



WISCONSIN PARKINSON

ASSOCIATION MAGAZINE ISSUE NO. 116 | 2024

What's on your Bucket List?



Inspire • Explore



Personal Journey



P. 5

Make the Most of
Summer!

P. 8

Parkinson's on the Go!
Tips for Summer Travel

• FREE INSIDE •

NEW

CONTRAINDICATED
DRUG

TEAR-OUT
CARDS

In this Issue



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4 Finding "Awe" in the Everyday

6 New Resources for the Parkinson's Community

7 Be Summer Savvy: Tips for a Safe and Enjoyable Season

10 You Only Live Once!

12 Parkinson's Disease and Constipation

13 Parkinson's in Platteville: Nancy and Rita's Support Group Journey

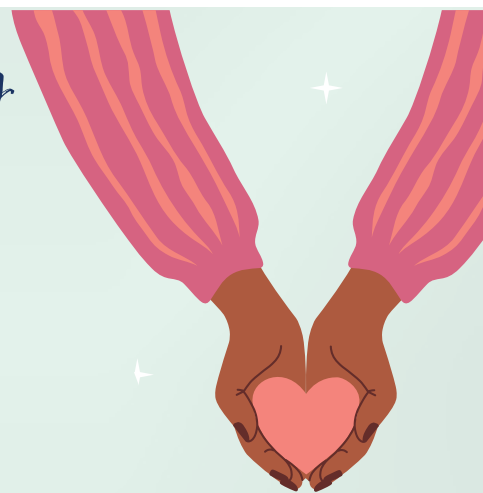
The Power of Planned Giving

Planned giving is a powerful way to support the Wisconsin Parkinson Association. By making a commitment today for a future gift, typically through your will or estate plan, you can create a lasting impact on the lives of those affected by Parkinson's disease.

Planned gifts come in various forms, each offering unique benefits to you and WPA. Some common types include:

- Will provisions or living trust gifts
- Naming WPA as a beneficiary of retirement plans or life insurance policies
- Charitable gift annuities or remainder trusts

Each planned gift tells a unique story, whether honoring a loved one or expressing gratitude for support received. Your generosity becomes part of a larger narrative of hope and resilience in the Parkinson's community.



Ready to explore how your planned gift can shape the future of Parkinson's support in Wisconsin?

Contact Executive Director Kelly Cieslak at (414) 312-6990 for more information.

Letter from the *Executive Director*

Summer!!! We fill it with simple pleasures and memorable moments. Warm winds, balmy breezes, dragonfly days and firefly nights...time spent with family and friends. It's the season to experience new adventures and squeeze every drop of fun out of summer. I started to think about all of the things I'd like to do, and I decided to make my own "Summer Bucket List." I focused on being intentional in creating a roadmap for a summer of unforgettable moments. Here are a few things on my personal summer bucket list: 1) Spending some peaceful days up north with my family and dogs, 2) Going on a solo photo walk – capturing the sights and scenes of nature, 3) Taking a trip to somewhere I've never been, near or far, 4) Exploring some back roads and scenery in Wisconsin that I haven't traveled before. 5) Giving myself permission to rest and find pockets of ease and peace within the busy. Those are some of my summer plans. What would you include on your "Summer Bucket List"?

As an organization, WPA also has a "Bucket List" of projects and plans that we are working to accomplish. One of the things I am very excited about is the work that our team is doing to locally create and produce two podcasts specific to Parkinson's disease. Dacy Reimer, Director of Medical Advising and Education for WPA is leading this effort to create more educational and support resources for our members. We'll be launching these podcasts in the near future, so watch for details.

We continue to build new partnerships and relationships with organizations and agencies, who align with our work and mission. We are

deeply committed to the benefits and impact that Urban Poling can offer to people with PD. Our team continues to take those workshops on the road throughout the state and so many of you are experiencing the freedom and joy of walking with Urban Poles. Support Groups and Care Partner Support Groups are thriving due to our wonderful facilitators and your participation.

This issue also includes a bonus tear-out insert with our newly updated contraindicated drug cards for people with Parkinson's disease and Cognitive Disorders. We've created them in a format to make them easy to use and carry with you. As always, we feature stories from people living with PD and those who provide resources and support to make every day the best day possible.

So, enjoy this issue, share it with someone else who needs the information...and don't forget to make your own Bucket List for a memorable summer!

Let's do this!



Kelly



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Finding "Awe" in the Everyday

by Jill Compton, Director of Mission Impact

I was recently at our family cottage in Waupaca and each morning I spent time on the dock watching and listening as the day around me began to wake up. With intention, I began to experience the wonders of nature. I would quiet my mind in order to tune into the sounds of the birds, observe the stillness of the lake, and see the colors of the sky. Each day, I experienced a newfound sense of peace, joy, tranquility, and wonder.

This daily encounter on the dock connected me with something vast, something greater than myself. I committed to experience my surroundings with a fresh set of eyes and imagined that I was seeing it for the first time. This openness to being in the presence of something that transcends your current understanding of the world can be described as awe.

