



# WISCONSIN PARKINSON

MAGAZINE ISSUE NO. 111 | 2022

GIVE  
*thanks*  
BE  
*grateful*

P. 4

Living Well with Parkinson's

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Holding on to Hope:  
Cheryl and Peter's Story

# In this Issue

## Our theme for this issue is Gratitude

In the spirit of gratitude, Wisconsin Parkinson Association would like to express our genuine appreciation for your connection to our organization. We would especially like to thank all those who support us with your kindness, inspiration, generosity, and presence, including: our WPA members and their loved ones, support group facilitators, exercise instructors, medical advisory board members, board members, partner agencies, community members, donors, volunteers, and anyone who helps us serve our mission of providing hope, community, support, and resources to those who live with Parkinson's disease.

Thank you,

The WPA Team - Kelly, Raven, and Mary

"It's not happiness that brings us gratitude. It's gratitude that brings us happiness."

Anonymous

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## Mark Your Calendars – *WPA Holiday Reception*

Please join the WPA Team and Board of Directors for our annual Holiday Reception the evening of Thursday, December 1st at Westmoor Country Club in Brookfield, WI. This event will be a wonderful opportunity to mingle with other WPA members and friends of WPA and spend time building a sense of community with each other. That is one of the elements of our mission that so many people appreciate. Enjoy camaraderie, friendship, food and beverages and a chance to hear from our WPA leaders about the past year and our goals for the year ahead. We look forward to seeing you there!

Thursday, December 1, 2022  
4:30 - 7:00 pm  
Westmoor Country Club  
400 South Moorland Road  
Brookfield, WI 53005



WISCONSIN  
PARKINSON  
ASSOCIATION

# Letter from the *Executive Director*

Greetings WPA Friends,

Our theme for this issue is gratitude which seems very appropriate for the season. For me, it's the time of year that I reflect on lessons I've learned, opportunities that have come my way, challenges that have crossed my path and most importantly the people and things for which I am thankful. I do this in both my personal and professional life. It's a great exercise and one that helps me realize that even though there can be difficulties and adversities that present themselves, my life is truly abundant in the things that are important – family, friends and a purpose that I find through my work with WPA.

That brings me back to the gratitude I have for being part of this organization, for being in the position of leading this important work of serving the WPA mission of providing hope, community, support, and resources for the people living with Parkinson's disease in Wisconsin. I appreciate you, and as I have said before, the best part of my job is being able to get out and meet with you. I am inspired by what you all do every day to live healthy and productive lives, while also living with the challenges of a chronic disease. I am motivated and inspired by the talents and skills that many of you have shared with us throughout the year (I'm thinking of our artists, musicians, support group facilitators, community partners) – these things help us all be kinder and better human beings. I am grateful for that.

I am celebrating my one-year anniversary with WPA in November. I came here because I have a passion for serving a mission – and I have certainly found that here. As I look back on what we have accomplished in these past twelve months I see impact and opportunity in each of our mission pillars. As I meet with you and hear your stories, the importance of HOPE is ever-present in your messages. I see you being that hope for each other. We have had some wonderful COMMUNITY experiences at the botanical gardens, a baseball game, a golf outing, exercise and support groups and many other opportunities we have had to gather and be together. I also have heard that the SUPPORT you receive through your connection with WPA is so important in your lives, from both the perspective of being the person with Parkinson's, as well as being the loved ones who are Care Partners. Being able to connect with someone who

has traveled in your path is critical. Finally, I've heard over and over that the RESOURCES WPA provides through programs and webinars bring timely and helpful information for our members.

My aspirational goal for our organization moving forward is that everybody across the State of Wisconsin, when they are diagnosed, gets connected with WPA so that they receive resources and support to help them live their best lives. We need to expand our footprint as there are approximately 20,000 people who are diagnosed with Parkinson's in Wisconsin and while we are reaching a percentage of those, I would like to reach 100%. I believe we can do it through collaboration, partnerships and creative thinking.

