



Michigan Parkinson Foundation

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

MESSENGER

SUMMER 2024

Happy Summer Michigan Parkinson's Community!

I hope that these recent days filled with sunshine are helping everyone get much-needed doses of not only vitamin D, but also exercise! If you're anything like me and my family, you're finding so many more reasons to be outside compared to one month ago.

I am not only energized by the warmer weather, but also the exciting work we've been doing in the community. Here is a glimpse into what our staff has been working on for the summer:

Manager of Northern Michigan Programs, Torrey Davenport, is doing an absolutely fantastic job getting resources to the Northern Michigan community. Not only does she host the Leelanau support group and exercise class each week, but she is also teaching a PD101 class on June 11 at 9 a.m. in Traverse City for newly diagnosed individuals and their families. Torrey is also making sure that we're helping caregivers in her caregiver education class on June 11 at 1 p.m. and the caregiver support group on June 25.

Additionally, Torrey has been visiting all the Northern Michigan support groups such as Cadillac and Cheboygan, and working to partner with the longstanding and robust nonprofit, Parkinson's Network North. And, in case you saw the benefits of rock climbing for people with Parkinson's on the Today Show, Torrey is hosting a climbing event at Elev8 in Traverse City on July 23. If you would like information on any of these activities, please reach out to Torrey at tdavenport@parkinsonsmi.org.

Director of Exercise, Angee Ludwa, is currently working on a partner educational event with the Davis Phinney Foundation on Wednesday, June 26 from 10 a.m. to 2 p.m. at the University of Michigan-Flint Riverfront Conference Center. For more information, contact aludwa@parkinsonsmi.org.

Interested in summer in-person exercise in southeast Michigan? Join Angee's class each Monday at 1 p.m. at the Michigan Parkinson Foundation office in Bingham Farms.

Directors of Education and Programs, Julia Wall and Stephanie Woznak, are looking forward to a great Leadership Summit on July 17 and 18 in Mt. Pleasant for support group facilitators, mentors, and exercise instructors. Reach out to programs@parkinsonsmi.org for more information.

From here, the sky is the limit as we head into Hero Walk season with the August 24 Walk in Traverse City followed by the September 14 Walk in Metro Detroit, September 21 Walk in Lansing and October 19 Walk in Grand Rapids. We hope you join us for one or all of these events! It's a great way to identify with others in the community and even see perhaps members of your healthcare or community support team!

Lastly, remember to stay cool this summer. As happy as we all are to see the sun, it's supposed to be a hot summer and Parkinson's symptoms may worsen in the heat. Remember to retreat to a cool environment when needed, take medications as directed, stay hydrated, and keep an eye out for orthostatic hypotension (drop in blood pressure) falls which are more common in hot weather.

It is my great honor to serve this community. I wish you all the very best and hope to see you at an upcoming event!

Sincerely,

Kristin Rossi



What's New in Exercise Research

By Angee Ludwa, MPT, Director of Exercise

Ongoing research exploring the benefits of exercise for individuals with Parkinson's disease (PD) has grown tremendously over the last few years, amplifying its importance. We know exercise is essential to help manage the symptoms of PD. An exercise participant recently said to me, "I know I feel better after I exercise, but what is it really doing for my body?" There is an abundance of animal research and limited human research on the physiological benefits of exercise. Parkinson's disease is the loss of dopamine producing nerve cells in the brain. Several factors can cause this loss, but ultimately, we want to try and stop or slow down the cell death and keep the remaining cells that are still alive healthy, and functioning well. Animal research has shown that aerobic exercise may protect dopamine neurons by decreasing oxidative stress, improving mitochondrial function, and increasing brain-derived neurotrophic factor (BDNF). These are all good things for our brain cells!

Park-in-Shape

As far as human studies are concerned, research is more limited but there are some promising studies. There is a trial called Park-in-Shape which randomly assigned 130 people with Parkinson's (PWP) to either an aerobic exercise intervention or stretching. A subset of participants in the aerobic group (25) and the control group (31) underwent resting-state functional and structural magnetic resonance imaging (fMRI and MRI) and also had a cognitive control task at the start of the study and at six months. The investigators looked at changes in the sensorimotor network that is involved in motor deficits in PD. These are the pathways in the brain that get affected by PD and cause motor deficits.

