

PARKINSON FOUNDATION

of Northwest Ohio

Frankly Speaking

Dedicated to Educate, Comfort and Raise Awareness

580 Craig Dr #8, PBM#202, Perrysburg, OH 43551 • 1-800-438-5584 • www.pfnwo.org

Spring 2016

Dennis S. Ploszaj

The Parkinson Foundation would like to extend its deepest sympathies to the family of Dennis Ploszaj. Dennis was diagnosed with Parkinson's in 2005. He often talked about when he was first diagnosed and how he was handed some papers and left to figure the illness out on his own. His mission in life became to help those afflicted become informed about the illness and to not feel the devastation that he felt when first diagnosed.

Dennis was a true advocate on how to live a full life with Parkinson Disease. He was a Past President of PFNWO and served on the board for seven years. During his presidency he was very instrumental in raising funds for the development of the Gardner-McMaster Parkinson Center at the Toledo Medical Center, where he then volunteered on a weekly basis for the Parkinson Interdisciplinary Clinic.

Dennis didn't stop there. He continued his quest for the Parkinson's Community where he was the Facilitator for the Hancock County Support Group, and succeeded in getting a Delay The Disease Class started at 50 North.

As you can see, Dennis devoted much of his life to the Parkinson's Community and for that we are truly grateful. Even though he is gone... he will never be forgotten.



Happy Spring!

May your Easter Basket
be full of

Joy, Happiness & Peace

Today & Always

Happy Easter From
The Parkinson Foundation of
Northwest Ohio!

TIME TO RENEW IN APRIL!

Kroger Community Rewards Program

Buy from Kroger and a percentage of your sale will be donated to PFNWO.

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



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History of Parkinson's Disease

Parkinson's Disease was first described by English physician Dr. James Parkinson in his work entitled, *An Essay on the Shaking Palsy* (1817). In this short essay, Parkinson wrote about "Involuntary tremulous motion, with lessened muscular power, in parts not in action and even when supported; with a propensity to bend the trunk forwards, and to pass from a walking to a running pace: the senses and intellect being uninjured."

Four decades later Dr. Jean-Martin Charcot added rigidity to Parkinson's excellent clinical description and attached the name Parkinson's Disease to the syndrome.

The Parkinson Tulip

The story of the Parkinson Tulip began in 1980 in the Netherlands when J.W.S. Van der Wereld, a Dutch horticulturalist who had Parkinson's disease, developed a red and white tulip.



In 1981, Van der Wereld named his prized cultivar, the "Dr. James Parkinson" tulip, to honor the man who first described his medical condition and to honor the International Year of the Disabled.

The tulip received the Award of Merit that same year from the Royal Horticultural Society in London England, and also received the Trial Garden Award from the Royal General Bulb Growers of Holland. It is described as a flower: "exterior, glowing cardinal red, small feathered white edge, outer base whitish; inside, currant-red to turkey-red, broad feathered white edge, anthers pale yellow."

On April 11, 2005, the Red Tulip was launched as the Worldwide Symbol of Parkinson's disease at the 9th World Parkinson's Disease Day Conference in Luxembourg.

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"In fact, Parkinson's has made me a better person. A better husband, father and overall human being." – Michael J. Fox

19th Annual Symposium

Parkinson's Potpourri: You Asked For It!

A Plethora of Information about PD
as requested by our PD Families and Friends



April 16, 2016
at Parkway Place, Maumee
9:00 a.m.-2:00 p.m.
doors open at 8:30 a.m.

Presented by:
Gardner-McMaster Parkinson Center
and the



www.pfnwo.org

To register online please go to www.PFNWO.org to fill out the online Symposium registration form or you may call the PFNWO Message center at 800-438-5584 and press 1, where you will be prompted to leave the required information. Tickets will be mailed or available at check in.



PARKINSON'S DISEASE RESEARCH OPPORTUNITIES

Do you have PD and are currently on Sinemet along with at least one other medication for PD **and** experience "off" time when your medications are not working to control your symptoms?

If you answered "Yes" to this question, you may qualify for one of the clinical research trials being conducted by Dr. Elmer/Dr. Menezes/Molly Scott and the research team at the Gardner-McMaster Parkinson Center.

For more information, please call Stephanie Wilson RN at 419-383-6721

Please consider registering on www.foxtrialfinder.org to get information regarding Parkinson's research being conducted in your area. This system, established by the Michael J. Fox foundation, is used to help potential study participants match with clinics that are conducting research studies.



Are you moving? Use it or lose it!