This issue shares stories from several of our members who focus on why WPA is important to them, and I am grateful for their willingness to do so. We also hear from Dr. Lisa Kokontis, one of the doctors on our board and Medical Advisory Committee as she provides medical updates in the field of Parkinson's. We've also included a DIY project to plant some seeds of hope for the spring, and some insights into why gratitude is good for our brains. We hope you enjoy this issue, but more than that from myself and everyone at WPA we want to express our deep gratitude for you and your connection with us. Remember to share your gratitude with those around you.

With  
thanks and  
appreciation,



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**Kelly Cieslak, Executive Director**  
kellyc@wiparkinson.org | 414.312.6990

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# Living Well with Parkinson's Disease



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By Lisa Kokontis, MD

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Recently I gave a talk entitled “Living Well with Parkinson's Disease.” I did a deep dive into the myriad of ways to improve control of the different symptoms of Parkinson's. Fortunately, now we have a host of new medications or new formulations of older medications that can dramatically improve the length of time symptoms are under control and with less side effects. For this I am grateful, that we have a wide array of choices with clear benefit.

The most effective medication to treat the symptoms of Parkinson's disease still is levodopa. This is often paired with carbidopa to dramatically improve efficacy. The original formulation is rapidly metabolized, so its effects wear off and multiple doses are needed throughout the day. Sometimes four or more doses are needed, especially as you progress with PD.

Now, there are formulations of levodopa that either have a levodopa extender such as entacapone OR a combination of time release beads in the same capsule. These 2 formulations can significantly help wearing off of medication. It will take time to get the timing and dosing correct, so patience and communication with your HCP is essential to maximize the effect.

Another new formulation of levodopa is an inhaler. It uses the pulmonary circulation to bypass the problem of slow or unpredictable gastric emptying. Therefore, the effects are very rapid in onset and is particularly useful when your symptoms of PD come

on quickly. The inhaler can be used as needed and added to your regular regimen of c/l formulation. If unpredictable or slow gastric emptying is a severe problem, administering carbidopa/levodopa via a tube located directly into the jejunum using an external pump with c/l gel is an option. This involves a surgical procedure to place the tube. Talk with your HCP to determine if this an option for you.

Various subcutaneous infusions of levodopa are in development now, working in a similar fashion as an insulin pump. This could dramatically change control of PD symptoms.

So, if levodopa is the most effective medication for symptom control, are other medications worth trying? The answer is a resounding yes. For now, at least, other medications classes such as dopamine agonists or COMT inhibitors can help extend the duration of symptom control. Amantadine and its various formulations can help smooth out side-effects and improve tremor control.

Often it takes a few classes of these medications to fully treat your PD symptoms and find your “sweet spot” and keep it going throughout the day. It is important to work with your HCP closely and be open to trialing different regimens until you find the one that is perfect for you.

Thanksgiving is near! Remember to keep the researchers and scientists who are working for the cure and perfect treatment for Parkinson's disease in your thoughts of gratitude.



# Make a Lasting Contribution

Planned Giving is a wonderful way to make a larger, lasting contribution to a cause you care about, like the Wisconsin Parkinson Association. Planned Giving often represents the opportunity to make the largest contribution of your life to a charitable organization. This practice can not only change the financial landscape of a charity, but it could mean the development of new programs and the opportunity to significantly expand overall reach. It is also a great way to preserve your legacy long after your lifetime since it supports the future of the organization, while reaping some tax benefits.

## There are three main types of Planned Gifts:

**Outright Gifts**—these are one-time contributions made directly to the charitable organization in cash, personal property, securities or stocks.

**Gifts That Return Income**—these are gifts that continuously provide financial support to an organization, such as a Charitable Remainder Trust.

**Gifts Payable upon the Donor's Death**—these gifts are typically laid out within an estate plan and will generally avoid estate tax. An example would be naming a charitable organization as a beneficiary of your life insurance policy.

If you are interested in making a planned gift, and/or designating the Wisconsin Parkinson Association as a beneficiary in your will or trust, please reach out to Executive Director Kelly Cieslak at (414) 312-6990 and we'd be happy to provide resources to assist you.

## Gratitude + Donations = Gratitude



We love the equation above. For us it shows the full circle of giving. Donating begins with gratitude, whether that is for the cause you are supporting, or because you feel a sense of thankfulness for what you have in your own life.

