Depression is a common but under-diagnosed complication of Parkinson's disease. Some estimates about the frequency with which the two conditions occur together are as high as 60%. In fact, it is believed that the two diseases are so closely linked that depression may actually be the first symptom of Parkinson’s disease in some individuals.

Depression can be difficult to diagnose in a patient with Parkinson's disease for several reasons. First, if symptoms of depression are recognized, they may be incorrectly linked to the belief that the patient is simply “feeling down” due to the fact that they are having to deal with the day to day challenges of having Parkinson's disease. In truth, the two conditions are probably linked to some of the same underlying changes in the brain, but they are in fact two separate problems that need individual treatment. It is incorrect to assume that bringing symptoms of Parkinson’s disease under better control means that the depression will simply go away.

Another difficulty in treating a patient with both depression and Parkinson’s disease is that the depression can go unrecognized, because the two diseases share many of the same symptoms. For instance, lack of facial expression, low voice-volume, fatigue, changes in sleep patterns (excessive sleep or insomnia), impaired ability to focus, and changes in appetite can be components of either condition. It can be challenging for health-care professionals, patients and care-givers to differentiate between the two problems, especially since there is no specific tool used to screen patients with Parkinson’s disease for depression.

In considering what makes a patient with Parkinson’s disease able to maintain their ability to function for as long as possible, we consider drug therapy first and foremost. But attitude plays a very large role as well. By failing to treat a patient with underlying depression, we may be taking away one of the most important tools that patients have in combating their Parkinson’s disease. That tool is motivation.

Fortunately, there are a substantial number of medications available for the treatment of depression. Some of these medications do have warnings about possible side-effects when combined with drugs that are commonly used to treat Parkinson’s disease. However the complications are rare, and when patients and health care professionals work as a team to monitor for these side effects, the risk of serious problems is very low.

Sometimes it takes a trial of more than one antidepressant medication before the right one for a particular individual is found. In addition, it can take several days to several weeks for the effects of an antidepressant to appear fully. There is a waiting period after each increase in dose before it can be determined if the drug is “working.” It is important for patients and care-givers to have patience, and to understand that control of depression does not happen overnight. It is equally important that the patient continues to update the health-care team on how they are feeling and if their mood and sense of well-being is improving. Unlike with other diseases, there is no test that can be done to determine if depression is under control. Healthcare workers rely heavily on individual patients to help them drive medication therapy for depression.

(continue on page 2)
The Annual American Parkinson Disease Association (APDA) Nebraska Chapter Walk-A-Thon was held on Sunday, May 31st. The 6th Annual Walk was held at Miller’s Landing for the first time. The riverfront provided a spectacular view of the Missouri River and an opportunity to walk across the suspended Kerrey Pedestrian Bridge to Iowa. One mile and three mile routes were marked off for participants so they could have their choice of distance. The walk began on “Memory Lane” where all the participants could view signs in tribute of a special person with Parkinson’s disease.

Over 350 people participated in the walk. They enjoyed hot dogs, chips and goodies donated by local businesses. Children played in the bounce castle and had their faces painted by volunteers. Other walkers enjoyed the dancing of the Country Kickers and the pantomime of professional Ricky Smith. More walkers were getting into the spirit of the walk and forming their own special teams in honor or memory of someone with the disease.

Matt Seigel of Action 3 News announced the beginning of the walk. He also recognized Ricky Sillman, a 13 year old young man from Ashland. Ricky went all around the city of Ashland asking for donations to the Parkinson’s Walk because his aunt has the disease. He was able to collect over $1,400 on his own. The APDA Nebraska Chapter greatly appreciated his efforts and contribution to the Walk-A-Thon. An employee of Tenaska who has a family member with Parkinson’s also raised $3,000 from her co-workers for the walk. In all, the supporters of the walk provided over $28,000 for Parkinson’s research.

WAY TO GO, NEBRASKA!!!

Many of you may be wondering when this year’s Hand in Hand, Linking Lives for Parkinson’s fundraising event will be occurring. The event was postponed for 2009 and will be held in April 2010 to coincide with Parkinson’s Awareness month. In scheduling the Hand in Hand dinner and auction in April, the hope is to bring a bigger impact of awareness to Parkinson’s disease and encourage more people in the community to become involved. We hope you will do your part when the time arrives.

