



# WISCONSIN PARKINSON

MAGAZINE ISSUE NO. 112 | 2023

Living your  
*Best  
Life*  
with Parkinson's

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WPA's Strategic Plan

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Taking on the  
Ice Age Trail

—APRIL IS—  
PARKINSON'S  
AWARENESS  
MONTH

# In this Issue



## April is Parkinson's Awareness Month

WPA's goal is to help people with Parkinson's live a positive and healthy life from the time they are diagnosed through their lifetime. This month brings awareness on a LOCAL scale so that people right here in our communities can find the programs and resources to support them in their Parkinson's journey.

How you can spread awareness about PD:

- ▶ Educate yourself on PD – the symptoms and what is being done to find a cure.
- ▶ Watch our WPA Mission video. (Find it at [wiparkinson.org](http://wiparkinson.org)).
- ▶ Become a friend of WPA – attend an event, follow us on Facebook, LinkedIn and Instagram.
- ▶ Donate Today – help us keep our services free for those who need it most.
- ▶ Hold your own personal fundraising event, on Facebook, or host a few friends in your home to share information and donate to WPA.

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## WPA Needs You! Donate Today!

Donations are vital to a nonprofit organization. They sustain the programs and services and ensure the organization continues to grow and serve its mission. WPA is grateful to our donors for your selflessness in serving others. We need your ongoing financial support, as our goal is to increase the number of people with Parkinson's disease that we can serve.

### Donate because:

- YOU have Parkinson's disease
- You know **SOMEONE** with Parkinson's disease
- You **DON'T KNOW** someone with Parkinson's disease...YET
- You want to make an impact during **PARKINSON'S AWARENESS MONTH**
- You want to help someone **LIVE THEIR BEST LIFE** with Parkinson's disease

The motivation to donate starts with YOU, the impact of your donation **SERVES MANY**.

**During Parkinson's Awareness Month, please give...generously! YOU make a difference.**

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 in the attached envelope.

# Letter from the *Executive Director*

Happy Spring, Everyone!

I love the changing of the seasons, and spring is no exception! The sun is out longer, snow begins to melt and gray skies fade away. Sprouts of green begin to emerge in our yards and in the trees, the birds seem more active and alert – and all the new growth is so refreshing. If you have read any of our magazines in the last year, or been to any of WPA's events, you know my passion for nature. I feel renewed when I get outside for a hike, dig in my garden, or simply take a deep breath of fresh air with my face to the sun. This year as a new season blooms, my wish for you is that you can experience your own personal spring, through the renewal and healing power of nature. I encourage you to take a few minutes each day to experience nature in your own way.

I am really excited about the stories in this publication and all the great things happening in our organization! I invite you to join me in welcoming our new WPA team member, Jill Compton, who has joined us as the Director of Mission Impact. Jill introduces herself and provides insights into the role she takes on at WPA in the story that follows. I know that her leadership and expertise will help us grow our mission impact. She is looking forward to meeting you as we engage throughout the state.

This month is Parkinson's Awareness Month, and we want to amplify the message and share the WPA mission resources with as many people as possible.

Did you know?

- The Parkinson Foundation estimates that 15,000+ people in Wisconsin are living with PD, and one million people in the U.S. are living with PD. This number is expected to rise to 1.2 million by 2030.
- Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease.
- A 2022 Parkinson's Foundation-backed study revealed that nearly 90,000 people are diagnosed with Parkinson's disease in the U.S. each year. This represents a steep 50% increase from the previously estimated rate of 60,000 diagnoses annually.
- Men are 1.5 times more likely to have Parkinson's disease than women, and the average onset of the disease is age 60.
- With Wisconsin's 65 and older population predicted to double from 2010 to 2040, the need for services is expected to grow.

These are thought-provoking statistics that compel us to

act now! I'm asking for your help in carrying the mission and message to a larger audience. Our story about Parkinson's Awareness Month gives you some suggestions for how you can do that. Will you please join forces with us to get the word out?