Awe makes us happier and more connected to others. It sparks creativity and wonder and gives us a sense of the expanse around us. Luckily, awe can be found in everyday life. We just have to open our eyes, ears, hearts, and minds to not miss the moment.

I found awe while sitting on a dock next to a lake. I also find it on walks in nature – something I call awe walks. We can all find opportunities to experience awe. For example, the next time you plan a walk, try taking an awe walk.

How to Take an Awe Walk

First, start by taking a moment to set an intention for your walk. This could be as simple as seeking to appreciate the beauty around you or gaining a new perspective of a place you are familiar with.

Next, focus on each of your senses as you walk.

- **Sight:** Observe the details of your surroundings.

Notice the patterns on leaves, the colors of the sky, and the play of light and shadow.

- **Sound:** Listen attentively to the sounds around you – birds singing, the wind in the trees, the sound of your footsteps.
- **Smell:** Breathe deeply and take in the scents of nature.
- **Touch:** Feel the textures of bark or the petals of a flower.

Cultivating Presence and Mindfulness

Now, as you continue to walk, bring attention to your breath and the rhythm of your steps. When your mind wanders, gently guide it back to your immediate surroundings and sensations. This practice not only heightens your awareness but also opens the door to experiencing awe as you can apply this approach to the activities you do throughout your day.

Finally, acknowledge what you are experiencing through each of your senses and feel the transformation that awe can bring to your life.

Find Your Own Awe

I encourage you to find your awe; to tap into your childlike sense of wonder. Go somewhere new each week, or revisit places you know and discover the awe in familiar surroundings. Perhaps, as we share summer bucket list ideas in this issue, an awe walk would be the perfect thing to add your list.

If you would like more tips on integrating mindfulness into your daily life, reach out to Jill Compton, Director of Mission Impact.

Make the Most of Summer!

What's on Your Bucket List?



Making a Summer Bucket List is fun and inspiring! Creating a list can also remind us to be thoughtful and intentional about how we get the most enjoyment out of these warmer months. Approach creating your bucket list with a "let's do this" attitude! Are there activities that you love and want to do more often? Put those on your bucket list!

To help you get started, here's a list the WPA team has compiled of things we'd love to do. Feel free to take our ideas and make them your own. No need to do them all, but of course, you can! Add your own personal ideas to come up with the list that will make your summer memorable. Ready! Set! Let's make summer happen!

Summer 2024 Bucket List Ideas – Make Them Your Own!

1. Take an Awe Walk (see previous page for more ideas)
2. Visit a local park
3. Visit a National Park
4. Attend an outdoor concert
5. Visit a museum or gallery
6. Go to a new restaurant
7. Take a solo photo walk
8. Stargaze at night
9. Host a picnic or BBQ
10. Try your luck at fishing
11. Take a drive or road trip to a new destination
12. Watch a sunrise, sunset, or both
13. Attend a WPA Support Group meeting
14. Try Urban Poling
15. Go on a road trip
16. Visit the library
17. Make a summer scrapbook with vacation photos
18. Try a new craft or hobby
19. Visit a local farmer's market and bring home fresh produce to enjoy
20. Visit a friend you haven't seen in a while
21. Attend the WPA Urban Pole Workshop and Golf Outing Dinner (September 10th)
22. Attend a local festival
23. Sit on the patio with a great summer read
24. Roast some marshmallows. Summer and s'mores go together!
25. Try a new recipe or cuisine – use your farmer's market purchases as ingredients
26. New Idea: _____
27. New Idea: _____
28. New Idea: _____
29. New Idea: _____
30. New Idea: _____



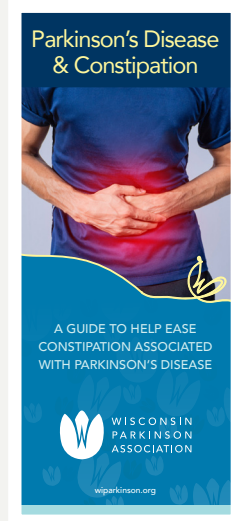
New Resources for the Parkinson's Community

Educational Resources

This summer publication highlights some of the exciting work that has been going on behind the scenes at WPA. The special insert includes the contraindicated drug cards for people with Parkinson's and those with cognitive issues. This information has been created in a tear-out, easy-to-put-in-your-wallet format. Our intent is that you have the information you need about drugs and interactions readily available when you need to reference it.

Dacy Reimer, WPA's Director of Medical Advising and Education, worked with our Medical Advisory Committee (MAC) to update these resources with the most current information. We hope you'll find them helpful and that you refer to them often. These cards are valuable resources for discussing questions with your medical providers and sharing information with your family. They can guide your medical conversations and help your family better understand and support you in your Parkinson's journey.

We're also adding new educational resources. The article in this issue about constipation has been turned into a brochure. WPA will continue to expand the educational materials available to our members.