(continued from page 1…)

Choosing the right medication for a patient can be difficult, but there are a few things that may be taken into consideration. For instance, if one of the problems a patient faces is that he or she cannot sleep at night, choosing an antidepressant medication that causes sedation might help, as long as it is scheduled to be taken at bedtime. Similarly, if daytime sleepiness and fatigue are a significant issue for a particular patient, it is prudent to choose an antidepressant that is less sedating. Some antidepressants also affect libido and sexual function, so choosing a drug that is less likely to have these side-effects may be important to a patient who has this problem as a symptom of their Parkinson’s disease.

If you think that you or someone you know that has Parkinson’s disease may be depressed, address the issue with your health-care providers, and keep a dialog going once treatment has begun. Only when depression is under control will a patient be able to take full advantage of the resources available to them to control their Parkinson’s disease.
The Annual Parkinson’s Invitational Golf Tournament took place on Saturday, June 27th at the HiMark Golf Course in Lincoln, Nebraska. With a total of 21 teams and 85 golfers participating, it was the largest tournament ever held. The tournament began with the Mega Putt contest. Golfers putted for the $25, $75 or $100 hole. The closest putt won. Nate Underwood won the $100 putt. Ron Morrison won the $75 hole prize with Dave Moore taking the $25. During the tournament, golfers had the opportunity of drawing two cards at each Par 3 hole to win the Par 3 Poker contest. Participants had to get the ball on the green in order to draw the extra cards to add to the four cards given at the beginning of the tournament. The highest hand at the end of the tournament won. Mark Firestone was the winner for the Par 3 Poker with all Aces in his hand. The winning team for the tournament was Tom Sonderegger, Jake Muhleisen, Justin Kurtzer and Greg Buckley with 17 under, 55 total.

The Parkinson’s Invitational Golf Tournament had several generous sponsors. Commonwealth Electric Company of the Midwest was the title sponsor. Matt Firestone, Chief Estimator, of the company was part of the Golf committee for this year’s event. Matt has a close family member Food Shops and Universal Surety Anderson presented Lisa Brovold, and Referral Center of Nebraska, $2,000 came from coin donations Ray Anderson. Ray and Lola son’s community. Lola has Parkinson everyone that life does not end with the diagnosis. She is a dancer for the Country Kickers and performs every year at the Annual Parkinson’s Walk-A-Thon.

Hole sponsors this year for the tournament were the Al Bahe Family, Fauneil Bennet in memory of her husband Evan and in honor of Don Longe, Duteau Chevrolet, Farmer’s Mutual Insurance, Gary Gilson Family, Grace Mayer, Headley Scott Associates, BKD, LLP, BK Restoration and Remodeling, Mills Squeegee and Fill Station, Donald Morrison, Ray Morrison and the Sonderegger Family. Friends of the tournament were Benefit Planning Specialist, Inc., Fillman Insurance Company, Hergert Oil and Jim Keating. Three donated items were auctioned off at the event. An Oak Hills Country Club golf foursome went for $200.00. An autographed Huskers football by Heisman Trophy winner, Eric Crouch went for $85.00 and a framed picture by Rick Anderson of the Husker stadium received $75.00. Raffle prizes were donated by Anthony’s Steakhouse, Austad’s Golf, Buffalo Wild Wings, Classic Golf, Tim Deifendorf, Enterprise Rental Car, El Bee’s, Pete Faubel, Farmer’s Mutual, Fernando’s, Paul Geiselman, Creighton Volleyball coach, Grisanti’s, HyVee, Don, Heidi and Holli Longe, Midwest School of Massage, Spaghetti Works, Starbucks, University of Nebraska and Upstream Brewery. B107.3 was the media sponsor for the event and Gina Sherwood Klein was the announcer for the auction and raffle prize winners.

The proceeds after expenses of the Golf Tournament for 2009 were over $11,000. All the money donated will be used in the State of Nebraska for Parkinson’s educational and disease-related programs. The generosity of the golfers and sponsors will enable people with Parkinson’s to have a better quality of life through education and individual empowerment resources. On behalf of the Nebraska Parkinson’s community and the Golf Tournament Committee, thank you for keeping the hope alive!
The Weitz Company held the 7th annual sand volleyball tournament on Saturday, June 6th, 2009, at The Digz Indoor Volleyball Complex (4428 S. 140th Street in Omaha) at 11:00am.