The results showed that aerobic exercise, but not stretching, may strengthen a compensatory brain mechanism and increase connectivity in specific neural pathways, and stabilizes motor function. It also showed that six months of aerobic exercise improved the participant's cognitive control as well as significantly reduced global brain shrinkage relative to those in the stretching group.

SPARX3

Another interesting study is the SPARX3 study. There are 25 sites open for enrollment and one of those sites is right here in Michigan. The primary investigator is Daniel Corcos, PhD. This study is a randomized controlled trial designed to investigate



the effects of moderate and high-intensity aerobic exercise on disease progression in untreated individuals with Parkinson's. The study team will randomly assign participants to either a high-intensity treadmill exercise group (80-85% of max HR) or a moderate-intensity treadmill exercise group (60-65% of max HR). The participants will exercise 4 times a week for 30 minutes at the target HR for 18 months. The initial exercise will be at a supervised site location.

Once the participants are trained, they can exercise at home or at a fitness center of their choice.

The researchers will be looking at several outcome measures. The primary outcome is MDS-UPDRS motor score, other secondary outcomes include BDNF in the blood, as well as various measurements associated with gait.

Participate in a Study

Participating in this trial should cost little or no money. The trial is actively enrolling participants at this time. There are some restrictions, such as you cannot be taking Parkinson's medication or be expected to require medication within six months of the trial enrollment.

The University of Michigan is a study site location. It is being led by the School of Kinesiology in cooperation with PD specializing neurologists at Michigan Medicine. Interested participants can contact Jacob M. Haus, Ph.D. at jmhaus@umich.edu or call (734) 647-2790 or visit www.sparx3pd.com to find out more information.

There is a huge need for research participants, not only in exercise trials but also across all areas of research. If you are interested in participating in a research trial, check out the listing of various ways to get involved in clinical trials at clinicaltrials.gov and refer to the Quest section in this newsletter.



Watermelon Salad with Feta and Cucumber

Incorporating nutrition alongside exercise is another important aspect of overall health and well-being. Watermelon, with its high water content, can indeed be a refreshing and hydrating addition to meals, especially during the summer months. The Mediterranean Diet, known for its emphasis on fresh fruits and vegetables, whole grains, and healthy fats, is a great framework for maintaining a nutritious diet. Because summer is fast approaching, here is a great recipe that includes some summer ingredients that are delicious and good for you!

Ingredients:

For the Honey-Lime Dressing:

- 2 tablespoons of honey
- 2 tablespoons of lime juice
- 1 to 2 tablespoons of high-quality extra virgin olive oil (such as Greek Early Harvest)
- A pinch of salt

For the Watermelon Salad:

- ½ watermelon, peeled and cut into cubes
- 1 English or Hot House cucumber, cubed (approximately 2 cups of cubed cucumbers)
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- ½ cup crumbled feta cheese (adjust to taste)



Instructions:

1. Prepare the Dressing: In a small bowl, whisk together the honey, lime juice, olive oil, and a pinch of salt. Set aside.
2. Assemble the Salad: In a large bowl or serving platter with sides, combine the watermelon cubes, cubed cucumbers, and freshly chopped herbs.
3. Finish and Serve: Drizzle the prepared dressing over the watermelon salad and gently toss to coat evenly. Sprinkle the crumbled feta cheese on top, adjusting the amount according to your preference. Serve and enjoy the refreshing flavors!

This simple yet elegant watermelon salad offers a combination of sweet, tangy, and savory notes, making it a perfect addition to any summer spread.

Nurturing Your Mental Health

A vital component of Parkinson's Care

By Stephanie Woznak, LMSW

As we continue our journey navigating Parkinson's disease (PD), it's essential to shine a spotlight on a crucial aspect often overlooked: your mental health.

Living with Parkinson's presents unique challenges that can take a toll on one's mental health. From adjusting to new limitations to grappling with uncertainty about the future to changes in brain chemistry, individuals with Parkinson's and their caregivers may experience a range of emotions, including anxiety, depression, apathy, frustration, and fear. However, amidst these challenges, there lies an opportunity for growth, resilience, and proactive self-care.