The act of donating creates impact; you are investing in something positive beyond yourself to move it forward.

And, finally, that donation, your investment, generates gratitude and appreciation from the people who benefit from your generosity.

That is full circle giving and impact.

So, we ask you to think about what you are most grateful for, and then from that place of gratitude, please consider donating to Wisconsin Parkinson Association. We promise that you will be helping some of the most gracious and appreciative people we know...the people living with Parkinson's disease right here in Wisconsin.

Thank you for your generosity.

Donating is easy!  
Simply scan the QR code  
with your smart phone to  
make a donation today!



OR if you prefer, you can mail your  
donation with the included envelope.

# 3 Ways

## Gratitude Benefits Our Brains



by Mindful.org Staff

**1** It can help relieve stress and pain. The regions associated with gratitude are part of the neural networks that light up when we socialize and experience pleasure. These regions are also heavily connected to the parts of the brain that control basic emotion regulation, such as heart rate and arousal levels, and are associated with stress relief and thus pain reduction. Feeling grateful and recognizing help from others creates a more relaxed body state and allows the subsequent benefits of lowered stress to wash over us. (Mindful.org recently published a scientific paper elaborating on these ideas.)

**2** It can improve our health over time. They are also closely linked to the brain's "mu opioid" networks, which are activated during close interpersonal touch and relief from pain—and may have evolved out

of the need for grooming one another for parasites. In other words, our data suggest that because gratitude relies on the brain networks associated with social bonding and stress relief, this may explain in part how grateful feelings lead to health benefits over time.

**3** It can help those with depression. Perhaps even more encouraging, researcher Prathik Kini and colleagues at Indiana University performed a subsequent study examining how practicing gratitude can alter brain function in depressed individuals. They found evidence that gratitude may induce structural changes in the very same parts of the brain that we found active in our experiment. Such a result, in complement to our own, tells a story of how the mental practice of gratitude may even be able to change and re-wire the brain.

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Use the QR code to read the entire article on How to Practice Gratitude and read links to the studies and research.

# 9 Gratitude Writing Tips

by Mindful.org Staff

There's no wrong way to keep a gratitude journal, but here are some general ideas as you get started.

Write down up to five things for which you feel grateful. The physical record is important—don't just do this exercise in your head. The things you list can be relatively small in importance ("The tasty sandwich I had for lunch today.") or relatively large ("My sister gave birth to a healthy baby boy."). The goal of the exercise is to remember a good event, experience, person, or thing in your life—then enjoy the good emotions that come with it.

**As you write, here are nine important tips:**

**1. Be as specific as possible**—specificity is key to fostering gratitude. "I'm grateful that my co-workers brought me soup when I was sick on Tuesday" will be more effective than "I'm grateful for my co-workers."

**2. Go for depth over breadth.** Elaborating in detail about a particular person or thing for which you're grateful carries more benefits than a superficial list of many things.

**3. Get personal.** Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.

**4. Try subtraction, not just addition.** Consider what your life would be like without certain people or things, rather than just tallying up all the good stuff. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive—try not to take that good fortune for granted.

**5. See good things as "gifts."** Thinking of the good things in your life as gifts guards against taking them for granted. Try to relish and savor the gifts you've received.

**6. Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.

**7. Revise if you repeat.** Writing about some of the same people and things is OK, but zero in on a different aspect in detail.

**8. Write regularly.** Whether you write every other day or once a week, commit to a regular time to journal, then honor that commitment. But...

**9. Don't overdo it.** Evidence suggests writing occasionally (1-3 times per week) is more beneficial than daily journaling. That might be because we adapt to positive events and can soon become numb to them—that's why it helps to savor surprises.

## 5 Minute Gratitude Journaling Practice:

*One thing I remember about today is:*

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*Today I felt:*

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*Today I am grateful for:*

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# Holding On to Hope: Cheryl and Peter's Story

Cheryl Lentz exudes graciousness and kindness, and she offers such a loving tribute to her late husband, Peter as she shares some of their experiences with his Parkinson's disease and her role as both his wife and care partner.