Other things of note in this issue:

- WPA is honored to share Dacy Reimer's Ice Age Trail story this month about the 1,200 mile hike she and her husband Tim will be starting in August and completing in October. As she spreads awareness about WPA, all donations and proceeds will benefit our organization.
- We've got an update on our 3-year Strategic Plan. I'm happy to report that we are underway with this exciting work.
- New this month is a Provider Spotlight feature. Thank you to Dr. Ryan Brennan and David Bougie for submitting this story. Part of WPA's mission is to provide resources and support, and this story offers insights from a Movement Disorder Specialist.

This issue is full of information and inspiration, which I hope inspires you to make your own personal impact during Parkinson's Awareness Month, perhaps by: sharing the WPA resources with someone who needs it, supporting Dacy in her amazing adventure, doing something positive for your own mental and physical health, donating to WPA during this awareness month, getting out in nature and finally, and most importantly, living your best life with Parkinson's! Wishing you a spring filled with renewal, growth, and ease.

Stay connected,



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

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# Bringing the Process to Life

## WPA's Strategic Plan

The past year was busy and productive for the Wisconsin Parkinson Association. The WPA leadership embarked on creating a 3-year strategic plan for the organization. It took the better part of 2022 to do that review, planning, and analysis to develop a plan that will move the organization forward.

WPA's Strategic Plan is more than just a document on a shelf – it is a living, breathing, dynamic plan made up of the collective actions of team members, board and other partners.

The plan is at the forefront of this year's work. The team refers to the plan when they meet, as they engage with other partners and as they look to grow the mission and drive impact...it is part of WPA's daily operations.

The strategic plan is only as good as the actions and results that it drives. Its success is also dependent on community support – all of us working together to create engagement and collaborative opportunities to grow WPA.

### These are the four Strategic Pillars that emerged from the WPA planning work and what they mean:



#### Mission Impact

- ▶▶ Serving more people through programs, support, and resource networks – providing a positive impact and quality of life for those affected by Parkinson's.



#### Organizational Health

- ▶▶ Increasing the ability for WPA to fulfill its mission by having the right resources in place – people, processes, programs, and financial support.



#### Leadership Alignment

- ▶▶ Continuing to build on the strengths of the organization in serving our mission.



#### Marketing and Brand Awareness

- ▶▶ Making WPA a top-of-mind resource for all who need these services and resources throughout the state of Wisconsin.

*mission.* • PROVIDING HOPE, COMMUNITY, SUPPORT, AND RESOURCES FOR PEOPLE WITH PARKINSON'S AND THEIR LOVED ONES

*vision.* • A PARKINSON'S COMMUNITY INSPIRED TO LIVE LIFE WITH – AND BEYOND – PARKINSON'S DISEASE

**More specifically, here are some key action steps that we will focus on:**

- Creating a Mission Impact Committee that will determine the gaps in service for people with Parkinson's and what service offerings WPA could provide to help fill those gaps.
- Developing a statewide expansion plan to reach a 15% increase in the number of individuals served each year.
- Reinvigorating the Medical Advisory Committee (MAC). This committee has been primarily composed of physicians, and part of the reinvigoration will include recruiting additional medical professionals with an interest in serving the PD community.
- Recruiting more volunteers at programs, events, and community events.
- Enhancing in person, online and service offerings for all stages of Parkinson's for individuals with Parkinson's and their loved ones.
- Visiting the offices of neurologists, family practice physicians and other allied professionals across Wisconsin to introduce or reacquaint them with WPA.
- Increasing new and existing revenue streams, especially charitable giving to expand mission offerings and impact.

- Hiring new staff to implement statewide expansion plan and increase organizational capacity.
- Creating and activating a board committee structure that aligns with strategic pillars and work streams.
- Strengthening existing partnerships and creating new partnerships to build awareness and referrals.

As an organization these pillars are meant to work together, they are not separate, but rather interdependent. For example, to serve more people (Mission Impact), WPA must ensure that they continually bring in the donations and financial resources (Organizational Health). Those activities are guided under the direction of trusted leadership who is responsible for carrying out the mission (Leadership Alignment), and finally, WPA needs to get the word out and broadly share information so that the people who need the services the most are aware of the available resources (Marketing & Brand Awareness). WPA will continue to update you on the progress of implementing the strategic plan. 2023 continues to be a very exciting year for WPA!