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

Veterans Affairs of Toledo, OH

Call your VA for information
Arbors at Waterville
Thursdays beginning March 12
for 12 weeks
11 a.m.-12 p.m. \$35 for session
Reservations: Alyssa 419-878-3901

Hancock County Agency on

Aging Fitness Center
339 E. Melrose Ave, Findlay, OH 45840 –
Fitzgerald Room
Every Monday & Wednesday
11:30 a.m.-12:30 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 - Sylvania

4121 King Rd, Sylvania, OH 43560
Thursdays 12-1 p.m. in our therapeutic pool
beginning Feb. 5 for 8 weeks
\$50/8 week session
For more information or to register contact:
Ashley at 419-517-8282 or
asautter@kingstonhealthcare.com

Kingston Care Center - Perrysburg

345 E. Boundary Street
Tuesday and Thursdays 11 a.m.-12 p.m.
Amber Haas at 419-873-6100
ahaas@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
-
- **UT Health And Science Wellness Center**
- Tuesday & Thursday
- 5:15 p.m.-6:15 p.m.
- Michelle.Peterson@utoledo.edu
-
- **Heartland Rehabilitation Services at**
- **Arrowhead Park**
- 518 The Boulevard, Maumee Oh 43537
- Chair yoga at 2:30 on every Tuesday
- SilverSneakers Yoga instructor,
- 419-897-9822
-
- **Wood County Committee on Aging**
- 305 N Main St. – Bowling Green, OH 43402
- Thursdays 2-3 p.m.
- \$30 for a 12 week session
- Sessions Ongoing
- For more information or to register call:
- Program Department at
- 419-353-5661 ext. 1013
-
- **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 session
-
- **Ft. Meigs YMCA**
- Tuesday and Thursdays from 3-4 p.m.
- Free To YMCA Members,
- \$40 for a nonmembers for 8 week session
- twice a week. Register: 419-251-9622
- For more information contact Patta Murray
- pmurray@ymcatoledo.org
-
- **Mennonite Memorial Home**
- Bluffton, Ohio
- Tuesdays and Fridays
- Northwest Physical Therapy
- 419-523-9003
- www.northwestphysicaltherapy.com
-
- **Fulton County Health Center Rehab**
- 138 E. Elm St.
- Wauseon, Ohio 43567
- Thursdays at 11:30
- For more information call Becky or Karen
- at 419-335-1919
-
- **Central Park West, Toledo OH**
- Saturday 10-11 a.m.
- 419-541-9622 info@cpwhc.com
-
- **Eastern Community YMCA, Oregon OH,**
- Tuesday and Thursday, 4:30-5:30 p.m.
- Susan Ruff 419-725-7844
-
- **YMCA Marion, Marion OH**
- Monday and Wednesday 9-10 a.m.
- Plus Saturday in the small pool 9-10 a.m.
- 740-725-9622, www.marionymca.com
-
- **KNOCK-OUT PARKINSON'S:**
- **International Boxing Club**
- 5963 Telegraph Rd. Toledo Ohio
- Mondays, Wednesdays, Fridays
- 9-10 a.m.
- Contact Coach Harry Cummins
- 419-244-8955
-
- *"Don't let what you cannot do, interfere*
- *with what you can do." – John Wooden*

SAVE THE DATE

SATURDAY
APR 16
2016

Parkway Place
9 am to 2 pm

19th Annual
Parkinson Symposium
Call 800-438-5584
for reservations



FRIDAY
OCT 7
2016

The Pinnacle
6 to 10 pm

Shaken Not Stirred Gala
Dinner and Dancing



"Remind yourself daily that you are amazing. That you can do anything. That you are unstoppable. That you are a great person. That you are of value to the world. That you have the power to do anything you want to do and you can be anyone you want to be. Do this every day to tap into your true potential and live an amazing life." – Tony@buildyourconfidence

PREVENTING FALLS

1. Wear proper footwear. If you work or walk in an environment where slipping hazards are present, you will want to wear slip-resistant shoes. These shoes are specially designed to grip surfaces and prevent falls, even if those surfaces are slick or wet.

- Most footwear of this type will be labeled as “slip-resistant.”

2. Pay attention when you walk. As you walk, pay careful attention to the speed at which you are walking and where you are stepping. The faster you walk or run, the more likely you are to fall, especially if the ground is suddenly or surprisingly uneven. By slowing down and being aware of the environment, you can lower the chances of falling.

- Be careful walking or running in any areas where the ground may be uneven.
- Pay attention when taking the stairs and always use the hand rail.

