



# MESSENGER



WINTER  
2023

Hello Friends!

I hope this newsletter finds you and your families safe and well as we embark on 2023. This year is very special as it marks the 40th anniversary of the Michigan Parkinson Foundation! In celebration of this milestone, and to improve the quality of our community support, we are in the process of going through a complete rebranding and website redesign. MPF, along with local marketing company, Karma Jack, are working to engage staff, our board of directors and participants throughout the state to select a brand that best aligns with hope, optimism and movement. So, this will be the last newsletter in this particular format and our April newsletter will be in our new branding. As we begin the rollout of the new brand and website, we

will be offering Zoom sessions and tutorials to make sure that navigating our new platform is seamless. And, as we begin our 40th year in service to families with Parkinson's, we will be hosting events and programs to celebrate throughout the year.

I would be remiss if I didn't kick off our new year newsletter with a plug for exercise. The resolution to exercise more in the new year is prevalent for many of us but is even more meaningful for the Parkinson's community. When you have Parkinson's disease, exercise is as important as taking your medications on time. Exercise helps to maintain strength, flexibility, balance, and cognitive acuity so you can continue to do the things you have to do and the things you love to do (Stanford, 2023). So, to

help bolster any new year's resolution, please enjoy the contents of this newsletter highlighting our regular Zoom exercise instructors offering PWR! Moves as well as Yoga six days a week, opportunities to get involved in some active research studies, information on Mindfulness classes, new support groups and more!

Thank you all for all you do to make the Michigan Parkinson Foundation the wide network of relationships and resources that it is. I am thrilled to embark on exciting changes and celebrate an incredible 40 years of mission-focused work with you.

Sincerely,

A handwritten signature in black ink that reads "Kristin Rossi".



## SPOTLIGHT ON INSTRUCTORS: “MEET THE TEACH”

### KATIE BOURDEAU | MONDAY

Katie is a physical therapist currently working at Henry Ford Health in an outpatient clinic. She is fortunate to work with people with Parkinson's with one-on-one physical therapy, in person exercise classes, and with the virtual classes that MPF sponsors. She is inspired daily by the resilience that her clients have, and the dedication they have towards their health. She has witnessed the integral

role exercise plays in slowing the progression of Parkinson's disease and improving quality of life and function at every stage. Katie believes it is one of the best tools in a person with PD's tool belt.

While Katie is a native Michigander, she completed her physical therapy schooling at The University of Colorado, and skied as much as she possibly could while living there. Currently she enjoys getting



outside as much as she can to bicycle, canoe, and camp, and recently joined a curling league.



### Angee Ludwa | TUESDAY

Angee Ludwa has been practicing as a physical therapist for 25 years and has spent the past 15 years following her passion:

helping people with Parkinson's disease live everyday to their fullest. She works for Ascension Genesys Hospital in their outpatient neurological clinic and also teaches exercise classes for people with Parkinson's at Ascension Genesys Health Club. Angee is the person who brought the idea of virtual exercise classes to the Michigan Parkinson Foundation during the pandemic. Out of her concern that people with Parkinson's would become more isolated and sedentary during lockdown, these enriching classes were born. She has been actively involved in Michigan Parkinson foundation

programs and events for many years and also serves as an ambassador for the Davis Phinney Foundation. Angee is incredibly active in the local community supporting fundraisers and speaking at events to help grow awareness about Parkinson's disease. She loves teaching the virtual exercise classes for the MPF and has met many wonderful people across the state.

Angee also has a very personal connection to Parkinson's in her mother. When she's not teaching or working with patients, Angee likes to stay active with her husband and three boys.

