



WISCONSIN PARKINSON

ASSOCIATION MAGAZINE ISSUE NO. 115 | 2024

Harmony in Motion:

Living a Balanced Life with Parkinson's

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—APRIL IS—
PARKINSON'S
DISEASE
AWARENESS
MONTH

In this Issue

Donate Now!

Make an Impact During Parkinson's Awareness Month!

Donations sustain WPA programs and services, ensuring that we can grow and serve our mission of bringing hope, community, support, and resources to more people with Parkinson's disease right here in Wisconsin. We're encouraging you to make Parkinson's Awareness Month personal, so 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 a personal impact during **PARKINSON'S AWARENESS MONTH**
- You want to help someone **LIVE THEIR BEST LIFE** with Parkinson's Disease

Thank you for your generosity!
YOU make a difference!



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Planned Giving: A Promise for the Future

Planned giving is a simple but powerful way to promise a future gift, often through your will or estate plan, to the Wisconsin Parkinson Association (WPA). Your financial support helps us serve thousands of people in Wisconsin who are living with Parkinson's.

Here are some ways you can plan your gift:

- **Outright gifts:** These are one-time gifts made directly to WPA, like cash, personal property, or stocks. It's a simple way to contribute right away.
- **Gifts that return income:** These are gifts that continuously provide financial support to an organization, such as a Charitable Remainder Trust.
- **Gifts payable upon death (POD):** Including WPA in your estate plan, like naming us as a beneficiary of your life insurance, can make a big impact. These gifts usually avoid estate tax, making it an efficient and powerful way to leave a lasting legacy.

Each planned gift strengthens our ability to offer crucial resources, programs, and support. Together, we can create hope, improve quality of life, and build a brighter future for everyone affected by Parkinson's disease.

To learn more about how you can provide a future gift to WPA through a planned gift, please contact your financial advisor or Kelly Cieslak, WPA Executive Director, at kellyc@wiparkinson.org

Letter from the

Executive Director

Happy Spring Everyone! "I am just so pumped up about this month, this season and the coming year!" Anyone who knows me well can certainly picture me saying that. There are so many amazing things going on within the WPA organization and across the state. As a team we are so excited to do more and serve more people with Parkinson's. April is a significant month in the Parkinson world, because it is National Parkinson's Awareness Month. We know that causes like ours cannot be isolated to a single month or day, but the good news is that the additional focus and national attention helps to bring greater awareness to Parkinson's as a whole. It's important to remember that each of us can make a difference. We are all ambassadors for spreading awareness by sharing information and resources with people who are affected by this disease.

Spring is a time of new growth outside but also internally here at WPA this year. We are expanding our team with new members, who you will meet in the following pages, and hopefully in person very soon! The energy and enthusiasm that this team exudes is incredible – great things are ahead, and I can't wait to see where we go and grow this year!

We're thrilled to host another Spring Symposium at the end of April. Last year's event was the largest attendance we have seen for a Symposium and the feedback we received was so positive and encouraging. So many people shared that this was a "must attend event." The connections, community, information, and resources that are shared during that day are

life-enhancing, uplifting and practical...and so impactful for individuals with PD and their care partners. This year's Symposium theme is "Harmony in Motion: Living a Balanced Life with Parkinson's." We would love to see you there. We'll also be adding some new programming and hosting smaller events throughout Wisconsin in the months ahead. Be sure to watch the website and social media for more details.

"Really pumped" also expresses my thoughts about the approaching spring season. I love nature and being outdoors. The serenity and peace that comes with enjoying our natural surroundings is part of living a balanced life. I hope you can find ways to add more nature to your life...it truly is one of the greatest gifts available to all of us.

I look forward to connecting with you in 2024!

Wishing
you
harmony
and
balance
this season,



Kelly



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



April is National Parkinson's Awareness Month:

Make it Personal!

April is a significant month for people with Parkinson's disease. It's a month in which a lot of national and local attention is directed to the world of Parkinson's, and for good reason. There are over one million people in the United States currently living with Parkinson's, and research shows the prevalence of the disease is on the rise. By the year 2030, it is expected that 1.2 million Americans will be affected by Parkinson's. If you don't already know someone who has the disease, chances are very high that in your own lifetime, you will know someone who is diagnosed with Parkinson's. That

makes Parkinson's very personal...and when it's personal, it's time to take action.

