



LINKED TOGETHER

THE PARKINSON ASSOCIATION OF MINNESOTA NEWSLETTER

Awakenings Concert

Sunday, April 25, 2010, is the date for the 5th annual Awakenings Concert, benefiting the Struthers Parkinson's Center. This boutique musical event, scheduled for 3pm at the Minnesota History Center (in St. Paul), will feature soprano Maria Jette, violinist Kristin Kemper, along with cellist Mina Fisher, pianist Charles Kemper, and neurologist-pianist Dr. Martha Nance, and will include music by Dvorak, Gershwin, and Barber, among others. This year's event also includes a dessert reception with the performers, and a silent auction.

Past concerts have featured guest performances by Osmo Vänskä, Jorja Fleezanis, Garrison Keillor, and several other notable musicians. Each year, Ms. Kemper and her neurologist, Dr. Nance, play a violin-piano duet; highlights of past events have also included the duets that Ms. Kemper has played with her husband, a concert pianist and accompanist with VocalEssence.

The Awakenings Concert is a comfortable and intimate way to welcome the spring season, while supporting the programs and activities of the Struthers Parkinson's Center. For more information about the event or to purchase tickets, contact Angela at the Park Nicollet Foundation, (952) 993-6176.

an affiliate of



National Parkinson Foundation, Inc.

Fifteen Years Is a Very Long Time to LIVE with Parkinson's Disease!

IN 1995 a group of devoted folks came together and incorporated the Parkinson Association of Minnesota (PAM) because Parkinson's disease (PD) had irreversibly affected their lives. Fifteen years later, many of those people are still actively involved in the association today. Indeed, many of them continue to stand with us even though they have lost the loved ones who so courageously battled the effects of their disease.

We all hope for a cure, without exception, and the medical community has made great strides in developing drugs and treatments to help patients deal with the effects of the disease. PAM continues to support those efforts through funding of research at places like our very own University of Minnesota. Despite these efforts and advancements, there is still no cure...and as we continue to see an increase in the number of people being diagnosed with PD, we continue to see the effects of the disease on their family and social support systems.

UNTIL THERE IS A CURE, living with Parkinson's disease is the reality we face. And that is what PAM is all about—helping each other live with a disease that slowly and progressively steals abilities that we all take for granted and helping each other be the best care partners possible to ensure that those with PD live the best quality of life possible.

On the eve of "Fifteen Years of Helping the Community LIVE with PD," the PAM Board of Directors is more determined than ever to make certain that we are able to continue to do just that! We have strategically funded nearly 100 support groups throughout the Upper Midwest. In substantial ways we have funded the outreach and education of this community through grants to Struthers Parkinson's Center and the Capistrant Center for Parkinson's Disease and Movement Disorders. We continue to offer financial assistance to care partners so they can obtain much needed respite through our Respite Grant Program.

FIFTEEN YEARS *cont. page 3*

PAM Sponsors Groundbreaking Conference February 2010

Memorial Hall at the University of Minnesota's McNamara Alumni Center in Minneapolis will be the site of an exciting, informative conference in February 2010. "Parkinson's Disease in Minnesota and Beyond: From Awareness to Action" is a two-day event.

Tuesday, February 16, will be devoted to the clinical services, treatment options, research studies and advocacy opportunities that are available in Minnesota and surrounding states.

Tuesday afternoon from 4:30-6:00 p.m., there will be a free reception, sponsored

by the Parkinson's Disease Foundation, to honor individuals who have participated in clinical trials or research studies.

Wednesday, February 17, the program will begin with a "Welcome" address and brief recap of Tuesday's events. Then attendees will watch the live web cast of the Parkinson's Action Network Public Policy Forum in Washington, D.C., using the state-of-the-art facilities at Memorial Hall to have the opportunity to ask questions and interact with panelists in Washington.

This conference is the first of its kind

CONFERENCE *cont. page 4*

Meet the PAM Board of Directors

PAUL BLOM joined the PAM Board in 2003 and is currently serving his sixth term as President. Although he has no family connection to the disease, Parkinson's disease profoundly touched Paul through professional experience as a professional caregiver. Paul and his partner, Bob, own and operate Right at Home, a non-medical care and assistance agency serving seniors in our community. Outside of work and the PAM Board, Paul is actively involved as a singing and board member of the Twin Cities Gay Men's Chorus and also facilitates a support group for the Alzheimer's Association.

JACKIE HUNT CHRISTENSEN of Minneapolis is a 45-year-old author, Parkinson's activist and mother of two sons. She was diagnosed with PD in 1998 at age 34. She became involved with Parkinson Association of Minnesota in 2001. One of her roles with the board has been to increase media and public awareness of PAM and Parkinson's disease. Jackie is involved with many of the national PD groups as well, and serves as Senior Policy Advisor and State Coordinator for the Parkinson's Action Network. She is also the author of two books, *The First Year: Parkinson's Disease, An Essential Guide for the Newly Diagnosed* and *Life With A Battery-Operated Brain, A Patient's Guide to Deep Brain Stimulation Surgery for Parkinson's Disease*. Jackie brings a patient's perspective to the Board and is particularly concerned about addressing the care and treatment of individuals with young-onset PD in Minnesota.