The Weitz Company challenged clients, architects, subcontractors and suppliers to compete in the event in support of Parkinson’s disease. Teams of six competed for industry bragging rights and an overall championship trophy. The Weitz Company planned this event and The Digz donated its facility for the day. All proceeds from the event will go to the American Parkinson Disease Association (APDA) Nebraska Chapter.

Motivation for the annual volleyball tournament arose when a superintendent of Weitz, Jim Nelson, was diagnosed with Parkinson’s disease in 1998. Jim had worked for The Weitz Company as a carpenter working his way up to superintendent and was well-liked and respected by Weitz clients and employees. Jim is the inspiration for The Weitz Company’s involvement with the APDA and continues to inspire all of those who know him.

The 2009 Tournament Champion was Bolts, Etc. This year’s tournament raised $25,100 for the American Parkinson Disease Association Nebraska Chapter. Since the initial volleyball tournament, the event has raised nearly $175,000.

The APDA Nebraska Chapter as well as the Parkinson’s Information and Referral Center would like to thank The Weitz Company for their continued, faithful support of the Parkinson’s community. Through their efforts more Nebraskans receive education for a healthy and hopeful quality of life.

The Weitz Company, founded in Des Moines, Iowa in 1855, is the second oldest commercial general contractor in the United States and consistently ranks among the top 50 contractors nationwide in Engineering News-Record magazine’s Top 400 Contractors survey.

To Build in Good Company, or learn more about The Weitz Company, please contact John C. Taylor/Senior Vice President at 402.592.7000 or through email at john.taylor@weitz.com.
SIXTH ANNUAL PARKINSON’S SYMPOSIUM:
“Therapy Matters in Parkinson’s Disease”
Regency Marriott Hotel
Friday, October 9, 2009
Omaha, Nebraska

We are excited to present the Sixth Annual Parkinson’s Symposium! A unique symposium focusing on therapy management for the Parkinson’s patient will take place on Friday, October 9th in Omaha, Nebraska. An exciting forum of speakers will be lecturing to both medical professionals and community participants. One conference setting will host physicians, nurses, pharmacists, physical, occupational and speech therapists, while another conference will target patients, spouses, family and caregivers.

Dr. Deigo Torres, the newest Movement Disorder Specialist in Nebraska, will instruct the attendees on the treatment for dystonia (cramps in feet, legs, etc.), discussing the use of botox. Dr. Fred Youngblood will present current information on the non-motor symptom of pain that occasionally accompanies the disease. Patricia Gill, speech therapist, will discuss the role of speech therapy. A familiar face to many, Melanie Clarke, physical therapist will discuss the importance and benefits of physical therapy in Parkinson’s disease. Colleen Spellman, occupational therapist will wrap it up by sharing creative methods that help maintain daily quality of life.

Look for the brochure in September!

Date/Time | Fall/Winter Event
--- | ---
Monday, September 21 1:00pm | Parkinson’s Empowerment Program (PEP)  
Teleconference  
“Balance Therapy”  
Emily Moody, PT  
Contact (866) 626-7347 or online at [www.parkinsonsne.org](http://www.parkinsonsne.org)

Friday, October 9 All Day | Sixth Annual Parkinson’s Symposium  
“Therapy Matters in Parkinson’s Disease”  
Regency Marriott  
Omaha, Nebraska  
Contact (866) 626-7347 or go online to [www.parkinsonsne.org](http://www.parkinsonsne.org)

Monday, November 16 1:00pm | Parkinson Empowerment Program  
Teleconference:  
“First Person Perspective Parkinson’s Panel”  
Five people with Parkinson’s will discuss their own journey with the disease  
Contact (866) 626-7347 or online at [www.parkinsonsne.org](http://www.parkinsonsne.org)

Wednesday, February 17 All Day | Parkinson’s Action Network Public Policy Forum  
Webcast  
Details to be announced as date is closer
A Newcomer’s View on the Parkinson’s Action Network Forum

Written by Helen Ayers

If you’re ever tempted to doubt that too little is being done to fight for better therapies, newer drugs or sharper research in the quest to beat Parkinson’s disease, you should go with us – Monnie Lindsay, Colleen Wuebben and me, Helen Ayers – to the next Parkinson’s Action Network (PAN) Forum. There you would not only see advocacy in action but be asked to participate in the process. There you would be schooled for two days in the fine art of political advocacy, and even go to the Hill, that is, THE Hill, where you would meet with your state’s elected officials and advocate for the Parkinson’s community.

