



“All I Need to Know I Learned From a Snowman”

- * It's okay if you're a little bottom heavy.
- * Hold your ground, even when the heat is on.
- * Wearing white is always appropriate.
- * Winter is the best of the four seasons.
- * It takes a few extra rolls to make a good midsection.
- * There's nothing better than a foul weather friend.
- * The key to life is to be a jolly, happy soul.
- * We're all made up of mostly water.
- * You know you've made it when they write a song about you.
- * Accessorize! Accessorize! Accessorize!
- * Avoid yellow snow. Don't get too much sun.
- * It's embarrassing when you can't look down and see your feet.
- * It's fun to hang out in your front yard.
- * There's no stopping you once you're on a roll.

~ Unknown



Wishing you and your family a joyful, bright, healthy, prosperous and happiest of holidays. – Happy Holidays from the Parkinson Foundation of Northwest Ohio

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

Another Way You Can Help Support PFNWO:

Welcome to **amazon smile**

You shop. Amazon gives.

- 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

Even though you may feel damaged, you still have value

A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?"



200 hands went up.

He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up.

He then asked, "Who still wants it?"

All 200 hands were still raised.

"Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes.

He picked it up, and showed it to the crowd. The bill was all crumpled and dirty.

"Now who still wants it?"

All the hands still went up.

"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel

worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - Don't ever forget it!"

Here's a Primer on Common Parkinson's Terms and Abbreviations

When you are new to something, it's common to feel disconnected or out of place – especially when it comes to understanding the language.

Following is a list of common words and definitions that may be unfamiliar to a Parkinson's newbie:

- Akinesia: Inability to move spontaneously; loss of voluntary movement.
- Ataxia: Impaired balance, coordination, and muscle control.
- Bradykinesia: Slowed movement.
- Carbidopa-levodopa: Medication used to relieve Parkinson's disease symptoms.
- Dopamine: Acts as one of the brain's messengers to signal movement and maintain balance and coordination.
- Rigidity: Muscle stiffness and resistance to movement.
- Postural instability: A term with big words referring to balance issues.
- Dyskinesia: Abnormal, involuntary movements.
- Micrographia: Small, cramped, often illegible handwriting.
- Facial masking: Facial muscles become immobilized, giving the patient a mask-like expression.
- DBS: Deep brain stimulation.
- PD: Parkinson's disease.
- MDS: Movement disorder specialist, a neurologist who has training specific to Parkinson's and other movement disorders.
- PWP: Person (or people) with Parkinson's disease.



Wake up your Body Exercises

Do you find that you're becoming more nervous or anxious about going out to meet with people because of your Parkinson's symptoms? Do you worry that people you meet are going to notice something is amiss with you? Or that you might become the story?

You may find that doing these simple warm up exercises every day will help prepare you for whatever might be coming. Waking up your body with exercise will help you feel in control of your voice and body and will reduce the anxiety associated with having (and showing) you have Parkinson's.

Body Exercises

- Get outside as soon as possible in the morning, even if it's just to stand on your porch or driveway for a few minutes. Take deep breaths.
- Get yourself out of your cocoon. Open up your body by reaching and stretching.
- Extend your arms horizontally and rotate them in small, then larger circles. Maintain motion for 30 seconds, repeat 3 times.
- Reach up with one arm at a time as if you are reaching for the ceiling. Repeat 3 times for each arm.
- Warm up your shoulders by slowly rotating your arms backward and then forward in a circle. Repeat 3 times for each arm.
- Lift up your shoulders and stand up straight. Do shoulder shrugs, repeat 3 times.
- Stand in place and march; lifting each thigh up to a horizontal position. Have a chair, railing or wall nearby to prevent falling. March for 1 minute, repeat 3 times for each leg.
- Hold on to a chair and swing one leg from left to right, repeat for the other leg. Swing to a count of 15 for each leg, more if you can.
- If you are able, do a few pushups. If you are new to pushups, start by doing 3-5 and then grow to 10-12.
- Get your coordination going by doing "air punches". Pretend that you are standing in front of a boxing bag. Punch repeatedly with your left and right hands for 30 seconds, repeat 4 times.



Voice Exercises

- Recite your ABCs or vowels. Say A, E, I, O, U with a big, exaggerated facial expression. Do this in front of a mirror if possible. Repeat 3-4 times.
- Practice smiling and laughing! Repeat 6 times.
- Practice words that are hard for you to enunciate. For me these are words like Christmas, sometimes, Kensington. Say them loud over and over until you get them right.