## NEW YEAR, NEW PLAN TO EXERCISE



## SPOTLIGHT ON INSTRUCTORS: “MEET THE TEACH”

### Mindy Eisenberg | WEDNESDAY & FRIDAY

Mindy Eisenberg, MHSA, C-IAYT is the Founder and Director of Yoga Moves MS, a non profit 501C (3) with the mission of improving the quality of life for individuals with MS, Parkinson's disease, and neuromuscular conditions. She is the author of Adaptive Yoga Moves Any Body, created for individuals with MS and neuromuscular conditions and Adaptive Yoga Cards, daily yoga moves for all ages and abilities. Mindy has provided yoga therapy to individuals with mobility challenges for over eighteen years and thrives on building a strong, mighty community for her students and families. She is a qualified Mindfulness-Based

Stress reduction teacher, Certified Buteyko Breathing Instructor, and Reiki Master. Her experience as a health care administrator at the University of Michigan Medical Center contributes to her ability to bring the Yoga Moves philosophy of healing and the importance of the mind-body relationship to the health care arena. Mindy presents for national, corporate and yoga therapy organizations, and has trained hundreds of adaptive yoga instructors. She has a Bachelor of Science from Northwestern University and a Master of Health Services Administration from the University Michigan. She lives with her husband, and puppies, Felix



and Oscar in Franklin, Michigan and enjoys visiting her daughter and son, Julia and Noah, in New York City.

In her spare time, she likes to read, kayak, hike, garden, and expand her cultural awareness at the theater, dance, and museums. She views herself as a perpetual student and loves to take classes on a variety of subjects.



### Torrey Davenport | THURSDAY

is PWR! and LSVT BIG certified and enjoys working with people with Parkinson's or Parkinson's plus conditions in the clinic and in her exercise classes. Torrey's grandfather, Lonnie, has Parkinson's disease so she has a personal family connection to the disease. Her grandfather attends her Zoom exercise class and lives 3.5 hours away from her so this has been a way for them to still connect each week and spend time together.

She was also able to meet a participant and his wife in-person over the summer while they were visiting northern Michigan and enjoyed getting to know his personal story. People who haven't yet attended a virtual class should know that these

classes are more than just watching an instructor on a video screen, you can make lifelong friendships with other participants or instructors despite not meeting in person for the class. Torrey would encourage anyone who is thinking about joining the virtual exercise classes to log on and watch a session! Regardless of ability there is something for everyone and you just might find you look forward to socializing with the group each week as well!

Torrey lives in Traverse City with her husband, Justin and their golden retriever, Fitz. Torrey is expecting her first child this May 2023. Outside of work Torrey enjoys running and ran her first marathon this year! She also enjoys hiking, camping.



## SPOTLIGHT ON INSTRUCTORS: “MEET THE TEACH”



Amy Yorke | **ALTERNATING SATURDAY**

Amy Yorke is an Associate Professor at the University of Michigan-Flint. She is Board Certified in Neurologic Physical Therapy. She is passionate about empowering people with neurologic conditions to live their best life. In 2016, Amy started a student-led exercise class for people with Parkinson's disease at the University of Michigan-Flint and over time has increased her engagement with the Parkinson's community. She appreciates the level of expertise

and commitment found at the Michigan Parkinson's Foundation. She is passionate about ensuring the people with PD have access to physical therapy professionals who are highly skilled and knowledgeable to deliver the best possible care. If you have ever attended one of her classes, you most certainly will remember her laugh and smile. Amy lives in Millington, MI with her husband Jeff. They have two sons that are in college and both playing basketball.

Jaime Haines | **ALTERNATING SATURDAY**

Dr. Jamie Haines is an Assistant Professor in the Physical Therapy Department at Central Michigan University. She received her Master of Science in Physical Therapy from Grand Valley State University and completed her DScPT from Oakland University. She is a Board Certified Neurologic Clinical Specialist through the American Board of Physical Therapy Specialties, certified in 2005 and recertified in 2015 and is a Parkinson's Foundation Physical Therapy Faculty Scholar. Dr. Haines has been recognized for her teaching by receiving an Excellence in Teaching Award in 2020. Dr. Haines oversees physical therapy services

at Hands for Health, a student led pro bono clinic at CMU. In addition, she supervises students in the program's weekly exercise and dance class for people with Parkinson's disease and is the Central Michigan Area Parkinson's Support Group facilitator. Dr. Haines' research interests include Parkinson's disease, use of assistive technology to promote recovery principles, and teaching and learning principles in DPT education. She is a member of the American Physical Therapy Association and International Movement Disorder Society. She is married to Jason, with three amazing children; Scott, Brooke and Ally. Jamie and Jason



love traveling with their Sprinter 4X4 Camper van and Bella, their 100 lb. Rhodesian Ridgeback.