Two hundred sixty two registrants from around the country made their way to the L’Enfant Plaza Hotel in Washington D.C. from March 15 – 17 and became the united educational and advocacy voice of the Parkinson’s community, “fighting to ease the burden and find a cure.”

To many fighting the illness, the cure seems in the distant future, “but now such dreams seem closer to reality,” noted State Coordinator Monnie Lindsay. She was referring to the well-informed panel of professionals who manage larger foundations which have as their main goal the improvement of medicines and other therapies, and ultimately a cure from PD. Such efforts are happening across the country with greater speed, efficiency and precision while research continues to probe more ways to slow the progression of the disease.

If the mood at the Forum was made light by stating these victories, PAN’s legislative agenda is a no-nonsense, three part, concrete, specific request of the lawmakers:
1) Sign onto the Dear Colleague letter requesting $55 million for the Department of Defense Neurotoxin Exposure Treatment Parkinson’s Research (NETPR) program;
2) Cosponsor the National MS and Parkinson’s Disease Registries Act;
3) Join the Bicameral Congressional Caucus on Parkinson’s Disease.

In the first request, NETPR identifies the effects of the environmental and operational hazards and provides the basis for strategies to sustain the health and performance of our soldiers. Our troops are routinely exposed to a wide range of toxins as well as head trauma that may lead to Parkinson’s disease. Understanding how these exposures occur, the incidence of disease afterwards, and how these conditions may be effectively prevented, treated or cured allows the Department of Defense to better protect military personnel.

The second request establishes MS and Parkinson’s disease national registries to determine the incidence and prevalence of the two illnesses. Such registries may help inform promising areas of research such as genetic and environmental risk factors. Nebraska has the first registry in the nation.

The third request establishes the Bicameral Congressional Caucus to increase awareness on Capitol Hill of Parkinson’s disease issues and to keep their staffs informed of the latest issues and biomedical research.

The third day of the Forum saw your Nebraska delegates pile into the shuttle and go to the Hill with our 3-point agenda in one hand and our determination in the other to do what we came for – advocate for Parkinson’s issues. In all we made five stops, to the offices of Mike Johanns, Ben Nelson, Lee Terry, Jeff Fortenberry and Adrian Smith where we spoke with either the congressmen directly or their staff on the issues so important to us. Our team members had met with Senator Johanns a few weeks preceding the Forum and were encouraged by the support from the Senator. Joining Senator Johanns on the Caucus was Representative. Terry who was also gracious in his support of the Parkinson’s community.

But the Forum was not all work. When not being trained in advocacy, we were treated to small group options which included demonstrations of Asian Healing Arts, Rock Steady Boxing or a talk on deep brain stimulation. A dinner was also hosted where advocacy awards were given to those who constantly strive to improve life for the Parkinson’s community.

Impressive as the Forum was for its organization, wealth of information and top of the line speakers, many informal conversations sprung up among people with Parkinson’s that gave a morale boost. These were people not only coping with the illness but thriving in spite of it. Sometimes these evolved into longer discussions of how one copes, what works in the face of chronic illness, and how to bring these things to the wider Parkinson’s community.

Congressional Coordinator, Colleen Wuebben found her way into such discussions saying that many were eager to express their feelings. “It’s not cure but care,” said Colleen. “How do you CARE for the needs of a person with chronic illness”? Or even more importantly, “What makes you shine”, asked Colleen.

According to the PAN team back in D.C., the Forum had “quite an impact on the Hill.” There were 280 visits to offices on Capitol Hill and the highest webcast participation ever. To date there are 23 new Senate signers onto the NETPR Dear Colleague letter and 69 in the House. There are 25 added co-sponsors for the registries and 7 new members of the Caucus.