Here are some strategies to improve mental resilience while navigating Parkinson's:

Seek Support

Reach out to support groups, and loved ones who can provide understanding, encouragement, and practical assistance. Sharing your experiences and emotions with others who understand can be incredibly therapeutic. Visit parkinsonsmi.org/grow/#communities to find out more about MPF's support groups.

Talk with a Therapist

Seek out professional help in dealing with symptoms such as anxiety and depression. Find a mental health therapist who preferably specializes in Cognitive Behavioral Therapy (CBT). Remember, you do not necessarily need a therapist that specializes in Parkinson's. We recommend Great Lakes Psychology Group: greatlakespsychologygroup.com



as it has statewide in-person and online options for therapy. It may take a few tries to find the therapist that works for you—finding the right therapist is like trying to find the right shoe size, you may have to try on a few to find the right fit!

What is CBT? Cognitive Behavioral Therapy (CBT) is an evidence-based therapy that can effectively help with symptoms of anxiety, depression, and a range of other challenges. It is the recommended therapy to assist individuals with Parkinson's and their families in effectively managing the various challenges associated with Parkinson's.

Seeking a Neuropsychiatrist? Call us at 248-433-1011 for information and referral!

Practice Mindfulness

Engage in mindfulness practices such as meditation, deep breathing exercises, and yoga to cultivate inner peace, reduce stress, and enhance emotional well-being. Mindfulness techniques can help you stay grounded in the present moment and better cope with the challenges of Parkinson's.

Embrace Creativity

Explore creative outlets such as art, music, writing, or gardening as a means of self-expression and stress relief. Engaging in creative activities can foster a sense of purpose, joy, and fulfillment, enhancing your overall well-being, and has been proven to have cognitive benefits as well.

Practice Self-Compassion

Be kind to yourself as you navigate the ups and downs of Parkinson's. Acknowledge your strengths, celebrate your accomplishments, and show yourself the same level of care and understanding that you would offer to a loved one.

You Asked The Doctor!



Stay Active

Physical activity isn't just beneficial for the body; it's also vital for mental health. Exercise releases endorphins, which are natural mood lifters, and can help alleviate symptoms of depression and anxiety. Incorporate an activity that you love to do to ensure that you keep doing it, whether that be boxing, yoga, PWR! Moves, walking or anything else that gets you moving!

Remember, prioritizing mental health is not a luxury but a necessity, especially when facing the challenges of Parkinson's disease.

If you or someone you know is experiencing thoughts of suicide, it's crucial to seek immediate assistance by calling 911 for imminent risk. You can also call or text 988 to connect with caring crisis counselors for emotional support. The 988 Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones. **Don't hesitate to reach out for help. You matter!**

If you are looking for further assistance, please reach out to MPF staff social worker, Stephanie Woznak at 248-419-7170 or respites@parkinsonsmi.org.

PARKINSON'S ORIENTATION 2024

First Wednesday of each
month at 10:00 a.m.

July 3 (break, no orientation this month)	October 2
August 7	November 6
September 4	December 4

And we brought each question to our Professional Advisory Board!

My husband has Parkinson's and has extreme sweating requiring changing clothes (from the waist up) three to four times a day. Is there anything that can be done?

People with Parkinson's may have problems with the part of the nervous system that controls sweating. This can lead to excessive sweating (known as hyperhidrosis), which most often happens if your Parkinson's medication begins to wear off. First, we suggest loose-fitting, sweat-wicking clothing that might help with the number of clothing changes needed and keep your laundry from piling up! Try using an antiperspirant as well. Deodorant will only help with the odor while an antiperspirant can help cut down on the sweating. If these suggestions don't work, or if you feel your symptoms are having a major impact on your life, speak to your healthcare provider. They may be able to suggest medication or other treatments, like Botox injections, to help you control the sweating.

Someone I know suggested a weighted blanket to help calm down restless sleep at night. Is there a benefit from the weighted blankets for a Parkinson's patient and, if so, what weight would be recommended?

