



WISCONSIN PARKINSON



MAGAZINE ISSUE NO. 113 | 2023

Let
your
Dreams
take flight



P. 5

**Taking On The Ice Age Trail
Part Two: Ready To Go!**

P. 13

**Sign Up for WPA's FREE
Parkinson's Movement Clinic!**



In this Issue

Make the Most of Summer - Try Some Nature Therapy!

What is Nature Therapy? To be honest, it's not one thing. Some people call it forest bathing, green prescribing, ecotherapy, and many other titles. It began as Shinrin Yoku in Japan, which is where the majority of this research is based. There are many benefits to spending time in nature:

- Calms our spirits
- Clears our minds and improves mental well-being
- Opens mindfulness of our senses and surroundings
- Increases problem-solving abilities
- Improves our memory
- Increases creativity
- Gives us a more positive outlook on life
- Lowers cortisol (our stress hormone)
- Lowers pulse rate
- Lowers blood pressure
- Improves digestion (by increasing parasympathetic nerve activity)
- Promotes weight loss (by lowering sympathetic nerve activity) especially if physical exercise, such as hiking is involved.



In a nutshell, it is a practice that uses nature to improve mental and physical health.

(Excerpt from Dacy Reimer's rock-the-ages.com website.)

- 5 **Unity in Adversity:
A Unique Group for Women
with Early Onset Parkinson's**
- 6 **Provider Spotlight:
An Inside Look at Remote
Programming DBS**
- 7 **Living Beyond Limits:
Barb Kopf's Inspiring Story**
- 8 **A Shared Understanding:
The Importance of
Parkinson's Disease
Support Groups**
- 10 **Taking On The Ice Age Trail:
Part Two: Ready To Go!**
- 13 **FREE Parkinson's Movement
Clinic at the WPA Golf Open**

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 help someone **LIVE THEIR BEST LIFE** with Parkinson's disease

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

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*

Ahhhh, Summer! ... Farmers markets, festivals and family gatherings are some of the best things this season has to offer. I love living in a state where we experience the change of seasons. The anticipation of what each time of year brings inspires me to make the most of that time. Sometimes I set goals for myself, such as trying a new workout routine, or pushing myself to increase the number of steps I take per day, or miles I walk per week. Other times I remind myself that just being in the moment is what I need at that point, so I take pause, take stock of my surroundings and just try to appreciate the time and place I'm in. Besides setting goals and taking mindful moments I always keep dreaming because within those dreams are life and hope and an opportunity to expand my world in ways that I might never imagine. Most importantly, I make sure that my dreams and goals turn into action, and I move forward in accomplishing them.

This issue brings many of these ideas forward. We hear from our friend Dacy Reimer on the eve of launching her lifelong dream of hiking the 1,200-mile Ice Age Trail. I'm sure that when Dacy first started thinking about that journey it probably seemed insurmountable, and yet with planning and preparation, and setting goals for herself, she is now on the cusp of taking the first step of that incredible hike. I believe she will return a changed person, that through her journey she will take on challenges that she cannot imagine, and in working through them she will feel the thrill of accomplishing them. Dacy's greatest pleasure, though, will be if we are each motivated by her story to take action and incorporate more movement and exercise into our lives for our own well-being.

So, let's use Dacy's inspiration to dream big! WPA believes so strongly in exercise and movement that we are investing our time in developing more resources for teaching Urban Poling usage and

techniques. You'll read about that in this issue. The Urban Poles are wonderful devices that people with PD can benefit from, and the exciting news is that even your Care Partners and family can benefit from their use and walk with you.

I'm grateful to have several WPA members share their PD stories in this issue. The benefit of the community we share through this organization is that we can learn from and support each other. I am very appreciative of the generous ways you are there for each other. Just around the corner is our annual WPA Open Golf Outing in September. Of course, we will have lots of foursomes golfing, but we also are hosting a Movement Clinic, at no charge to the participants, specifically for individuals with PD who don't golf or no longer golf. The golf pros at The Legend at Brandybrook will be hosting a PD specific golf clinic. Additionally, we'll be doing some movement and Urban Poling demos. Your Care Partner is invited to participate with you.