Peter's Parkinson's journey began when he started noticing some slight changes going on with his movements, that at the time Cheryl didn't think were anything. But Peter knew they were different. So, they went to their primary care physician. One of Peter's complaints was that his arms weren't swinging when he was walking; another concern was that he was not talking clearly, and Cheryl was having difficulty hearing and understanding him. Both things turned out to be key symptoms with Parkinson's disease. Other subtle changes in his movements and behavior, that on their own wouldn't draw attention, started painting a different picture. They made an appointment with Peter's primary care physician who referred them to a neurologist, who confirmed the diagnosis of Parkinson's.

Cheryl and Peter's first response when they learned that he had Parkinson's, was "we didn't have a clue." They didn't know anyone who had Parkinson's. As they processed the news of the diagnosis, they had more questions than answers. Cheryl recalls the need to hold on to something. That something was "hope" for Peter and Cheryl. She says, "Hold on to hope and know that the diagnosis is not the end. It is the beginning of a new journey that you can work through. You can get to know people. If your outside world gets smaller, your Parkinson's world



will get bigger. It's so important to keep going, keep moving, keep hope, know that you can get through this, and you all will grow and change, but you can get through it by having hope."

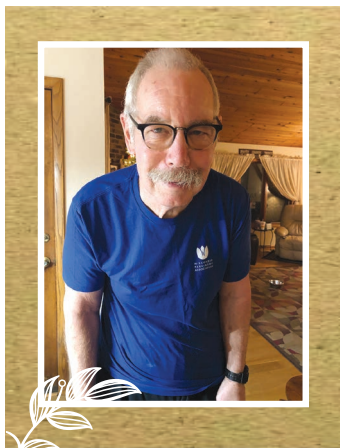
With the addition of Parkinson's in their relationship, Cheryl's role changed as well. "When you're married to someone with Parkinson's you become both a caretaker and wife, and as the disease progresses, you need more help," said Cheryl. She stressed that help and support is not just for the Parkinson's person, it's also for the caregivers because you feel alone just like they do. You feel isolated, your world can get smaller.

Cheryl shares that as a care partner, being aware that you need help, and then being willing to accept that help was part of the learning process for her along the PD journey. It's a big change because everybody is so used to doing their own thing and being self-sufficient. She says, "when you have somebody with Parkinson's, you need to be gracious and let people come in and help you." Knowing that sometimes



***"Hold on to hope and know that the diagnosis is not the end. It is the beginning of a new journey that you can work through. You can get to know people. If your outside world gets smaller, your Parkinson's world will get bigger. It's so important to keep going, keep moving, keep hope, know that you can get through this, and you all will grow and change, but you can get through it by having hope."***

your person may need help doing physical things, and sometimes you as the care partner need help mentally is an important concept to come to terms with. For Cheryl and Peter, Wisconsin Parkinson Association helped them understand where and how to get the help they needed.



Community is very important to the person with Parkinson's and for the caregivers. Cheryl shared memories of watching Peter go into an exercise class and seeing him just brighten up because he knew he wasn't alone. The group recognized that if he stumbled or fell, they

could all make light of it, and keep going on. She was touched that even when Peter passed, people from his class came to his funeral and it was a great effort for some of them to be there. "That's a strong community. You're blessed to have that, said Cheryl, "and that's what is encouraged through WPA."

Cheryl's world changed again when Peter passed away earlier this year. She continues to receive the reminders from his exercise group, and his teacher has stayed in contact with her. WPA has been an important part of her life and she says, "I still want to support WPA in any way I can, like making the little cupcake toppers for WPA events. It just brings joy to me that I can continue to be connected. And

I know Peter would want that because WPA, and the people he met through WPA were especially important in his life. I want to support the ongoing activities and programs that they have. So, yes, I will continue to support WPA."