So even if it seems that Parkinson’s research is going slowly, that new medications are rare or you feel discouraged by a lack of innovative therapies to try, remember that you have a strong ally in the Parkinson’s Action Network. They are working hard for our political agenda which will ultimately benefit all of us in the Parkinson’s community.
WHERE DOES THE NEBRASKA DELEGATION STAND ON PAN’S ISSUES?

Written by Monnie Lindsay

Nebraska’s Parkinson’s advocates took three issues to Capitol Hill in February, or “asks” as they are called in Washington-speak. For this newsletter, each member of the Nebraska delegation was given an opportunity to comment on the issues or on Parkinson’s in general in their own words. We so appreciate their comments during this busy time in Washington. The issues and how each Senator and Representative responded as of August 1, 2009 are below:

Issue No. 1: Co-sponsor the National MS and Parkinson’s Disease Registries Act.

The National MS and Parkinson’s Disease Registries Act will establish national Multiple Sclerosis (MS) and Parkinson’s disease registries at the Centers for Disease Control and Prevention (CDC). We do not have accurate information on how many Americans are battling Parkinson’s disease and MS and why. The registries will determine incidence and prevalence of the diseases and lay a foundation for better evaluating and understanding many factors, including geographic clusters of diagnoses, variances in gender ratio, changes in health care practices, and changes in disease burden and population over time. To develop the registries, the CDC will use a methodology that relies on de-identified information from existing database.

Senator Ben Nelson has co-sponsored the Registries Act. Senator Mike Johanns has co-sponsored the Registries Act.

Both Senators had comments they requested that we share:

Senator Ben Nelson said: “Our nation suffers from a number of debilitating and chronic diseases which impact us all in a unique way. On a personal level, I was good friends with the late former Nebraska Congressman Peter Hoagland, who passed away after fighting Parkinson’s disease for over five years. The Parkinson’s Action Network has always done a great job advocating for those who suffer from this disease and I am very honored to join their efforts by cosponsoring the National MS and Parkinson’s Disease Registries Act. This legislation will help build upon epidemiological data and build a foundation to better serve and treat Americans suffering from this disease and work toward a cure.”

Senator Mike Johanns said: “Parkinson’s Disease can be heartbreaking for those who battle it and for their families. I salute the many Nebraskans and all Americans who are determined to overcome it. Since taking the oath as your U.S. Senator in January, I have been pleased to support the initiatives of the Parkinson’s Action Network and I look forward to working with you in the future. My hope is that through an increased federal investment in research and awareness, we will be able to decrease and eventually eliminate the devastating effects of this disease.”

Rep. Jeff Fortenberry (1st Dist.) has co-sponsored the Registries Act.
Rep. Lee Terry (2nd Dist.) has co-sponsored the Registries Act.
Rep. Adrian Smith (3rd Dist.) did not respond to our request.

Issue No. 2: Support the Department of Defense’s Neurotoxin Exposure Treatment Parkinson’s Research Program.

The NETPR program is a national, peer-reviewed granting program that examines how to best protect our military personnel from toxic substances, head injury, and other known contributors to Parkinson’s disease. In addition to helping protect our soldiers, research breakthroughs in prevention, detection, and treatment are immediately applied to the broader Parkinson’s disease community. The members of the Nebraska delegation were asked to sign a letter of support addressed to their Appropriations Committees.

Sen. Nelson did not sign the letter because, as a member of the Appropriations Committee, it would be like signing a letter to himself.
Sen. Johanns signed the letter
Rep. Fortenberry did not respond
Rep. Terry signed the letter
Rep. Smith did not respond

Issue No. 3: Join the Bicameral Congressional Caucus on Parkinson’s Disease.

The Bicameral Congressional Caucus on Parkinson’s Disease was created to increase awareness on Capitol Hill about Parkinson’s disease issues, and as a means to keep Members of Congress and their staffs informed of the latest developments in Parkinson’s-related legislation and biomedical research. As leaders in the struggle to find a cure for Parkinson’s disease, Caucus members work together to support the needs of the Parkinson’s community.