- Sing a song with exaggerated tones from loud to soft. Try to go through the range from high to low. Repeat 2-3 times.
- Concentrate on reciting a sequence that requires coordination between your brain and voice. Try reciting major roads that are in your area. Say them loudly and as fast as you can. This is a good exercise for the car. Make up your own sequence. Repeat 2-3 times.
- For all the above, take deep breaths as you practice and project your voice strongly, with authority.
- Practice taking a deep breath before speaking. Exaggerate this. Repeat up to 6 times with normal breathing in between each one (so you don't pass out!).

Stacey's Shopping List!

Back by popular demand is my top 10 gifts for people with Parkinson's disease! The holidays can be stressful enough without having to try to figure out that perfect gift for a person with Parkinson's. Look no further!

Weighted pens

HEAVY Super Big Fat Weighted Pen for Tremors and Parkinson's (Twin Pack). You can find these on Amazon.com. They help to control the hand by being weighted and big. Making handwriting more legible and easier to do for the person.

Lifeware Steady Starter Kit

This is the awesome battery operated spoon and fork that helps to counteract tremors so a person with Parkinson's is able to keep their food on their utensils better and get the food to their mouth rather than on their lap!



A new electric toothbrush

After struggling for years with a regular toothbrush and hurting my gums, I switched to an electric toothbrush and was amazed at the difference! Life is so much easier now! No more hurting gums and I get all my teeth clean!

E-reader for books

For those that love to read but have a hard time with books and turning pages. A lightweight electronic reader such as a Kindle can go a long way. Not only can your loved one increase size of text, they can also listen to the words as well.

Digital picture frame

What better way to help your loved one stay up on the latest pictures of family and friends than with a digital picture frame. They range in price and some come with remote controls. They use SD/USB cards or USB sticks. I have seen some that will show up to 15,000 pictures! Change them out when you want! (ADVICE: Preload it for THEM! Less STRESS and anxiety!)

Home shopping service

In most areas these days there are a couple of grocery delivery services, Shipt and Instacart are available in our area. This is a gift both a person with PD and their care partner will LOVE! It is as simple as downloading the app onto your smartphone or computer and selecting your groceries, paying for them and they will bring them to you and help you unpack them if needed! Don't worry, they are licensed and bonded! We LOVE it!

Meal delivery service

Go one step further and give the gift of some meals! There are several delivery services to choose from: HomeChef, Plated, SunBasket, HelloFresh, BistroMD, just to name a few! They have plans they can tailor to any special dietary needs and you can choose from all kinds of wonderful meals. All the food comes beautifully packed. All your loved one has to do is follow the recipe and PRESTO they have a meal! It takes the stress off of them or their care partner having to do all the work. It also leaves them some energy left to do other things!

Puzzles and memory games

Those of us with Parkinson's have a tendency to become rather apathetic. We need to find ways to keep not only our bodies but our MINDS active as well. Puzzles, Sudoku, arts and crafts items, memory skill games, all kinds of fun things we can keep our brains and our motor skills active with will help us.

Experience gifts

Let's face it, that once a month trip to the doctor is not my idea of a really exciting outing! Getting a massage... Now you are talking! Let your imagination take over, think about your loved one with Parkinson's. What is something that they would enjoy? Maybe with you! A mani/pedi, a sunset boat ride, or what about a fishing trip? The possibilities are endless. Even if it is a gift card for dinner out, or tickets to the theater. If there is a Delay the Disease Class, Boxing Class in their area, perhaps paying the dues for them to start. That would be a way to get them up and going.

YOU ❤️❤️

The best gift you can give your loved one with Parkinson's is time spent with you and the family. They need your support and understanding.

Give them the gift of understanding; take the time to get to understand them and what is going on with them! The gift of listening to them instead of talking over them, when their voices become soft or slow. Give them the gift of company at the table while they finish their meal slowly because they take longer to eat or are afraid of choking on their food. The gift of understanding that they wear out a lot quicker than they used to in the past. No matter how young or old they are, they still have Parkinson's disease and it slows them down. Give them the gift of not walking so quickly but instead walk WITH them and talk to them. Most importantly, just give them the gift of being there for them!