# Meet Jill Compton

## Director of Mission Impact

WPA is pleased to announce that Jill Compton has joined our team as the Director of Mission Impact. In this role, she will be responsible for leading state-wide expansion efforts and other strategic initiatives to deepen our impact across the state of Wisconsin.

Jill has dedicated her career to developing and nurturing professional relationships in the Senior Healthcare field. She believes that resources should be accessible to all people. Jill works with a collaborative spirit and serves on steering committees and coalitions that are focused on solving the problems of inequalities in healthcare.

With over 25 years of experience as a strategic leader, Jill brings a breadth of experience to her role at WPA. She has created partnerships with large and small healthcare organizations, directly resulting in the ability to reach more clients by raising visibility of services.

Additionally, Jill coaches individuals and consults with organizations on topics ranging from Mindful Leadership to employee wellness and personal and professional development. Jill is a certified yoga teacher and enjoys meditation, hiking and spending time with her family. Please join us in welcoming Jill to the team!

## An Interview with Jill Compton, Director of Mission Impact

### **WPA: What drew you to WPA?**

**Jill:** I am really excited about the work that WPA has been doing lately, especially around the Strategic Planning. Last year Kelly Cieslak, WPA Executive Director approached me and asked me to participate in the planning process as a community voice in the project. Through that experience, I got to know Kelly and the team and when this opportunity presented itself, I was absolutely interested in joining the team.

### **WPA: You mention the Strategic Planning process, what did you learn through that experience?**

**Jill:** I was impressed with WPA's leadership.

Kelly really has a passion for the mission and that is contagious! I also learned that WPA wants to grow and serve more people; that WPA wants to connect people to resources and provide hope and support. Everything is so aligned with the work that I have done throughout my career. I believe that together we can accomplish so much.

### **WPA: Your title is Director of Mission Impact. What does your role encompass?**

**Jill:** This is a new role for the organization, so some of what I will be doing is defining and creating the function of driving mission impact for WPA. Expanding our footprint across the state and serving more people is all part of how we demonstrate mission impact. My role is to help make those things

*Continued on page 14...*

# WPA Brings Joy and Independence to Parkinson's Community with *Urban Poling Workshops*

The Wisconsin Parkinson Association (WPA) is happy to announce it has been awarded a Legacy Grant from the Wispact Foundation to provide Urban Poling equipment and training for up to 60 individuals with Parkinson's disease.

Beginning in 2023, the WPA will offer free training workshops conducted by Urban Poling instructor and WPA Community and Exercise Coordinator, Mary Wood. Attendees will receive a set of ACTIVATOR® Poles as part of their participation.

Urban Poling is a form of exercise that involves walking with poles. It has been shown to help people with Parkinson's by improving their ability to walk. It promotes greater independence and may improve the quality of life for people with Parkinson's.

"People with Parkinson's may experience problems with balance," Mary Wood explained. "This can make them fearful to take a simple walk. But once they put a pair of poles in their hands, they feel confident and stable. It can improve their health, strength, posture, and

confidence. I'm excited to bring Urban Poling workshops to the Parkinson's community."

The Wispact Foundation's Legacy Grant provides funding to organizations that support individuals with disabilities, helping them to achieve their goals and live fulfilling lives.

"We are grateful for this gift that will allow us to purchase these walking supports and expand programming to give individuals with Parkinson's more confidence and independence as they continue to live their best life," said Kelly Cieslak, WPA Executive Director.

Thank you to the Wispact Foundation for their generosity and support in helping the WPA bring joy and independence to the Parkinson's community in Wisconsin.

*Stay tuned for more details and dates to sign up for these exciting workshops!*





# Provider Spotlight:

## Dr. Ryan Brennan

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by David Bougie, WPA Contributor and DBS Specialist

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Dr. Ryan Brennan of Froedtert & Medical College of Wisconsin is a neurologist who specializes in Movement Disorders and is one of the physicians in Wisconsin who is at the forefront of Parkinson's treatment. Dr. Brennan is also on the Medical Advisory Committee (MAC) for Wisconsin Parkinson Association. We spoke with him about his motivation to treat Parkinson's and the tools that enable him and his colleagues to drastically improve quality of life for their patients.

