



# Michigan Parkinson Foundation

Care, Support &  
Education for  
Parkinson's Disease  
in Michigan  
SINCE 1983

# MESSENGER

FALL 2023

## Happy Thanksgiving Michigan Parkinson's Community

We have so much to be grateful for at the Michigan Parkinson Foundation. As I begin to look back on the year, I'm very proud of all we've accomplished together. We were able to bring back our in-person symposium last May, gathered all of our support group facilitators together for our summit in July, we held four successful walks with Traverse City being brand new, gathered community action committees to help make decisions on these walks, staff made it to more than half of our 76 support groups throughout the state, started a new one-on-one mentorship program, reached a record number of respite care hours served to families and held a successful Gala earlier this month...and the year isn't even over yet!

Thanks to everyone who came out and attended or supported any of our programs. You are what helps carry our mission forward and feedback from each of you helps us to better serve the community.

In giving thanks, I would be remiss not to recognize the important work of all the caregivers and care partners in our MI Parkinson's community during National Caregivers Month. According to AARP, there are more than 53 million unpaid family caregivers in the United States. Because this work is often unpaid, it also often goes unnoticed. The Michigan

Parkinson Foundation is here for you. If you are a caregiver who needs help, I encourage you to call us and to take advantage of our respite care program. We also have a special article in this newsletter dedicated to caregivers.

Finally, we are now entering a time of the year when we are counting on year-end gifts from the community. Your support fuels our programs, services and even this newsletter all year round. If you can find it in your means to give to the Michigan Parkinson Foundation, we would deeply appreciate your generosity. Enclosed in this newsletter, you'll also find some suggestions on ways to give to make it as seamless as possible. Thank you in advance for your consideration and your steadfast support.

I hope all the encouragement you've all shown me this last year is reflected back on you. I look forward to connecting with you more in 2024!

In Sincere Gratitude,

Kristin Rossi



## Understanding and Managing Your Parkinson's

By Angee Ludwa, Director of Exercise

Did you know that Parkinson's Disease (PD) is currently the fastest-growing neurological disease worldwide? The number of individuals diagnosed with PD is projected to exceed 12 million by 2040. While a cure remains elusive, there are various options available to help manage the symptoms. These include medication, deep brain stimulation, and, notably, exercise and nutrition.

### The Power of Exercise in Managing PD

A wealth of research underscores the significance of exercise in managing PD symptoms and slowing the progression of both motor and non-motor issues. The key is to find an exercise program that suits you, taking into consideration factors such as the duration of PD management, comorbidities, social support, and personal motivation. Remember, any form of exercise is better than none, and engaging in physical activity at least three days a week can yield real benefits. At the Michigan Parkinson Foundation, we are dedicated to providing PD-specific exercise classes for our community at no cost. Join our free Zoom classes, held Monday through Saturday, or our in-person session every Monday at 1 pm at the MPF office. All these classes are taught by trained

physical therapists as well as a yoga therapist trained in MS and Parkinson's. For more details about our classes and exercise opportunities visit our website at [parkinsonsmi.org](http://parkinsonsmi.org) or email Angee at [aludwa@parkinsonsmi.org](mailto:aludwa@parkinsonsmi.org).

### Nourishing Your Well-being with Nutrition

Nutrition is another essential aspect often overlooked in managing PD. Emerging research highlights the profound impact of diet on how you feel. A 2022 study in the *Journal of Nutrients* by Devon J. Fox, Sarah JaeHwa Park, and Laura K. Mischley compared the Mediterranean diet (MEDI) and the Mediterranean-DASH Intervention for neurodegenerative delay (MIND) diet. The study aimed to evaluate the impact of each diet on patient-reported outcomes. Results indicate that both diets are associated with reduced patient-reported symptoms over time, with the MIND diet showing particular strength in symptom severity reduction.