It's always good to engage with all of you! Let's make the most of this summer season!

Dream big!
Let your dreams take flight, step into the life you want to live.

Stay connected,



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

Heartfelt Pledges

Become Lasting Gifts

Planned Giving is making a heartfelt pledge today to give a gift later, usually through your will or estate plan. It is typically given to a nonprofit once the donor passes away. It is an opportunity for your charitable giving to extend into perpetuity. This giving is important to the long-term sustainability of Wisconsin Parkinson Association. A steady stream of financial support allows WPA to plan for long-term goals and projects and assures that you can continue to make life better for those affected by Parkinson's well into the future.

Not only does Planned Giving represent the opportunity to provide long-term support to an organization, but it also gives donors a chance to establish a legacy. This philanthropic gesture can be a great way to leave a memory of life.

Other benefits of Planned Giving include:



The opportunity to leave a major gift that may not have been possible in their lifetime due to financial constraints.



Charitable Gifts are often exempt from Estate Tax, meaning more of the gift would go directly to the organization.

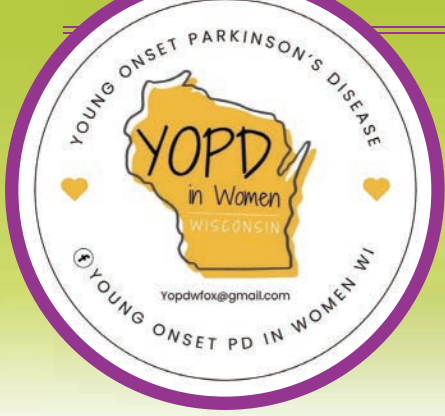


Donors can avoid capital gains taxes when they transfer assets as part of a planned gift — again maximizing the contribution to charity.



Planned Giving serves a dual purpose. On the one hand, planned gifts help support worthy causes. At the same time, Planned Giving can be useful in helping individuals make more substantial gifts, as well as address their own financial needs. There are significant tax and financial benefits for donors to make planned gifts. Bequests can reduce federal estate taxes for heirs, and these deductions aren't limited to cash — they can include assets like real estate, IRAs, and stock. Some other types of planned gifts, such as charitable remainder trusts, are granted tax-exempt status by the IRS. However, tax advantages to planned gifts can be a little complicated, so gift officers should make sure to help donors evaluate them on a case-by-case basis. When leaving a bequest in a will to a charitable organization, donors can allocate how or where they want that money to be spent. Speaking to a trusted financial advisor is also recommended to be sure you're informed and making arrangements that are right for you.

If you are interested in learning more about Planned Giving and how it could help further the WPA mission, please contact Kelly Cieslak, Executive Director, kellyc@wiparkinson.org or call her at 414-312-6990.



Unity in Adversity: *A Unique Support Group for Women with Early Onset Parkinson's*

When Wendy was diagnosed with early onset Parkinson's disease at the age of 47, it felt like the floor had dropped out from underneath her. She was in free fall. With no family history of the disease and no personal connections to anyone who had it, she was left feeling isolated and overwhelmed.

"That first day, I crawled into bed and cried," Wendy said. "But that didn't last long."

Her husband's steadfast support, coupled with her own relentless determination, fueled her strength to keep fighting.

She sought information online, eventually stumbling upon a local Parkinson's support group. However, those attending the group were at a different stage of life than Wendy. She felt like she didn't belong.

"The group was amazing," Wendy explained. "They were supportive, helpful, and incredibly kind, and yet, I still felt out of place. I knew then that I had to find people that were similar to me."

Before long, Wendy met Calissa, a Rock Steady Boxing coach with a passion for helping those with Parkinson's. Recognizing the need for a support network, Wendy and Calissa decided to create a group specifically for women with early onset Parkinson's.

The goal of the group is to provide a safe space for women in this unique stage of life, whether they were mothers grappling with raising a family or businesswomen striving to balance work and their health.

"We're stronger when we're together," Wendy said, reflecting on the importance of this new community.

The group plans to meet monthly in Barnes & Noble in Appleton, WI. So far, the response has been overwhelming, with numerous women reaching out to express their need for such a group.