One of the most effective things you can do personally to take action during Parkinson's Awareness Month is to use your voice and your networks to spread the word about the disease. Information is power. By linking people to resources and information they need to live an improved life, you will be making a difference. You'll be helping connect people to WPA to receive support and programs that will help them most.

How can you help spread awareness about Parkinson's disease this month?

- Follow WPA on our social media platforms: Facebook, Instagram, and LinkedIn.
- Share WPA's posts with your own network – let your family, friends and associates know that Parkinson's disease is an important cause, that it's personal for you.
- Learn more about the disease yourself by participating in a webinar, in person event or by doing other reading.
- Spread awareness by sharing the facts about PD.
- If you have PD – share your story. Your experience will help someone else who is on their own Parkinson's journey.
- Connect someone with Parkinson's to WPA's resources.
- Host your own fundraising event with your family and friends.

Facts about Parkinson's Disease*

- Parkinson's disease is a chronic, progressive, neurological disease. It is the second most common neurodegenerative disease in the United States, after Alzheimer's;

- Current estimates indicate that approximately one million people are affected by this disease, and the prevalence is expected to rise to 1.2 million people by 2030;
- Research suggests that the cause of Parkinson's disease is a combination of genetic and environmental factors, but the exact cause and progression of the disease is still unknown;
- There is no objective test or biomarker for Parkinson's disease, and while there is currently no cure, PD symptoms can be managed by medication and research has shown that disease progression can be slowed by exercise;
- It is estimated that the economic burden of Parkinson's disease is at least \$52 billion annually, including direct and indirect costs, including treatment, social security payments and lost income, to patients and family members.

*Source: Parkinson's Foundation

This April let's make Parkinson's disease awareness month personal. Let's join together in making a commitment to spread awareness about Parkinson's disease so that, until there is a cure, we can help people with Parkinson's live their best lives. Spread the word!

Mindful Movement for Parkinson's Disease



WPA has long touted the benefits of movement and exercise as an important element in living your best life with Parkinson's disease. Research backs up that claim. Movement classes have been a significant part of WPA's program offerings. These classes were previously known as Music and Movement. We are excited to share that we are transitioning the name of these classes to Mindful Movement for Parkinson's Disease.

In addition to the importance of movement in your lives, WPA believes that incorporating mindfulness has powerful life benefits as well. Just what is mindful movement? It's a way of connecting more deeply with our bodies while we are engaged in physical activities. It is about being fully present in the moment by paying attention to your breath, senses, and emotions as you engage in motion and exercise.

Currently WPA offers in-person Mindful Movement classes across Wisconsin in Burlington, Chippewa Falls, Cudahy, Fond du Lac, and Watertown. In addition we offer a virtual Mindful Movement class based out of Stevens Point, Wisconsin. These classes are free of charge, and open to all individuals with Parkinson's and their care partners.

Reported benefits of exercise include improvements in the following areas:

- Gait and balance
- Flexibility and posture
- Motor coordination
- Endurance
- Working memory and decision making
- Attention and concentration
- Quality of sleep

And reductions in the following concerns:

- Falls
- Freezing of gait
- Depression and anxiety

To find the listing and locations of WPA's Mindful Movement classes visit the calendar page of the WPA website at wiparkinson.org.



Luloff's Legacy: Transforming Struggle into Service



"I've lived through this disease with Ann. It's a learning experience. There's something new to learn every day," [Dr. Rolf Luloff] said. "At the Brain Center, I'm able to share the things I've learned to help others."

Dr. Rolf Luloff, a retired orthopedic surgeon and Army veteran, was concerned when his wife, Ann, lost her sense of smell. This simple symptom, and the years of misdiagnoses after, marked the beginning of a medical odyssey that spanned over a decade—a period Dr. Luloff poignantly refers to as the "Decade of the Undiagnosis."

After many years of progressively worsening neurological symptoms, Ann was finally diagnosed with Parkinson's disease on New Year's Eve, 1989. The news left Ann reeling. Would she ever see her children get married? Would she ever get to hold her grandchildren? What challenges did the future hold?

"In that moment, I just said 'we're going to be okay,'" Dr. Luloff said. "I'll be with you forever. This disease isn't going to stop us. We're going to keep doing the things we love."