A Movement Disorders Specialist (MDS) is a specific certification, which requires additional training after medical school and focuses largely on the treatment of Parkinson's disease. After nearly a decade of medical education, why would a physician choose to undergo further training? "I saw instantly how much benefit and improvement in quality of life you can provide to people and that's what sealed the deal for me," Brennan explains when discussing his early exposure to treating Parkinson's. He says that he and his MDS colleagues' value lies in being resources who have "all the treatment options available."

Dr. Brennan knows that not everyone experiences PD the same way, so he tailors his treatment options very carefully to each patient. Frontline medications like carbidopa/levodopa (Sinemet) work well for many patients, but he goes beyond basic treatments when needed. As an MDS, he commands a wide range of tools such as skin patches, various oral medications, infusions, and deep brain stimulation (DBS) – "the quintessential advanced treatment option." His focus is on treating each person's most bothersome symptoms and each of these medical advancements makes that goal achievable by matching the right options to the right person.

Professional activities such as clinical research,

professional societies, study of medical journals and basic science research keep MDS's up to date on the latest medical advancements. These doctors are not the only people studying, though, "I learn a lot from my patients," Brennan says, "I've seen it more than once... my patients will bring me a very early basic science article of a drug and a couple years later we are participating in a clinical trial for that drug!" He understands that his role is to consult with patients about their needs, rather than simply tell them what to do. His academic involvement in research and utilization of different therapies give he and his patients hope that life with PD can always improve.

One of the challenges facing the relationship between patients and MDS is simple geography. Unlike some other medical services, there is not an MDS in every town. Dr. Brennan's clinic is in the suburbs west of Milwaukee and he understands that people do not always want to travel or may have a relationship with their local neurologist. "I do what's best for them. Some people transfer all their care to me. If their neurologist is not someone who manages advanced treatments, I'll partner with that doctor and send them care plans so that the patient can follow up with that neurologist," he explains. For his patients who have DBS, he has the option to "manage the whole thing remotely," – a tool that saves patients from all corners of Wisconsin from regular drives to his office.

MDS's are unique neurologists who can provide consultation on advanced treatments to help you make the most of your life with PD. Given the advanced science at his disposal, you may be surprised to read Dr. Brennan's key piece of advice; "early on, push your doctor to discuss speech therapy, physical therapy, exercise programs and lifestyle changes." In our Wisconsin community, we are lucky to have several MDS's, like Dr. Brennan, who have great insight. To get in touch with them, visit [wiparkinson.org/local-medical-professionals](http://wiparkinson.org/local-medical-professionals).



# Defying Parkinson's:

## *How Pushing Herself to the Limit Helped Judy Regain Control*



Six years ago, at the age of 73, Judy was diagnosed with Parkinson's disease. Despite the devastating news, she wasn't ready to give up.

She underwent speech and physical therapy sessions and initially saw some positive results. "I was able to regain some of the skills that I thought were lost, and I felt hopeful," Judy said.

However, as time progressed, so did her symptoms. With her hope fading, she marched down the standard treatment path of increased medication. The only thing she could do was wait for the inevitable. Judy was losing control of her life.

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***Dr. Joy has given me hope and a new lease on life. I don't know what the future will bring, but I know that the Parkinson Pack will be ready.***

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"I was getting slower and stiffer, and everyday tasks became a challenge. I was having difficulty reaching up to get dishes out of the cupboard, getting in and out of bed, and getting down on the floor and back up again," she explained.

Then she met Dr. Joy Cochran, a physical therapist and owner of JOY Explorations, who specializes in treating those with Parkinson's disease and other neurologic conditions. Dr. Joy received funding from a Parkinson's Foundation Community Grant that allowed her to teach and study the impact of exercises on slowing down the progression of Parkinson's. The results of this group have been accepted for a poster presentation at the World Parkinson's Congress in Barcelona, Spain this July.

