

FRANKLY SPEAKING

Fall/Winter 2022

PARKINSON FOUNDATION
of Northwest Ohio

Dedicated to Educate, Comfort & Raise Awareness



150 W. S. Boundary Dr., PMB#202, Perrysburg, OH 43551 • 1-800-438-5584 • www.pfnwo.org

Hello Friends!

We have missed interacting with all of you and we hope this newsletter finds you in great health and great spirits. The last few years have been tough on the world, our country, our state, our families, and specifically our PD community.

The entire PFNWO Board wanted to get a newsletter out this month and try to shed some light and hope for the new year; we also wanted to get as much updated information and news out to the community. Over the past few years, the threat and spread of COVID has forced us to cancel many of our favorite events and halt most of our additional planning. Our board has continued to meet via online conferencing and our planning of fundraisers, events, and community interaction have been incredibly hard to accomplish and nearly impossible to plan.

The PFNWO Board has been working to make changes to the website, add additional resources and articles, re-establish and reschedule our flagship events, and continue to raise monies to support our mission and serve the PD community in Northwest Ohio. In 2023, we hope to see (fingers crossed) a return to some normalcy, and we would like to kick off that reincarnation next month with a Holiday Open House which will be held December 17, 2022 (see the invite below). Along with the new Holiday Open House, the PFNWO Board has been working to rekindle one of the best and biggest events, the Annual Symposium and possibly create a brand-new event called Paint the Town; and continue the success of our 9th Annual Putting for Parkinson's Golf Outing which surpassed \$111,000 raised this past June.

As you can see, we are looking forward to wrapping up 2022 with some holiday cheer and jumping right into an awesome 2023. We hope you will join us at one of the events, support groups, or exercise classes and please reach out to myself or one of the board members if we can help support in any way.

Jeremy Hartle, President PFNWO

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Note from the Editor:

Happy Fall Y'all! We've missed you... and hope that you missed us too! It's a been quite different the past year and we've all had to adapt to a different world. Good News... We are starting our newsletter back up! Please watch for it as we will be sending it out on a quarterly basis. If you have ideas, information you'd like to receive, or questions you'd like answered please drop us a note on our web page. We hope that you have all remained healthy and that things are starting to get back to normal for you and your family.



Measuring the Effects of Exercise and Parkinson's

Exercise has proven health benefits for everyone, and people living with Parkinson's Disease (PD) are no exception. Regular exercise can lead to improvements in PD symptoms such as rigidity and slowness of movement and may even slow disease progression. Exercise programs for people with PD can also improve other areas important to physical function, like balance, strength, and turning ability. Regular exercise can also lead to improvements in cognitive function, sleep quality, anxiety, depression, and overall mood.

Importantly, people with PD who participate in regular exercise of at least 2.5 hours a week tend to report an overall better quality of life than people who exercise less frequently. However, even adding in 30 minutes of exercise per week can help contribute to better overall quality of life, and this has been shown in people with both mild and advanced PD.

There are many different types of exercise including aerobic, resistance, balance and flexibility. These exercise types can be combined and practiced in vary ways. Supervised exercise is most helpful for advancing an exercise plan, or when you have specific medical concerns such as balance difficulty or variable blood pressure. Independent exercises may work well if you already know what type of exercise you enjoy and are self-motivated. Community based exercise classes could be best if you thrive in a group format. In general, community based classes have been shown to improve motor symptoms, non-motor symptoms, and quality of life. There are also exercise programs that focus specifically on Parkinson's Disease and its symptoms with trained individuals to assist with each person's limitation (i.e. Big & Loud, Delay The Disease).

Unfortunately, the COVID -19 pandemic had a negative effect on exercise participation for people with PD. Studies have shown that at least in the first year of the pandemic, exercise quantity and intensity declined greater than 50% in people with PD which has had a negative effective on their PD symptoms causing them to decline.