New Podcasts

You'll also see our announcement about two new podcasts that WPA is producing and launching, "**EmPower Talks: Insights from the Experts**," and "**Pearls for Parkinson's: Tips for Daily Living with Parkinson's**." As WPA explored new ways of engaging and connecting with members across the state, the podcast format rose to the top as an ideal approach. WPA envisions these podcasts, which will be produced regularly, as another way of keeping our members informed and inspired. They're also a great way to increase connections within our Parkinson's community.

While it might seem counterintuitive that listening to a podcast can create a sense of community, in fact, listening to and discussing podcasts can be great conversation starters in support groups, within families and on other platforms including social media. Listeners feel connected through the common theme and the topics can lead to shared insights and ongoing dialogues. It's almost like listening to a new friend. There's comfort in knowing we are not alone.

Podcasts offer a convenient way to consume information whenever and wherever you choose throughout your day. They're a great way to learn new things and engage your active listening skills. Studies have also shown that listening to a podcast can boost your mental health and reduce stress. It's good for your brain!

WPA hopes you'll follow and listen to our new podcasts, and would you do us a favor and recommend them to a friend? We plan to launch these new resources beginning in September.



Be Summer Savvy: Tips for a Safe and Enjoyable Season



Summer offers many opportunities for social engagement, which is vital for mental health. Attend local Parkinson's support group picnics or organize small gatherings with friends and family.

With summer in full swing, those living with Parkinson's disease (PD) may face unique challenges. However, with proper planning and care, summer can be a season of enjoyment. Here are some essential tips to help you have fun and stay safe during the summer months.

Stay Hydrated

Proper hydration is crucial for everyone, but it's especially important for those with Parkinson's. Some PD medications can increase the risk of dehydration, and summer heat exacerbates this risk. Aim to drink water regularly throughout the day, even if you don't feel thirsty. Consider carrying a reusable water bottle with you and setting reminders to drink. Fruits with high water content, like watermelon or oranges, can also help you stay hydrated while providing a refreshing snack.

Protect Your Skin

Those with Parkinson's may have increased sensitivity to sunlight due to certain medications. Protect your skin by wearing broad-spectrum sunscreen with at least SPF 30, reapplying every two hours or after swimming. Wear protective clothing like wide-brimmed hats and loose, light-colored garments. Seek shade during the hottest parts of the day, typically between 10 a.m. and 4 p.m.

Exercise Safely

Regular exercise is beneficial for managing PD symptoms, but summer heat requires extra precautions. Choose cooler times of day for outdoor activities, such as early morning or evening. Indoor exercises in air-conditioned spaces are great alternatives on extremely hot days. Swimming or water aerobics can be particularly enjoyable and beneficial, offering a low-impact workout that helps with balance and flexibility.

Manage Medications

Heat and humidity can affect how your body absorbs medications. Some PD medications may also make you more sensitive to heat. Consult with your healthcare

provider about any necessary adjustments to your medication schedule or dosage during summer. Always store your medications in a cool, dry place and avoid leaving them in a hot car.

Maintain Balance

Heat and humidity can exacerbate balance issues common in PD. Be extra cautious when walking on wet or slippery surfaces, such as pool decks or dewy grass. Use assistive devices if necessary and consider wearing shoes with good traction. Take your time when moving from cool indoor areas to hot outdoor spaces, as the temperature change can cause a momentary drop in blood pressure, affecting balance.

Enjoy Social Activities

Summer offers many opportunities for social engagement, which is vital for mental health. Attend local Parkinson's support group picnics or organize small gatherings with friends and family. Outdoor concerts, farmers' markets, or community events can be enjoyable, but remember to pace yourself and take breaks as needed. Don't hesitate to communicate your needs to friends and family – they'll likely be happy to accommodate you.

Have fun, Be Safe!

Living with Parkinson's doesn't mean you can't enjoy the pleasures of summer. By staying hydrated, managing your medications, protecting your skin, exercising safely, maintaining balance, and engaging in social activities, you can make the most of the season. Remember to listen to your body and don't push yourself too hard. With these precautions in mind, you can create wonderful summer memories while keeping your health and safety a top priority.

Always consult with your healthcare provider for personalized advice on managing your Parkinson's disease during the summer months. Stay cool, stay safe, and enjoy your summer!

Parkinson's on the Go!

Tips for Summer Travel



The long, sunny days of summer are here, and with them comes the perfect chance to pack your bags and set off on an adventure! Whether you're dreaming of sandy beaches, exploring an exciting new city, or taking in the nature of a peaceful mountain getaway, having Parkinson's doesn't mean you have to put your travel plans on hold. With some extra planning and the right resources, you can enjoy memorable trips that lift your spirits and create lasting memories.

Ruth Busalacchi, Owner of SYNERGY HomeCare and Certified Senior Advisor, has put together invaluable tips for traveling with Parkinson's. "Travel can be such a joy," Ruth said, "and I believe everyone, regardless of their health challenges, should have the opportunity to explore and create new memories."