### Exploring the MIND Diet: A Path to Well-being

The MIND diet, similar to the Mediterranean diet, comes with specific guidelines for optimal health. Here are some key recommendations:

- 3+ servings a day of whole grains
- 1+ servings a day of non-leafy vegetables

- 6+ servings a week of green leafy vegetables
- 5+ servings a week of nuts
- 4+ meals a week of beans
- 2+ servings a week of berries
- 2+ meals a week of poultry
- 1+ meal a week of fish
- Primarily olive oil for added fat

While the MIND diet allows for poultry twice a week, most individuals who experienced a decrease in PD symptoms avoided or significantly limited poultry consumption.

For further insights into nutrition and PD management, check out Dr. Laura Mischley's informative lecture on YouTube titled "Parkinson's Disease: What do successful people do to slow down PD progression?"

### Unlocking the Secrets of Gut Health in Parkinson's Disease

*Gut Microbiomes:* Did you know that individuals with Parkinson's disease often have abnormal gut microbiomes? Research reveals they tend to possess fewer "good" bacteria and more of the "bad" bacteria. The big question is, how can this be corrected? One effective method is to nourish the "good" bacteria by incorporating plant fiber into your diet, a key recommendation from the MIND diet. Equally important is to "starve" the harmful bacteria by reducing your intake of animal

protein and animal products. By making these dietary adjustments, you can take a positive step towards better gut health.

### Stay Hydrated for Better Well-being

**Water:** Hydration plays a vital role in maintaining your overall well-being. While opinions on the ideal daily water intake may vary, it's generally suggested to increase your fluid intake throughout the day. Many experts recommend aiming for around 8 glasses of water daily. Staying hydrated is a simple yet effective way to support your body and maintain your health. Proper water intake also assists with medication absorption and also helps manage orthostatic hypotension.

### The Protein Puzzle in PD Management

**Protein:** Managing your protein intake is crucial, but it's important to consider the timing of your meals, especially in relation to medication. Ideally, you should wait at least 30 minutes before or after taking your medication before consuming high-protein foods. It might feel overwhelming to keep track of your protein intake, but there's no need to stress. You can start by monitoring your protein consumption for a few days to get a clearer picture. The recommended daily allowance is approximately 0.8 grams per kilogram of body weight. For instance, if you weigh 170 pounds, that's around 62 grams of protein. If you find it challenging to meet your daily protein requirements, here's a quick and delicious solution: *Protein Balls*. Try this easy-to-make recipe (right) for a tasty protein boost.

Remember, the path to well-being often begins with small, positive changes in your lifestyle and diet. Moderation is key and it's ok to enjoy a "treat" occasionally. We know how important Exercise is for our body, but nutrition is just as important. Exercise and Nutrition can play a huge role in managing PD symptoms.

Disclaimer: Always consult with a healthcare professional for personalized advice on managing Parkinson's disease and related health issues.



## Protein Balls

### Ingredients:

- 1½ cups old-fashioned oats
- ½ cup protein powder (optional)
- 1 tbsp chia seeds
- ½ tsp cinnamon
- ½ cup peanut butter (or almond butter)
- 3 tbsp honey
- 1 tsp vanilla extract
- 2-4 tbsp liquid (water or almond milk)

Add-ins like chocolate chips, raisins, etc.

### Instructions:

1. Combine oats, protein powder, chia seeds, and cinnamon in a large bowl.
2. Add your preferred add-ins, such as chocolate chips.
3. Gradually pour in the liquid and stir until the mixture becomes sticky.
4. Form the mixture into balls using your hands.
5. Place the protein balls in a container and refrigerate for at least 45 minutes. Store them in the refrigerator for ongoing enjoyment.

#### References

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318912/>)

Grace F. Crotty, Michael A. Schwarzschild. *Front Aging Neurosci.* 2020; 12: 186 Chasing Protection in Parkinson's Disease: Does Exercise Reduce Risk and Progression?

<https://davisphinneyfoundation.org/event/webinar-nutrition/-webinar> on nutrition

<https://davisphinneyfoundation.org/plant-based-diet-for-parkinsons/> article on nutrition

Amon P, Sanderson I. *Arch Dis Child Educ Pract Ed* 2017;102:258–261. doi:10.1136/archdis-child-2016-311643

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9739738/>)

N Devon J, Fox Sarah, JaeHwa Park, Laurie K, Mischley. *Nutrients.* 2022 Dec; 14(23): 5185 Comparison of Associations between MIND and Mediterranean Diet Scores with Patient-Reported Outcomes in Parkinson's Disease

# Meet the Mentors!

Check out the founding mentors of our NEW! Mentorship program. You will be seeing their names and faces come up on the website here: <https://parkinsonsmi.org/grow/#ourmentorship>.