Fortunately, a lot of exercise/therapy programs have opened back up. If you think exercise is something you want to resume or begin, please check with your doctor as they will be able to assist in finding the correct program/regimen for you. Remember . . . move it or lose it!!!!!!!



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.



Another Way You Can Help Support PFNWO:

Welcome to **amazon smile**

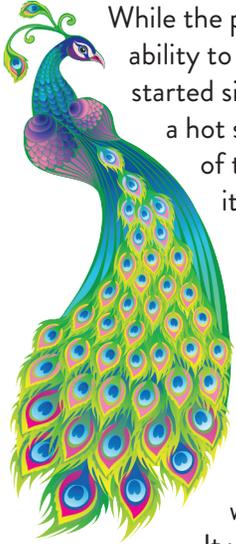
You shop. Amazon gives.

- 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

The Sad Peacock

A stunning peacock with glittering feathers was dancing on a rainy day. As the rain was so pleasant, he was dancing with happiness and started singing. But as he tried singing, his rough voice reminded him of his shortcomings as a singer. So all the joy of the rain got beaten out of him as he dwelled on his flaw.



While the peacock was drowning in discontent in his ability to sing in the beautiful rain, a nightingale started singing with joy while relishing the rain on a hot summer day. When the melodious voice of the nightingale reached the sad peacock, it further reminded him about his flaw. He began wondering why he was cursed to have such a horrible voice.

The forest goddess was doing her rounds in the forest that afternoon. She could see the whole forest was filled with joy from receiving rain on a hot sunny afternoon. However, wandering in the woods, she noticed the peacock sobbing.

It was baffling to the goddess that out of all the creatures in the forest, the peacock who loved dancing in the rain was in despair.

“Why are you upset in such wonderful weather?” the goddess asked the peacock.

The peacock complained about his hoarse voice and how unfortunate he couldn’t sing like the nightingale. “Why does the nightingale have such a melodious voice? But I don’t? It is unfair that I cannot sing in this beautiful weather.”

The forest god listened to the sad peacock and calmly answered, “Everyone is special in their own way. Everyone is born with unique traits and characteristics that help them shine their own way. Yes, the nightingale is blessed with a mellifluous voice, but you are also blessed with your unique dancing talent. You can dance gracefully, flaunting your beautiful glittering plumage. So please do not compare yourself with others; see what you have and make the best out of it. You’ll never be happy with yourself if you constantly compare yourself to others.”

The peacock realized how silly he had been in comparing himself to others and forgetting his blessings. He realized that everyone was unique in some way or the other.

MORAL: Self-acceptance is the first step to happiness. Make the best of what you have, rather than being unhappy about what you don’t.

Help Us Help You

We Need your help . . . Due to COVID, a lot of support groups and events were cancelled. If you know of active support groups, or future Parkinson’s events, please let us know so we can share with everyone. Also, it is our intent to keep the newsletters going. If there is a subject you would like to hear more on, or news you would like to share, please call us and leave a message at 1-800-438-5584. We will make sure to get the information up and running on our website and in future newsletter editions so that information can be shared with the PD Community. Thank you!

Tips for Using Gratitude as a Stress Reliever

- Keep a gratitude journal by your bedside. Each night write down one to three things that you were grateful for that day. Nothing is too simple or small such as a good night’s sleep or a great meal.
- Create a rhythm of gratitude by stopping the same time every day to think of one thing that you are grateful for in your life. This could be when you first wake up, on a lunch break, or on your drive home.
- Leave 3 x 5 cards out and invite your whole family to write down things they are grateful for and place them in a bowl or jar. If you are having a difficult moment or can’t think of something to be grateful for, draw out a card and read it.
- Invite a friend to go on a gratitude walk. While exercising and releasing endorphins, each of you can share five things that you are grateful for. Bouncing ideas off of one another can help you see things you may take for granted.
- Volunteer. This is the most effective way to foster gratitude. By getting out of your situation and helping another person or organization, it makes what you have in your life become apparent.