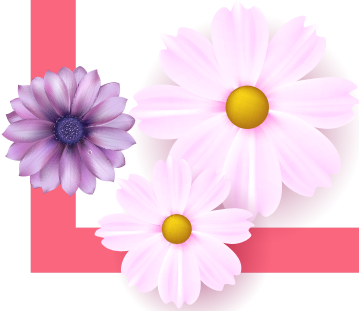
Cheryl's experience as a wife and care partner for Peter provides us with some important insights into supporting both the person and the care partner. She says, "I think that sometimes the outside world doesn't understand the changes in a Parkinson's patient. They don't understand the shuffling walk or not being able to come up with the words right away. And so sometimes people will shy away, like friends that you've known forever. People may shy away, but don't be too harsh on them. It's difficult for you and you're living with it. It was difficult for me, and I lived with it every day because that person changes. But remember, that person is still there. That person is there. So that's why I think community is important, and family is important."

WPA is grateful to Cheryl for sharing her story and offering us an inside view of the support that both care partners and people with Parkinson's need; and for the reminder that community is essential and by holding on to hope you can make it through.

DIY  
Project:

# HOPE

*in Spring*



Fall is here and winter is around the corner. At this point warm weather seems far away, but we've got a simple DIY project that will get you all set up for some beautiful spring surprises. We're calling our project "Hope in Spring". Why this name? Because – hope is part of our mission, and we'll be using spring bulbs including tulips, the Parkinson's disease symbol. Spring gives us something to hope for and look forward to, and we're doing this project now because fall is the time of year to plant bulbs so that we can enjoy them next spring. In addition to creating a beautiful project for spring, you'll gain some therapeutic benefits too! Working with the soil and planting the bulbs work the joints in your hands, it's a stress reliever and good for your mental health.

Perhaps you've heard of "lasagna planting"? It's a technique that layers bulbs in a container or garden

plot to provide non-stop blooms creating a full season of flowers and colors. You'll want to choose bulbs that have different bloom times – early, mid, and late season, so check the growing instructions when selecting your bulbs.

It's also fun to vary the colors, heights, and types of flowers such as tulips, daffodils, and hyacinths. The best part of this project is that you can completely tailor it to the space you have available by using a large container, or small one, or even layering the bulbs directly in the garden itself. Flower color and type are also completely up to you...so, let's get started on making your own one-of-a-kind "Hope in Spring" container garden! We can't wait to see what you create – so be prepared to share photos with us next spring.

## What you'll need for this project:

- **Plant container/pot. See tips for choosing container size below.**
- **Gravel, or porous material for the bottom of the pot.**
- **Potting soil (enough to fill your selected container).**
- **Select bulbs – tulips, daffodils, crocus, hyacinths – be creative!**
- **Bulb food.**



## Container Tips:

- The size of the container you choose will tell you how many layers of bulbs you can plant. A 10" deep container will hold two layers of bulbs; a 14" container will hold three layers. Make sure that your containers have drainage holes.
- In colder zones, consider planting your bulbs in plastic nursery pots to avoid damage to expensive pottery as they may swell and contract with the temperature. They can be slipped inside your decorative containers in spring.

## Steps For Lasagna Planting In Containers:

1. Prepare your containers. Place a layer of gravel in the bottom of the pot, then add a thick layer (2-3") of potting soil mixed with bulb food to your pot.
2. Plant the first layer of bulbs. Place the first layer of bulbs in the pot, tightly spaced at about a 1/2" spacing, and cover with 2" of soil.
3. Plant the second layer of bulbs. Next, add mid-spring bulbs that should be planted at about 6" deep. Place them close together but allow some space for the lower bulbs to grow through (1-1 1/2" apart). Don't worry; the lower bulbs will find their way through the upper layers. Cover with 2" of soil.
4. Plant the third layer of bulbs. Small bulbs that bloom in early spring. This time cover with 3-4" of soil and a light dressing of bulb food.
5. Mulch well and water.
6. Store your container in your garage or covered on your patio. Enjoy next spring!

*Crocus emerge first*



*Hyacinths in bloom*



*Tulips bloom last*





# “You’re Not Alone”

## *The Importance of Support Groups*



Meet Barb Skutka, an active, involved woman who is a wife, mother, a secretary at a local high school, an avid bike rider, and a person who has Parkinson’s disease. In the years since her diagnosis, she has focused on doing things that enrich and enhance her quality of

life. But she didn’t stop there, she also wanted to share her experiences and what she has learned about living with Parkinson’s with others, so you can also add Parkinson’s disease Support Group Facilitator to the list of her roles and activities.