### OPEN HOUSE ZOOM MEETING

The Open House “Meet the Teach” via Zoom will be on March 14 at 6:30 p.m.-7:30 p.m. This virtual meet and greet will include all the exercise instructors for a moderated discussion on the importance of exercise, their favorite tips and tricks and also opportunities to get to know their hobbies and interests!

## MINDFULNESS

FEBRUARY 6-MARCH 27

Join us for this FREE 8-Week Mindfulness & Compassion Course for People with Parkinson's sponsored by the Michigan Parkinson Foundation February 6th through March 27. The stress of living with Parkinson's Disease can be physically and emotionally demanding. The practices of mindfulness & self-compassion can support us in our most difficult times. Mindfulness is paying attention to your present moment experience

with acceptance and curiosity. Self-compassion is meeting yourself with kindness. Cultivating mindful attention and self-compassion will deepen your ability to be present, help you manage challenging experiences, and create space for wise choices in all areas of your life.

These sessions fill up quickly, if you miss this winter offering, please stay tuned for our fall session Monday, October 9 - November 27 from 12:00 - 1:30 pm.



**Register here:** <https://secure.qgiv.com/for/8mccfpwpf2/event/864570/>



**CENTRAL**  
MICHIGAN UNIVERSITY

We invite you to participate in the study, testing effectiveness of the NewGait® rehabilitative system in correcting gait impairments.

*Please contact us if you:*

- 25 years of age or older
- Have sustained walking impairments due to lower extremity paresis post stroke, multiple sclerosis, Parkinson's disease, brain injury or other neurological deficits.
- Able to walk independently at least 50 ft (with or without assistive device)
- Have Full or near-full range of motion in major lower extremity joints and no pain or recent orthopedic problems affecting your walking.
- Have normal or corrected to normal vision and can follow simple instructions.



The testing will be conducted in the Central Michigan University Motion Analysis Center in the Health Professions Building 1356 and will last approximately 1.5 hour. During testing you will walk 30 ft distances in different conditions, including walking without assistive device; walking with the NewGait® rehabilitative system assisting foot and hip motions; walking with off-the-shelf ankle foot orthosis; and walking with your own orthosis if you regularly wear such. Each walking condition will be repeated 3 times, with the total of 12–15 trials, each of which can last 1–2 min and may cause some fatigue.

**You will receive compensation of up \$50 for the study immediately after completion of testing.**

**PLEASE CONTACT KSENIA USTINOVA at [ustin1k@cmich.edu](mailto:ustin1k@cmich.edu) or by phone (989) 854-5880 if you are interested and/or have additional questions.**



## NEW YEAR, NEW PLAN TO EXERCISE



# BREATH WORK

By Mindy Eisenberg, MHSA, C-IAYT

I love when my students ask questions. One of the most asked about topics is the breath. During Yoga Moves online classes for the Michigan Parkinson Foundation, many ask insightful and pertinent questions about how to breathe correctly. As long as you are alive, you are a breathing human being, and as my teacher, Jon Kabat-Zinn is known for saying, “as long as you are breathing, there is more right with you than there is wrong.” We often forget this principle and there is much anxiety around how to breathe. A breath practice should be accessible to Any Body, and nobody should be made to feel like they are doing it wrong.

We breathe an average of 25,000 times per day. It is safe to say that we do not do anything as much as we inhale and exhale. According to experts, most individuals, as many as 70 to 80 percent, can improve the way in which they breathe. The World Health Organization estimates that hundreds of millions suffer from chronic respiratory diseases including

Chronic Obstructive Pulmonary Disease, sleep apnea, and asthma. Excluding undiagnosed cases, 25% of the adult US population has sleep apnea. Apnea can result in a myriad of conditions including ADD, diabetes, and high blood pressure. Surprisingly, many with apnea are undiagnosed.

Breathing is a primary biological function and can impact every dimension of your life. Attuning to the breath can result in a calmer nervous system, improved ability to cope with stress and pain, better quality sleep and an overall sense of ease and well-being. According to research, the breath has the power to impact several common conditions including:

### Asthma and other chronic respiratory diseases

- Anxiety
- Depression
- Headaches
- Pain
- Sleep apnea
- Fatigue
- Cardiac function and circulation
- ADHD

As if the above stated reasons are not enough to convince you to embark upon a breath awareness practice, know that attention to the breath is fundamental to a yoga practice and is the first step to building your mindfulness “muscles”. When you attune to your breath, you are developing the ability to be in the present moment. In fact, a great way to begin a meditation practice is to focus on your breath.