"The goal of the group is to go home feeling empowered because you cared for yourself today. You took the time to socialize and learn and listen," Wendy said.

This sentiment encapsulates the group's mission: to foster a sense of empowerment and community among women navigating the challenges of Parkinson's.

"It's about building community. Building connection," Calissa said. "It's about hope."

This group is more than just a support network; it's a beacon of hope for women with early onset Parkinson's. It's a testament to the power of unity and the strength that comes from shared experiences.

As Wendy and Calissa look to the future, they hope to grow the group, reaching more women and creating a larger, stronger community.



*For more information about
Wendy and Calissa's group,
email Yopdufox@gmail.com.*

Provider Spotlight

The Role of Virtual Medical Care in Treating PD; An Inside Look at Remote Programming DBS

by Isabella Dahlke, WPA Contributor and DBS Specialist

Deep Brain Stimulation (DBS):

- Is a surgically implanted device that sends electrical signals to targeted areas of the brain
- Helps reduce the symptoms of Parkinson's disease as well as essential tremor
- Works by using a neurostimulator to send mild pulses of energy to a lead in the brain
- The exact neurons that cause tremor can be targeted
- Is an incredibly individualized therapy

DBS provides physicians with the functionality necessary to tailor each person's stimulation to their specific needs. Dr. Ryan Brennan and Dr. Eric Jackowiak from Froedtert & The Medical College of Wisconsin and the Milwaukee Zablocki VA will share their experience with remote programming DBS.

How does remote programming increase access to the therapy? "After the device is initially implanted, there can be several follow up appointments to adjust the settings and optimize the therapy to reduce medications. Now with NeuroSphere Virtual Clinic, this can be done from the comfort of your own home, giving your neurologist full control to adjust all stimulation settings (not just limited to what was pre-programmed on the patient's controller). This is something that previously was not available for DBS patients; a groundbreaking revolution for people with PD and ET with DBS," said Brennan. As the disease progresses, patients will need periodic follow ups with their movement disorder specialist to adjust their device and check how it is functioning, which can also be done via remote programming!

According to Dr. Jackowiak, "The role of virtual medical care has grown in recent years, particularly for people who have difficulty coming into the physician's office. As part of this evolution of care, the ability to provide remote deep brain stimulation programming is an important technological advancement. Reducing the burden of travel needed for in-person visits can be a significant benefit for patients."



As we all know, getting to the doctor can be a burden for a lot of families, especially for those living in rural communities in Wisconsin. This often requires a caregiver to take off work and drive their loved one to their appointment, wasting time and money. The NeuroSphere Virtual Clinic platform has made such a difference for the world of DBS that Time Magazine awarded it Best Inventions of 2021. "For patients suffering from chronic pain or movement disorders, visiting the doctor can be a serious ordeal. Abbott's NeuroSphere Virtual Clinic aims to help by enabling physicians to talk to their patients over a video app, as well as remotely adjust a range of Abbott's implanted neuro-modulation devices." (2021). Not only is this platform a way to talk to your doctor, but they can also communicate with your DBS device on a secure platform from the comfort of your home. This has shown countless added benefits aside from just saving a trip in the car. Patients are now able to show their doctor the way their tremor responds to their hobbies and activities of daily life in a way that was not previously accessible. For example, during the remote session, patients can bring out their knitting supplies, instruments, etc. and receive real time programming adjustments. Remote programming is changing the way movement disorder specialists and patients deliver and receive care, increasing access to therapy across Wisconsin. For more information on DBS, contact your movement disorder specialist.

Time. (2021, November 10). Abbott NeuroSphere Virtual Clinic: The 100 best inventions of 2021. Time. <https://time.com/collection/best-inventions-2021/6113022/neurosphere-virtual-clinic/>

Living Beyond Limits

Barb Kopf's Inspiring Story

Turning sixty was a pivotal time for Barb Kopf. Not only did it mark a new decade of life, it also came with a devastating diagnosis: Parkinson's disease.

Unfortunately, Barb was no stranger to Parkinson's. The disease had affected both her mother and uncle, and Barb was all-too-familiar with its effects. At first, she was scared. But soon, that fear gave way to determination. Parkinson's disease wouldn't stop her.