Judy joined Dr. Joy's class, the Parkinson Pack, not knowing that her decision would change her life.

Under Dr. Joy's guidance, Judy and nine other people participated in activities like walking, hiking, playing basketball, T-Ball, kickball, completing obstacle courses, and more.

"We're outside in nature, doing things that are fun," explained Dr. Joy. "Every day is an adventure, and being outside mimics real-life situations that they might experience."

All participants move to the best of their abilities, with Dr. Joy there to push them beyond their current limitations, and their expectations.

"Imagine the sight of ten people, in all stages of Parkinson's, getting down on the floor and back up again without assistance, shooting baskets, dribbling a basketball, playing catch, and running the bases," Judy said.

This program of intense workouts has made all the difference. Now, she is better able to get dishes from higher shelves in the cupboard, and she doesn't have as much difficulty getting in and out of bed or down and up off the ground.

"It's not only strength, endurance and balance that I see improving—it's their confidence," said Dr. Joy.

Judy has put that newfound confidence to good use. In October, she participated in the Michael J. Fox Foundation 31 Mile Challenge for Parkinson's Research, and even spoke in front of 45 members of a local organization about her journey with Parkinson's.

"Dr. Joy has given me hope and a new lease on life. I don't know what the future will bring, but I know that the Parkinson Pack will be ready," Judy said.

To learn more about Dr. Joy and her company, visit her website at [JOYExplorations.com](http://JOYExplorations.com). She is also a WPA Exercise Instructor. You can find more information about her WPA classes online at [wiparkinson.org/support-exercise-groups/](http://wiparkinson.org/support-exercise-groups/).

# TAKING ON THE ICE AGE TRAIL

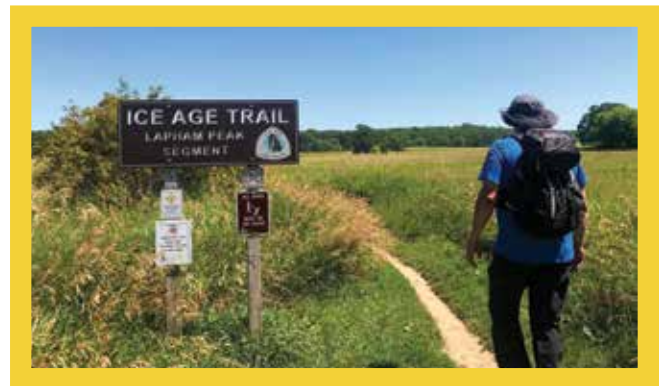
## TO SUPPORT WPA

Nature...inspiration...challenge...accomplishment... strength and resilience. These are topics and thoughts that came up in a recent conversation with Dacy Reimer, APNP and long-time associate and friend of Wisconsin Parkinson Association. Those sentiments emerged as we discussed the 1,200-mile, Ice Age Trail Thru-Hike Dacy and her husband are planning to embark on this coming August with a goal of completing the hike by October 13th, Tim's birthday. No, that is not a typo! They really are planning to hike 1,200 miles over the course of approximately 12 weeks!

When asked what their inspiration was for taking on a hike of this magnitude, Dacy explained that hiking and nature have always been great mental outlets for her. Anytime life is stressful Dacy reverts to the outdoors; she finds that's her way of replenishment. It's been that way since she was a child, she has always enjoyed being outdoors, and now appreciates nature for the way it can help her "fill up her bucket" to be more available for others.

So, back to the Ice Age Trail plans...Dacy and Tim have hiked for years, and in fact have done many segment hikes on the Ice Age Trail. Hiking is a way for them to get away from their busy work schedules and have that time together to talk, connect, and find renewal in nature. They have been members of the 1,000 Mile Wannabes, a hiking group associated with the Ice Age Trail for over ten years. The couple had always talked about thru-hikes as they were completing shorter segments of the trail.