This promise became the cornerstone of their journey. Together, they embraced all of life's moments with equal parts courage and joy. They traveled to Europe, relaxed at their condo on Sanibel Island, celebrated the marriages of their three children, and welcomed eight grandchildren into the world.

Ann's courageous battle with Parkinson's lasted an additional 31 years after her diagnosis, but Dr. Luloff's dedication to Parkinson's patient assistance lives on, each day honoring Ann's memory.

Inspired by their experiences, Dr. Luloff co-founded the Brain Center of Green Bay, a nonprofit community resource dedicated to helping individuals affected by various neurological conditions. This center embodies the belief in empowerment through education, coaching, and community support. Services are offered free of charge.

"I've lived through this disease with Ann. It's a learning experience. There's something new to learn every day," he said. "At the Brain Center, I'm able to share the things I've learned to help others."

As Dr. Luloff approaches his 82nd birthday, his work serves as a powerful reminder of the strength found in love, the promise of support in difficult moments, and the unwavering human spirit.

Dr. Luloff's legacy, through his unwavering support for Ann and his philanthropic efforts, proves that within the heart of struggle lies the potential for profound service and lasting change. By transforming their personal battle into a source of support for others, the Luloffs' story is an inspiring call to action, calling everyone to look beyond their challenges and make a difference in the lives of those around them.



Dr. Luloff will have a booth at the 2024 WPA Spring Symposium where he'll be signing copies of his book, *Living and Loving with Parkinson's Disease: Our Partnership Through a 45-Year Journey*, and answering any questions about his and Ann's experience with Parkinson's.

Punching Parkinson's: Gib Schmidt's Exercise Journey

"It's not always easy to get up and go exercise. Some days it's really hard. But delaying the progression of symptoms or making those symptoms less intense is worth it"

In 2020, Gib Schmidt visited his doctor, who encouraged him to stay healthy by exercising regularly. Determined to stay fit, Gib took up walking. Unfortunately, his new exercise routine didn't last long. He fell and broke his collarbone and shortly thereafter was diagnosed with Parkinson's disease.

He started on the typical doses of medications but didn't feel like they were helping. Surely he needed a higher dose. His provider disagreed.

"She said that raising my dose wouldn't help," Gib recalled.

"Instead, she suggested exercise as a way to control my symptoms." This marked the beginning of Gib's journey towards taking control of his Parkinson's disease.

Gib discovered Rock Steady Boxing; an exercise program specifically designed for individuals battling Parkinson's. This wasn't just any exercise routine; it was a community where every punch thrown was a punch against the progressing symptoms of Parkinson's. It was a platform for shared experiences, camaraderie, encouragement, and the understanding that no one is alone in their fight against this disease.

Gib became the piper of Rock Steady Boxing, even leading a carpool of fellow participants to the program three times a week. Now, he advocates for staying active, whether through boxing, walking, or playing pickle ball.



The impact of exercise on Gib's life has been profound. Not only did his physical health improve, but his outlook on life transformed. To his surprise, he no longer needed that increased dose of medication!

In fact, the impact of exercise in Gib's life became all the more evident when COVID-19 led to temporary shutdowns of his fitness classes. "After a few days without exercise, I could feel my balance get worse." That gave him all the motivation he needed and was a good reminder to find ways to keep moving.

"It's not always easy to get up and go exercise. Some days it's really hard. But delaying the progression of symptoms or making those symptoms less intense is worth it," Gib said. Three and a half years post-diagnosis, he's seen only minimal progression in his Parkinson's symptoms.

His advice for someone searching for the perfect exercise routine? "The best exercise is the one you'll stick with. Find something you like to do and keep at it. For me, I just love the feeling of slamming the punching bag," he said with a laugh.

Gib's unwavering commitment to exercise, coupled with the encouragement of those around him, has not only slowed the progression of his symptoms but also enriched his life with a newfound purpose and joy.



Changing a Moment for the Better: Don and Maura Horton's Story

This is the story of a family who used a life-altering diagnosis to change a moment not only for their family, but also for others whose world has been affected by Parkinson's. Meet Maura Horton, and her late husband, Don, who was 48 years old when he was diagnosed with Early Onset Parkinson's.