"I was determined to keep moving and keep fighting," Barb said.

"Maybe I can't do everything, but I'll never stop trying."

Barb knew from the start of her Parkinson's journey that she needed a solid support system. Her faith became her anchor during tough times, and her family, especially her husband and daughter-in-law, offered valuable help. But they couldn't fully understand her personal experience with Parkinson's.

Soon, Barb discovered a Parkinson's support group in Franklin. They met monthly at the local library, hosting guest speakers and sharing personal experiences and practical tips for dealing with Parkinson's.

The support group became Barb's refuge, a place where she could share her experiences with others who truly understood. It proved to her that she did not have to face Parkinson's alone - she had a community of companions who were with her every step of the way. Barb now leads the Franklin support group and continues to support and inspire others.

The Wisconsin Parkinson Association (WPA) has also been a vital resource for Barb, answering her



questions, guiding her, and making her feel seen and heard. Her involvement with the WPA even led her to throw out the first pitch at a Milkmen game two years in a row. She was proud to use that opportunity to raise awareness and demonstrate that while she may have Parkinson's, Parkinson's doesn't have her.

Barb stays active in both body and mind. Physically, she exercises three times a week with a trainer, focusing on balance and strength training. Mentally, she stays sharp by teaching English at a local seminary.

Outside of her routine, Barb fills her life with travel. From visiting her granddaughters to vacationing in the Virgin Islands and even planning a trip to Prague, she explores the world with her husband by her side.

"Maybe I can't do everything, but I'll never stop trying," Barb said.

Barb's story is not about a Parkinson's diagnosis; it's about an unstoppable spirit that thrives in the face of adversity, proving that we are defined not by our challenges, but by our responses to them.

"Parkinson's isn't a death sentence, it's a reason to keep pushing yourself."

A Shared Understanding:

The Importance of Parkinson's Disease Support Groups

"You have Parkinson's disease."

Hearing those four words can bring your world crashing down. They can catapult you into a sea of unfamiliar medical terms, doctor visits, worry, sadness, and anxiety.

That was true for Lynn Daniels. When she was diagnosed with Parkinson's disease in October 2021, she was taken aback by the lack of support she received immediately after her diagnosis.

"The doctor gave me my diagnosis and that was it," Lynn said. "I had so many questions and didn't know where to turn for answers."

Fortunately, Lynn soon discovered a Parkinson's support group in Fond du Lac. It was a welcoming space where she could express her feelings to people who truly understood her journey.

Before long, Lynn had an opportunity to lead the group, and she embraced it. Now, she facilitates discussions, assists new group members in adapting to their diagnosis, and provides hope and guidance to those who need it.

"Talking to others who are experiencing the same challenges is so important," Lynn explained. "If you're struggling with something, chances are someone else in the group has experienced the same thing."



Parkinson's support groups offer more than a sympathetic ear; they provide practical advice. Members share how they manage symptoms, cope with medication side effects, stay active, and communicate effectively with doctors. These nuggets of wisdom, borne out of lived experiences, can make a significant difference in every member's life.

Connie Udell, founder of SOL Fitness & Personal Training, has worked with Parkinson's patients since 2010. SOL offers Rock Steady Boxing and other



“Talking to others who are experiencing the same challenges is so important,” Lynn explained. “If you’re struggling with something, chances are someone else in the group has experienced the same thing.”



fitness and training programs to help those with Parkinson’s stay active and fit. Connie also hosts annual events for those with Parkinson’s and their families.

However, during her time working with those living with Parkinson’s, Connie discovered another calling—to lead a support group.

Connie’s group enjoys watching documentaries about Parkinson’s disease, hearing from experts about proper back care and fall safety, and even participated in a “car fit” workshop, where they learned how to adjust their vehicle seats and mirrors for optimum comfort.

“Leading a support group has been a rewarding

journey,” Connie shared. “Seeing people create friendships, share their struggles, and support each other is inspiring. When you join a support group, you’re joining a community.”

“Hope and positivity are at the heart of what we do,” Lynn stressed. “We share laughter, tears, successes, and setbacks. And through it all, we grow stronger together.”