Dacy and Tim have been doing segment hikes, which



are between seven and twenty miles in length. Dacy acknowledged that initially the 1,200-mile hike was probably more her idea than Tim's, but as they thought about their personal goals, they decided this was something they wanted to do together while they are in their 50's. There were many things that inspired them to move forward with this goal: the thru-hike seemed like a huge accomplishment in so many ways: a way to see our state, to connect with God, and with each other. They wanted to take the time to experience a real sense of nature and to slow life down a bit, not letting it rush by every day.

From a personal perspective, Dacy and Tim are very much looking forward to deepening the bond of their relationship that this time will give them. Dacy's patients have reminded her on many occasions that the "golden years aren't always golden" and to do things now when you have the chance. So with that encouragement Dacy and Tim recognize that they, "have today, they have their health, so they're doing this hike now and not putting it off."



*“Anytime life is stressful Dacy reverts to the outdoors; she finds that’s her way of replenishment.”*



**DACY REIMER, APNP,  
NEUROSCIENCE GROUP**

**Clinical Expertise and Special Interests**

Dacy is a nurse practitioner and researcher with over 25 years of experience. She specializes in the diagnosis and treatment of movement disorders, and dementia, and offers novel advice and care to her patients and their families so they can work together to develop a plan for lifelong independence. Her comprehensive care plans offer support through nutritional and fitness guidance, and state of the art pharmaceutical treatment.

Dacy also has a long-time association with WPA since 1996. She was previously the Education and Outreach Coordinator for WPA. She is a speaker at WPA conferences and a webinar presenter. Currently, she serves on the Medical Advisory Committee for WPA.



As Dacy takes her patients’ advice, she is also looking to be an inspiration for them and others. In her career she has advocated for the importance of exercise. She says, “I’m always talking to my patients on a daily basis about movement and the importance of exercise, I have to be living it too.” This Ice Age Trail Thru-Hike is an example for Dacy of fulfilling a personal fitness goal, and a dream. Dacy relates that, “certain dreams you have to accomplish or at least try. I don’t know what’s going to come up on that hike. I’m excited but realistic about it too – and I have to set realistic goals. I’m not telling everyone to go out and do this. But you might have your own goals, your own dreams, your own physical goals that you set for yourself. At some

**WHAT IS A THRU-HIKE?**

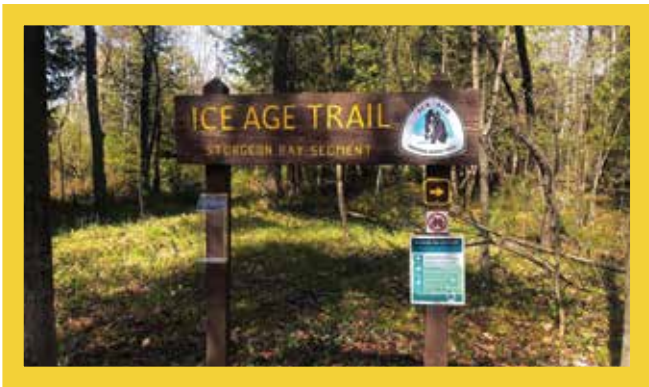
The criteria for a hike to be considered a “thru-hike” is that it must be completed – start to finish, from one terminus or the other, within a 12-month period.

**WHAT IS A SEGMENT HIKE?**

These hikes complete portions of the trail. People collect patches for completing segments in different counties.

point you have to act on them. They can't just be dreams."

While the personal accomplishment component is certainly a significant part of this hike, Dacy is really trying to bring heightened awareness to the Wisconsin Parkinson Association programs and services throughout the state. As Dacy and Tim progress along the trail, they plan to make stops in designated Ice Age Trail Communities to highlight and feature WPA support groups, exercise groups, and programs and services that provide resources for people living with Parkinson's disease in the vicinity of that community. Especially in more rural areas, where people with Parkinson's may feel more isolated this is a great opportunity to highlight what is available to people living nearby. This year WPA

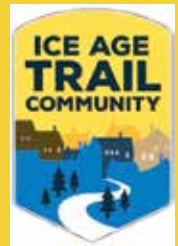


is focused on deepening our impact and expanding services throughout the state, so Dacy's messages of hope, sharing information about resources and support will help strengthen WPA's connection with people who need those services.