What Doctor do You See for Parkinson's Disease?

Let's Talk About Movement Disorder Specialists

If you or someone you love has been diagnosed with Parkinson's disease, you're not alone. More than 1 million people in the United States are living with the illness. And every year, nearly 60,000 new cases are diagnosed.



While doctors don't know exactly what causes Parkinson's disease, they do know it's a progressive disease that can be managed with the

right treatment plan and the right care team. That's where neurological movement disorder specialists – who are also called Parkinson's doctors – play an important role.

What is a movement disorder specialist?

You've likely heard of neurologists before. They're expertly trained medical doctors who specialize in conditions that affect the brain, spinal cord, peripheral nerves and muscles. But a movement disorder specialist can be any medical professional who works with patients that have neurological conditions that affect movement, like Parkinson's disease. For instance, physician assistants (PA) and nurse practitioners (NP) can also specialize in working with people who have movement disorders.

What does a neurological movement disorder specialist do for Parkinson's disease?

A movement disorder specialist has expertise in therapies that can be used to manage Parkinson's disease at every stage. And because Parkinson's disease therapies continue to advance, many movement disorder specialists are involved in clinical research.

If there's an experimental therapy or a newly approved medicine that might benefit you or your loved one, a movement disorder specialist will likely know all about it.

Movement disorder specialists are Parkinson's experts, so they know symptoms of the disease are complex and varied, and that medications are not the complete answer. They work with a team of experts – including rehabilitation therapists, nurses, social workers and other specialists – to fully address a particular person's needs.

How do neurologists and movement disorder specialists diagnose Parkinson's disease?

There's no single test that can confirm if someone has Parkinson's disease. Instead, a movement disorder specialist may use several methods to diagnose the illness (and rule out

other conditions), including:

- Listening carefully to the symptoms the person is experiencing, like a slight tremor in their fingers or hands, a change in gait or balance, or speech changes
- A neurological exam to identify key features of Parkinson's disease such as resting tremor, muscle rigidity and gait changes
- Diagnostic tests such as:
 - Blood tests
 - Brain imaging scans, including a CT and MRI
 - A DaTscan, which is a more specialized imaging technique that helps determine dopamine transporter levels
 - Neuropsychological testing, which can include reading, language, attention, memory and personality, as well as other tests to help determine how well a person's brain is functioning
- A diagnostic/therapeutic trial to study the effects of Parkinson's disease medications

Parkinson's neurologists, PAs and NPs can also diagnose, treat and help manage a range of other movement disorders, including:

- Ataxia
- Atypical Parkinsonism
- Essential tremor
- Huntington's disease
- Lewy body disease (LBD)
- Multiple system atrophy (MSA)
- Progressive supranuclear palsy (PSP)
- Tardive dyskinesia (TD)

How do movement disorder specialists work with you to create a personalized treatment plan?

Movement disorder specialists' training and experience make them ideal doctors to develop a plan for treating and managing symptoms, as well as help you or your loved one live well throughout the course of Parkinson's disease.

Your movement disorder specialist can:

- Manage Parkinson's disease medications and potential side effects
- Recommend and perform botulinum toxin injections, which can help with symptoms such as drooling or limb dystonia (continuous muscle contractions that can sometimes be painful)
- Treat and manage non-motor symptoms such as depression, constipation, low blood pressure and sleep disturbances
- Evaluate you for deep brain stimulation (DBS) or other invasive Parkinson's therapies, and manage your care after the procedure

But one of the most important aspects of a movement disorder specialist's role should be coordinating care with other specialists such as:

- **Physical therapists** – Because Parkinson's is a progressive disease that affects movement, activity and exercise are vital for managing symptoms and slowing progression. Physical therapists can help with Parkinson's by designing an individualized plan with the best Parkinson's disease exercises to fit your needs.
- **Occupational therapist** – Occupational therapy focuses on helping people adapt everyday activities to their current abilities. This helps people with Parkinson's disease do what they want and need to do for as long as they can – such as learning how to use certain assistive devices, developing self-care routines, preventing falls and much more.
- **Speech therapist** – A speech therapist can help you maintain as many communication skills as possible, as well as teach nonverbal communication skills. They can also help with swallowing issues.
- **Psychiatrist or psychologist** – Depression and anxiety affect almost half of those with Parkinson's disease. Mental health professionals can provide supportive counseling, perform certain kinds of cognitive and behavioral therapies, and prescribe medications that can help your mental well-being.
- **Social worker** – A social worker can help you or your loved one adjust to the transitions commonly associated with Parkinson's disease, such as beginning treatment or giving up a job. They can also help with navigating the health care system, education, accessing community services and patient advocacy. Some social workers can also assist with mental health counseling and patient and family support.

Do you have to see a movement disorder specialist for Parkinson's disease?

There are some general practice neurologists and other clinicians who aren't movement disorder specialists who work with people with Parkinson's disease.

However, movement disorder specialists have the unique training and experience to treat and manage all motor and non-motor symptoms of Parkinson's disease, as well as have familiarity with all Parkinson's medications and treatment options. This makes movement disorder specialists the best choice to handle the nuances of Parkinson's care at every stage of the disease.

When do Parkinson's patients usually start working with a movement disorder specialist?

Generally, if you or a loved one is experiencing any unusual symptoms, it's common to start by making an appointment with a primary care doctor or clinician. Primary care doctors are trained to treat hundreds of conditions and can help connect you with the right specialists and ongoing care.

However, you don't need a doctor's referral to see a neurologist or movement disorder specialist. You can make an appointment directly. But it's important to check with your

insurance plan, so you know what's covered. Sometimes plans require a doctor's referral to cover certain types of care.

What should you look for in a movement disorder specialist if you have Parkinson's disease?

Finding the right Parkinson's disease specialist isn't much different than searching for any other type of expert. Start by asking around. Primary care doctors, neurologists and Parkinson's support groups can be good sources for recommendations.

Here are a few more things to look for when choosing a movement disorder specialist:

- **Group or board certification** – Certification is a mark of distinction. It shows that your doctor or clinician has not only completed their necessary training, but also gone above and beyond to be certified by their specialty's certifying board.
- **Part of a multidisciplinary team** – Your care and treatment plan should be tailored to you. And that means several specialists will need to work together to make sure you get the right care. Working with a movement disorder specialist who is part of a multidisciplinary team can help streamline services and communication.
- **Access to the latest treatments and specialized programming** – Access to the right treatment can make all the difference for a person with Parkinson's disease.

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

Myths about Parkinson's

There are many myths and misconceptions about Parkinson's disease (PD) and its treatment. Let's distinguish between fact and fiction. Knowing more about your Parkinson Disease can help optimize your care and quality of life.

Myth – PD only affects movement. Most people – including general physicians – believe that PD only causes movement-related (motor) symptoms such as tremor, stiffness and slowness.

Reality – Many symptoms of PD are unrelated to movement. Non-movement symptoms (the ones you cannot see) of PD are common and may affect everyday life more than movement difficulties. These may include impaired sense of smell, sleep disorders, cognitive symptoms, constipation, anxiety, depression, bladder symptoms, sweating, sexual dysfunction, fatigue, pain (particularly in a limb), tingling and others.

Tip – Good news: many non-motor symptoms of PD are highly treatable. Write down all your symptoms and discuss them with your doctors to find treatments that work for you.

Myth – If someone with Parkinson's looks good, then they also feel good. People will often assume that if someone with PD looks good at one point in time, then they will always feel well.

Reality – PD symptoms fluctuate, and not all of them are

visible. Over time, people with PD notice an increasing tendency for their medications to wear off between doses. For this reason, the way that they appear at one moment may not reflect the way that they feel most of the time. Non-motor symptoms can also impact daily life.