Sen. Nelson did not join the Caucus because he does not join disease-specific caucuses
Sen. Johanns joined the Caucus
Rep. Fortenberry did not respond
Rep. Terry joined the Caucus
Rep. Smith did not respond

We are grateful to those in the Nebraska delegation who gave their support to our issues and participated in this article. Without the support of our elected representatives, it would be impossible for the Parkinson’s community to reach our goals. But, the need for advocacy continues every day. Please send an email or write a letter to our Senators and Representatives to thank those who support our issues. Please urge those who do not support us to do so. For further information regarding how to contact your Senators and Representative, visit the Nebraska page at the Parkinson’s Action Network’s website:

http://www.parkinsonsaction.org/PAN-by-State-Nebraska.html
The Parkinson’s Information and Referral Center is working in collaboration with University of Nebraska - Omaha (UNO) to develop a dance program. Josie Metal-Corbin, Director of The Moving Company and professor has expressed a desire to develop a program similar to the one in Brooklyn, NY run by Mark Morris. She asked that I run two questions by the Parkinson’s community for their input. Some studies have shown that participating in a dance class that teaches tango may be an effective intervention to improve balance and gait.

1. If a weekly dance class were offered in tango, other ballroom rhythms, and creative movements in chairs, would you be interested in participating?

2. If so, would Saturday morning or Wednesday evening be better?

Please submit your response to labrovo@creighton.edu. Thank you for your input.

A gold wedding ring was found at Dr. John Bertoni’s office at Creighton University Medical Center on North 30 Street. We have had the ring for some time now. If you have lost your ring, please contact Caryn Pfeifer at 402-280-4687 to claim it.

Beginning Monday, August 17th, a new support group will be available in Wallace, Nebraska. Wallace is located in the southwest portion of Nebraska. Karen Gibson and Karen Goucher will be co-facilitating the group. The meeting will be held at the United Methodist Church on 118 South Wallace Road at 7pm. You can contact Karen Gibson at (308) 387-4580 for more details.

There are areas all over Nebraska that do not have any Parkinson’s representation. If you are interested in starting up a Parkinson’s support group in your area, contact Lisa Brovold at the Parkinson’s Center.

What a privilege it is to work with the people associated with the Parkinson’s community! I am so blessed to meet so many kind, intelligent and fun-loving people across the state of Nebraska. It has been a wonderful opportunity to serve you over the past 4 1/2 years.

The Parkinson’s network has grown from a small handful of support groups to 22 active groups throughout the state. The Parkinson’s Empowerment Program (PEP) which started with only 25 people attending the first teleconference had over 165 participants at our last one in July. Educational symposiums such as the North Platte and Omaha conferences provide current information and training for the medical professionals and the community. These conferences have reached an average of 500 people per year. Needless to say, people with Parkinson’s are finding the “good life” in Nebraska through the resources available to them.

This past Spring, I received the opportunity to speak at the Nebraska Healthcare Association and Nebraska Assisted Living Association’s combined Mid-Year Convention. It was a chance to educate the primary medical professionals who take care of so many of our people with Parkinson’s. From this educational experience, the doors have opened for me to train other ancillary staff at numerous senior living environments. The training will help ensure better quality of care at these facilities in the future.

Due to all these accomplishments, more donations and financial support are being received at the Nebraska Chapter office. Therefore, it is necessary for the Chapter to become more formalized. We need an Executive Board that will help direct the course of financial funding for future educational and disease-related programs and initiatives. Here is an opportunity for you to become involved and contribute to the Parkinson’s purpose. You can become a voting member of the APDA Nebraska Chapter by completing the Membership form included in this newsletter. With this membership, you are also entitled to the opportunity to be elected to the Executive Board. Other membership privileges are listed on the form.