Sleep disturbances can be among the most difficult symptoms for many people with Parkinson's and it can take some work to see what is needed to make for a more restful night's sleep. Sometimes people with Parkinson's have a hard time with weighted blankets because they are already unable to turn over in bed easily, but weighted blankets can be good for anxiety, another pesky Parkinson's symptom. It might be good for your loved one to talk to their doctor about restless leg syndrome or disruptive nighttime dyskinesias along with their daytime and nighttime sleeping patterns to find opportunities for better sleep. It's also possible that a medication adjustment might be needed. I also encourage you to watch our Virtual Education Series from our board member, Dr. Danette Taylor. You can view this on our YouTube channel: youtube.com/@MichiganParkinsonFoundation.

ASK THE DOCTOR!

Send your burning questions to director@parkinsonsmi.org with the Subject Line "Ask the Doctor" and we will ask our Professional Advisory Board to get you the best answer!

Hope in Every Step Symposium Recap

A big thank you to everyone who supported this year's Symposium on April 5! This year's theme was Hope In Every Step because we really wanted to highlight the benefits of optimism in the face of Parkinson's. We know it takes courage to face each day with hope, but through this educational conference, it was our goal to spotlight how we provide that each and every day.

To achieve this, we put an increased emphasis on movement throughout the day with our community teachers Angee Ludwa (PWR! Moves), Deb Colling (Rock Steady Boxing), and Ali Woerner (Take Root Dance). We had wonderful educational speakers in the movement disorder specialists from the University of Cincinnati, Dr. Abhi Mahajan and Dr. Alberto Espay, as well as our very own board member, Dr. Danette Taylor, who talked about a concern common to so many in the Parkinson's community—SLEEP!

We welcomed Shawn Bennis from C.A.R. E. at Henry Ford Health to talk about caregiver burnout and mindfulness techniques for everyone.

Finally, we had a resource fair with partners such as Quest Research Institute and Motor City Upbeats Choir to display the community information that is most relevant to you. Hopefully, this day of activity and information provided everyone with a bit of respite and relief from the day-to-day grind of Parkinson's and related disorders.

Each of these elements of the Symposium mirrors what the Michigan Parkinson Foundation offers every day—exercise, education, community, and respite.

Missed the Symposium this year? Check out our YouTube Channel at [youtube.com/@MichiganParkinsonFoundation](https://www.youtube.com/@MichiganParkinsonFoundation) for the full recording of the day's events.



Thank you to our sponsors!

Presenting sponsor:



KYOWA KIRIN





2024 PARKINSON HERO WALKS

Help Us Make a Difference! Register for the Parkinson Hero Walks Today

The Parkinson Hero Walks (formerly, I Gave My Sole for Parkinson Walks) are a team/pledge walking event that allows MPF to raise critical funds necessary for programs and services completely free of charge to those in need. From individuals with Parkinson's, to care partners, healthcare professionals, family, friends, and loved ones: you are all our heroes, and your courage in facing this disease every day is truly exemplary.

The walks promise a day filled with community, camaraderie, and a shared commitment to raising awareness and funds for critical programs and services. Whether you're walking in honor of a loved one, supporting a friend, or simply in solidarity with the Parkinson's community, every step taken at this event provides hope and helps ensure no person with Parkinson's in Michigan is without quality care and support. Join us for a day of fun and help us make a difference!

To register, visit: bit.ly/2024walks and select your location!

Traverse City Walk: August 24, 2024	Metro Detroit Walk: September 14, 2024
Lansing Walk: September 21, 2024	Grand Rapids: October 19, 2024

PARKINSON'S DISEASE RESEARCH: A 2024 Update

By Peter A. LeWitt MD

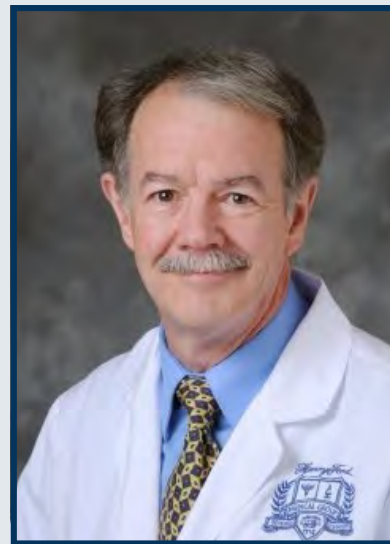
Research into all aspects of Parkinson's disease (PD) has been a growing concern internationally as well as locally – the graph on the next page is a measure of growth in the number of scientific and medical publications that have appeared from 1965 to the present. The number of reports reflects the worldwide interest and endeavor in giving you, the PD community, some answers and options for better treatment and protection from disability. It's no overstatement to describe PD still, in 2024, as a somewhat mysterious disorder – although acquiring PD seems to be an aging-related phenomenon, most persons, even those in their 90s, aren't ever affected.