**Interested in becoming a mentor or have more questions about how to contact a mentor? Contact Rita at [rdachs@parkinsonsmi.org](mailto:rdachs@parkinsonsmi.org)**



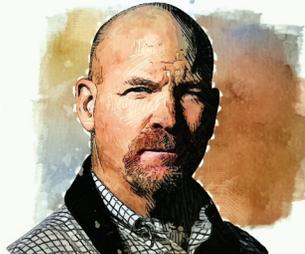
**Joe Arevalo**

Joe was diagnosed with Parkinson's at the age of 29 and has had multiple surgeries associated with DBS. He believes that life with Parkinson's may be difficult, but it is definitely not impossible.



**Todd Gardner**

Todd was diagnosed with Parkinson's at the age of 43, and he has been determined not to let PD interrupt his enjoyment of life, chiefly, playing golf — the game he loves passionately and tirelessly.



**Steve Femminino**

Steve was diagnosed with Parkinson's nearly 16 years ago, had DBS surgery and maintains a generally optimistic outlook for the future. Steve and his wife, Rose, also serve as long-standing support group facilitators and have been counseling people with PD for many years.



**Melissa Hrbcek**

Melissa, diagnosed prior to her 37th birthday with Young Onset PD, remains determined not to lose her sense of humor and is committed to making the best of her life. Embracing each day with resilience, she serves as an inspiring example of optimism within the Parkinson's community.



**Jennifer Traver**

Jennifer Traver was diagnosed with Young Onset PD at age 46. Her primary concern at the time was for her kids and now wants to stay healthy both mentally and physically and make a difference.



**Steve Lounsbury**

Steve Lounsbury was diagnosed in 2009 but credits his new lease on life to his DBS surgery. He believes that activity/exercise is a very important tool to delay the effects of PD.



**Nate Jolliff**

Nate was diagnosed in 2021. Despite the challenges posed by Parkinson's, he draws on his military background and successful career to passionately support Veterans in the Parkinson's community and offer guidance to newly diagnosed individuals on their journey.



**Kathy Brown**

Kathy has been a Care Partner to her husband since 2012. She has learned that knowledge is so important when it comes to managing Parkinson's and being an advocate for your loved one. Through this journey, Kathy emphasizes the power of education and mutual support.

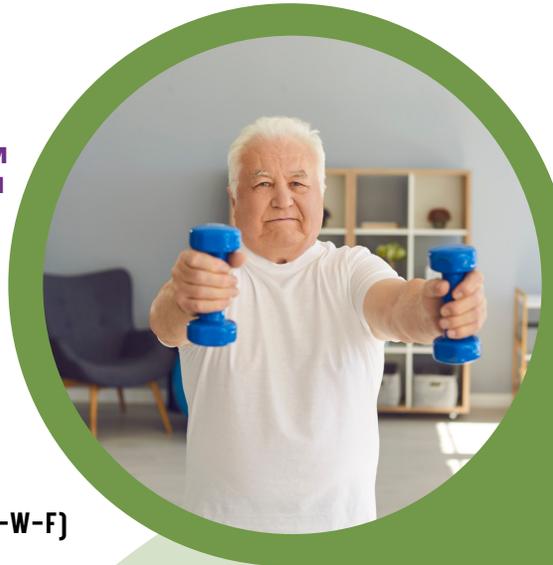
## PARKINSON'S EXERCISE GROUP

### New Series!

January 2 - March 1,  
2024

**Mondays 1:15-2:15 PM**  
**Wednesdays 12 - 1 PM**  
**Fridays 12 - 1 PM**

In Partnership with:



**6-Week Sessions (M-W-F)**

**\$75 Members /**  
**\$85 Non-Members**

Registration for January/February  
2024 opens Monday, December 11  
at 8 AM.