Support groups like Connie’s and Lynn’s aren’t just about coping with Parkinson’s disease. They’re about living with it and living well. They provide a setting where fears can be faced, knowledge can be shared, and strength can be found in unity. Members inspire each other to keep moving forward, to set new goals, and to live their best lives despite the diagnosis.

In the face of Parkinson’s, these support groups become powerful reminders of resilience and human spirit. They underscore that even though life with Parkinson’s might be different, it can still be vibrant and fulfilling.

➔ **Visit wiparkinson.org to find support and exercise groups in your area.**

TAKING ON THE ICE AGE TRAIL

Part 2: Ready to Go!



When WPA Magazine spoke to Dacy Reimer several months ago for our April magazine feature story, she and her husband Tim, were well on their way with preparations for the start of their 1,200 mile thru hike across Wisconsin on the Ice Age Trail. We talked again recently, with the launch of their journey of a lifetime just days away on August 1st. I asked Dacy how she was feeling at this point. She replied that she was experiencing “a lot of mixed emotions, mainly excitement, but she felt ready and prepared, and truly just eager to get started.” Dacy describes herself as a detail-oriented person in her preparations and getting her supplies and gear in order. She shared that she tries to stay flexible in her approach and attitude about how the journey will go. She knows there will be unexpected occurrences throughout the hike and she’s OK with that. She’s learned to be open and ready to explore new possibilities. Most importantly, she trusts in herself to handle and cope with whatever comes her way. She compares this approach to how Parkinson’s can deliver those unexpected elements to your life, but being flexible and adaptable will help you cope with the disease.

“Knowing people will be inspired to move and exercise more will be the best reward I could receive.”

Dacy told me that she is most energized about bringing awareness for the Wisconsin Parkinson Association through this hike, and for the call-to-action



Spring lupine along the IAT, Stoney Ridge Segment in Eagle.

(CTA) that she is challenging each of us to take. That CTA is to get moving and embrace the life-changing benefits of exercise and movement. Her ultimate goal is to motivate each of us to set challenges and goals for ourselves, and to “travel along” in our own ways throughout this ten-week period. When I asked Dacy how we could best support them on their Ice Age Trail hike, she replied that “knowing people will be inspired to move and exercise more will be the best reward I could receive.”

Commit now to set a movement goal for yourself. That goal can be any number of things, such as increasing the distance you walk or increasing the number of days you exercise. It could be adding more minutes to your exercise routine, or you could consider moving your exercise routine outdoors vs. indoors to get the benefit of being in nature. You might even want to challenge yourself and try a completely new exercise to add interest and variety to your life. Whatever you decide to do, Dacy would love to see you make exercise and

FOLLOW DACY'S JOURNEY ACROSS THE ICE AGE TRAIL!

KICK OFF-8/1/23 St Croix Falls WI- Ice Age Trail Western Terminus- Interstate State Park

1. Rice Lake support group and Cameron Rock Steady Boxing (Tuscobia segment)
2. Chippewa Falls support group
3. Abbottsford LSVT big and Athens LSVT big
4. Wausau- Yoga, Wausau-Move Better (Thornapple Creek segment)
5. Stevens Point support group (New Hope/ Iola Ski Hill segments)
6. Waupaca support group and Rock Steady Boxing (Hartman Creek, Waupaca River segment and Skunk and Foster segments)
7. Baraboo support group and Boxing (Baraboo segment)
8. Waunakee support group (Indian Lake segment)
9. Middleton exercise groups (Cross Plains segment)
10. Madison support groups, Peddling for Parkinson's, Fitchburg Rock Steady Boxing, Tango for Parkinson's (Fitchburg section)
11. Verona caregiver group (Verona section)
12. Oregon exercise group (Montrose section)
13. Janesville/Beloit support group, Janesville Rock Steady Boxing (Janesville segment)
14. Whitewater exercise group (Clover Valley segment; Whitewater Lake and Blackhawk segment)
15. Summit exercise group, Oconomowoc exercise group (Delafield segment)
16. Hartland Rock Steady Boxing (Hartland segment)
17. Hartford exercise group (Pike Lake segment)
18. West Bend support group, West Bend exercise group, Rock Steady Boxing (West Bend segment)
19. Kohler Rock Steady Boxing (Greenbush segment)
20. Sheboygan exercise group (Greenbush segment)
21. Manitowoc support group, Manitowoc Exercise Group (Manitowoc segment)
22. Sturgeon Bay support group, Sturgeon Bay exercise group (Sturgeon Bay segment)

FINAL DESTINATION
Ice Age Trail Eastern Terminus-
Potawatomi State Park- Hooray!

www.rock-the-ages.com



Wheat ready to harvest along the IAT, West Bend.