Planning for Success

The key to a successful trip starts with preparation. Consider enrolling in TSA Pre-Check for a smoother airport experience, or Global Entry if you're venturing abroad. These services can significantly reduce stress and wait times, allowing you to conserve energy for the fun parts of your journey.

"Research is your best friend when planning a trip," Ruth said. "I always recommend looking into

*"Research is your best friend when planning a trip," Ruth said.
"I always recommend looking into accessibility options for accommodations, restaurants, and attractions before you go."*



accessibility options for accommodations, restaurants, and attractions before you go."

Utilizing accessibility filters on platforms like Airbnb or Vrbo can help you find lodging that suit your needs. If you require specific adaptive equipment, consider packing it or arranging rentals at your destination to ensure you have everything you need for a comfortable stay.

Transportation

When it comes to transportation, don't hesitate to take advantage of available services. Most airports offer free wheelchair assistance – a great way to conserve energy while navigating those long terminal walks. If you're planning a road trip, explore accessible vehicle rental options.

For local transportation at your destination, ride-sharing services like Uber and Lyft can be invaluable. Uber offers a "WAV" (wheelchair-accessible vehicle) option in many cities, and they may waive their wait time fees for riders who need extra time to board. Lyft provides "Assisted Rides" in some areas, where drivers are trained to provide door-to-door assistance. These services can make exploring your destination much more manageable, especially in areas with limited or inaccessible transportation.

For those drawn to the allure of the high seas, cruises can be an excellent option. Some cruise lines offer specialized voyages catering to travelers with care needs. "Cruises can be a wonderful way to see multiple destinations without the hassle of constantly packing and unpacking," Ruth said.

Peace of Mind

When embarking on your summer adventures, safety and peace of mind are paramount. Ruth strongly recommends that travelers with disabilities consider investing in a Personal Emergency Response System (PERS)¹, particularly one equipped with GPS and fall detection capabilities. "These devices are perfect for travel," Ruth explains. "They can be worn as a watch, making them both discreet and convenient." A PERS offers reassurance to both the traveler and their loved ones, ensuring that no matter where your journey takes you, help is just a button-press away. In case of an emergency, the system not only summons assistance but also notifies designated family members on the call list. This added layer of security allows you to explore with confidence, knowing that support is always within reach, even in unfamiliar surroundings.

Resources and Inspiration

To make your travels even smoother, tap into some fantastic resources designed for travelers with diverse needs. The Sunflower Project² provides support for hidden disabilities at many airports. Websites like "Wheel the World"³ offer tailored accessible travel assistance, while blogs such as "Curb Free with Corey Lee"⁴ provide inspiring tips for wheelchair travelers.

Remember, the joy of travel lies in the experiences and connections you make along the way. With thoughtful planning and the right support, you're all set for summer adventures that accommodate your needs.

References:

- 1 For more information Google "Personal Emergency Response Systems to find products that meet your needs and interests.
- 2 Website for Hidden Disabilities Sunflower Project: www.hdsunflower.com
- 3 Website for Wheel the World: www.wheeltheworld.com
- 4 Website for Curb Free with Corey Lee: www.curbfreewithcoreylee.com

Contraindicated Drugs in Cognitive Disorder Patients



Aminoglycoside Antibiotics

- Amikacin
- Gentamicin
- Streptomycin
- Tobramycin

Antidepressants

- Amitriptyline (Elavil)
- Amoxapine (Asendin)
- Clomipramine (Anafranil)
- Doxepin (Silenor)
- Desipramine (Norpramin)
- Imipramine (Tofranil)

SSRI

- Paroxetine (Paxil)

Anti-malaria Agents

- Chloroquine
- Hydroxychloroquine (Plaquenil)
- Quinine (all formulations) (Qualaquin)

Anti-Parkinson Agents

- Trihexyphenidyl (Artane)
- Amantadine (Symmetrel)
- Benztropine (Cogentin)

Antiseizure

- Acetazolamide (Diamox)
- Carbamazepine (Tegretol)
- Oxcarbazepine (Trileptal)
- Pregabalin (Lyrica)
- Topiramate (Topamax)
- Valproic Acid (Depakote)
- Gabapentin (Neurontin)
- Zonisamide (Zonegran)

Antihistamines

- Brompheniramine* (Dimetapp)
- Chlorpheniramine* (Chlor-Trimeton)
- Cyproheptadine
- Diphenhydramine* (Tylenol pm/Advil PM)
- Procyclidine (Kemadrin)
- Scopolamine (Transdermal Scop)
- Triprolidine (Silafed/Aprodine)
- Meclizine* (Bonine/Travel-Ease)

Beta-Blockers

- Metoprolol (Lopressor, Toprol XL)
- Carvedilol (Coreg)
- Atenolol (Tenormin)
- Propranolol (Inderal)
- Labetalol (Trandate)
- Bisoprolol (Cardicor/Congeskor)
- Timolol (Timoptol)
- Nadolol (Corgard)