Don was the Offensive Line Coach for North Carolina State University and at the peak of his career. His life was football and his world revolved around coaching his athletes for wins on the field and success in life. Don started noticing some challenges and difficulties in his own workouts which he attributed to a pinched nerve acting up from his own football career. He followed up with his primary doctor, who in turn referred him to a neurologist.

The diagnosis came at a time when they were immersed in their careers, raising their daughter and contemplating adding to their family. Maura recalls that the diagnosis itself was nothing earth-shattering or groundbreaking—it happened like many other peoples' diagnosis. The doctors watch you walk down the hall, a finger test is conducted and a few moments after that Maura and Don heard the words "Parkinson's disease". She says, "We had heard those word before, but never really *heard* them until that day."

Even after the diagnosis Don was committed to remaining active and working out every day. Early on Maura and Don didn't talk much about the disease. Looking back she says that it was probably naïve to think that life would continue on without big changes and they could manage the progression of the disease. They were hanging on to hope that there would be a cure for Parkinson's in Don's lifetime. Also, around this time, their second daughter was born. Maura says she would notice changes in Don but didn't want to call attention to it. She reasoned that if Don hadn't noticed it or didn't want to talk about it she didn't want to bring it up. Parkinson's had become the silent third person in their marriage.

One of those changes that Maura noticed was the ability to do small tasks with his fingers, such as buttoning his shirts. It all came to the forefront following an out-of-town North Carolina State University game. Don found himself trapped in a locker room unable to get dressed and running late to catch the team's plane home. As he was unsuccessfully attempting to button his shirt, there was one other person remaining in the locker room. It was one of his players, Russell Wilson, who now plays in the NFL. Russell saw Don struggling and silently walked over and helped his coach button his shirt.



Don returned home that night and told Maura that he had had a bad day. A true football wife, Maura, started quizzing him on football plays and team interactions to find out what had happened. Don stopped her and said, "No, Maura 'I' had a bad day today," and shared what happened in the locker room. That was the first moment they really started to talk about the disease and its impact on them. Maura also discovered during that conversation that this was not the first time Don had struggled to get dressed. Sometimes those incidents occurred at hotels, where he might have to

Maura's advice to families who are walking this Parkinson's journey is to remind people to not be too rigid as your world changes. She states, "Caregiving is not for the faint of heart. Remember to give yourself as much grace as you are giving the person you are supporting."



awkwardly ask for hotel staff assistance which was a very embarrassing and uncomfortable request for him to make.

Maura was reeling with that news and immediately went into problem-solving mode. She searched online for accessible clothing and was dismayed at both the styles and the quality of the products. She remembers thinking, "Is this the trajectory of our lives to look so hospital-like and downtrodden?" Her research produced countless stories about people who experienced a lack of dignity in the simple task of buttoning a shirt and getting dressed in the morning - Activities that so many of us take for granted.

"I couldn't fight Parkinson's for Don, or even know exactly what the disease felt like, but this was one thing I could do to change a moment in his life for the better."

After ordering multiple styles of garments and finding them unacceptable for the professional attire that Don was used to wearing, a flash of inspiration came to her while replacing an iPad cover for her daughter. She noticed the tiny magnets that closed the cover and had that "aha" moment. What if she used magnets

along the front of Don's shirts to close them? It worked! The downside came during the laundering process, as the magnets corroded during washing. That didn't stop Maura, she went back to the drawing board and ultimately sourced magnets that withstood the test of laundering. She knew she was on to a product that would not only help Don, but countless other people too.

They launched the MagnaReady® company in June of that year with one shirt style in two colors. By August they were sold out. Maura got a patent on the product and continued to build the company, but it was challenging raising two young children, running a business, and being a care partner for her husband. However, the family embraced this new business and dove into it as a way to show their solidarity and support for Don. Maura explained, "I couldn't fight Parkinson's for Don, or even know exactly what the disease felt like, but this was one thing I could do to change a moment in his life for the better." Even their daughters were involved in helping with the business. It was really important to them as a family that they were doing something positive to change a moment in someone else's day.