Exercises for Parkinson's Patients

If you have Parkinson's disease, it's time to lace up your tennis shoes and start working out! Research shows that individuals with Parkinson's disease who exercise twice a week have fewer symptoms. Plus, exercise benefits your overall health. This can help reduce the severity of symptoms and the disability related to advanced Parkinson's disease.

The benefit isn't just for people who already have Parkinson's disease. People who get regular exercise are less likely to be diagnosed with the disease. And if you do develop the condition, you'll likely progress more slowly than people who don't have an exercise routine. Exercise may also help prevent a Parkinson's disease diagnosis if you have a hereditary connection to the condition.

What's the best exercise for people with Parkinson's Disease?

The simple answer is any exercise that gets you moving and keeps you interested. If you're willing to stick with a routine, almost any type of exercise can be beneficial. And if you're looking to mix it up, try some of the following exercises. They've been shown to be especially effective for people with Parkinson's disease.

Aerobic activities include: Other activities include:

- cycling
 - dancing
 - non-contact boxing
 - rowing
 - swimming
 - walking
 - water aerobics
- barre exercises
 - gardening
 - golf
 - Pilates
 - tai chi
 - weight training
 - yoga



How do I get started?

Before you begin any exercise program, talk with your neurologist or general practitioner. If you haven't been physically active before your diagnosis, you may need additional help planning an exercise program. Your doctor will consider your personal health history, your current symptoms and treatment plan, and any additional factors that may affect your ability to exercise.

Your doctor may also ask you to make an appointment with a physical therapist or certified personal trainer who has experience with patients who have Parkinson's disease. You may need to modify exercises so you can perform them, especially if Parkinson's disease is limiting your movement.

As both your physical fitness and Parkinson's disease progress, your physical therapist can help monitor your improvement. They may suggest changes to your exercise routine to make it more effective for you.

Is there anything else I should keep in mind?

Adjusting to a new exercise routine will take some time. Keep these three things in mind:

- Don't be upset if you cannot perform as well as you think at first. Exercise requires stamina. If you haven't had a regular exercise routine in some time, you may not be able to endure lengthy training periods. Start with shorter periods of exercise and build up from there.
- Be honest with your doctor and physical therapist. If a certain movement or particular type of exercise feels unnatural, too difficult, or hurts too much, tell them you need a revised plan. You might inadvertently increase your symptoms if you're not honest.
- Make sure you're in a safe environment. Exercising at home may be convenient, but it may not be safe. You could trip over slippery surfaces, carpets, or rugs. If you hurt yourself during your exercise, you won't be able to get help immediately if you're home alone.

10 top tips for making the most of Christmas

Christmas can be a busy time, meaning you may find it harder than usual to manage your symptoms.

Doing your Christmas shopping

If you're shopping in a busy town or city and you find carrying purchases difficult, it's worth asking in-store if you can leave items to collect later, or if they offer a delivery service to disabled customers.

Writing your Christmas cards

Use labels in your Christmas cards instead of handwriting them. It makes it so much easier and saves a lot of time too!

Getting ready for a Christmas party

Having troubles with ties? Easily solved by buying clip-on ties (not bow ties). They are so easy to use. They just attach near the top button on the shirt and are as smart and fashionable as ordinary ties.

Spend hours trying to fasten a necklace? Try buying a pack of 8 magnetic jewelry clips (four 'silver' and four 'gold'). By fixing the magnets to each end of your necklaces, it will be much easier to put them on. The magnets are quite powerful but can't cope with anything too heavy - so the crown jewels are out!

Making the most of the day

Pace yourself. Christmas Day is likely to be hectic, so don't do too much in one go. Try preparing Christmas dinner the day before, by chopping the vegetables and cooking the turkey. Take a step back and ask for help if you need it.

If you're going to someone's house, take anything you need with you. It's ok that you have Parkinson's and require certain support mechanisms. If you have difficulties in certain areas, such as dexterity, take along your own specialist cutlery to eat with.

Eating Christmas dinner

Watch what you eat and when you eat it. Too much protein can affect your medication. Try to eat your Christmas dinner in the middle of two doses, to avoid the impact. This is easier to manage when you're hosting and you can set the times of meals.

Putting yourself first

Have the strength to say no if you'd prefer to do your own thing.