## NEW YEAR, NEW PLAN TO EXERCISE

Pranayama is a Sanskrit word that refers to conscious breathing exercises. For ages, yoga breathing practices and skills have been passed down through the generations. These, combined with more modern methods, backed by research, can be added to your Yoga Moves toolbox. They all aim to increase vital energy. The way we breath impacts our experience and is closely tied to our emotions. What if you could be empowered to feel better with simple and safe breathing techniques? The first step is to begin the New Year with an awareness of breath practice. The concepts are simple. Now let's put them into action.

### Begin with an Awareness of Breath Practice

Begin with an Awareness of Breath practice for a few minutes either when you awaken in the morning or go to sleep at night. You can hit your "refresh" button at any time of the day, and pause for a brief thirty second breath break which can trigger the relaxation response. When you attune to your breath, it often slows down and lengthens which creates a feeling of calm and relaxes the nervous system.

Prepare for breath awareness by finding a comfortable position, seated with a tall spine or lying down. You may wish to set a timer for a minute or two, and gradually increase the time to 3 to 5 minutes as you feel comfortable with your practice.

### TRIVIA QUESTION 1: Is it ever appropriate to mouth breathe?

**ANSWER:** For the most part, nasal breathing is preferable. The main exception is for competitive athletes who may use nasal and mouth breathing.

### TRIVIA QUESTION 2: Does taking a DEEP breath mean taking a BIG breath?

**ANSWER:** No. Breathing deep refers to breathing low in the belly and is required for abdominal-diaphragmatic breathing. Shallow breathing is associated with chest breathing.

*Keep asking questions*, Yoga Moves students! We want to hear your feedback and comments about this blog.

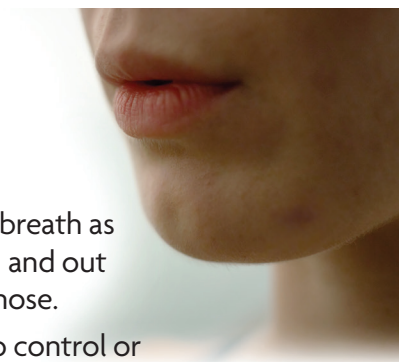
## SIMPLE STEPS:

1. Observe your breath as you breathe in and out through your nose.
2. Do NOT try to control or change your breath in any way.
3. Feel the sensation of breathing. Notice where the breath is most pronounced in your body. Where do you feel movement when you breathe?
4. Practice non judgement. There is no "right" or "wrong." For instance "slow" is not "good," and "fast" is not "bad."
5. Your mind will wander. That is what it is meant to do. When it wanders, simply acknowledge the thought. You may say to yourself, "thinking." Then direct your attention back to your breath with compassion.
6. Continue to rest your awareness in the movement and sensation of breathing.
7. Express gratitude to yourself for taking the time to focus on your breath as an act of self-care.

Many question about the qualities of a healthy breath. Research indicates that a functional breath is:

- Slow
- Low (in the belly and diaphragmatic)
- Through the nose
- Soft like a gentle breeze
- Rhythmic

For now, focus on the powerful act of Awareness of Breathing. We will address more details about a functional breath and other breathing techniques in the next newsletter.



## EXERCISE STUDY: YOU CAN GET INVOLVED

# Exercise Classes: Upcoming Role in a Clinical Trial

By Dr. Nicolaas Bohnen, MD, PhD, Miriam van Emde Boas, DPT, Chatkaew Pongmala, PhD, and Abigail Biddix

Recently, there has been increased interest in the role that exercise plays in people with Parkinson's Disease. Research shows that exercise can help maintain strength, flexibility, and coordination. There is also evidence that certain types of exercise have a direct, positive impact on the brain and PD itself. It is obvious that exercise is beneficial, however, the body requires additional "physical activity" as well. Physical activity is defined as any body movement that involves energy such as standing, which is different than exercise. Consequently, being "inactive" or "sedentary" means not being physically active. We all can and should be physically active in addition to exercising.