AARON DENNIS was elected as a Board member in the spring of 2009 and is currently serving as Treasurer. He comes to the Board with over 20+ years of service in such companies/organizations as the United States Marine Corps, KBR, United Health Group and Humana. His passion to raise awareness and money for Parkinson's is due to being diagnosed with Parkinson's

in August 2007 at the age of 44, and his strong desire to find a cure and more efficient treatment for others with this disease.

JOAN GARDNER, RN, BSN has served on the PAM Board of Directors since 2006. She is the clinic supervisor at Struthers Parkinson's Center, and serves as coordinator of this National Parkinson Foundation (NPF) Center of Excellence. Joan is a faculty member of NPF's Allied Team Training for Parkinson program, and is the voice of NPF's 1-800 "Ask the Nurse" national phone line. Joan is involved in nursing care and education of patients and their families as a part of the Struthers interdisciplinary team, and is a strong advocate for client wellness. She co-authored the TULIPS program, an education and awareness program for senior residential facilities. Through speaking to community groups and curriculum development for health professionals, Joan is committed to increasing awareness of PD, improving care for individuals with Parkinson's, and supporting care partners.

ELLIE GARRETT is one of the two newest members of the board. She is the Assistant Director for Health Policy and Public Health at the Minnesota Center for Health Care Ethics. She helped manage a National Institutes of Health-funded project about research on surgically implanted medical devices, focusing on deep brain stimulation for Parkinson's disease. She has nearly 20 years experience in health policy, managed care, and insurance and is past president of the Minnesota Public Health Association. In 2004 she was awarded the Albert Justus Chesley award for distinguished service in the field of public health in Minnesota.

BARB GREEN is currently serving as Secretary of the PAM board, of which she has been a member since 1998. Barb's dad was diagnosed with PD at the age of 48 and lived with the disease for 26 years. After taking her dad to a



Front, l-r: Jackie Christensen, Joan Gardner, Kris Maser, Carrie Martino. Back, l-r: Paul Blom, Jill Brezczinski, Mary Griffith, Eileen Smith, Barb Green, Stacy Williams, Ellie Garrett, Aaron Dennis.

Methodist PD support group, she started volunteering at Struthers Parkinson's Center shortly after it opened. She became involved with PAM when she joined the committee for the Walk for PD and she was hooked! "The Parkinson's community is a wonderful group of people and I enjoy working with and meeting so many through PAM activities." Her husband, two daughters and extended family also volunteer for the Walk and other PAM events.

MARY GRIFFITH, RN, BSN and Clinical Director of the Capistrano Center for Parkinson's Disease and Movement Disorders, a program of the Healtheast Care System. Mary has been with Healtheast for 20 years, the last 5 years assisting with implementation of the programs in the Outpatient Services at Bethesda Hospital. In addition to the Capistrano Center, she leads the Memory Loss and Alzheimer's Care, Brain Injury Care and the Concussion Clinic. She finds this work very interesting as all of these services help the community live with acquired brain injury and brain diseases. It has been a very rewarding career with a very interesting future supporting patients and families as well as staff of very comprehensive outpatient programs. "I appreciate being a close part of PAM, networking and learning more about how Parkinson's is supported in the

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FIFTEEN YEARS *from pg. 1*

All of this has been made possible because of your generosity in the past. Perhaps you gathered pledges and participated in our Annual Walk. Maybe you golfed or sponsored a hole at our Annual Golf Tournament. You may have generously shared a portion of memorial funds with PAM after the loss of your loved one. Some of you even remembered the important work of PAM in your estate planning. Whatever you have done, you have made a difference in many lives, and I thank you for that! As we enter into our 15th Year of Helping the Community LIVE with Parkinson's Disease, I would ask that

you thoughtfully consider your options for continuing to support the important work of PAM.

Fifteen years...it's hard to imagine. Even harder, though, is to imagine the lives of those affected by Parkinson's disease without the important work being done by your Parkinson Association of Minnesota and the hundreds of people who make it possible. I thank you in advance for your generosity of time, talents, and treasure in our 15th Year of Helping the Community LIVE with Parkinson's Disease.

Paul Blom

sociation and the National Academy of Elder Law Attorneys. She is an accredited attorney for veterans' benefits before the Department of Veterans Affairs. Kris joined the PAM Board in 1999 and continues to be actively involved with PAM because her dad suffered from Parkinson's for 26 years.

