imagine from brochures or the Aware in Care Kit to webinars and blogs.
- Take part in a study – we always have information in *Frankly Speaking* or go to: <https://foxtrialfinder.michaeljfox.org>
- Stay socially active – it is good for mind, body and soul.
- Basically – GET UP – GET DRESSED – GET OUT!

We never did find Tango. We put flyers throughout the neighborhood, with area vets and stores. We placed ads in the community newspapers and we searched and called for Tango several times a day. In the end, she simply came back four nights later. John was having one of those sleepless PD nights and heard a faint meow from our screened porch and there she was. She is back and we are so relieved, happy and grateful. We've put a Tango security system in place and hope not to have her slip away – and we will never take her for granted again.

Enjoy the rest of your summer and be sure to save the dates for the Romp, Stomp and Run on Saturday, September 20th; Team Fox Walk, Saturday, October 4th and the PD Gala – Friday, October 10th. Be Well – Nancy



Happenings

5TH ANNUAL ROMP, STOMP AND RUN

I cannot believe the 5th Romp to Stomp is right around the corner - **September 20th**. Mark Fischer and crew continue to ROCK this event! This year's Romp, Stomp and Run is going to be the biggest and best to date with some EPIC changes.

The new venue, **Centennial Terrace at 5773 Centennial Rd., Sylvania, OH**, has opened the door to an expanded event. We are adding a 5K Run with the help of a new sponsor, Dave's Running! Yeah Baby – it is the real thing, so lace up your shoes and register to RUN. If you're not a runner (like I'm not) encourage your family and friends who are able to RUN for you and all those who can't.

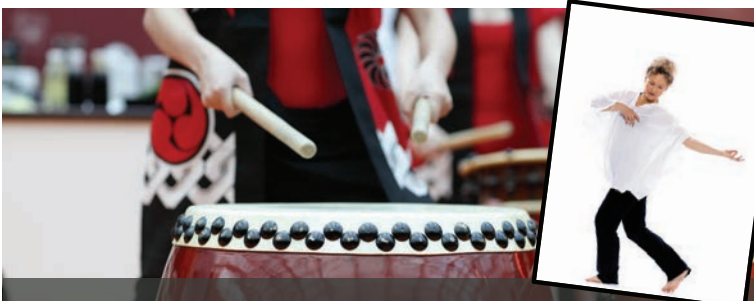


With the help of a second new sponsor, Cedar Creek Church, we are able to include an honest to goodness Kids' Carnival, Health Fair, Raffle, Silent Auction and big time LIVE music. In case you cannot tell – I AM PSYCHED!

The event is truly still FREE. The only caveat is the registration fee for the 5K, 1 Mile Romp and Kids' Fun Run. Included in the registration fee are an Event Tech-Shirt, a meal ticket and two drink tickets. Registration is a must for the 5K but optional for the 1 Mile Romp and Kids' Fun Run. Any and everyone can take part in these two events for FREE. We will have extra event Tech-Shirts for sale at the event while supplies last. Centennial Terrace's concessions will be open from 10 a.m. to 2 p.m. for cash purchases.

A Romp, Stomp and Run brochure is included with all there is to know about the event. You can register by mail or online through our website. Make plans now to join us for the 5th Annual Romp, Stomp and Run.

By the way, we sure could use a hand with the event. If you are interested in volunteering, please call me, Nancy Temme at 800-438-5584 and leave a message on our automated telephone messaging service. I will get back in touch.



Dance and Drum for PD

Free introductory classes:

Friday Aug 1, 12-1 pm

Friday Aug 15, 5:30-6:30 pm

Challenge strength, balance, flexibility, locomotion, and magnitude of movement with energetic, rhythmic and full-bodied movement with dance and Taiko-based drumming. No previous dance/drum experience necessary. Friends and family of individuals with Parkinson's Disease are welcome to participate.

Keep moving through dance and drumming!