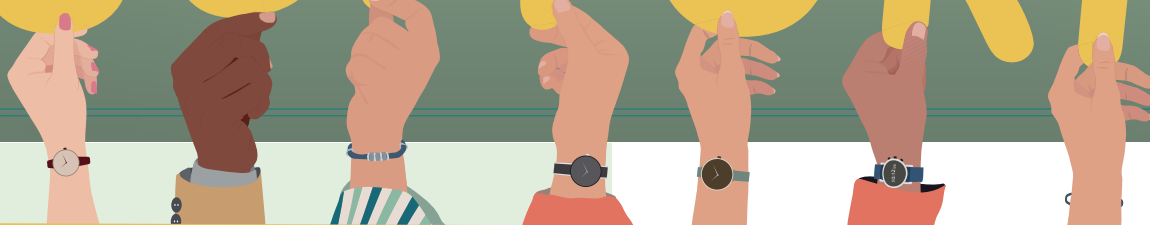
When Barb was initially diagnosed with Parkinson’s disease a few years ago, her doctor suggested participating in a support group because they are beneficial for people with this progressive disease. She started exploring support group locations and realized there was nothing available close by, so she stepped up and worked with WPA to become a support group facilitator. “I thought it was important to connect with people right away for support,” says Barb, “it’s good to know that you’re not alone. I guess I never really thought about how much I would need it or how much other people needed, just that we all would need to be supported by each other.”

As a Support Group Facilitator, Barb knows that creating a sense of community in the group is essential. To know that somebody else understands what you’re talking about and experiencing, whether you’re the caregiver or the one with Parkinson’s disease is especially meaningful. At the support group the attendees separate into care circles, one for the Parkinson’s members and the other for the Care Partners. The support group provides members with an opportunity to learn from each other. The people who attend Barb’s support group come from many different phases in their Parkinson’s journey, and from different places in their relationships with their care partners. Walking into a support group for the first time is often the hardest thing for people to do. Once they are there, they realize that the other members understand exactly what they are going through.





# SUPPORT



*“...it’s good to know that you’re not alone. I guess I never really thought about how much I would need it or how much other people needed, just that we all would need to be supported by each other.”*

One of the topics Barb’s support group talks about often is exercise and the positive impact it can have in lives of people with Parkinson’s disease. Barb tells her group that the best form of exercise is the one that they will commit to doing, so choose an exercise that they enjoy and will follow through with. For members who haven’t exercised routinely in the past and who start exercising, she often hears that they feel like a new person. Barb encourages them to stick with it and tells them a little exercise is better than doing nothing at all. Barb, herself, is a positive example of someone who incorporates exercise into her life, and she has exercised for years. She leads a spin class, practices Tai Chi and yoga, gets out and walks, and is an enthusiastic fan of riding her bike. Not only does she enjoy biking, but it’s nice to be outdoors. Barb says she always feels better when she exercises.

Barb says, “I think the value of biking is huge, but I think you should do what you’re comfortable with. I think people with Parkinson’s believe they can’t do it, and I would hope that they would try.” She encourages people to consider a fat-tire bike that has more stability, or an e-bike that

will help you keep up with your biking partner because they’re faster than you. She notes that biking has a lot of merit for the balance, and that’s one of the key factors with Parkinson’s progression.

Barb’s positivity, encouragement, and her own experience with PD has made her support group highly successful and well-attended. She recalls talking with her husband when the group first started, and hoping that even a few people would attend, and they had close to 30 people show up at the time. Attendance has remained high and Barb estimates that between 35 and 40 people come to the support group every month. Once people begin attending the group, they often share that they wish they had started attending sooner. The good thing is that they have connected with others who understand and found a place where they know they are not alone.

WPA is grateful to Barb and all our wonderful Support Group Facilitators for being that resource, support, and community for themselves and others, and for sharing hope with those who live with Parkinson’s disease.