### Participants will benefit from:

- Physical Movement Specific to Parkinson's Disease
- Tai Chi for Parkinson's
- Speech and Cognitive Exercises
- A Supportive and Engaging Environment
- Improving Overall Health and Wellbeing
- Connecting With Others in the Parkinson's Community

**CALL  
TODAY!**

269-329-4555

senior@portagemigov

mypzsc.portagemigov



## Giving Tuesday

Help support the Michigan Parkinson Foundation through our Giving Tuesday Fundraiser featuring this fun swag! Starting November 27 you can purchase either or both of these great items and help raise funds for MPF. Check your email, our Michigan Parkinson Foundation Facebook page and website on November 27 for more details.



This fundraiser will last two weeks.

## Newley Diagnosed Nook



The Michigan Parkinson Foundation will now be offering our Parkinson's Orientation for Newly Diagnosed individuals monthly! Parkinson's Orientation will be offered the first Wednesday of each month and will have virtual or in-person opportunities. To register or get more information, please contact Julia Wall at [jwall@parkinsonsmi.org](mailto:jwall@parkinsonsmi.org) or 248.419.8009. Please find the dates for the first Wednesday of each month below and please help us spread the word!

December 6, 2023

January 3, 2024 – virtual

February 7, 2024

March 6, 2024

April 3, 2024

May 1, 2024

June 5, 2024

July 3, 2024 – BREAK,  
no orientation this month

August 7, 2024

September 4, 2024

October 2, 2024

November 6, 2024

December 4, 2024

# YOU MATTER

## Accepting Health as a Caregiver

By Shawn Bennis, MSN, RN, CHC, C.A.R.E. Program Specialist, Henry Ford Health and Faith Community Nurse

Caregiving is challenging, often goes unnoticed, and at times caregivers forget about their own health. Caregiving also brings many rewarding experiences, too. You have the extra time with your loved one that other people do not get. You experience their life with them in a way that is unique and intimate. Caregiving comes in all forms; you may be living with the person you care for 24/7 or you may be a part-time caregiver that calls or texts the person you care for every week. You may be a spouse, neighbor, friend, brother, sister, daughter, or son. Whoever you are and wherever you are on your caregiving journey, YOU matter. YOU are important. YOUR health is important. This may seem obvious when reading it; but ask yourself if you honestly believe it for yourself. Check in with yourself. Are you doing something for YOU every day? Are you taking care of YOUR physical health? Are you taking care of YOUR mental



health? Are you taking care of YOUR spiritual health? All these aspects of health are important for the person(s) you care for and are important for YOU.

You may be thinking all these things are important, but you find yourself short on time, like so many caregivers. Your challenge today is to make your health and well-being a priority. This does not mean that you are stopping your job as a caregiver or neglecting your many responsibilities as a caregiver. It means choosing YOU.

The following are some ideas to get started.

- Join a virtual or in-person caregiver support group where you can interact with other caregivers.
- Read an inspirational blog article to begin your day or week.



- Start a gratitude journal by writing down 3 things you are grateful for at the end of your day.
- Ask teenagers in your family or neighborhood for help—they want to be involved too.
- Order carryout if cooking a meal is overwhelming.
- Join a social media group for family caregivers.
- Go for a walk after a meal.

Henry Ford Health offers a variety of virtual and in-person support groups, educational sessions, and has an art-therapy inspired blog especially designed for caregivers. You can browse our website, contact us directly, and/or register online: [www.HenryFord.com/FamilyCaregivers](http://www.HenryFord.com/FamilyCaregivers) or call toll-free: 866-574-7530



Being a caregiver and care partner is difficult work. Please know that the Michigan Parkinson Foundation is here for you if you need respite. To find out more about our respite care financial assistance program, please contact [respite@parkinsonsmi.org](mailto:respite@parkinsonsmi.org) or 248.419.7170. Call us, We can help.

Please also note that we are a small team serving the entire state of Michigan. We work hard to return all messages within 48 hours. If we miss your call, just leave a message and we will call you back!