Corticosteroids

- Prednisone
- Methylprednisolone (Medrol)
- Dexamethasone (Decadron)
- Hydrocortisone (Cortef)
- Cortisone

Fluoroquinolone Antibiotics

- Telithromycin
- Ciprofloxacin (Cipro)
- Delafloxacin
- Levofloxacin (Levaquin)
- Moxifloxacin
- Norfloxacin
- Ofloxacin (any formulation)

Immune Checkpoint Inhibitors

- Ipilimumab (Yervoy)
- Pembrolizumab (Keytruda)
- Atezolizumab (Tecentriq)
- Nivolumab (Opdivo)

Pain Medications

- Oxycodone (Oxycontin, Roxicodone)
- Hydrocodone
- Morphine (MS Contin)
- Hydromorphone (Dilaudid)
- Codeine
- Fentanyl

Skeletal Muscle Relaxants

- Cyclobenzaprine (Flexeril)
- Orphenadrine (Norflex)
- Baclofen (Lioresal)

Sleep Aids/Antianxiety

- Zolpidem (Ambien)
- Eszopiclone (Lunesta)
- Temazepam (Restoril)
- Lorazepam (Ativan)
- Diazepam (Valium)
- Alprazolam (Xanax)
- Zaleplon (Sonata)
- Clonazepam (Klonopin)

Statins

- Atorvastatin (Lipitor)
- Rosuvastatin (Crestor)
- Lovastatin (Altoprev)
- Simvastatin (Zocor)
- Pravastatin (Pravachol)
- Fluvastatin (Lescol XL)

Urinary/GI Antispasmodics

- Dicyclomine (Bentyl)
- Tolterodine tartrate (Detrol)
- Oxybutynin (Oxytrol)
- Darifenacin (Enablex)
- Hyoscyamine (Levsin, Hyosyne)
- Diphenoxylate/Atropine (Lomotil)
- Clidinium
- Glycopyrrrolate
- Trospium (Sanctura)
- Flavoxate (Urispas)
- Fesoterodine (Toviaz)
- Solifenacin (Vesicare)

Miscellaneous

- Desferoxamine (Desferal)
- Iodinated radiologic contrast agents
- Magnesium (IV)
- Procainamide
- Botox (Onabotulinumtoxin A)

Consider These Preferred Agents:

Agents for Sleep

- Melatonin*
- Ramelteon (Rozerem)

Agents for Urinary Incontinence

- Mirabegron (Myrbetriq)

Antihistamines*

- Loratadine (Claritin)
- Fexofenadine (Allegra)
- Cetirizine (Zyrtec)

Topical*

- Oxymetazoline (Afrin)
- Fluticasone (Flonase)
- Mometasone (Nasonex)
- Budesonide (Rhinocort)
- Triamcinolone (Nasocort)

*May be found over the counter (non-prescription)

The drugs listed on this card have the potential to interfere with the treatment of cognitive disorders.

Anticholinergic drugs are commonly used in elderly patients for the treatment of bladder dysfunction, vertigo, nausea and arrhythmias.

This class of medicines is proven to adversely alter cognition in those with dementia and cancel the beneficial use of memory enhancing drugs.

Please contact your care team as this is not an all-inclusive list. Always ask your doctor before starting or discontinuing any medication.



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Contraindicated Drugs in Parkinson Disease Patients



Anti-Dopaminergic Agents

Antinausea

- Droperidol
- Metoclopramide (Reglan)
- Perphenazine
- Prochlorperazine (Compro)
- Methylene blue (ProvayBlue)
- Promethazine (Phenergan, Promethagran)

Antipsychotics

Typical

- Chlorpromazine
- Fluphenazine
- Haloperidol (Haldol)
- Loxapine (Adasuve)
- Molindone
- Pimozide
- Thioridazine
- Thiothixene
- Trifluoperazine
- Trimeprazine

Atypical

- Aripiprazole (Abilify)
- Asenapine (Saphris)
- Brexpiprazole (Rexulti)
- Cariprazine (Vraylar)
- Iloperidone (Fanapt)
- Lumateperone (Caplyta)
- Lurasidone (Latuda)
- Olanzapine (Zyprexa)
- Paliperidone (Invega)
- Risperidone (Risperdal)
- Ziprasidone (Geodon)

Antidepressants: Avoid unless benefits outweigh risk

Tricyclic

- Amoxapine
- Clomipramine (Anafranil)
- Doxepin (Silenor)
- Desipramine (Norpramin)

Antibiotic

- Linezolid (Zyvox)

MAOI inhibitors

- Isocarboxazid (Marplan)
- Phenelzine (Nardil)
- Tranylcypromine (Parnate)

Misc.