Continue to help us grow in a healthy, helping way! Join the Nebraska Parkinson’s team and make a difference. Thank you! ☺❤️☺
American Parkinson Disease Association  
Nebraska Chapter  
Membership Registration

Name(s): ___________________________________________________________  Date: ____________

Address:  ____________________________________________________________________________________________________________

City: ____________________________________  State: ______________________  Zip: ______________

Email: _________________________________________  Telephone: _______________________________

Cell Phone: _____________________________________  Work Phone: _______________________________

___  Patient ___  Family ___  Caregiver ___  Friend ___  Medical Professional

Membership Fees:  $10 per individual/ $15 per family

___ I’ve enclosed a check made out to Nebraska Chapter APDA for a ___ single/ ___ family membership.

___ Please charge my ___ MasterCard ___ Visa  $_____ for a single/ _____ for a family membership.

Card # ___________________________  Expiration Date: ______________________

Print name as it appears on your card ____________________________________________

Signature ________________________________________________________________

Membership Benefits:

• Receive the newsletter, advocacy notices, research updates and other educational materials.
• Obtain prior notification of upcoming educational programs and events.
• Become an essential partner in fundraisers to help raise awareness and education in Nebraska.
• Attend the annual meeting in October to elect officers and vote on important issues.
• Opportunity to be on the Board of Directors for the Nebraska Chapter APDA.

Preferred Method of Contact:  ___ Mail  ___ Email/Internet

Would you be willing to volunteer your skills, time and other resources to the Chapter, Information & Referral Center and/or support group in your area?

___ Leadership/Board membership  ___ Fundraising/Special Events  ___ Special Mailings

___ Symposium/Conference Assistant  ___ Computer Data Entry  ___ Newsletter Labeling

___ Public Relations/Marketing  ___ Phone Duties  ___ Advocacy

___ Desktop Publishing  ___ Writing Thank You Notes  ___ Solicit Donations

___ Other: _______________________________________________________________________________

Mail completed form to Nebraska Chapter APDA, 501 N. 87th Street, Suite 207  
Omaha, NE 68114
Young Onset Parkinson Conference
October 23-24, 2009 ◆ Dallas, Texas

Topics:
Partnering with Your Doctor to Get the Most out of Your Medications
Parkinson Related Voice Disorders
Delay the Disease: Exercise and Parkinson Disease
Not Just a Movement Disorder: Cognitive Issues in PD
Caring and Sharing

For more information go to www.youngparkinsons.org

Omaha Proclamation Ceremony
Left to right: Ray Anderson, Lisa Brovold, Lola Anderson, Mayor Mike Fahey, Mary Egger, Tom Fay and Colleen Wuebben

#1 - Speakers for the North Platte Symposium: Dr. John Bertoni, Dr. Jose Cardenas, Dr. Diego Dr. Torres, Dr. Lillian Larson, Kaylene Sodawasser, Melissa Harmon and Julie Knoll with Lisa Brovold in front; #2 - John M. Bertoni, MD, PhD - Movement Disorder Specialist; #3 - Bev Baker, Chapter Treasurer, Mary Egger, Chapter President and Drew Theophilus, past HIH Committee Chair; #4 - Broken Bow Proclamation Ceremony; #5 - State of Nebraska Proclamation Ceremony at State Capital; #6 - Grand Island Support Group at Proclamation Ceremony
A Place to Belong...

**Adams**
Karma Boddy - Co-Facilitator
Diane Nieven - Co-Facilitator
Gold Crest Retirement Center
200 Levi Lane
(402) 988-7115
3rd Tuesday at 6:30pm

**Beatrice**
Harold Brown – Facilitator
Good Samaritan
1306 S. 9th Street
(402) 228-2680
1st Monday at 10am

**Broken Bow**
Glenda Ward - Facilitator
Prairie Pioneer Center
1314 South “B” Street
(308) 872-3974
2nd Thursday at 7pm

**Columbus**
Virgil Chochon – Facilitator
Columbus Community Hospital
4600 38th Street
(402) 564-1438
2nd Thursday at 1:30pm

**Fairbury**
Lana Likens – Facilitator
Jefferson Community Health Ctr.
2200 “H” Street
(402) 729-3351
1st Monday at 10am

**Gering-Scottsbluff**
Jack & Donna Johnson-Facilitators
Northfield Villa
2550 21 Street
(308) 235-2513
4th Wednesday at 2pm

**Grand Island**
Connie Van Wie - Co-Facilitator
Charlotte Brown - Co-Facilitator
1st Presbyterian Church
2103 West Anna Street
(308) 382-3713/384-5997
3rd Sunday at 2pm

**Hastings**
Flossie Saathoff - Facilitator
First St. Paul Lutheran
918 W. 4th Street
(402) 462-9970
4th Wednesday at 2pm