Communicating with someone who has Parkinson's

If a member of your family has Parkinson's and struggles to communicate, make sure they don't get isolated. Christmas can be a noisy time, so think about turning the TV down a little or just giving the person a bit more time to speak.



PARKINSON'S DISEASE RESEARCH OPPORTUNITIES

- Do you have PD and are currently on Sinemet **and** experience "off" time when your medications are not working to control your symptoms?
- Have you been diagnosed with Parkinson's but have not started taking any Parkinson's medication?
- Do you have PD and are experiencing lightheadedness or dizziness?
- Are you currently taking Sinemet (carbidopa/levodopa) and have dyskinesia (involuntary movements)

If you answered "Yes" to any of the above questions, you may qualify for one of the clinical research trials being conducted by Lawrence Elmer MD, PhD/ Molly Scott CNP 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.



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER

6 of the Best Apps for Chronic Illness Management

Managing a chronic illness can be difficult. There are many different medications to take (often at different times), appointments to remember, symptoms to keep track of, and lots of information to absorb. Thankfully, living in a digital age means that there are numerous mobile apps that can help you manage your chronic illness.

We've put together a list of some of the best mobile apps for managing your chronic illness:

Medisafe is an app that helps patients manage medications. It helps with dosage and reminds you when you need to take your meds, increasing adherence rates. The information can also be shared with your health care team and pharmacy.

Pain Diary works for anyone with a chronic illness. It allows patients to chart and score pain as well as record and track other symptoms of the disease such as fatigue and mood swings. This app also has a feature where patients can connect with others living with the same chronic illness and swap best practices.

ZocDoc is a handy app if you've recently been diagnosed with a chronic illness, since one of the first things you'll need to do is find a doctor to treat you. ZocDoc allows you to search for

local specialist doctors who are approved by your insurance company. The app will even tell you when the doctor is available to see you.

My Medical Info is an app that stores all your relevant health history and insurance details. This makes filling out those endless forms a little less challenging, since you won't have to rely on your memory for all the details. The app will also allow you to program in doctors' appointments and all the medications you're taking.

Fooducate helps you keep track of your diet and make healthy choices. Eating well is an integral part of managing any chronic illness and this app will help you to eat the right foods and get you to a healthy body weight. You can program in how many calories you want to consume a day and then add in the food choices you make, the app will work out the nutritional values of everything you eat and tell you how many calories you've consumed. It also works in conjunction with many fitness apps to add in details of any physical activities and calories burned.

Sleep Cycle helps you get the best out of your sleep. The app analyzes how much sleep and the quality of sleep you get each night and you can also have the alarm set to wake you when you're in your lightest sleep, leaving you feeling less groggy and more refreshed each day.



Acurian, Inc.

We'd like to tell you about the gLIDe research study being conducted at our offices.

Right now, our doctors are looking for adults ages 30 to 85 with Parkinson's Disease (PD) who suffer from levodopa-induced dyskinesia (LID) who may be interested in joining a clinical research study. The gLIDe study is testing an investigational drug to learn if it may help control levodopa-induced dyskinesia, also known as LID.

You may qualify to participate in this study if you:

- Are aged 30 to 85 years old
- Have been diagnosed with Parkinson's Disease (PD)
- Take levodopa at least 3 times/day
- Suffer from levodopa-induced dyskinesia (LID)

If you volunteer and qualify, study participation will last for up to 19 weeks. As part of the study, you will either get 1 of 2 different doses of the test drug OR receive a placebo to be taken twice a day for up to 14 weeks. The study drug and all study-related care will be at no cost to you.

You'll also have appointments at our clinic. Your health is very important to us and will be monitored throughout the study at these visits.

The gLIDe study for LID in people with PD is enrolling now at our clinic. If you're interested and would like to learn more, please call our staff at 419-383-6721 between 9 a.m. and 2 p.m.

Stephanie Wilson MSN, APRN, CCRC – Clinical Study Coordinator
University of Toledo Medical Center –
Gardner McMaster Parkinson Center
3000 Arlington Ave Mail Stop 1083
Toledo, Ohio 43614

Have you recently been diagnosed with Parkinson's disease?

If so, you may be eligible to participate in a clinical research study evaluating the safety and effectiveness of an investigational medication for Parkinson disease symptoms. The investigational medication is composed of a combination of two currently approved drugs for Parkinson's disease in low doses. The study involves taking once-daily study medications and includes 7 visits to the study center during approximately 14 to 18 weeks.