Inactivity (e.g. sitting), can eventually lead to an increase of "bad" cholesterol, inflammation in the body, and the risk of blood clots – hence the term, "sitting is the new smoking." Additionally, inactivity can decrease insulin sensitivity, which is seen in people with Type II Diabetes. If someone exercises regularly, but spends the rest of their day sitting down, they are still inactive or sedentary most of the time. Unfortunately, the negative impact sitting has on health may not be offset by short periods of exercise. This means it is of great importance to combine physical activity with regular exercise to stay healthy.

So how can you achieve this balance? The good news is that the Michigan Parkinson Foundation is working with Dr. Bohnen's Functional Neuroimaging, Cognitive and Mobility Lab at the University of Michigan to incorporate daily physical activity with exercise classes. Dr. Bohnen's lab is conducting a clinical trial to test the effects of an interventional device on Parkinson symptoms. This device increases daily physical activity levels without needing to commit extra time, because it is fully integrated into your tasks at home.

At the start of the study, participants will be asked to come into Dr. Bohnen's lab in Ann Arbor to get baseline measures of mobility, cognition, and metabolic function. Then, participants will be randomly divided so some will have the device placed in their own home for twelve weeks (test group) and others will not receive a device (control group). During this period, all participants will be asked to attend weekly exercise classes through the Michigan Parkinson Foundation. Afterwards, participants will return to the lab and repeat the assessments from the first visit. The two visits will be compared to see how physical activity and exercise impact motor skills, thinking and memory, and metabolism. One goal of this trial is to show how beneficial physical activity is alongside regular exercise. Additionally, Dr. Bohnen hopes to validate the device as a rehabilitation/therapeutic device for people with Parkinson's that can be used at home. If you would like to read more about the study, please visit the clinical trial posting:

<https://clinicaltrials.gov/ct2/show/NCT05586490>



If you are interested in participating in this clinical trial, please contact the study coordinator, Abigail Biddix, at (734)-936-5366 or [abiddix@med.umich.edu](mailto:abiddix@med.umich.edu). Dr. Bohnen's lab would like to thank the Michigan Parkinson Foundation for supporting our research and working alongside us during this clinical trial.



## SUPPORT GROUP CORNER

### Welcome new Support Group leader!

An avid reader, mother of three pets and mental health advocate. Shelby Budzeak is a Public Relations Coordinator for HealthQuest Physical Therapy. She handles all communication, marketing, and sales for HealthQuest. Shelby is passionate about mental health and believes people of all stages deserve support for various challenges in life, including helping those with Parkinson's disease.

Shelby has started a new Parkinson's Disease support group in the Anchor bay area and will be

the facilitator. She is looking forward to creating a community that supports people with Parkinson's Disease and their loved ones.



**Macomb The Village of East Harbor**  
**33875 Kiely Dr.**  
**Chesterfield, MI 48047**  
**2nd Thursday, 6pm**  
**Shelby Budzeak (586) 386-7149,**  
**sbudzeak@hqpt.com**

### TOUR DE SUPPORT GROUPS

Our Social Worker, Stephanie Woznak, Director of Education, Julia Wall and CEO Kristin Rossi, will be working hard to make it to each of our 76 support groups this year. From the southern most part of Michigan to the Upper Peninsula, we'll be there! Facilitators can watch out for communication on our visits!



### New Parkinson's Podcasts!

Despite the diverse resources allocated to improve the quality of life (QoL) of people with PD, there are very few avenues for interactions among the three major players involved in the treatment ecosystem- the patient who suffers from PD, the physician who is dedicated to supporting PD patients in the clinic, and the researcher who works to understand the disease mechanism and discover new and effective ways to manage the disease in the lab. The Grand Rapids Science Outreach Group based at the Van Andel Institute, Grand Rapids, MI is

creating a podcast to create such an avenue, funded by a grant from Research! America. We aim to interview local PD patients and discuss their QoL issues, while collating any questions they may have about the science behind PD to relay to physicians and researchers. In the subsequent phases, we will discuss this information with key players in the treatment and research landscapes. We hope that this two-pronged approach can create a holistic picture for listeners and provide easy to understand background information about the disease.