Don lived ten years with Parkinson's disease before he passed away at the age of 58. As she looks back

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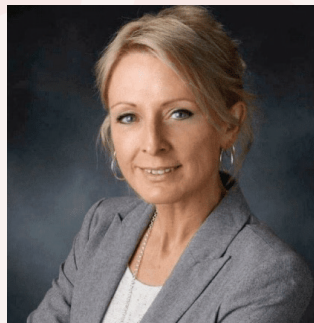
WPA is Growing to Deepen Our Impact!

The Wisconsin Parkinson Association team is growing! This spring we are excited to welcome two new team members, Dacy Reimer, Director – Medical Advising and Education and Jennifer Armbruster, Community Engagement and Events Coordinator. They join Kelly Cieslak, Executive Director; Jill Compton, Director of Mission Impact; and Raven Hamilton, Operations Manager to round out the team.

Last year, you may recall, we went through a robust strategic planning process and have some big goals around Mission Impact and expanding our reach across the State of WI. Part of that plan was to increase internal capacity in order to deliver more programs and services and it's exciting to be at that point! This growth would not be possible without our generous donors and partners who regularly give so we can continue to support individuals and their families with Parkinson's.

INTRODUCING:

Dacy Reimer,
APNP, MSN, CCRC
Movement Disorder
Specialist
Director - Medical Advising
and Education, WPA



WPA is thrilled to announce that Dacy is joining our team! She brings not only medical expertise as a practicing Movement Disorder Specialist with Neuroscience Group, but she also brings a passion for WPA, a holistic approach to life and positive energy and enthusiasm for the team and the people we serve.

Dacy's return to WPA is a full-circle experience in a way, as she held the position of Education and Outreach Coordinator for the Wisconsin Parkinson Association from 2006-2012. We're so glad she's back! Dacy's

resume is extensive and her role on the team will support many of our strategic initiatives as she partners with key stakeholders across the state. Bringing medical experience in-house will enhance our program delivery system and propel our strategic plan forward. Most importantly, Dacy will be an incredible resource to our WPA members.

Dacy Reimer

- **Board-certified Nurse Practitioner, specialized for over 30 years in neurology, movement and memory disorders.**
- **Practices at Neuroscience Group (NSG) in Neenah, Appleton and Berlin, WI.**
- **Extensive knowledge in diagnosing and treating Parkinson's Disease, including Deep Brain Stimulation (DBS) programming.**
- **Provider in the Neuroscience Group Memory Clinic; an elite and comprehensive memory program certified through the Wisconsin Alzheimer's Institute.**
- **Previously a Nurse Practitioner at the Regional Parkinson Center in Milwaukee.**
- **Co-founder of the Parkinson Research Institute, developing its Life Span Database and Brain Bank Procurement Program.**
- **Education and Outreach Coordinator for the Wisconsin Parkinson Association from 2006-2012.**
- **Author of multiple manuscripts on PD.**
- **Certified as a Research Coordinator by the Association of Clinical Research Professionals.**
- **Managed more than 30 pharmaceutical studies; many approved for use today.**
- **Currently the Support Group Leader in Neenah, WI.**
- **Co-chair of the WPA Medical Advisory Committee.**

Jennifer Armbruster
Community Engagement
and Events Coordinator



WPA is equally thrilled to welcome our other new team member, Jennifer. She has hit the ground running with her project management and customer relationship management skills. In this role,

Jennifer will be highly engaged with members, sponsors, donors and key stakeholders. She brings a wealth of knowledge and expertise to WPA, including managing multiple projects, building strong customer relationships, and leading successful events.

Her attention to detail, positive approach, and winning team attitude make her the perfect fit for this position. Jennifer, also the Office Manager for Cosentino Financial, recently partnered with Richard Cosentino and the WPA team to hold the biggest fundraiser the organization has ever seen, raising over \$300,000 to support the mission!

Beyond her impressive professional achievements, Jennifer finds joy in traveling and outdoor adventures with her husband and two children. Her passion for exploration and commitment to others aligns seamlessly with the values of WPA, where she is poised to make a meaningful impact supporting those affected by Parkinson's.

Jennifer Armbruster

- **Bachelor of Arts in Psychology and Sociology, University of Colorado, Boulder**
- **Teacher – Wisconsin Department of Public Instruction (9 years)**
- **Office Manager – Cosentino Financial**

The entire WPA team is powerfully poised to make a significant impact in serving people with Parkinson's in the coming year. From leadership to mission impact, medical resources to community outreach, Parkinson's awareness to fundraising, this WPA team is passionate about connecting people to resources and helping them live their best lives with Parkinson's.