Prairie Path Segment at Lapham Peak, Delafield.

movement a meaningful part of your life. Dacy said, "In order to achieve your goals you need to have motivation coupled with commitment to that goal and then use self-regulation to monitor your progress."

As Dacy looks forward, she knows the days on the trail will be many things: long and challenging, beautiful and serene, and everything in between. An average day for Dacy and Tim will be 20 miles. They will be immersed in nature and the weather, carrying supplies and camping equipment, taking time to disconnect from the busyness of life, and reconnect with each other. Dacy views this journey across Wisconsin as a big community builder – drawing attention to the WPA programs and services throughout our state. In addition to physical stops throughout the hike, Dacy and Tim will be connecting through the virtual community, using WPA's Facebook page as a platform to share progress and updates. Be sure to watch for posts and updates and join our Movement Challenge.

For more information on the Ice Age Trail visit iceagetrail.org.

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.



2023 Move More Challenge: The WPA 1200

JOIN THE MOVEMENT IN SUPPORT OF DACY AND TIM'S ICE AGE TRAIL HIKE

Join in the fun and challenge of Dacy and Tim's 1,200-mile Ice Age Trail thru-hike.

Dacy has asked for our support by making movement a regular part of our life, so WPA is implementing our first ever Move More Challenge! The challenge runs from August 1 to October 13, 2023.

Here's how the challenge works:

We're asking you to do it for Dacy and "add 1200" to your exercise routine over the 10-week challenge time period in any way that is meaningful to you. Make a commitment to yourself to join the Move More Challenge!

Suggested Challenge Participation:



Make the WPA 1200 Move More Challenge meaningful for YOU by deciding what will help you move more!

*There is no cost to join this Move More Challenge.

**Participating in the challenge gives you a chance to win prizes that include WPA t-shirts and Urban Walking Poles. Watch the WPA Facebook page for more details.

2023 Move More Challenge: The WPA 1200

Join the Movement in Support of Dacy and Tim's Ice Age Trail Hike

Congratulations! By joining the 2023 Move More Challenge, you are investing in your health!

I, (name) _____, commit to making movement a meaningful part of my life.

I will be adding the following to my routine (list the exercise you will be doing) _____

I want to do this for myself because: (why is this important to you?) _____

Sample Log:

My goal is to achieve the following between August 1 and October 13, 2023:

Movement/Exercise	Days	Distance	Length of Time
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Register by scanning the QR Code



2023 WPA Golf Open

Not a Golfer? Join us for the FREE Parkinson's Movement Clinic!



WISCONSIN
PARKINSON
ASSOCIATION

You are invited to participate in the PD Movement Clinic at the WPA Open on September 12th.

The WPA Open is our largest annual fundraising event. We are excited to once again offer a unique Golf Clinic and Urban Poling workshop for up to 25 people with Parkinson's disease and their Care Partners. Whether you're a former golfer, or don't golf at all you'll have a great time at The Legend at Brandybrook in Wales, WI.

You'll also get a chance to try Urban Poling. The Golf Pro Team at The Legend at Brandybrook, Dr. Joy Cochran of Joy Explorations, Chris Potter, PT, and Caitlin Hill, SLP both from Aurora Healthcare will be on site that day to lead the PD Movement Clinic. The free clinic includes the cocktail reception, auction and dinner. We would love to have you join us at the WPA Open for this afternoon and evening of fun and fundraising!



Space is limited!

Sign up today to ensure your spot!



SEPT. 12, 2023
10:00 A.M. – 7:30 P.M.

THE LEGEND AT BRANDYBROOK
GOLF COURSE | WALES, WI

WPA GOLF OPEN



Tee Up for Parkinson's!