Class consists of dance and drumming exercises while seated, standing, and walking. Exercises are adaptable to a variety of functional levels. Instructor Tammy Metz Starr (DPT, MFA) has a rich background in modern dance, choreography, and Asian drum dance forms. She strives to blend those experiences with a physical therapist's mindset to offer a class experience that "moves" beyond exercise into fun and meaningful interaction and expression. Call or email Tammy to sign-up to participate in the free sessions.

Weekly classes to begin September 2014!

The BEAT Dance Company, 1060 N Main St, Bowling Green, OH 43402

info & sign up: tammymetzstarr@gmail.com
419.308.7125

Shaken, Not Stirred



Parkinson Foundation of Northwest Ohio

GALA

SHAKEN, Not Stirred

Dinner, Dancing and Silent Auction

Friday, October 10, 2014

The Pinnacle, Maumee, OH

For more information or to request tickets
call 800-438-5584

9th Annual Team Fox Walk

October 4, 2014 at 9:30 a.m.

2801 Bay Park Drive

Oregon, OH 43616



For more information about this event and the man who inspired it, visit the Events page at pfnwo.org

EXERCISE PROGRAMS

Movers & Shakers Fitness Class: Fremont American Legion

200 Buckland Avenue
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

Morse Center YMCA

Mondays and Thursdays from 4:30-5:30
Third Floor Dowling Hall
University of Toledo Health Science Campus 419-383-5370

MOVE BIG

Amplify your Life with Parkinson's
Meet our BIG & LOUD Certified Therapists
Tuesday, August 5, 2014
4:30 p.m. – 6:30 p.m.
Arbors at Waterville Therapy Gym
555 Anthony Wayne Trail

KNOCK-OUT PARKINSON'S PROGRAM
Mondays and Wednesdays
9:00 a.m.
IBC, 525 Earlwood, Oregon, OH 43616
FREE Boxing Program, for More information
contact Coach Harry Cummins at: 419-450-8435

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.

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.

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

RESEARCH OPPORTUNITIES

- Do you have Parkinson's disease, 45-80 years of age, **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** have 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?
- Do you have Parkinson's disease and are currently experiencing troublesome dyskinesia and not currently taking amantadine.

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.

To get more information, please call Stephanie Wilson RN – 419-383-6721.

By Linda McAllister,
M.A., CCC-SLP
UTMC Voice and
Swallowing Center



Tuesday Afternoons with the UTMC Parkinson Interdisciplinary Team

In March 2006, three therapists at MCO were encouraged by neurologist, Dr. Lawrence Elmer, M.D., Ph.D., to attend a five day course named "Allied Team Training for Parkinson's". This program was sponsored by the National Parkinson Foundation and provided the knowledge and tools for creating a functional interdisciplinary team. These three therapists (physical, occupational, and speech) returned to Toledo and were enthusiastic to create a UTMC team and make it a leader in providing the best care for our Parkinson patients. When we arrived back in Toledo we set to work to make "our" team the best team for "your" needs.

It is now 2014 and eight years later this team is still participating in your care. The team has grown and now includes a variety of services and volunteers to keep the ship "on course" week by week. Over 500 Parkinson folks have been seen by the team and the feedback from these patients has been overwhelmingly positive. After eight years in operation, I thought a general update on the team's composition and specialty focus may be helpful in understanding our mission of providing interdisciplinary input that focuses on the whole patient.

The Interdisciplinary team (PDIC team) at UTMC meets in the Parkinson Center on Tuesday afternoons and include the following members: nurse practitioner, neuropsychologist, pharmacist, social worker, audiologist, occupational therapist, physical therapist, speech pathologist, and volunteers. During the afternoon the patient rotates to each team member where a discipline specific assessment is completed. After all assessments are complete the team members meet to share their findings and develop optimal action plans to benefit the patient AND their family. This seems so simple yet the reality of finding this many team members (all of whom have their own busy schedules) who are willing to dedicate their time for Parkinson patients is quite an amazing feat in itself!

The following is a brief description each team member's role:

The nurse practitioner and pharmacist see the patient together to review all medications and to assure that negative drug interactions are not occurring and to see your current drugs are working. The nurse practitioner also reviews past medical records to share significant information with the team as well as assess current medical status.