**Kearney**
Andy & Nevabelle Howe – Facilitators
First United Methodist Church
4500 Linden Drive
(308) 234-1570
2nd Tuesday at 2pm

**Lincoln**
Judy Johnson – Co-Facilitator
Emie Wedergren - Co-Facilitator
Madonna Rehab Center
54 and South Streets
(402) 435-8946/304-1950
4th Sunday at 2pm

**Early Onset**
Bruce & Kristi Griffith - Co-Facilitators
(402) 449-2584 - Kristi
Call for day/time

**McClellan**
Wally & Gloria Gummere – Facilitators
Community Hospital
1301 E. “H” Street
(308) 276-2651
3rd Monday at 7pm

**North Platte**
Phil & Bonnie Sykes – Facilitators
Lutheran Hospital Nebraska Rm.
2700 Norfolk Avenue
(402) 371-6613
1st Tuesday at 2pm

**Omaha**
Ron & Maxine Kantor – Facs.
Creighton Univ. Med. Center
601 N. 30 Street, Dining Rms A-C
(402) 393-9169
3rd Thursday at 11:30am

**Caregiver’s Gathering**
Mary Mick - Facilitator
APDA Nebraska Chapter Office
501 N. 87 Street, Suite 207
(402) 449-4535
Every Tuesday at 10am

**Exercise Only – Omaha**
Melanie Clark, RPT – Co-Facilitator
Linda Fuchs, RPT – Co-Facilitator
St. Leo’s Church, 102 and Blondo
(402) 391-4052 or 533-8242
Every Tuesday at 11am

**Caregiver’s Gathering**
Mary Mick - Facilitator
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St. Leo’s Church, 102 and Blondo
(402) 391-4052 or 533-8242
Every Tuesday at 11am

**Early Onset**
Katie Domayer – Co-Facilitator
Colleen Wuebben - Co-Facilitator
(402) 551-0602 - Katie
(402) 397-0327 - Colleen
Call for day/time

**Lincoln**
Judy Johnson – Co-Facilitator
Emie Wedergren - Co-Facilitator
Madonna Rehab Center
54 and South Streets
(402) 435-8946/304-1950
4th Sunday at 2pm

Evening
Lisa Brovold
APDA Nebraska Chapter office
501 N. 87 Street, Suite 207
(402) 449-4535
4th Tuesday at 6:30pm

**Sioux City, Iowa**
Marilee Lynn - Facilitator
Sioux Land Senior Center
Hamilton Blvd & West 4 Street
(712) 389-2954
3rd Monday at 1pm

**Spencer**
Ray & Nellie Faye Hagberg–Facilitators
Our Savior Lutheran Church
101 S. Whipple
(402) 589-1576
3rd Tuesday at 2:30pm

**York**
Rita Maloley – Facilitator
York General Hospital
2222 Lincoln Avenue
(402) 362-0440
3rd Tuesday at 2pm

**Exercise Only – Omaha**
Melanie Clark, RPT – Co-Facilitator
Linda Fuchs, RPT – Co-Facilitator
St. Leo’s Church, 102 and Blondo
(402) 391-4052 or 533-8242
Every Tuesday at 11am

**Fitness Works**
Jacey Gengenbach, NSCA - CPT
1032 S. 74th Plaza
(402) 934-8881
Monday: 12pm - 1pm*
Tuesday: 6pm - 7pm*
Saturday: 9am - 10am*

* $10 charge/session

Lt. Governor Sheehy’s Parkinson’s Proclamation Signing Ceremony
AUGUST DATES

Omaha Get Together
Friday, August 21, 2009
5:30pm at 114 S. 67th Avenue
Mary Egger, Chapter President will be hosting a get together at her home for the Parkinson’s community. It is a time for people wanting to volunteer to see what is available. Also, future plans for the Chapter will be discussed. Join us for an informative, relaxing time.

Parkinson’s Night at Rosenblatt
Omaha Royals vs. New Orleans Zephyrs
Wednesday, August 26, 2009
Gates open at 6pm with the Game starting at 7:05pm
$5.00 for the APDA Parkinson’s community
Kids eat free!