HOPE • COMMUNITY • SUPPORT • RESOURCES

Or go to wiparkinson.org/golf for more information.

Urban Poling:

Expanding Our Capacity to Bring Balance, Posture, Fitness Benefits + Fun!



WPA loves Urban Poling, and based on the interest and response we've had from many of you we think you do too! For anyone who hasn't tried Urban Poling, we highly recommend you check it out. Urban Poling is also known as Nordic walking, and provides great fitness benefits including toning, calorie-burning and posture improvements. The patented, evidence-based ACTIVATOR® poles, (FDA registered) are designed to improve posture and balance, reduce pressure on joints, and to normalize gait patterns - making them the perfect resource and fitness tool for people living with Parkinson's disease.

Because the demand for this training is increasing, WPA recently held a train-the-trainer workshop to expand the number of people in our organization qualified to conduct sessions. The course instructor was WPA friend and partner, Dr. Joy Cochran, Physical Therapist, owner of JOY Explorations, and Urban Poling's Clinical Evidence Specialist and Master Trainer.

The workshop participants had a great time and agreed that it was one of the best trainings they had attended. Here's what some of the newly trained Urban Poling instructors had to say when asked about why they took the training:

Kelly Cieslak, Executive Director, WPA: "The training was very informative, and we learned walking techniques along with seated and standing exercises. We look forward to adding more workshops into the schedule and getting the poles into the hands of more people with Parkinson's in the next year. The poles help build confidence with balance and walking. Our goal is to get more people outside and moving!"

Jill Compton, Director of Mission Impact, WPA: "Since joining WPA, I have heard countless stories



about how Urban Poling has enhanced the lives of people living with Parkinson's. Taking the training with my teammates opens up opportunities to offer more workshops throughout Wisconsin."

Dacy Reimer, APNP, Neuroscience Group: "I'd been thinking about getting trained for a number of years. One of the things I'd love to do in the future is start a trekking group for individuals with PD. I'm someone who enjoys nature and hiking and walking, so this was a perfect opportunity. As a Movement Disorder Specialist, I've already seen the benefits with my patients in the clinic this week when I had them try the poles. The poles are great tools for providing balance and helping with posture. I'm excited to be able to use them as options for patients that provide effective alternatives to canes, walkers, and wheelchairs."

Laura Sanders, WPA Marketing Director: "I took the training because I've seen and heard many of the success stories of WPA members who found the benefits of using the Urban Poles and wanted to

Continued on page 15...

...continued from page 14.



discover more about them myself. My late father-in-law had Parkinson's and I wish I would have known about the poles at the time for assisting him with movement and improved quality of life. Learning about the fitness benefits that everyone, but especially people with PD, can gain by using these poles is very exciting to me."

Dr. Joy Cochran, PT, DPT: "As a clinician, the ACTIVATOR® Poles changed my clinical practice. I can't even tell you all the lives they have improved over the years. It only made sense to become a Master Trainer and educate other professionals so they too could help improve the quality of life for the people they serve. Everyone in my life knows my passion is to empower people with Parkinson's to live their best life - and the ACTIVATOR® Poles have been called game changers! The success stories are endless and hearing the stories or seeing the transformations brings me tremendous joy every time!"

Stay tuned for more information. As WPA continues to develop and expand programming we will have more updates on when and where you can participate in an Urban Poling workshop. Healthcare professionals interested in becoming certified as an Urban Poling instructor can contact Dr. Joy Cochran at JOYexplorations@gmail.com, or 307-631-3414.

WPA TEAM

Kelly Cieslak

Executive Director
kellyc@wiparkinson.org

Jill Compton

Director of Mission Impact
jillc@wiparkinson.org

Jeanine Fohl

Administrative Coordinator
jeaninef@wiparkinson.org

Raven Hamilton

Operations Manager
ravenh@wiparkinson.org

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Milwaukee

Ryan Brennan, DO | Froedtert & The
Medical College of Wisconsin,
Milwaukee

Taylor Finseth, MD | Aurora Health Care,
Milwaukee

Kathryn Gaines, DO | Aurora Health Care,
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