*With Gratitude for the  
Caregivers in our lives,  
for your love,  
devotion and acts of caring.*



## “Caregiving Around the Clock”

### *November is National Family Caregivers Month*

The month of November is focused on caregivers and we acknowledge and remember the people who lovingly provide support in so many ways to those in our midst who live with Parkinson’s disease. The national theme for 2022 is “caregiving around the clock”. WPA offers our gratitude to the women and men who provide this support to family members and loved ones. Here’s a quote from the presidential proclamation in 2014 when National Caregivers Month was first established:

“Each day, courageous individuals step forward to help care for family members in need, their quiet acts of selflessness and sacrifice telling a story of love and devotion. Across our country, parents and children, siblings and spouses, friends and neighbors heroically give of themselves to support those in their lives affected by illness, injury, or disability. During National Family Caregivers Month, we salute the people who play difficult and exhausting roles, and we recommit to lifting up these Americans as they care for their loved ones while protecting their dignity and individuality.”

## Save The Date: *WPA Spring 2023 Symposium*



**2023 WPA**  
*Spring*  
**SYMPOSIUM**

Mark your calendars for another inspiring event. The WPA Spring Symposium will be held Tuesday, April 25, 2023. It is one of the ways that we are observing Parkinson’s Awareness Month. We are returning to the Brookfield Conference Center for our venue and are in the process of setting the agenda and securing the presenters. We are looking forward to seeing many of you at this event, so save the date. More details will be available in early 2023. Our goal next year is to expand some of our educational offerings into other locations throughout Wisconsin, so stay tuned for additional webinars and learning events.

**WPA Spring 2023 Symposium**  
Tuesday, April 25, 2023  
325 South Moorland Road  
Brookfield, WI 53005

## *In memoriam*

# Dr. Paul A. Nausieda

It is with sad and heavy hearts that Wisconsin Parkinson Association shares the news about the death of Dr. Paul Nausieda. WPA will be forever grateful for his passion and scientific interest in understanding and treating Parkinson's disease, which led him to founding the Wisconsin Parkinson Association. Thousands of people in Wisconsin who have been affected by the disease, whether as a patient, or as family members have benefitted from the impact of this organization since its inception over 38 years ago. The organization has grown and evolved from the early years, but we will always honor our roots that began with Dr. Nausieda.

Our hearts go out to Dr. Nausieda's family – his wife, sons, and grandchildren, and his extended family and friends. May the sadness you experience at his loss, be overshadowed by knowing the impact that Dr. Nausieda's life had on so many people affected by Parkinson's disease who lived better lives because of his care and compassion.



Born March 12, 1947 and died October 12, 2022. Preceded in death by parents John and Julia Nausieda, beloved "Aunt Jake" Frances Paschenko, and numerous feline family members. Much loved husband of Evonne Winston, and father of two exceptional sons, Anton (Nicole) Nausieda and Ivan Nausieda. Grandpa to Harrison, Marielle, and Juliette Nausieda. Brother of John Nausieda and Julie Moretti. Brother-in-law of Joe and Paula Gaspie and Tina Winston. Further survived by nieces Gina, Tara, and Laura and extended family and close friends and neighbors. Paul was a friend of Bill W. for more than 26 years. Paul grew up on the southwest side of Chicago. He put himself through undergraduate, graduate and medical schools at the University of Chicago. His research interests at the U of C included sleep-wake diseases and extrapyramidal diseases. Moving to Milwaukee with his family, he created one of the largest clinical research Parkinson Disease clinics in the United States. Paul was the founder of the Wisconsin Parkinson Association, a support group for patients, families, and caregivers. Paul had a scientific interest in the biological effects of manganese and its neuropathological evolution to Parkinsonism. Paul loved to build furniture, bake, tend his flowers and tomatoes, and tinker with his old cars.

# Would you like to receive the Wisconsin Parkinson Magazine?

If you do not receive the *Wisconsin Parkinson Magazine* quarterly, join our mailing list at [wiparkinson.org](http://wiparkinson.org). You will receive this magazine, as well as periodic information about educational events, support & exercise groups, and other resources in your area. This magazine is funded by your donations. Your support helps those living with Parkinson disease by allowing us to enhance and expand our services to you and your families. For more information, visit [wiparkinson.org](http://wiparkinson.org).

*Wisconsin Parkinson Association provides hope, community, support, and resources for people with Parkinson's and their loved ones.*



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## WPA Team

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