As Dacy and Tim count down the days until they begin their hike in August, one of the hardest parts is the waiting—waiting to get started. In the meantime, they are planning and preparing. They are grateful to one of their sponsors, Horizon Outfitters in Hartford, WI

## ICE AGE TRAIL COMMUNITIES

Only 1 of 11 in the country to achieve this status.



The Trail, which courses through 28 Wisconsin counties, traverses various topography following the path of the last great glaciation. It immerses you in glacial history and allows you to experience world-renowned features from the Ice Age.

The Ice Age Trail is a place for all people to enjoy. You will be able to embrace unique glacial landscapes and culture histories of the land, while finding physical and mental renewal.

Nearly 700 miles of the Trail are currently yellow-blazed segments to hike. The remainder of the 1,200-mile path takes you along unmarked, connecting routes between segments.

**1,200 MILES**

Approximate number of miles of Ice Age Trails spanning across Wisconsin.

**28**

Number of counties in Wisconsin the Ice Age Trail traverses through.

**2.3 MILLION**

Number of people who use the Ice Age Trail.





***“ [Dacy] has always believed in WPA...what better reason to fundraise than for a cause that I’ve devoted my life to.”***



who has volunteered to help them freeze-dry food for the journey and has committed to being one of their Trail Angels delivering water and connecting with them throughout their time on the trail.

Part of preparation is anticipating and getting your mindset ready for whatever comes up along the journey. Besides the change of being away from the work environment, and the associated guilt of not being in the clinic, Dacy said that the Wisconsin mosquitos will be her biggest challenge, while she expects the heat will be Tim’s most challenging element. Even just being out in the elements every day will be challenging. Taking on those unknowns and discovering the strength and resilience within yourself – traits you think you have, but then you’ve got to find it and do it, are part of what makes this trip exciting. Dacy is looking forward to picking up on all sorts of nuances and things that she’s never seen before. Dacy shared that, “sometimes you need to open up your senses and see the world around you in a different perspective.”

While much of the discussion was to learn about the scope of the hike and the mindset and physical condition it takes to be ready to embark upon such a journey, Dacy shared that, “she has always believed in WPA,” and emphasized that the focus of this Ice

Age Trail hike was to bring attention to WPA and highlight the expansion of programs and services across the state that is underway this year. Throughout this process Dacy is fundraising for WPA and has committed that 100% of all funds received will be donated to the Wisconsin Parkinson Association. She has supported the organization in so many ways over the years, and summed it up by saying, “what better reason to fundraise than for a cause that I’ve devoted my life to.”

WPA is grateful to Dacy Reimer and her husband Tim for putting the men and women living with Parkinson’s disease here in Wisconsin at the forefront of this incredible and inspirational Ice Age Trail Thru-Hike! Those funds will help to provide quality programs and services for people living with Parkinson’s disease. WPA will be following along with Dacy and Tim throughout the coming months as they continue to prepare, embark on their hike and return. Watch for more details on our website and social media pages.

**SUPPORT WPA BY SPONSORING DACY’S JOURNEY!**

You can help bring awareness & support to WPA by donating to Dacy’s journey across the Ice Age Trail! Simply scan the QR code.



**FOLLOW DACY’S JOURNEY ACROSS THE ICE AGE TRAIL!**

[www.rock-the-ages.com](http://www.rock-the-ages.com)

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happen. My entire career has been about creating connections and partnerships and building relationships so that everyone benefits. I am excited about developing new connections and programs throughout the state to reach more people with Parkinson's and ultimately help them live their best lives.

**WPA: You mention "Living Your Best Life". What does that mean? How can someone with Parkinson's disease live their best life?**

**Jill:** I think living your best life is something we all strive for. To me it means focusing on life balance (and physical balance too!), moving, staying active and engaged. Those are things that help everyone live a good life, but when you have Parkinson's, I think you're even more aware of what's going on internally and externally to your body. As an organization we are always looking to incorporate educational experiences, community experiences, resources, and support that provide guidance on

how to live your best life. WPA is the organization that can help with that.