- Methylidopa
- Divalproex sodium (Depakote)
- Lithium (Lithobid or Eskalith)

If on MAOI-B (Selegiline, Rasagiline, Safinamide), avoid

Pain Medications

- Tramadol (Ultram)
- Meperidine (Demerol)
- Methadone (Dolophine)

Muscle Relaxants

- Cyclobenzaprine (Flexeril)

Antidepressants

- (SSRI & SNRI can be used with caution at low dose)

Over the counter cough & cold

- Dextromethorphan
- Ephedrine
- Phenylephrine
- Pseudoephedrine
- St John's Wart

Preferred Alternatives

Antipsychotics

- Pimavanserin (Nuplazid)
- Clozapine (Clozaril)
- Quetiapine (Seroquel)

Antidepressants

- SSRI & SNRI drug classes
- Nortriptyline

Contraindicated Drugs in Parkinson Disease Patients

The drugs listed on this card have the potential to cause or worsen the symptoms of Parkinson disease and should not be prescribed for an individual with a Parkinson diagnosis.

Please contact your care team as this is not an all-inclusive list. Always ask your doctor before starting or discontinuing any medication.



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By Kathryn Gaines, DO, Aurora Health Care &
WPA Medical Advisory Committee (MAC) Member

We all need those vacations from the “every day” to recharge our batteries. Not only for the *joie de vivre* (exuberant enjoyment of life) but in the moments when we are down, we can at least reflect on better times and reminisce while we navigate challenges. This is, in fact, healthy to do.

Traveling and pursuing “bucket list” items can be potent ways to add spice to life. But it’s not really about the destination but rather the journey, right?

It just so happens that the topic of travel is one of my specialties! As a flight surgeon once upon a time, I have circled the globe, drilled holes in the sky, and jaunted back and forth more times than I can count. I am delighted to share some wisdom.

To start with, the most important piece of advice is to recognize an ounce of prevention is worth a pound of cure. So, whatever the goal or task, do your research beforehand.

Consider the following (disclaimer—this is not an all-inclusive list):

- » Condition yourself before a big trip. Exercise! Build up stamina. Hone your balance and agility as much as feasible. To be honest, you should be doing this anyway.
- » When booking tours, look for the International Symbol of Access like this one : if there is no such symbol, consider you might be faced with uneven footing, narrow stairways, steep slopes or stairs. Maybe think about an alternate activity or ask if there are accessibility options.
- » For air travel, fly the most direct and shortest route. Consider travel times that might be easiest to work into a pesky medication schedule. Make sure to ask your doctor about what to do regarding timing of your medication



if traveling across time zones. Hint: it might involve taking extra pills with you.

- » Don't sleep your way through a long flight. Get up and stretch your legs every few hours to keep the muscles from stiffening up and help prevent blood clots. Get to know the galley where they stash all the food and beverages as well as the flight attendants and fellow restless flyers. It's fun!
- » If going international, try to rest upon arrival and don't plan for activities until the next day. Resist the temptation to "do everything." Less is best.
- » The flying environment is a dehydrating one and you may not be drinking enough fluids anyway. Drink your water/Gatorade and just plan for bathroom breaks. More bathroom breaks mean more steps! Yay! Alcoholic beverages and caffeinated beverages are the opposite of hydrating.
- » If your circulation is otherwise pretty good, consider wearing graduated compression socks on long trips/flights to prevent swelling and help reduce the chance for blood clots. Get the light pressure ones that are 15-20 mm Hg. Let's face it, the tighter ones are never going to make it on.
- » Also, if flying, wear clothing that is made of natural fibers and covers the arms and legs. Wear well-fitting shoes, not flip flops or the like. If you need to get off the plane in a hurry, you'll want to make it to that emergency slide in one piece. The right clothes can help you avoid nasty scrapes, burns, or taking a tumble on your way out!

- » For motion sickness, consider Sea Bands. These are wristbands that work on acupressure points. Other options include "natural" remedies such as lozenges with ginger or mint. Sit by the window. Have a cold compress handy. Less favorable medication options would be things like Dramamine or scopolamine. Ask your doctor what might be best.
- » Bring a neatly printed list of your medications as well as dosages and timing of each medication with you. Also stash an "emergency supply" of pills in a separate luggage piece.
- » If you have DBS (deep brain stimulation), don't go through the regular airport security scanner. Tell TSA you have a pacemaker (for the brain).
- » Get travel/health insurance. For pre-existing conditions, you need to purchase many days in advance.
- » Dress for the weather (but take a sweater for the flights). Apply sunscreen if needed and often.
- » Make sure you get your recommended immunizations well in advance and visit travel.state.gov and www.cdc.gov/travel for advisories.
- » Take lots of pictures! Then gather all those photos, print them and put them in a photo album. Plan to look at them later and share.

If you aren't going on a grand trip around the world, traveling to the next county over could be good as well. If a big trip isn't in the cards, plan a staycation! Learn a new hobby. Audit a class at college (for free)! The point is, do something new. Accomplish just a little every day. Make memories and share the joy!

Parkinson's Disease and Constipation



What causes constipation in Parkinson's disease?

Over half of individuals with Parkinson's suffer from constipation. There are many factors that can contribute to constipation.