3. Use proper safety equipment.

If you are performing any task that requires the use of a ladder or similar device, always practice proper safety. Read over any operation manual or safety instructions to make sure you are using the device properly.



- Always check to make sure any ladder or step stool is secure and is in good working order.
- Never ride on a vehicle unsafely. Always enter or mount a vehicle slowly and carefully.

4. Create a safe environment. Whether at work or at home, take a few steps to create a safe environment that removes the most common tripping hazards. Making frequently used rooms and spaces safe from trip hazards can greatly reduce your chances of falling. Review the following list for some helpful tips:

- Always close drawers after you are done with them.
- Don't leave cords or wires in walkways.
- Keep the area well lit.
- Walk slowly over slippery or dangerous areas, taking small controlled steps.
- Consider relocating if you live somewhere with steep stairs and falling is a concern. Otherwise, make sure you have handrails or a banister.
- Use non-slip bathmats in the tub and bathroom and consider installing a grab bar in the tub.
- Remove small throw rugs or use double-sided tape to make sure they don't flip up or slip.

5. Improve your strength and balance with exercise. Weak legs and muscles can increase your chance of falling. Gentle exercises like Tai Chi can improve strength and balance, making falls less likely.

6. Be aware of medications that might affect your balance. Some medications can cause dizziness or drowsiness, which could increase your chances of a fall. Talk to your doctor about your medications (sometimes the interaction of several medications might lead to these side effects).

Our Support Groups are Expanding!

Support groups have become a part of the lives of many people who suffer from Parkinson's and also for their caregivers. Physicians and other healthcare professionals often recommend them to patients and families dealing with the illness. While support groups aren't for everyone, for many people they provide a place to share similar experiences and tips for living with Parkinson Disease.

We are excited that there have been three new Parkinson's Support Groups started this year: Archbold, Ohio facilitated by Bonnie Lauber; Monroe, Michigan facilitated by Jennifer Traver and Perrysburg Waterford Landing, facilitated by Mike Zikar.

Whether it is you seeking peer support or your caregiver, please give a local support group a try.

If you are interested in starting a Support Group in your area, please call 1-800 438-5584 and we would be happy to help by sending you our Facilitator Start Up Manual.

Another Way You Can Help Support PFNWO:

- Go to smile.amazon.com - It is the same Amazon you know. Same Products, Same Prices, Same Service.
 - When purchasing items, please indicate [Parkinson Foundation of NWO](#) as your charitable organization of choice.
 - Amazon donates 0.5% of the price of your eligible AmazonSmile purchase to PFNWO
- ...And That's Worth Many Extra Smiles**

Welcome to
amazon smile

You shop. Amazon gives.

How to Fall Safely

Falling can pose a serious risk of injury, even if it is only from a standing height. Depending on your age, health and fitness levels, the severity of those injuries can vary. However, there are a few techniques that anyone can use if they find themselves falling to help reduce the impact and prevent injury.

1. Protect your head. The most important body part that you need to protect in a fall is your head. Head injuries can be very serious, even deadly. Make sure you prioritize protecting your head as you fall by properly positioning it.

- Tuck your chin down, lowering your head.
- If falling down, face first, turn your head to the side.
- Bring your arms up to head level for additional protection. Put them in front of your head if falling forwards or behind your head if falling backwards.
- If you are taking anticoagulants or blood thinners and fall and hit your head, this may result in a dangerous and life threatening bleed inside your skull. Call your doctor, who may tell you to go to the hospital for a CT scan.

2. Turn as you fall. If you are falling either straight forward or straight backwards, try to turn your body so you land on your side. Falling directly on your back can cause serious injury to it. A frontal fall can cause damage to the head, face, and arms. By landing on your side you can reduce the chance of injury from high distances (for example, one way vertical paths).

3. Keep arms and legs bent. It may be tempting to try and catch yourself fully as you fall with your arms. However, landing with your arms straight out and absorbing the full force of the fall with them can cause injury. Try keeping both arms and legs slightly bent as you fall.

- Landing fully on your arms in an attempt to catch yourself can break both your wrists and arms.

4. Stay loose. Tensing up during a fall can increase the chances of sustaining an injury. The tension in your body won't allow for the absorption of force from the fall. Instead of spreading the impact out over a flexible body, the parts that were kept taut are more likely to break instead of going with the motion.

- You can try breathing out as you fall to help keep your body relaxed.

5. Roll out of the impact. If you are able, a good technique

to dissipate the force of a fall is to roll into it. By rolling, you send the energy of the fall into the roll, rather than having your body absorb the impact. Since the technique is difficult, you may want to practice falling and rolling at a gym or somewhere with padded and cushioned floors.