At this stage, we are actively looking for PD patients based in Grand Rapids who would be willing to be interviewed for the podcast (20-30 mins) in the coming months either via phone, video call, or in person. We invite volunteers to write to us at [grandrapidsog@gmail.com](mailto:grandrapidsog@gmail.com), or reach out to us on our Facebook (<https://www.facebook.com/GRSOGGroup>) or Twitter account (@GRSOGGroup). The podcast episodes once recorded and edited (tentative release-summer 2023), will be available on our social media accounts, and on major podcast platforms such as Spotify and Apple Podcasts. We look forward to hearing from you!

### CHECK OUT ANOTHER PODCAST THROUGH AFFINITY SENIOR CARE

CEO, Kristin Rossi will join the show on January 25, catch the recording here:

<https://affinityseniorcare.com/podcasts/>

# 2023 CALENDAR OF MPF EVENTS

Our calendar continues to develop as we dive into 2023, so stay tuned for these events on our new event website!

## JANUARY

**Virtual Education Series**  
3rd Tuesday via Zoom .. 1/17/2023  
**Painting for Parkinson's**  
**in Kalamazoo**  
Ongoing .....1/21/2023

## MAY

**Michigan Parkinson Foundation**  
**Symposium.** ..... 5/13/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 5/16/2023  
**Parkinson's Network**  
**North Conference in**  
**Traverse City** ..... 5/25/2023

## SEPTEMBER

**Detroit Walk** ..... 9/23/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom . 9/19/2023  
**Lansing Walk** ..... 9/30/2023

## FEBRUARY

**Mindfulness**  
February 6 - March 27 ....2/6/2023  
**AARP Virtual**  
**Presentation** .....2/9/2023  
**Walk Website launch** early February  
**Virtual Education Series**  
3rd Tuesday via Zoom ....2/21/2023

## JUNE

**Boat Run** ..... 6/7/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 6/20/2023  
**Partner program with Parkinson**  
**Foundation — Non-Motor Symp-**  
**toms and Intimacy** .... 6/26/2023

## OCTOBER

**Mindfulness**  
October 9 – November 27  
..... 10/9/2023  
**Grand Rapids Walk** .... 10/14/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 10/17/2023  
**40th Anniversary Gala** . TBD

## MARCH

**“Meet the Teach” Exercise**  
**Instructor Meet and Greet**  
**via Zoom** .....3/14/2023  
**Partner program with**  
**Parkinson Foundation**  
**Emotional Wellness** ....3/21/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom ..3/21/2023

## JULY

**World Parkinson Congress**  
**in Barcelona** .....7/4–7/7  
**Virtual Education Series**  
3rd Tuesday via Zoom..7/18/2023  
**Support Group**  
**Facilitator Training** .... 7/19–7/20

## NOVEMBER

**Quarterly Newsletter.**.. 11/8/2023  
**Virtual Education Series —**  
3rd Tuesday via Zoom .. 11/21/2023  
**Giving Tuesday** ..... 11/28/2023

## APRIL

**Quarterly Newsletter** . 4/2023  
**Parkinson's Awareness Day and**  
**Open House Event** .... 4/11/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 4/18/2023  
**Sedona Taphouse**  
**Partnership**..... TBD

## AUGUST

**Quarterly Newsletter.**.. 8/2023  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 8/15/2023  
**Traverse City Walk** .... 8/12/2023

## DECEMBER

**Holiday Open House.**.. TBD  
**Virtual Education Series**  
3rd Tuesday via Zoom .. 12/19/2023

# Art therapy workshop series



The C.A.R.E. Program will be offering four different virtual art therapy workshops using WebEx. The descriptions, meeting dates, and times are listed below. The cost of the class includes the weekly instruction by Kelly Darke, ATR-BC, M.Ed., BFA, and supplies listed with each series. All supplies will be mailed to the address listed in your registration form. **Registration is limited to 15 participants and required at least 2 weeks prior to first workshop meeting date.**

Registration and payment can be done on the website: [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

The cost for each workshop series is \$15.

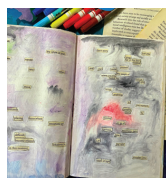
Questions or assistance with registration, call 866.574.7530 or email: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org)

## Altered book focused on your growth in the new year

January 25, February 1, 8, & 15  
12 – 1 p.m.