# Welcome Jazlyn Whitmore, MPF's New Intern



The Michigan Parkinson Foundation is very lucky to be working with new intern, Jazlyn Whitmore! Jazlyn recently completed her Bachelor of Arts in Psychology at Michigan State University this past spring, and she began her Master of Social Work at Wayne State University this Fall semester. She is currently working on a concentration in interpersonal practice with an interest in counseling relating to intimacy and partnerships. When able, she enjoys reading and spending time trying new activities with loved ones, like

traveling, eating at new restaurants, or even picking up interior decorating. She's taking on some great projects at Michigan Parkinson Foundation like working towards an African American support group and advisory council; respite care assistance; diversity, equity, and inclusion (DEI)

outreach; and more! As she continues to work towards the important goals set at MPF, she seeks to learn more about the connectedness of the Parkinson's community, especially with community being a core necessity in social work. If she can continue to work to understand how the Parkinson's community came to be so strong, she can apply this knowledge to her future career goals and help create community anywhere and everywhere. Jazlyn will be working with MPF until early April 2024. Welcome, Jazlyn!



## ARE YOU LOOKING FOR...

- A fun way to strengthen the sound of your voice?
- A way improve vocal range, expression, and flexibility?
- A way to keep your voice in shape after voice therapy?

Two great ways to join in the fun:  
**ONLINE and IN PERSON**

IN PERSON: Tuesday 1-2pm  
Congregation Shaarey Zedek  
27375 Bell Rd, Southfield, MI

ONLINE: Thursday 1-1:45pm  
Virtual Voice Exercise & Sing along (via Zoom)

Motor City Upbeats is a community-minded therapeutic singing program founded & created by Alice Silbergleit, Ph.D., CCC-SLP, certified speech-language pathologist, and Elizabeth Esqueda, M.M. professional singer and voice teacher, to improve communication skills in individuals with Parkinson's and other neurological conditions. Classes led by Elizabeth, and Anna Cedoz, M.A. CCC-SLP, musician and voice therapist.

If you answered YES to any of the above, Motor City Upbeats Therapeutic Singing Club is for YOU! Our singing club is for ANYONE who enjoys music and wants to improve their voice!

## REGISTER TODAY!

Email [motorcityupbeats@gmail.com](mailto:motorcityupbeats@gmail.com) or call 248-417-7870 for registration, questions, & our current schedule.



Detroit Walk, Livonia Area Support Group

## Walking for a Purpose: Parkinson Hero Walk Season Wraps with Success

WOW, what an incredible walk season we had! Across all four walks the energy, enthusiasm, and passion participants brought to walk day was nothing short of extraordinary. You are all HEROES and the fortitude we saw from team captains, participants, and honorees showed just that.

We are so pleased to say that together, we had a combined 1,777 participants and raised an incredible \$390,723! None of this would be possible without strong fundraising support from team captains, participants, and sponsors. Since January, we have already provided over



12,000 hours of respite care and it is fundraising events like the Parkinson Hero Walk that allow us to have this kind of impact on the Parkinson's community and continue our programs and services completely free of charge.

Again, we cannot thank everyone who participated enough... you are our heroes, and we hope you felt the same magic that day that we did. Each step you took brought us closer to our goal and fuels our mission to help ensure each person with Parkinson's in Michigan and their families has access to quality care and support. THANK YOU!



Grand Rapids Nae Nae's Shakes Rattles and Rollers Team

**Traverse City Walk**

**August 12 . . . . . \$27, 018**

**Top Teams:**

- 1. Leelanau County Parkinson's Warriors . . . . . \$9,010
- 2. Cordia Conquerors . . . . . \$1,135
- 3. Manistee Minions . . . . . \$685

**Metro Detroit Walk**

**September 23 . . . . . \$220,752**

- 1. Team Jolliff . . . . . \$25,646
- 2. Rockin' in Rochester . . . \$16, 390
- 3. Livonia Area Support Group . . . . . \$11,993

**Lansing Walk**

**September 30 . . . . . \$61,725**

- 1. CMU DPT Gait-Keepers \$6,510
- 2. TNT Dynamite . . . . . \$6, 180
- 3. Team Trapsyth . . . . . \$4,200

**Grand Rapids Walk**

**October 14 . . . . . \$82,348**

- 1. Rock Steady Fighters . . . \$11,421
- 2. Sue's Solemates . . . . . \$11, 073
- 3. Team Spark . . . . . \$4,675



Detroit Top Team Joliff



Lansing Walk, Len's Ladies and Lades with hero sign



# Celebrating 40 Years: Highlights from the Michigan Parkinson Foundation Gala

A big MPF thank you to all who came out to support the Gala this year on November 3 at the Henry Ford Museum in Dearborn. At the top of this list is presenting sponsor, Tom and Carol Cracchiolo.