- Start in a low squat position.
- Lean forward and place your palms flat on the ground in front of you.
- Push off the ground with your legs and move your weight forwards.
 - Your legs will go over your head.
 - Keep your back rounded and gently try to land on a shoulder.
 - Let the momentum carry you through the roll and back up onto your feet

6. Spread out the force of the fall.

A big part of falling safely is to spread out the force of the impact over a large area of your body. Falling on a single point will result in that area taking most of the damage. By spreading out the impact, you reduce the chance of serious injury to a single part of the body.



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

I-STEP
Istradefylline Study of Safety &
Treatment Efficacy in Parkinson's

Are You Getting Enough Sleep?

Humans, like all animals, need sleep, along with food, water and oxygen, to survive. For humans, sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep, and the overall state of our “sleep health” remains an essential question throughout our lifespan.

Most of us know that getting a good night’s sleep is important, but too few of us actually make those eight or so hours between the sheets a priority. For many of us with sleep debt, we’ve forgotten what “being really, truly rested” feels like.

Sleep needs vary across ages and are especially impacted by lifestyle and health. To determine how much sleep you need, it’s important to assess not only where you fall on the “sleep needs spectrum,” but also to examine what lifestyle factors are affecting the quality and quantity of your sleep such as work schedules and stress.

Parkinson’s disease creates many challenges to getting a good night’s rest. Try these tips to help you get enough rest and sleep, which is an important component of overall health and quality of life.

Getting a Good Night’s Rest

- Make a regular, relaxing bedtime routine a habit.
- Maintain a regular sleep schedule: get up and go to sleep at the same time every day.
- Get plenty of bright light exposure during the day, particularly natural daytime light.
- Decrease fluids several hours before bedtime, and go to the bathroom before getting into bed to sleep.
- Avoid strenuous exercise, alcohol, nicotine and caffeine within 4 hours of your bedtime.
- Use your bed only for sleeping and intimacy with your partner.



- Banish animals from the bed!
- Customize your sleep environment: invest in a good mattress and pillows.
- Set the bedroom temperature at a cool, comfortable level.
- Limit daytime napping to a 40-minute NASA nap (yes, tested by astronauts!)
- Lie down to sleep only when sleepy. Learn to tell the difference between fatigue and sleepiness.
- If you are unable to sleep after 15 minutes, get out of bed and engage in a relaxing activity like listening to music, meditation or reading until you are sleepy.
- Turn off the TV. If weaning yourself of a TV habit is difficult, try a relaxation or nature recording.
- Keep lighting and noise at low levels when trying to sleep.
- Eliminate the common but bad habit of “checking the clock” throughout the night.
- Sleep as much as needed to feel refreshed, but avoid spending too much time in bed.

Getting into Bed

- Approach the bed as you would a chair; feel the mattress behind both legs.
- Slowly lower yourself to a seated position on the bed, using your arms to control your descent.
- Lean on your forearm while you allow your body to lean down to the side.
- As you body goes down, the legs will want to go up like a seesaw.
- DO NOT put your knee up on the mattress first. In other words, don’t “crawl” into bed.

Rolling or Turning Over in Bed

- Bend your knees up with feet flat.
- Allow knees to fall to one side as you begin to roll.
- Turn your head in the direction you are rolling and reach top arm across the body.
- Some PD patients find that “silk sheets” help them move better in bed.

Scooting Over in Bed

- Bend your knees up with feet flat.
- Push into the bed with feet and hand to lift your hips up off the bed. Then shift hips in the desired direction.
- Finish by repositioning feet in the direction your hips moved.

Getting Out of Bed

- Bend knees up, feet flat on the bed.
- Roll onto your side toward the edge of the bed by letting the knees fall to that side. Reach across with the top arm, and turn your head to look in the direction you are rolling.
- Lower your feet from the bed as you push with your arms into a sitting position.



Now Enrolling for a New Parkinson’s Clinical Research Study

If you have Parkinson’s Disease (PD), you might be eligible to participate in the TOZ-PD Study.

To take part in the study, you must

- be 30 to 80 years old
- have had PD for at least 3 years
- currently take levodopa (L-dopa) and at least one other medication for PD
- be currently experiencing periods when your medication is no longer effective

To find out more about the TOZ-PD Study, please speak with a member of our study team by calling 419-383-6721.

TOZPD
STUDY

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“Try to laugh through your tears and appreciate the little moments and small joys which will stay with you always!” – Joanne B.