- **Slowed bowel motility:** Just as you can have slowness in your arm or leg with PD, you can have decreased movement in the muscles of the bowel. The less the bowel contracts, the harder it is to eliminate.
- **Dehydration:** As we age, we tend to drink less water, so we don't have to urinate so often. However, the bowel is the first place your body steals water from. If you can't swallow food with a dry mouth, you cannot eliminate with a dry bowel either.
- **Lack of physical activity:** Lack of activity, especially core strength, will further reduce abdominal and pelvic floor muscle tone.
- **Lack of fiber:** Fiber helps to bulk and firm stool as well as cleanse the colon properly. More fiber requires more water though, otherwise it can just make constipation worse.
- **Medications:** Some medications make constipation worse. Parkinson's drugs such as Symmetrel®, Gocovri® (Amantadine), Artane® (Trihexyphenidyl), Cogentin® (Benzotropine) or other types of medication, such as bladder medications or prescription painkillers, induce constipation. A good rule of thumb to consider is that if a side effect of a medication is dry mouth, it will dry your bowel too.
- **"Leaky gut syndrome":** Research shows a brain-gut connection linking a weak bowel lining with increased inflammation and production of a negative Parkinson's causing protein called alpha synuclein.

What can I do to prevent or improve constipation?

- **Drink plenty of water** and caffeine free, non-alcoholic beverages to ensure adequate hydration, soften stool and keep the bowel lining moist. It is recommended to drink 1/3 to 1/2 your body weight in ounces per day.
- **Exercise regularly.** Focus on core strengthening and learn more about pelvic floor exercises. Some occupational therapists are trained in this, and it can help strengthen both bowel and bladder without medications.
- **Increase natural fiber intake** with a healthy diet that includes several servings of fruits, vegetables, nuts and legumes. Doctors recommend 20-30 grams of fiber per day. Always take fiber supplements with an extra full glass of fluids or constipation will worsen.
- **Avoid overly processed** and sugary foods and cheese.



- **Assess your medications** for dry mouth side effect and avoid over the counter diphenhydramine (Benadryl) or sleep aids that say "PM." Speak to your primary care physician or Parkinson's specialist for advice on this.
- **Add natural probiotics** to prevent leaky gut syndrome. Foods high in probiotics are fermented foods such as sauerkraut, olives, pickles, kombucha, apple cider vinegar, kimchi, miso, kefir, and sourdough.



Parkinson's in Platteville:

Nancy and Rita's Support Group Journey

In the heart of southwestern Wisconsin, Nancy and Rita are making a big difference in the small town of Platteville. The city is now home to a thriving Parkinson's support group thanks to the dedication of two women who shared a diagnosis, and a vision.

Nancy's journey with Parkinson's began when she received her diagnosis in 2020. In a twist of fate, she discovered that her friend Rita had also been diagnosed. Their shared experiences led to long conversations, which Nancy found immensely helpful and cathartic.

Through Nancy's extensive background in social work and group facilitation she had learned the importance of a local support network. However, the nearest existing group was in Madison, nearly two hours away. Determined to bridge this gap, Nancy approached Rita with a question, "What if we started our own support group?"

"Let's go for it!" Rita responded. And so began their journey to create a lifeline for those with Parkinson's in Platteville and the surrounding areas.

Nancy's professional experience proved invaluable as she navigated the process of establishing the group. She reached out to former colleagues, securing a meeting space at the local hospital. Rita's tech-savvy husband joined the effort, managing the digital aspects of their initiative. Wisconsin Parkinson Association provided crucial support, offering resources, information, and guidance throughout the process.

Armed with flyers and determination, Nancy and Rita began spreading the word. Their first meeting in October 2022 was modest, with just six attendees. However, their perseverance paid off. Two years later, the group boasts over 20 regular members, with an even larger mailing list of interested individuals.

The impact of their efforts is evident in the gratitude expressed by group members. "People say they're so thankful that they found the group. They wouldn't know what they would do without it," Rita explained.

Nancy's background in social work shines through in the

group's structure. Each meeting begins with an opening check-in, allowing members to share their experiences, successes, and challenges. This format fosters a sense of community and understanding among participants.

"Parkinson's impacts every single part of your life," Nancy said. "It doesn't look the same for everybody, but there are some commonalities. That's where the connection is."

The group's activities extend beyond peer support. Nancy and Rita have organized a diverse array of guest speakers, including chiropractors, pharmacists, physical therapists, speech therapists, nutritionists, and mental health professionals.

Nancy's advice to others considering starting a support group is simple yet powerful: "Don't give up. It can be a struggle to get people there at first. But if you get the information out, people will show up."

"If you build it, they will come," Rita added with a laugh.

The Platteville Parkinson's support group is a testament to the power of community and the impact one person can have when they choose to make a difference. Nancy's journey from social worker to support group leader exemplifies how professional skills and personal experiences can combine to create meaningful change.

As the group continues to grow and evolve, Nancy and Rita remain committed to their vision of providing support, education, and hope to those affected by Parkinson's disease. Their story serves as an inspiration to communities everywhere, proving that with determination and compassion, it's possible to turn a personal challenge into a source of strength.