Tom was the founding chairman of the Michigan Parkinson Foundation and we were honored not only by his and Carol's overwhelming support, but we were also very pleased to welcome

his daughters Lisa Cracchiolo Peracchio and Ann Cracchiolo Caraway to our 40th Anniversary Gala. Thank you to the Cracchiolo family for your support over many years!

At the Gala, guests enjoyed a cocktail reception, a look back on the Michigan Parkinson Foundation's 40-year history from current chairman, Jeff Laethem, and CEO, Kristin Rossi followed by dinner and an inspiring keynote presentation from Bill Bucklew, adventure athlete diagnosed with Parkinson's in 2012, followed by music from the Mark Randisi band. Supporters of MPF were very generous this year, helping us raise \$211,000 prior to the event and \$58,061 on the night-of the event giving us a grand total of \$269,061. These funds are absolutely necessary to sustain our programs and services throughout the year. We thank all who supported and cannot wait to celebrate with you again next year!



1. & 2. Some of the Michigan Parkinson Foundation Board of Directors and Professional Advisory Board
3. Gala MC Channel 4's Priya Mann
4. Brad Potter enjoys the Gala Photo Booth
5. Gala Chairman, Jeffrey Laethem addressing the audience

# In 2022 the Michigan Parkinson Foundation provided approximately:



6,665

Hours of respite care paid for by MPF

We are tracking a 70% increase in hours so far in 2023

People served through exercise classes

13,500



1,296

People attended education programs

Information and referrals serviced and newly-diagnosed packets sent

2,807



12,000

Received *Messenger* newsletters each quarter



## Consider Making a Donation to the Michigan Parkinson Foundation Today!

Did you know that the Michigan Parkinson Foundation relies solely on donations to fund our programs and services throughout the state of Michigan? We are a local, independent nonprofit organization, not affiliated with any national organization. Your support fuels our mission!

### HERE ARE A NUMBER OF WAYS TO CONTRIBUTE FINANCIALLY:

- Donate in honor or memory of someone you care about on behalf of the 35,000 people living with Parkinson's in Michigan at <https://parkinsonsmi.org/support/#donatenow> or mail your donation to The Michigan Parkinson Foundation  
30400 Telegraph Rd.,  
Suite 150,  
Bingham Farms, MI 48025
- Restrict your donation to a specific program such as exercise, respite care, medication assistance, education.
- Give monthly! We can accept "recurring donations" or pledges on a regular basis at your convenience.
- Matching gifts! Ask your company if it has a Matching Gift program.
- Create or sponsor your own fundraising event to benefit MPF – call us for ideas.
- Form a Team and participate at one of our 4 Walks across the state: Traverse City, Metro Detroit, Lansing or Grand Rapids

## **MAKE A DONATION FROM AN IRA IF YOU ARE OVER THE AGE OF 70½.**

If you're 70½ or older, you can donate up to \$100,000 from your individual retirement account directly to charity. The contribution counts towards your required minimum distribution and isn't included in your adjusted gross income. That could qualify you for tax breaks tied to your adjusted gross income and could reduce or eliminate taxes on Social Security benefits.

## **PLANNED GIFTS**

A planned gift is a contribution that is arranged in the present and allocated at a future date. Commonly donated through a will or trust, planned gifts are most often granted once the donor has passed away.

### **Bequest**

Name the Michigan Parkinson Foundation in your will. Consult with us or your financial advisor to learn of the many ways you can leave a legacy.

### **Types of Charitable Bequests**

- Life Insurance Policy (premium payments may be tax deductible)
- Donate approved property to the MPF. Call the MPF for details.
- TOD (Transfer On Death) Bank Account naming the Michigan Parkinson Foundation as the transferee.