...continued from page 9.

over those years, one of the things Maura is most proud of is how their daughters were raised through a lens of empathy. Maura and Don's openness with their children about his health has helped the girls grow up into compassionate young women with an awareness of others' needs.

Maura's advice to families who are walking this Parkinson's journey is to remind people to not be too rigid as your world changes. She states, "Caregiving is not for the faint of heart." Remember to give yourself as much grace as you are giving the person you are supporting." The Horton's remained cognizant about caring for each other in their family by having open and honest communication about what was happening with Don each step of the way.



Since Don's passing, MagnaReady® has grown and expanded the products available to aid people with Parkinson's and other dexterity and mobility issues. Maura views these products as a resource to make dressing more stress-free and a way to "change a moment in someone's day." Maura remains connected to the Parkinson's community, not only through her company's work, but also by staying up to date on the latest developments and information available to people with Parkinson's.

The Wisconsin Parkinson Association is pleased to welcome Maura Horton as our keynote speaker at the 2024 Spring Symposium. For more information on products available through MagnaReady® visit their website at magnaready.com.

Leading with Heart:

How A Volunteer Leader Transformed a Parkinson's Support Group



In 2002, Sandy's husband, Wally, was diagnosed with Parkinson's disease. It was the start of a journey they were determined to walk together.

Two years post-diagnosis, Wally joined a Parkinson's support group for men in Wauwatosa. This group became a sanctuary for sharing the rollercoaster of emotions and experiences that come with Parkinson's, offering understanding and camaraderie that was invaluable to its members. However, when the COVID-19 pandemic hit, they found themselves without a meeting space. Though frustrating, the setback was only temporary. They quickly found a new space in a local library.

But soon, even more challenges arose. The group's attendance started to decline due to the continued hardships of the pandemic and other challenges. But the biggest blow came when they lost their group leader.

"It was tough," Sandy explained. "The group was at risk. I didn't want to see it just fade away." It was then that she made the decision to step into the leadership role.

Often, volunteers not only ensure the continuity of support groups but also infuse them with the new perspectives and energy vital for their evolution and growth. That's exactly what Sandy intended to do.

She started by expanding the group to include not only those with Parkinson's, but their care partners as well. "Parkinson's affects both the patient and their care partner equally," Sandy explained. "It's important that both find the support they need."

Sandy's efforts were instrumental in relocating the group to St. Camillus, securing a new meeting space in the Revitalize Wellness center that welcomed both existing

members and newcomers. Sandy also tapped into resources from the Wisconsin Parkinson Association and the Parkinson's Foundation, enriching the meetings with relevant topics and engaging speakers.

Sandy hopes this group will continue to be an important resource for people with Parkinson's and their families. By sharing common struggles and victories, group members are able to navigate the complexities of medications, symptoms, and the psychological impacts of Parkinson's.



Sandy's leadership ensured that this group not only survived but thrived. Her commitment demonstrated the impact a single volunteer leader can have in not only preserving, but enriching a support network, ensuring it remains a vital source of hope and connection.

The support group meets the second Monday of each month, at 1:30, in the St. Camillus Revitalize Wellness Center in Milwaukee.

One Step at a Time

By Dacy Reimer, APNP, MSN, CCRC
Director - Medical Advising and Education, WPA



Everyone remembers the day they received their PD diagnosis. For some, it's a recent occurrence. For others it's been years but remains fresh in their memory. Regardless of how long it's been, navigating the range of emotions and determining the next step can be overwhelming. Our goal at WPA is to walk with you on this journey, connect you with the resources, and empower you to optimize your day-to-day living.

The first year of diagnosis is the toughest. Minds tend to spin their wheels, making it difficult to gain traction for forward movement. However, feeling overwhelmed or stagnant can occur at any stage. Here are four steps to find your path if you feel off trail:

1. Determine Your Support Network

You are not alone. You may feel this way at first as you decide who you wish to share it with, but rest assured this is a well-marked trail. Invite your spouse and family to gain knowledge to better understand and support you. Seek counseling to deal with the emotions you are feeling and obtain the skills you need for the journey. Join a support group for opportunities to talk about shared experiences, build new friendships and help relieve stress.