Tip – Keep a symptom diary. If your symptoms fluctuate during the day then you should keep track of your pattern of “on” times (when your medications work effectively) and “off” times (when medications wear off). This enables your doctor to optimize your medications and help you feel more in control.

Myth – You can blame PD for everything. You and your doctors can blame PD every time you are not feeling well.

Reality – Certain symptoms should never be attributed to PD. Fever, for example, is not a symptom of PD, and usually indicates an infection. Headache, vision loss, loss of sensation, loss of muscle strength and chest pain are not symptoms of PD.

Tip – Your doctors should rule out other causes for your symptoms. Sudden-onset symptoms – such as chest pain, shortness of breath, weakness – warrant immediate medical attention to rule out an emergency.

Myth – Levodopa stops working after five years. This is perhaps the single most pervasive myth about PD treatment. Many people are reluctant to start taking levodopa because of fear of “using it up.” Some general physicians share this “levodopa phobia.”

Reality – Levodopa works for decades. Levodopa does not treat all the symptoms of PD, but it dramatically helps the most disabling motor symptoms.

Tip – Levodopa has been shown to improve quality of life.

Myth – You should postpone taking the next dose of levodopa. Many people feel that they should wait until their medication has completely worn off before taking the next dose.

Reality – Levodopa is most effective when taken on time, just before the previous dose wears off. If you wait too long then the next dose may never “kick-in” and the medications may not work effectively for the rest of the day.

Tip – A medication time can help. It is critical to take your doses exactly on time.

Myth – Your doctor can predict your future. Many people with PD ask their doctor to predict their prognosis.

Reality – PD is highly variable from person to person. Even a PD expert has no way of knowing what the future holds for an individual with PD.

Tip – You can help change your future. You can improve your disease at every state by ensuring that you exercise and receive adequate sleep and proper nutrition. Exercise is particularly important for improving mobility, stamina, mood and quality of life.



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

The Holidays & Parkinson's Disease

The holidays can be fun, but they can also be stressful. For those with Parkinson's disease (PD), that stress can worsen symptoms. If you are traveling, shopping or visiting family, it can be challenging to fit in self-care. But that's when it's most important. A few tips for people with Parkinson's during the holidays:

Don't forget to exercise.

Regular activity is sometimes the first thing to drop off a full schedule, but exercise can boost your mood and help your sleep. Even 30 minutes of walking per day is beneficial. If you are visiting family or friends, make it a group activity!



Keep your usual sleep schedule.

Going to bed and getting up around the same general times (within an hour or two) will help keep you in the same routine of exercising, eating and taking your medication. It's okay to relax on vacation, but sticking close to your typical patterns will help you feel better in general.

Continue medications as prescribed.

Traveling long distances or switching time zones can make medication dosing confusing, but most doctors recommend that you stay on the same schedule. For example, if medication is prescribed every three hours and you're awake overnight (such as on a long flight), continue taking it every three hours. For once a day medications, you can take them at your regular time in the new time zone as long as you're not doubling up with the last dose you took at home. (For example, you'd take your regularly scheduled bedtime dose upon arriving to the West Coast after flying across the country unless you took a dose of that medication less than 24 hours prior.) Always consult with your personal doctor about your specific medication regimen.

Take an updated copy of your medication list and bring medications in their bottles in your carry-on when flying. A few weeks before leaving, check your medication supply. Notify your doctor and/or pharmacist if you need extra refills to cover the time you're away.

Stick to a healthy diet.

An abundance of Christmas cookies, cocktail parties and family dinners make it easy to eat and drink in excess. Of course you should enjoy treats in moderation, but for people with Parkinson's, a change in diet can have important effects. After big meals, especially protein-heavy ones, your medication may not work as well (meaning your symptoms may not be as well-controlled). You also may have constipation if you're not following your usual eating habits. (Make sure you drink enough water and eat lots of fiber-filled fruits, vegetables and whole grains.) And remember that your balance may be more sensitive to the effects of alcohol.