EILEEN SMITH began her work with the Parkinson's community in 1989 when she started working in the communications department at Methodist Hospital. Years later, in 2003, she was asked to join the PAM board. "It's a pleasure to serve this fantastic community. Outside of PAM, you'll find me at Twins games, enjoying time with family and friends, and living in my St. Louis Park neighborhood."

STACY WILLIAMS works at Park Nicollet Methodist Hospital in the Emergency Center. She has 3 sisters and 1 brother and got involved with PAM because her mother has Parkinson's disease. Stacy started out volunteering with the Parkinson's Walk several years ago and then began volunteering at the golf tournament as well. In early 2008 she was approached to join the PAM board and gladly accepted. She also was on the committee for the 100 Perfect Jumps for Parkinson's disease in 2009 and now the 200 Perfect Jumps for Parkinson's Disease in 2010.

JILL BREZINSKI is the Administrative Assistant for PAM. Back in 2000, she was a stay-at-home mom for two sons. A good friend, who was very involved with the Parkinson Association of Minnesota (PAM) and who was on the Board or Directors asked her if she would be interested in doing the administrative work for PAM. It was a good fit for her because it gave her the freedom to work around her family's busy schedule. Among some of her duties, Jill processes the incoming mail, takes minutes at the Board meetings, updates the database, volunteers at many of PAM's annual events, and is a committee member on the Annual PAM Golf Tournament held each July. "I love the work I do and the people who are involved in this organization."

I can make a one time financial donation of:

\$1,000 \$500 \$100 \$50 \$25

Please make check payable to: Parkinson Association of MN
2205 Zealand Avenue North
Golden Valley, MN 55427

I can gather pledges and participate in the Annual Walk for PD

I would like to speak with someone about including PAM in my estate planning

I am most able to help the work of PAM by volunteering in some way.

Please contact me.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

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community and what more we can do, as an individual and our Center, to help the Parkinson's patients and families. I balance my work with outside interests that include 2 active teenagers, leisure reading, biking, skating and walking, music, volunteering, friends and family."

CARRIE L. MARTINO lives with her husband and three children in Plymouth and works as a Neurology Sales Specialist for Teva Neuroscience, the manufacturer of Azilect for Parkinson's disease and Copaxone for Multiple Sclerosis. Carrie has volunteered teaching Art for the participants at the Club Create

Program at Struthers Parkinsons Center since 2007. "Having MS, I am well aware of the challenges of living with a chronic disease. I have spent the last few years learning and helping others who are afflicted with both MS and PD. I am committed to making a difference in the lives of Parkinson's patients through my efforts with PAM."

KRIS MASER chairs the Elder Law Department at the law firm of Maser & Amundson, PA. Her practice focuses on elder law issues, estate planning, trust and estate administration, asset preservation, and disability planning. Kris is a member of the Minnesota State Bar As-

Save These Dates

SPRING MEMBERSHIP SOIREE

Thursday, April 22, 2010
Crowne Plaza St. Paul River-
front Hotel

TWIN CITIES WALK FOR PARKINSON'S DISEASE

Saturday, May 1, 2010
Wolfe Park in St. Louis Park

8TH ANNUAL GOLF TOURNAMENT

Monday, July 26, 2010
Minnesota Valley Country Club



CONFERENCE *from pg. 1*

in Minnesota, designed to make people with Parkinson's disease and their families aware of the wealth of resources available here. The event also offers patients and caregivers to network with other patients and caregivers, as well as with researchers and healthcare providers. For students, this will be an excellent inexpensive way to learn about Parkinson's disease and meet with top physicians and researchers involved with PD.

The event, which is sponsored by the Parkinson Association of Minnesota, is designed to be affordable so that even those with limited income can attend. The registration fee to attend for one day (either Tuesday, February 16 or Wednesday, February 17) is only \$5, including continental breakfast, lunch

and conference materials. Registration to attend both days is \$10. Exhibit space is also available.

"Parkinson's Disease in Minnesota and Beyond" is also unique because so many of the local and national PD groups are collaborating. Co-sponsors include the Minnesota Medical Foundation at the University of Minnesota, Parkinson's Action Network, Parkinson's Disease Foundation, Struthers Parkinson's Center, APDA Information and Referral Center, and the Capistrant Center for Parkinson's Disease and Movement Disorders.

To learn more about this exciting conference (including exhibit space) or to register, visit:
<http://mnpdforum.roundtablelive.org>
online or call 612-860-6457. Early registration is recommended, as space is limited.

The Parkinson Association of Minnesota, a nonprofit, voluntary alliance, is dedicated to improving the lives of those affected by Parkinson's disease, through fundraising, community building, advocacy and increasing public awareness.

Website:
www.Parkinsonmn.org

Email:
info@parkinsonmn.org

Parkinson Association of MN
2205 Zealand Avenue North
Golden Valley MN 55427