2. Create an Action Plan

Get a weekly planner (I personally use the Clever Fox weekly planner pro) and set 1-2 clear personal goals. Don't get carried away because smaller goals are more achievable. Too many will just set you up for failure. Write them down. Make them realistic and achievable. Establish a timeline to achieve your goal and factor in maintenance. Example goals may be to obtain PD knowledge, boost your personal health habits (such as

sleep and nutrition) or grow your personal connections. Be sure to reward yourself for your wins!

3. Get Moving

Movement is the key to success with Parkinson's disease. The prognosis for a person with PD who exercises is significantly better than those who are sedentary. In fact, a study called the Parkinson's Outcomes Project, showed that people with PD who start exercising earlier with a minimum of 2.5 hours a week demonstrated a slower decline in quality of life compared to those who start later. Make movement one of your action plans! If you're unsure of resources, visit the WPA website for exercise classes in your area or ask your Parkinson's provider for a one-on-one therapy order to safely get started.

4. Find a Parkinson's Expert

You may not know anyone else with Parkinson disease or understand what the prognosis means for you. That is not uncommon. It's important to understand how Parkinson's may affect you physically and emotionally. Working together with a movement disorder specialist or neurologist who specializes in Parkinson's disease is a key addition to your care team. Treating Parkinson's disease is an art, with the goal of keeping you looking and feeling good for a long time. PD experts utilize allied team professionals such as physical therapy, occupational therapy, speech therapy, community exercise programs, holistic therapies and other specialists to help optimize your well-being and manage any day-to-day challenges.

The goals above can help provide action and direction for those who need it. For more Parkinson's specific resources visit the WPA website at wiparkinson.org.



Creative Healing: Art Therapy's Role in Parkinson's Disease

Can the stroke of a paintbrush, the molding of clay, or the crafting of a hand puppet help those with Parkinson's? For many, the answer is a resounding yes.

Bloom leads an innovative art therapy program at Kelly Senior Center in Cudahy that is helping those with Parkinson's by offering a canvas for emotional expression and creative escape.

"The benefits of art therapy are numerous," explained Trina Irish Kettenhofen, Aging Specialist Coordinator at Bloom. "It helps people externalize what they're feeling and thinking internally."

While Bloom already offers art classes for seniors, it recently introduced a class specifically designed for those with Parkinson's and their care partners.

Through the lens of art, those with Parkinson's find a powerful medium to navigate their experiences, embracing the transformative power of creative expression to foster healing and connection.

The benefits of art therapy don't end with creative expression.

There are many practical benefits that can help those with Parkinson's in their day-to-day activities.

"When it comes to Parkinson's, art therapy can help with things like hand dexterity, fine motor control, emotional regulation, and visual spatial reasoning," Trina explained.

Bloom focuses on inclusivity and accessibility and the program welcomes everyone, irrespective of their artistic skill level or background, to explore the therapeutic benefits of art.

"These classes are for everyone," Trina said. "You don't need to be an artist to attend. We try to meet everyone where they are."

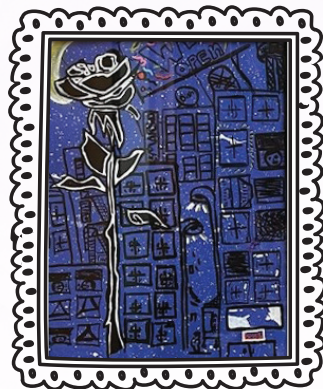
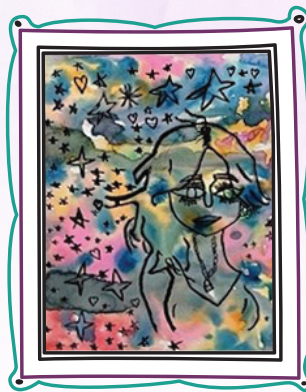
Whether it's painting or clay work, each medium serves not just as a hobby, but a language of their own, allowing individuals to articulate feelings, memories, and hopes in ways that words can't always capture.

This creative journey is not only about managing Parkinson's symptoms but also about rediscovering oneself and forging deep connections with others who share a similar story.