## **Deferred Gifts**

- Charitable Gift Annuity or Charitable Remainder Unitrust will pay you or you and your beneficiaries a fixed annual payment or percentage for the rest of your lives.
- Charitable Lead Trust pays income to the Michigan Parkinson Foundation for a period of years, with the remainder coming back to you or your beneficiaries.

No matter what your giving goals are, the important thing is to begin thinking about these opportunities now to realize the potential advantages both to you and the Michigan Parkinson Foundation.

Remember: No charitable gift can occur at death unless the proper documents are in place before the end of your life. If you are considering a gift to the MPF you will need the following information when you talk to your financial advisor about your will, charitable bequest, trust or donation. For questions or more information, please reach out via the information below:

Kristin Rossi  
Michigan Parkinson Foundation  
30400 Telegraph Road, Suite 150  
Bingham Farms, MI 48025  
Contact MPF at 248-433-1117 or 800-852-9781  
[www.parkinsonsmi.org](http://www.parkinsonsmi.org)  
Tax ID number: 38-2494280

**Our programs and services (even this newsletter!) are powered by individual donations.**



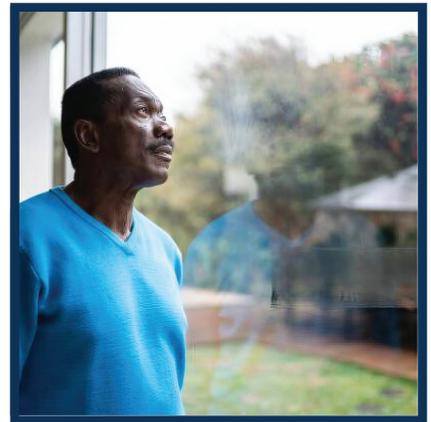
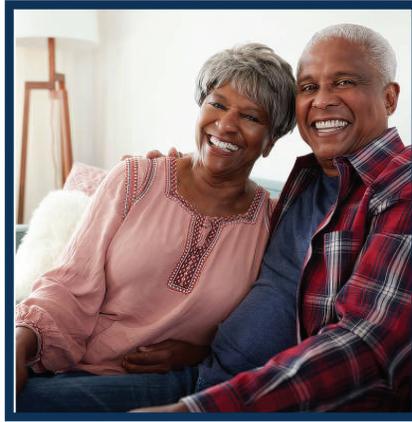
## Show YOUR Support for the Parkinson's Community

You can impact a life. While there is no cure for Parkinson's, once diagnosed, people with Parkinson's may live a long time with this chronic condition. The MPF is here to address the needs and challenges that people with Parkinson's and their families face at every stage of the disease. Your donation is needed to support our Parkinson's support groups, community education programs, Parkinson's exercise classes taught by physical therapists, financial assistance for in home personal care, respite care, medication assistance and services provided by the foundation's social worker.





# AFRICAN-AMERICAN PARKINSON'S SUPPORT GROUP



Let's navigate the Parkinson's journey together—with understanding, resilience, and a shared sense of community. Your story matters, and your strength inspires.

**When:** 2nd Tuesday of the Month at 1:00 p.m.

**Location:** ZOOM

**Contact:** Michigan Parkinson Foundation at 248.419.7170 to RSVP via phone or email [gwillis1030@gmail.com](mailto:gwillis1030@gmail.com)

## Upcoming Meeting Dates

**November 14**

**December 12**

**January 9**

**February 13**

**March 12**

**April 9**

**May 14**

**June 11**



Non-Profit Org.  
U.S. Postage  
PAID  
SOUTHFIELD, MI  
Permit #727

# MESSENGER

Michigan Parkinson Foundation  
30400 Telegraph Road, Suite 150  
Bingham Farms, MI 48025  
(248) 433-1011  
(800) 852-9781  
www.parkinsonsmi.org

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

More than 76 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 \_\_\_\_\_

### CARE, SUPPORT & EDUCATION FOR PARKINSON'S DISEASE IN MICHIGAN

#### 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.  
All gifts are tax deductible as provided by law. Tax ID number 38-2494280