Watch for confusion in unfamiliar environments.

People who have memory problems or dementia may be prone to confusion in new or different surroundings, such as crowded shopping malls or a relative's home. If you care for someone with memory changes, you may want to pay extra attention in these situations.

Much of this advice applies to daily life with Parkinson's, but it's key during busy times like the holidays. Pay attention to your feelings and needs so you can enjoy any time you celebrate with family and friends.

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



PARKINSON FOUNDATION
of Northwest Ohio



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

Parkinson Foundation of Northwest Ohio Support Groups

Due to COVID Pandemic please call your support group to ensure the meeting is still scheduled.

Ashland County

2nd Tuesday of the Month at 2:00 PM
Belmont Tower
2140 Center Street
Ashland, OH
John Rowsey 419-289-1585

Auglaize County

Last Friday of the Month, January thru October
at 11:00 AM
Auglaize/Mercer County Family YMCA
4075 Wuebker Rd., Minster, OH
Jenni Miller 419-394-6132
** November Meeting - 3rd Monday of the
month at 1:00 PM
Joint Township District Memorial Hospital
200 St. Clair Street, St. Mary's, OH
Jenni Miller 419-394-6132

Group in Fulton County

First Tuesday of the Month at 1:00 PM
St. Martin's Lutheran Church
203 S. Defiance St., Archbold, OH
Bonnie Lauber 419-445-9516

Hancock County

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

Lima Area Support Group

1st Monday of the Month, 2:00-3:00 PM
Meetings held March thru Nov.
Grace Community Church
4359 Allentown, Lima, OH
Heather Harvey 419-226-9632

Parkinson Project of NW OH

Young On-Set Group

2nd Wednesday of the Month at 7:00 PM
** No meeting in July
Hilton Garden Inn Levis Commons
6165 Levis Commons Blvd., Perrysburg, OH
Toni and Bob Lesinski 419-385-4330

Sandusky/Seneca County

PD Support Group
2nd Tuesday of the Month at 2:00 PM
**Meetings held every other month Jan., March,
May, July, Sept., Nov.
First United Church of Christ
1500 Tiffin Ave., Fremont, OH
Lesley King 419-332-6709

Putnam County

4th Wednesday of the Month,
March thru November at 11:15 AM-12:45 PM
Henry's Restaurant 810 N. Locust St.,
Ottawa, OH
Beth Hartoon, PT, DPT 419-523-3590

Sandusky

1st Thursday of each month, March-December
at 3:00-4:30 PM
Lee Jewett Building at the
Cedar Point Sports Center
3115 Cleveland Road W., Sandusky, OH
Angela Myers 419-271-4065

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

3rd Wednesday of the Month at 6:30 PM, No
meetings in July or August
Nature Center

4925 E. Dunbar Rd., Monroe, MI
Jennifer Traver 734-497-5683

Western OH

3rd Thursday of the Month at 2:00 PM
Briarwood Village
100 Don Desch Dr., Coldwater, OH
Alicia Koester 419-678-2851

Williams County

3rd Monday at 12:30 PM
**Months with County Holidays,
the 4th Monday
Bryan Senior Center 419-636-4047
Laura Rohlf 419-924-2927

The Waterford at Levis Commons Perrysburg

3rd Tuesday of the Month at 6:00-7:00 PM
7100 S. Wilkinson Way, Perrysburg OH
Mike Zickar

CAREGIVER SUPPORT GROUPS

Caregiver Support Group of Fulton County

3rd Wednesday of the Month at 10:00 AM
St. Martin's Lutheran Church
203 S. Defiance St., Archbold, OH
Bonnie Lauber 419-445-6516

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

1st Monday of the Month at 6:30 PM,
except holidays
Genacross Lutheran Services, Assisted Living
3rd Floor
2001 Perrysburg, Holland Rd., Holland, OH
Kristen Schuchmann 419-383-6737