Coping Tips for Caregivers of Those With Parkinson's Disease

As a caregiver of someone with Parkinson's disease, you have a lot to do:

- You help maintain the quality of life for your loved one.
- You educate yourself about symptoms, treatments, and the progression of the disease.
- You keep track of appointments with the doctor, medication schedules, and exercise.
- You offer the love and support necessary to meet the challenges of Parkinson's disease.

You are a caregiver. The role you have taken on is not an easy one. The following tips offer some guidance on how you can help your loved one:

- Take time for yourself. Make sure you have time to relax. If necessary, enlist the help of other family members or even hire someone to assist you in providing care.
- Learn as much as you can about your loved one's disease. That way you'll understand what changes to expect in your loved one's behavior or symptoms and how you can best help when those changes occur.
- Let your loved one participate. Don't try to do everything

- for your loved one. Allow him or her the time to complete daily activities on his or her own, such as dressing.
- Consult your loved one about his or her family affairs. Although it's not easy to discuss these topics, you should be informed of your loved one's wishes regarding a living will, durable power of attorney, and do-not-resuscitate (DNR) order.
- Set realistic goals for yourself and your loved one. Don't attempt to do everything. By setting attainable goals, you are setting everyone up for success rather than disappointment.
- Do not put your life on hold. Continue to meet with friends, participate in hobbies or groups, and maintain a schedule as normal as possible. You will not only feel more energized, you will be less likely to feel resentful.
- Have someone you can talk to. You are there to listen to and support your loved one, but you also need a support person. Talk openly and honestly with a friend or family member. If that's not possible, join a support group. Understanding that you are not alone and that someone else is in a similar situation helps you to feel nurtured.

5 Spring Cleaning Safety Tips

Does your kitchen look like a display ad for gadgets and counter-top appliances? Does all of the excess furniture lying around your living space look like it should be in a yard sale? If you answered "yes" or even a reluctant "no," then it's time to freshen up your home. Spring is the season of renewal, so get caught up in the fever and throw out the junk and re-organize your space! For Parkinson patients and their caregivers, these five spring cleaning tips are for safety first.

1. Check the Medicine Cabinet

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded.

Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in your closet.

2. Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much "stuff." Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely.

In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently use items, and clear out the refrigerator and pantry of stale food.

3. Have an Emergency Plan in Place



In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly.

If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.

4. Never Try to Move Heavy Objects or Furniture on Your Own

For patients with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and lightweight equipment which are easier to use. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze.

5. Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit

Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional.

Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while.

Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact in an emergency.

Parkinson Foundation of Northwest Ohio Support Groups

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

Ashland County

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

Auglaize County

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

Group in Fulton County

St. Martins Lutheran Church
203 S. Defiance St.
Archbold, OH 43502
Starts Dec 1st at 1 p.m.
Bonnie Lauber 419-445-9516

Hancock County

3rd Monday 12:30 p.m.
St. Michael's Catholic Church
750 Bright Rd.
Findlay, OH 45840
Mark & Deb Fisher
419-423-4524

Lima Area

1st Thursday of each month,
2-3 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 p.m.
**Meets every Month EXCEPT July*
Kingston Perrysburg Rehabilitation
Center, 345 E. Boundary St.
Toni & Bob Lesinski
419-385-4330

Perrysburg Zoar Lutheran Church

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

ProMedica Memorial Hospital/ Seneca County

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

Putnam County

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

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

Tiffin Ohio

1-2:30 p.m.
St. Francis Home, 182 St.
Francis Ave., Tiffin
Jean Overmier or Rachel
Fabrizio at 419-447-2723

Western Ohio

3rd Thursday 2 p.m.
New location:
Briarwood Village
100 Don Desch Dr.
Coldwater OH 45828
Alicia Koester
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

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

Perrysburg Waterford Landing

1st Monday of the month
6-7 p.m.
Mike Zikar 866-333-2174

Shakin' Not Stirred's Monroe County and Contiguous Area Parkinson's Support Group

Custer I Elementary School
(Media Room)
Held 3rd Wed of Month, 6:30 p.m.
5003 West Albain Rd.
Monroe, Michigan
Jennifer Traver 734-497-5683

PFNWO Board Officers:

Tom Dunbar
President
Gail Zimmerman
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Stacey Dunbar
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Barbara Harris
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Bart Bolbach
Mary Jane Bolbach
Janet Clough
Suzette Croll
Mark Fischer
Andrea Gibbons
Jeffrey Kramer
W. Alan Robertson