The neuropsychologist completes a cognitive assessment that includes things like memory, focused attention, and thought processing. This information can prove very important when discussing any new drugs or assessing for patient safety in various situations such as being left alone. Makes all of us remember the date and who the governor of Ohio is!

The physical therapist looks very closely at the patient's safety for walking, sitting, stairs, and even balance for picking things up from the floor. For many Parkinson patients, the risk of falling and difficulty in maintaining a decent stride while not shuffling the feet is a constant issue. Our physical therapists are trained in the BIG therapy program designed for Parkinson patients.

The occupational therapist works closely with the physical therapist on this team since home and environment safety is critical for overall health of the patient. Therefore the occupational therapist will look at things like handwriting, ability to hold items in the hands, availability of safety equipment such as handrails and grab-bars. This therapist also regularly provides helpful hints to the patient such as eliminating extra throw rugs



Michelle Masterson,
P.T., Ph.D.

Kroger Community Rewards Program

PFNWO Organization#: 81482

Visit 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 or 419.448.9333

**REGISTER OR
RE-ENROLL
NOW!**



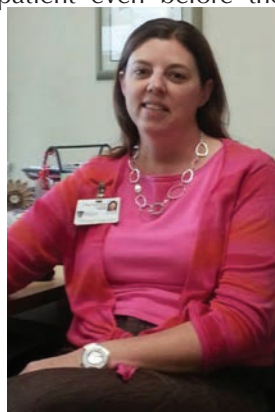


Left to right: Neuropsychologist Mary E. Haines, Ph.D., ABPP-CN; Clinic Pharmacist Gayle Kamm, PharmD, ABPP-CN; and Nurse Practitioner Molly Scott, R.N., M.S.N., F.N.P.-BC

or other items that could cause tripping. In addition, this therapist advises the team when the need for a driver's evaluation is needed to make sure all reflexes and vision fields are intact for safe driving.

The speech therapist focuses on communication, voice, and swallowing. These are pretty much areas that are taken for granted UNTIL Parkinson happens. This therapist assesses these areas and also looks at how any of these deficits are affecting the family as well as the patient. Communication is indeed important to us all and this can include having an audible voice as well as clearly stated words. Swallow function is also closely tested because being able to eat safely is critical for nutritional balance and general health.

An audiologist screens the patient even before the rest of the team's testing begins. This is critical in that the audiologist can test the patient's hearing and advise the team of any blatant hearing deficits that could negatively affect test outcomes. Since many people do not believe they have a hearing loss, this screening can then help them to better understand their hearing status and then seek a full hearing evaluation in a sound proof booth. Spouses are really thankful for this!



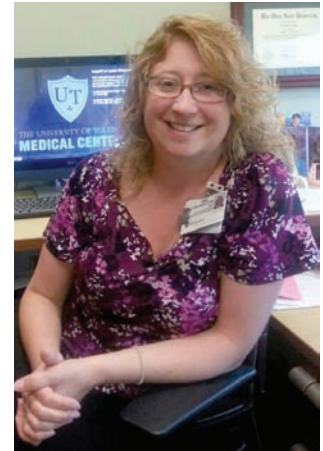
Social Worker Kristen Schuchmann, M.R.C., L.S.W., P.C.C.

Social Service provides a critical service for this team. Its task is to meet privately with family members to get more information on the everyday caregiver stresses, financial issues, family dynamics, and legal issues. Social service realizes that, many times, family members are reluctant to openly speak in front of the Parkinson patient so this social service's outlet can provide key information back to the team.

Volunteers are critical to the basic functioning of this interdisciplinary team and without their input the team could not exist. These individuals provide the logistic backbone that gets the patients organized, paperwork filled out and room rotations completed on schedule. They also provide the weekly snacks to share with the patients and their families while the team members review their findings and develop action plans.

As you can see there is a lot involved in making Tuesday afternoons successful and a special thanks to all the physicians who send their patients to this team. Without your referrals, we could not provide our services.