"This program is about being able to share yourself with others," Trina explained. "It's about finding a community of like-minded people and learning new ways to express yourself."

Supported by generous funding, including an ARPA grant, this program stands as a beacon of hope and innovation within the Parkinson's community.

Bloom will share its insights at the Wisconsin Parkinson Association's upcoming Spring Symposium on April 23, 2024, in Brookfield, WI.



If you would like to learn more about the profound impact of art therapy, visit [BloomTherapies.com](https://www.BloomTherapies.com) or contact Trina at 414-409-8198.

WPA would like to thank our 2024 Symposium presenters for participating in this inspirational event.



2024 WPA spring symposium

Harmony in Motion: Living a Balanced Life with Parkinson's

Tues, April 23, 2024 | 8:00 a.m. - 3:30 p.m. Brookfield Conference Center | 325 S Moorland Rd | Brookfield, WI 53005



Featuring Keynote Speaker

Maura Horton
CEO / Founder of MagnaReady®
"Living for Today with
Parkinson's"

Plus!

Lea Blackney, MT - BC
Music Therapist VMP Healthcare
and Community Living
"Finding Our Voices"

FREE ADMISSION

Registration is required.

Please go to wiparkinson.org
to register.

Donations welcomed!

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.

Medical Panel Presentation & Discussion

Facilitated by Dacy Reimer, APNP, MSN, CCRC, Movement Disorder Specialist, WPA Director – Medical Advising and Education
Panelists: Dr. Eric Jackowiak: Froedtert & The Medical College of Wisconsin;
Dr. Brian Nagle: UW - School of Medicine; Ariana Frisch, APNP: Marshfield Clinic

Mindful Movement Break

Led by: Lucy Scott, PT, Aspirus Health; Joe Patnode, Master Fitness Trainer, U.S. Army; Jennifer Norris, DPT, Doctors of Physical Therapy

Morning Breakout sessions

- *From the Heart: Cultivating a Practice of Gratitude, Appreciation, and Kindness*
Presented by Dave J. Ferguson, MD, Life Care Planning
- *Making Connection through Art Therapy*
Presented by Bloom Center for Art and Integrated Therapies
Presenters: Brittany Mahlberg, LPC-ATR; Trina Irish Kettenhofen
- *Clinical and Research Insights into Swallowing Disorders*
Presented by Dr. Hamza Hassan, Froedtert & The Medical College of Wisconsin
- *Lifestyle Medicine Approach to Daily Living with Parkinson's Disease with FastBack PT / Neuro Path Wellness*
Lifestyle medicine uses evidence-based behavioral interventions to prevent, treat, & manage chronic disease. Presented by Patrick Barron, PT; Angela Giangulio, Language Pathologist; Amy Strong, Holistic Nutrition Specialist; Jacqueline Connor, B.S., Health Promotion; Emily Gerlach, Certified Personal Trainer

Mindful Movement Break

Led by: Susanne Carter, Carter Productions

Exercise Research Empowers Informed Decisions

Presenters: Joy Cochran, DPT, Joy Explorations; Heather Fortune, DPT, NCS, Concordia University

National Plan To End Parkinson's

Presenter: Drew Hatter, Government Relations Officer, The Michael J. Fox Foundation

Save the Date for Next Year! April 22, 2025



Wisconsin Parkinson Association
 13400 Bishops Lane, Suite 120
 Brookfield, WI 53005

The WPA magazine is an invaluable and inspirational member resource

YOU can help support our magazine with sponsorship opportunities!

WPA is seeking strategic partners to sponsor upcoming issues of the Wisconsin Parkinson Association magazine. The magazine is a resource for our members and care partners and is published three times a year. Print copies of the magazine are delivered directly to over 5,000 households, and to neurologist offices throughout the state of Wisconsin. A digital version of the magazine is also available online.

The WPA magazine provides Parkinson's-specific information, resources and inspiration for people affected by the disease. As a sponsor, you would receive a feature story option in the publication. Additionally your sponsor logo and company information would be listed on WPA's website and featured on WPA social media platforms.

Sponsorships help fund and expand the reach of mission-critical services that enhance quality of life for people with Parkinson's. For more information about becoming a sponsor for this publication, please contact Kelly Cieslak, Executive Director, Wisconsin Parkinson Association at kellyc@wiparkinson.org.

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