You may qualify to participate in the study if:

- You were recently diagnosed with Parkinson's disease
- You are between the ages 35 and 80
- Have not been taking other Parkinson's disease medication for more than 4 weeks

Qualified participants will receive at no cost:

- Investigational medication(s)
- Study related medical care by Parkinson's disease researchers
- Medical and physical examinations
- Laboratory tests

If you are interested in participating and would like more information, please contact:

UT Gardner McMaster Parkinson's Center
3000 Arlington Ave., MS 1083 Toledo, Ohio 43614
Lawrence Elmer MD, PhD
Stephanie Wilson MSN, APRN, CCRC
(419) 383-6721
Stephanie.wilson@utoledo.edu

You can also visit www.pharma2b.com





150 W. S. Boundary Dr.
PMB#202
Perrysburg, OH 43551

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 2:00 pm
Belmont Tower - 2140 Center Street,
Ashland, OH
John Rowsey 419-289-1585

Auglaize County - 3rd Monday
2:00-3:00 pm March -
October and 3rd Monday in November
at 1:00 pm
Joint Township District Memorial Hospital
200 St. Clair Street, St. Mary's, OH 45885
Linda Dicke 419-394-3335

Group in Fulton County
First Tuesday of the Month, 1:00 pm
St. Martins Lutheran Church
203 S. Defiance St., Archbold, OH 43502
Bonnie Lauber 419-445-9516

Hancock County - 3rd Monday 1:15 pm
50 North - 339 E. Melrose Ave.,
Findlay, OH 45840
Mark and Deb Fisher 419-423-4524

Lima Area - 1st Thursday of the month - March
through November, 11:00 am - Noon
Grace Community Church
4359 Allentown Lima, OH 45807
Heather Harvey 419-226-9632

**Parkinson Project of NW OH Young On-Set
Group**
2nd Wednesday 7:00 pm
*Meets every Month EXCEPT July
Hilton Garden Inn Levis Commons
Perrysburg, OH
Toni & Bob Lesinski 419-385-4330

**ProMedica Memorial Hospital/
Seneca County**
PD Support Group
2nd Tuesday 2:00 pm - Meets every
other month:
Jan, Mar, May, July, Sept, Nov
First United Church, 1500 Tiffin Ave., Fremont,
OH 43420
Lesley King 419-334-6630

Putnam County - 4th Wednesday of the Month
- March through November, 11:15 am to
12:45 pm
Henry's Restaurant
810 N. Locust St., Ottawa OH 45875
Beth Hartoon, PT, DPT 419-523-3590

Sandusky - 1st Thursday of the month,
2:00 pm
(Resumes March 2019)
Firelands Hospital, South Campus
Community Resource Room
1912 Hayes Ave., Sandusky, OH 44870
Angela Myers 419-625-3005

**Shakin' Not Stirred's Monroe County and
Contiguous Area Parkinson's Support Group**
Held 3rd Wednesday of Month, 6:30 pm
except July and August
Nature Center - 4925 E. Dunbar Rd., Monroe,
MI 48161
Jennifer Traver 734-497-5683

Western OH - 3rd Thursday 2:00 pm
New location: Briarwood Village
100 Don Desch Dr., Coldwater OH 45828
Alicia Koester 419-678-2851

Williams County - 3rd Monday 12:30 pm
*Months with County holidays - the 4th
Monday
Bryan Senior Center,
1201 South Portland, Bryan, OH 43506
Senior Center number 419-636-4047
Laura Rohlf 419-924-2927

The Waterford at Levis Commons Perrysburg
3rd Tuesday of the Month 6:00 pm to 7:00 pm
7100 S. Wilkinson Way, Perrysburg, OH 43551
Michael Zickar

CAREGIVER SUPPORT GROUP:

Caregiver Support Group of Fulton County
Meet 3rd Wednesday of the Month 10:00 am
St Martins Lutheran Church
203 S. Defiance St., Archbold, OH 43502
Bonnie Lauber 419-445-6516

Toledo Caregivers (C.A.R.E.S.) Support Group
1st Monday 6:30 pm (except Holidays)
Genacross Lutheran Services
-Assisted Living 3rd Floor
2001 Perrysburg-Holland, Holland, OH 43528
Kristen Schuchmann 419-383-6737

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