As for me, I feel blessed to be a part of this exceptional program. How lucky we are here in Toledo, Ohio to have not only a Parkinson Interdisciplinary Team but also a Parkinson Center for those diagnosed with Parkinson Disease! You know where I am on Tuesdays...



Social Worker Lisa Keaton, MSW, LSW

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.



KINGSTON HELPS PEOPLE COMBAT PARKINSON'S

By Jeffrey Kramer, DPT, Certified LSVT BIG, and Emily Miller, M.A. CCC/SLP, Certified LSVT LOUD;
Kingston Healthcare Company

Kingston Skilled Nursing Rehabilitation facilities can help people proactively manage their Parkinson's Disease (PD). Kingston offers specialized inpatient and outpatient therapy and wellness programs to help combat the impact that PD has on their daily function. Kingston therapists go above and beyond to provide personalized care for patients with Parkinson's, utilizing evidence based treatment approaches. Kingston employs staff who are passionate and experienced at helping people affected with PD regain skills and improve quality of life. Several Kingston therapists are certified in the specialized PD treatment approaches, LSVT BIG and LOUD.

LSVT LOUD is a research-based Parkinson's Disease (PD) specific program designed to increase healthy vocal loudness in people with PD. LSVT LOUD focuses on the vocal loudness of speech with intensive, high effort vocal exercises in order to facilitate vocal calibration in each patient (patient's recognizing how "loud" or "soft" their voice actually is and the amount of effort required to consistently produce louder speech). The overall goal of the LSVT LOUD program is to assist in facilitating louder or "normal" speech in people with PD to improve their desired communication with others and improve their overall quality of life. LSVT LOUD is a standardized program conducted by a Speech Language Pathologist that has completed a certification course, and is performed four consecutive days per week for four weeks. Daily homework exercises are done during the treatment duration.



(patients recognizing how "big" or "small" their movements actually are and the amount of effort required to consistently produce bigger movements). The overall goal of the LSVT BIG program is to assist in facilitating bigger or "normal" movement patterns in people with PD to increase their confidence, decrease their fear of falling and improve their quality of life. LSVT BIG is a standardized program conducted in 16 one hour sessions,

four consecutive days per week for four weeks, with daily homework practice and carryover exercises done for 30 days, with the intention of creating a life-long habit of exercise.

The LSVT LOUD and LSVT BIG programs are available on an inpatient basis after a patient has had a hospital stay, or on an outpatient basis.

Delay the Disease (DTD) is a community-based fitness program designed for people with Parkinson's Disease (PD) to improve their physical function, delay the progression of the symptoms of PD and thus improve their quality of life. DTD

is often performed in a group setting and can be performed on land or as an aquatic program, and is conducted by



staff that have completed the two-day DTD certification course. DTD is currently offered at Kingston Care Center of Sylvania and will be offered soon in Perrysburg.

Kingston Care Center of Sylvania and Kingston Rehabilitation of Perrysburg offer a variety of wellness classes in a land or aquatic-based setting within a one to one or group class, with the intensity of exercise being selected primarily by the client. Each wellness class at Kingston is directed by a member of the wellness team having a minimum of a bachelor's degree in an exercise or wellness related field. The wellness programs at Kingston are an informal way for people with PD to exercise on a daily or weekly basis in order to assist in preventing functional decline or even improve quality of life

For more information about these Parkinson's specialized programs and our other healthcare services, please feel free to contact us.

Neil Nieckarz, PT, Director of Rehabilitation, Kingston Rehabilitation of Perrysburg 419- 873-6100

Breanne Bates, OT, Co- Director of Rehabilitation, Kingston Care Center of Sylvania 419-517-8200

Emily Miller, SLP, Co- Director of Rehabilitation, Kingston Care Center of Sylvania 419-517-8200

Kingstonhealthcare.com

NEW STUDY REPORTS LEVODOPA BETTER THAN OTHER DRUGS IN THE LONG-TERM

Posted by Maggie McGuire, June 11, 2014

Whether to begin Parkinson's treatment with the gold-standard levodopa or other therapy (e.g., dopamine agonist, MAO-B inhibitor) is a question debated among neurologists and patients.