The new year is always a good time to evaluate our intentions and look for ways we can grow into the person we want to be. In this four-week art therapy workshop, we will be learning techniques to create an altered book around the theme of growth.

**The supplies that will be mailed to you for this class:**  
a hardcover book to be deconstructed, glue sticks, misc. papers, stickers, colored pencils, markers and miscellaneous craft pieces.

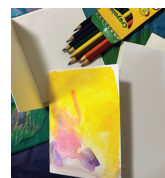


## Journaling on gratitude

April 5, 12, & 19  
12 – 1 p.m.

In this three-week art therapy workshop, we will use journaling as a gratitude practice. Practicing gratitude and journaling both help reduce anxiety and improve empathy.

**The supplies that will be mailed to you for this class:**  
paper for handmade journal, colored pencils, watercolor paints.



## Beaded bracelet on self-compassion

March 1, 8, 15, & 22  
12 – 1 p.m.

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend." Kristen Neff. In this four-week art therapy workshop, we will be focusing on the elements of self-compassion and putting it into practice.

**The supplies that will be mailed to you for this class:**  
jewelry box, beads, stretchy cord, pencils, markers, tissue paper and glue stick.



## Painting on canvas for self-awareness

May 3, 10, & 17  
12 – 1 p.m.

Developing a strong sense of self-awareness can help us improve our relationship with ourselves and regulate our emotions. During this three-week art therapy workshop, we will use painting and mindfulness to strengthen our self-awareness.

**The supplies that will be mailed to you for this class:**  
watercolor paints, 8" x 10" canvas boards, colored pencils and emotional color wheel template.



152369 12/22





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Permit #727

# MESSENGER

## Michigan Parkinson Foundation

30400 Telegraph Road, Suite 150

Bingham Farms, MI 48025

(248) 433-1011

(800) 852-9781

[www.parkinsonsmi.org](http://www.parkinsonsmi.org)

### MPF provides the following services to those with Parkinson's and their families:

More than 73 Affiliated Support Groups • Medication Assistance • Information Literature • Exercise Programs  
• Subsidized Respite Care • Neurologist & Community Referral • Education Programs • Advocacy

Consult your medical providers before acting on information in newsletter articles. This MPF publication offers information intended to be useful to people with Parkinson's, their caregivers and families, and the professionals who assist them, but they are not a substitute for qualified medical advice.

**YOUR GENEROSITY IS GREATLY APPRECIATED. PLEASE HELP US NOW! No matter how large or how small, every donation helps. Return to MPF, 30400 Telegraph Road, Suite 150, Bingham Farms, MI 48025, or donate on-line at [www.parkinsonsmi.org](http://www.parkinsonsmi.org)**



☒ **Yes I want to help!**

#### PLEASE SEND INFORMATION ON:

\_\_\_ How I can become an exclusive member of the  
Michigan Parkinson Foundations **CLUB 500**  
\_\_\_ Parkinson's Disease

Enclosed is my gift of \$ \_\_\_\_\_

Visa \_\_\_ Mastercard \_\_\_ Discover \_\_\_ Amex \_\_\_

Account # \_\_\_\_\_ exp. \_\_\_\_\_

Card Security Code: \_\_\_\_\_

Last 3 digits on back of card (4-digits on front of AMEX)

\_\_\_ In Memory of \_\_\_\_\_

\_\_\_ In Honor of \_\_\_\_\_

\_\_\_ Special Occasion of \_\_\_\_\_

Please notify the following person of my gift:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

#### PLEASE CONTACT ME ABOUT:

\_\_\_ How I can make a Recurring Donation (weekly, monthly, etc.)  
\_\_\_ How I might make a gift to MPF in my will, life insurance or  
other special means which may have tax advantages.

My Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_

Phone \_\_\_\_\_

I want to receive further mailings:

\_\_\_ By e-mail at \_\_\_\_\_

\_\_\_ By regular mail

\_\_\_ DO NOT SEND further mailings

\_\_\_ DO NOT INCLUDE my name in publications

Your kind donation will be used whenever needed. Please make checks payable to: Michigan Parkinson Foundation.

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