**WPA: Any final thoughts as we conclude our time together?**

**Jill:** I am really excited to join an organization where everyone, the team, the board, members and aligned community partners are all so focused on making the biggest impact for people who live with Parkinson's disease, right here in our state. I look forward to meeting those of you who are impacted by the disease and have already benefitted from your connection to WPA. I also know there are so many more people who are recently diagnosed or have not yet heard about WPA and need our services – and I look forward to the opportunity to connect with them. As I said earlier, WPA's goal...my goal, is to increase our mission impact across the state. I am so thrilled to be part of this great WPA organization and to help people with Parkinson's live their best life.



## A Lasting Contribution

Planned Giving is a wonderful way to make a larger, lasting contribution to a cause you care about, like the WPA. This practice can change the financial landscape of a charity, and it's a great way to preserve your legacy after your lifetime and support the future of the organization, while reaping some tax benefits. There are three main types of Planned Gifts:

-  **Outright Gifts**—one-time contributions made directly to the charitable organization in cash, personal property, securities, or stocks.
-  **Gifts That Return Income**—gifts that continuously provide financial support to an organization, such as a Charitable Remainder Trust.
-  **Gifts Payable upon the Donor's Death**—gifts that are typically laid out within an estate plan and will generally avoid estate tax, such as naming a charitable organization as a beneficiary of your life insurance policy.

If you would like to learn about supporting WPA through a planned gift, please contact Executive Director Kelly Cieslak at (414) 312-6990 for more information.



# 2023 WPA *Spring* SYMPOSIUM



Tuesday, April 25, 2023 | 8:00 a.m. - 3:30 p.m.

Brookfield Conference Center | 325 S Moorland Rd | Brookfield, WI 53005 | NO CHARGE

## Wisconsin Parkinson Association Annual Symposium

Join us for WPA's Annual Symposium. This event brings together people with Parkinson's, care partners, medical professionals, aligned partners, businesses and vendors who are all focused on helping those affected by Parkinson's live their best lives. The robust Symposium agenda offers topics of interest for everyone.

### *Who is the Symposium for?*

*People at all stages of Parkinson's disease, Care Partners, Family Members, and anyone who is involved with the Parkinson's Community.*

#### **Morning General Session:**

- Become Your Best Self
- Research Updates & PD Provider Panel

#### **Morning Breakout Sessions:**

- Mind Over Bladder & Unbind the Bowel
- A Balanced Approach to Emotional Well Being | Deeper Dive
- Support Group Experience

#### **Afternoon General Session:**

- Movement is Medicine | Neuroplasticity Panel
- Demos – Hands on activities with the Movement is Medicine Panel

#### **Afternoon Breakout Sessions:**

- Speech | Swallowing | PD Specific Breathing Activities
- 6 Pillars of Brain Health
- Better Sleep | Less Stress

Registration is required. Please go to [wiparkinson.org](http://wiparkinson.org) to register.

BOOK YOUR FOURSOME TODAY!



SEPT. 12, 2023

10:00 A.M. – 7:30 P.M.

THE LEGEND AT BRANDYBROOK  
GOLF COURSE | WALES, WI

RETURNING IN 2023:

Free Parkinson's Movement Clinic featuring: Golf Clinic,  
Urban Poling Workshop and Complimentary Dinner

## GOLF

**\$1,400 Foursome, or \$350 per golfer**

Includes: lunch, golf (scramble format), on-course  
beverages, cocktail hour and plated dinner

## EVENT SCHEDULE

10:00 | Golfer registration

11:00 | Shotgun start

5:00 | Silent auction, cocktails, networking

6:00 | Plated dinner, program, silent and live auctions

7:30 | Event concludes

## DINNER ONLY

**\$75 per person**

All proceeds support Wisconsin Parkinson Association's  
mission of providing hope, community, support, and  
resources for people with Parkinson's and their loved ones.



BECOME A SPONSOR – OPPORTUNITIES AVAILABLE!

Register online at [wiparkinson.org](http://wiparkinson.org) or call 414-312-6990.

## Would you like to receive the Wisconsin Parkinson Magazine?

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.

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



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