A paper published today in *The Lancet* reports that early treatment of levodopa provides better mobility and quality of life after seven years over early treatment with dopamine agonists or MAO-B inhibitors. In the largest-ever Parkinson's disease trial — called PD MED — a group of researchers from 80 sites throughout the United Kingdom and led by Dr. Richard Gray of the University of Oxford compared the three therapies in a total of 1,620 newly diagnosed patients, including those with young onset PD.

In a comment also published by *The Lancet*, Drs. Anthony Lang and Connie Marras (both from the University of Toronto) wrote, "The results of this study will help to persuade physicians and reassure patients that the fears that have served as the groundwork in establishing levodopa phobia — that often results in patients experiencing unnecessary and easily managed disability and reduction in quality of life in the early years of their disease — are unfounded."

Some physicians are reluctant to begin patients on levodopa due to the earlier onset of levodopa-induced dyskinesia — a side effect of the medication that presents with jerky, fractured movements — and motor fluctuations or "off" episodes.

The PD MED study asked patients to complete a questionnaire on their quality of life relative to their mobility. After three years, patients on levodopa averaged 1.8 points better than patients on dopamine agonists or MAO-B inhibitors, and that beneficial difference remained seven years into the trial.

Dr. Gray was quoted saying, "Although the differences in favor of levodopa are small, when you consider the short- and long-term benefits, side-effects, quality of life for patients, and costs, the old drug levodopa is still the best initial treatment strategy for most patients."

Register with Fox Trial Finder to find clinical trials in your area.



PFNWO Holds First Support Group Facilitator Appreciation Dinner

On Wednesday, June 4th, the Parkinson Foundation of Northwest Ohio (PFNWO) held its first PD Support Group Facilitator Appreciation Dinner at the Findlay Inn in Findlay, Ohio. While not all of the region's support group facilitators were able to attend, all present at the dinner felt this was a worthwhile gathering that should be held on a regular basis.

The evening provided the board members and facilitators a chance to meet and get to know each other over a lovely meal. It also gave the board the opportunity to let the facilitators know they are highly valued. After dinner, an appreciation package was presented to the facilitators and an open discussion took place to share the struggles and challenges facilitators face as well as what works or does not work for the groups represented.

The evening ended at the promised time. The information shared will be helpful to all present and the PFNWO board looks forward to the next PD Support Group Facilitator event.

By Nancy Temme



It is with great sadness that I share the passing of the Ohio Parkinson Foundation Southwest Region. As you may know, until recently, there have been four Ohio Parkinson Foundations to service the Parkinson's communities in the four quadrants of Ohio as defined by the area codes in existence in the early 90s. The Southwest Region was not only a victim of a lack of donations; the kill shot was a lack of involvement by those it served.

The Parkinson Foundation of Northwest Ohio, (PFNWO), is humbled by the continued generosity of our community and sponsors. We wouldn't be as strong as we are without you. We invite you to join us and volunteer for events or join the board in almost every newsletter. It is a sincere invitation.

The passing of the Ohio Parkinson Foundation Southwest Region is a firsthand example of what can happen to an organization when everyone decides to leave it up to someone else. Many of you are just plain unable to become involved, we get this. You may have already taken your turn on the board or helped with an event. We sincerely thank you.

For those others, please give some thought to getting involved. John and I have always felt the life most benefitted by getting involved was our own. Think about it, won't you?



PARKINSON FOUNDATION of Northwest Ohio

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

Parkinson Foundation of Northwest Ohio Support Groups (Updated August 2014)

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

Ashland County Support

2nd Tuesday 2:00 p.m.
Belmont Tower
2140 Center Street
Ashland, OH
John Rowsey
419-289-1585

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

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

ProMedica Memorial Hospital/ Seneca County

PD Support Group
2nd Tuesday 2:00 p.m.
Meets every other month: Jan,
Mar, May, Jul, Sept, Nov
Fremont American Legion
200 Buckland Avenue
Fremont, OH 43420
Lesley King 419-334-6630

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