The support group meets in Southwest Health Hospital in Platteville. If you're interested in attending the group, contact Nancy and Rita at psgsuw@gmail.com.

Your Gift Matters!

Did you know that over 15,000 people in Wisconsin are currently living with Parkinson's disease? Maybe you're one of them, or a family member or friend has suffered with the disease. When Parkinson's strikes, it is devastating for the diagnosed person and the circle of people around them.

Wisconsin Parkinson Association exists to provide hope in times of uncertainty. We offer a community of like-minded individuals who know the disease first-hand, whether from lived experience or caregiving. Our organization also provides support and resources that empower people to live their best lives with Parkinson's.

WPA is asking for your financial support today on behalf of every man and woman living with Parkinson's right here in Wisconsin. Imagine the impact that all of our financial contributions combined would have on our neighbors and friends who deal with Parkinson's every day.

Would you please consider a financial gift today? Any amount is greatly appreciated. All donations make an impact for people with Parkinson's.

Three easy options for donating:

1. Mail a check:

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

2. Venmo:



3. Online donation on Wisconsin Parkinson Association website:



WPA Now Podcasting!



WPA is excited to announce two new podcasts created and hosted by our own Dacy Reimer, APNP, MSN, CCRC, and Movement Disorder Specialist. Dacy is the Director of Medical Advising and Education for WPA and brings a wealth of knowledge from her clinical experience. These episodes are all produced here in Wisconsin and will discuss topics of interest and relevance to the Parkinson's Community.

Parkinson's EmPower Talks: Insights from the Experts

- Dacy will meet and interview doctors and other industry professionals who share insights that empower those with Parkinson's to live their best life.

Pearls for Parkinson's: Tips for Daily Living with Parkinson's

- In these quick episodes, Dacy will share tips and "pearls" of wisdom for making daily living and your Parkinson's journey just a bit easier.

The Parkinson's EmPower Talk podcast will be launching on September 18. Pearls for Parkinson's: Tips for Daily Living with Parkinson's will begin in November. Watch the WPA website at wiparkinson.org, newsletter and social media for more details.

2024 WPA Golf Open

Parkinson's Movement and Golf Clinic – Please Join Us!



WISCONSIN
PARKINSON
ASSOCIATION

*You are invited to participate in the PD Movement Clinic
at the WPA Open on September 10th.*

The WPA Golf Open is just around the corner! Our golf outing is well-attended, and we have many returning golfers each year. The spirit of fun, camaraderie and connection to the WPA mission is evident throughout the event. In addition to the golf, WPA created a Parkinson's Movement and Golf Clinic, specifically for people with Parkinson's and their Care Partners. No golf experience is required. It's an afternoon of fun and community.

This special clinic is held during the afternoon of the WPA Open, while the foursomes are completing their rounds. The clinic offers an opportunity for our members with PD to practice swinging a golf club and hit golf balls with the instruction and guidance of Brandybrook's golf pro. In addition, WPA will be featuring a lesson on how to use the ACTIVATOR® Urban Walking Poles. Each person with PD will receive a complimentary set of Urban Walking Poles for attending the workshop.

Last year's attendees thoroughly enjoyed the experience. Here's what Chuck and Betty M., had to say about the Movement and Golf Clinic:

"The entire day is incredible. It's wonderful for the person with PD, but the whole day is essential for the Care Partner as well. You get so much out of it...the gorgeous scenery, the entire setting, being with other people who are affected by Parkinson's...and the food is fantastic!" Betty also shared that the Urban Poles are excellent walking tools and that both she and Chuck love them and use them all the time. As Chuck's wife and Care Partner she emphasized that the entire day, from the workshop to the presentation and dinner, to meeting others living with Parkinson's is such a valuable experience. Betty said, "Everyone should take advantage of this wonderful opportunity! You don't have to be a golfer. Just come, enjoy and benefit from being together and learning from each other."

People with Parkinson's and their Care Partners who participate in the workshop are also invited to attend the dinner as guests of WPA. The evening includes a presentation, networking, and silent and live auctions. The workshop is sponsored by Neuroscience Group, Supernus Pharmaceuticals and WPA. There is no charge to participate in the Movement and Golf Clinic and attend the dinner.

To register for the Parkinson's Movement and Golf Clinic, go to the WPA website: www.wiparkinson.org, or email: mail@wiparkinson.org, or call 414-312-6990.

Space is limited!

Sign up today to ensure your spot!



OR GO TO WIPARKINSON.ORG/GOLF FOR MORE INFORMATION.



SEPT. 10, 2024

9:30 A.M. – 7:30 P.M.

THE LEGEND AT BRANDYBROOK
GOLF COURSE | WALES, WI

WPA GOLF OPEN



TEE UP FOR PARKINSONS!

HOPE • COMMUNITY • SUPPORT • RESOURCES

Would you like to receive the Wisconsin Parkinson Magazine?

Join our mailing list at wiparkinson.org or scan the QR code below to sign up!



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



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