Rarely, brain autopsies show features of PD but with symptoms never experienced during life. Although some rare genes can cause an inherited form and other less rare genes increase the risk for it, most cases of PD appear to be sporadic in origin, seemingly unrelated to any identified risk factors. One could turn around this type of thinking by pondering what it is that prevents most people from getting PD, what could be that protective factor? These notions are the basis of a very recent report that has offered a new perspective on PD.

Let's set the stage with some background information. Despite an extensive search by epidemiologists over the last half-century, a definitive environmental cause hasn't been found. That would mean something present in your diet, an exposure from where you live or what you do. It has been more than 200 years since James Parkinson MD first described this disorder (he termed it "shaking palsy" but clearly it was the same condition we know it to be today). Clinicians and scientists around the world have searched for its cause – or causes, since we know several ways that, secondarily, the symptoms of PD can be acquired. These unusual causes include certain brain infections, toxic exposures, and gene mutations interfering with cellular functions). These can't explain the majority of cases, however.

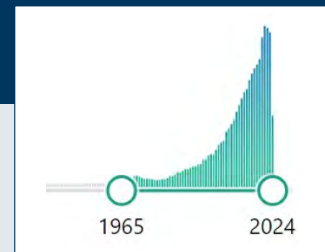
We do know that a nerve cell protein normally present in nerve cells and elsewhere in the body (called alpha-synuclein) can be twisted into cell-damaging configurations. These findings are present in every brain that has been affected by PD. Yet, this protein in normal configuration needs to be there and its structure seems to be protected from aggregating in those persons who are unaffected by PD. So, the search for the start of PD and its remedy needs to look beyond one of brain's end-products of having PD, taking insights from wherever this disorder lurks or doesn't.

One of the intriguing clues from more than 50 careful surveys of risk for acquiring PD is the connection of



actually an inverse relationship that has been seen repeatedly in that smokers (current or past) are about half as likely to develop PD as those who never smoked. Another pertinent correlation has been that the longer the duration of smoking in years or the number of daily cigarettes smoked, the more the apparent protection is found in a population study. Of course, some heavy smokers get PD and most non-smokers don't – but this data is from studies in populations numbering tens of thousands. The uniformity of these findings in study after study points to the plausibility of a causative relationship rather than a coincidental association.

For years, most interpretations of the smoking-PD correlation have focused on nicotine, which is logical since this compound is the reason that smoking becomes habitual. But a recently published report is offering another type of story about smoking, one that may lead the scientific community to a new useful therapeutic insight. A group of researchers at Harvard Medical School looked into another biological consequence experienced by the chronic smoker: a daily exposure to low levels of carbon monoxide inhaled from burning tobacco. Though the blood-borne levels of carbon monoxide are measured to be low and in a safe range, the presence of this molecule seems to enact several types of biochemical changes that could slow the progression of PD. For example, experimental exposure to very low carbon monoxide levels (that is, in the same range a smoker typically experiences) was found to result in a protective action against a laboratory model of PD. This model was the aggregation of alpha-synuclein, mentioned above as a hallmark of the human disease. In other words, this characteristic protein change might be avoided from a chronic, non-toxic exposure to what is otherwise a very toxic environmental substance in a much higher concentration.



The exponential rise in the number of medical and scientific research and clinical articles pertaining to Parkinson disease (as listed in a collection of all PubMed.gov publications on the topic from 1965 through May 2024)

Of course, don't try this at home, and don't assume this is the whole answer to halting PD! It is curious that toxic exposure to high concentrations of carbon monoxide (besides potentially causing death) has rendered such persons Parkinsonian by causing damage in selective regions of the brain. However, a different outcome seems to accompany the very low-dose exposure. This intriguing result might explain the very robust effect of carbon monoxide on a population of smokers, one that has never before been thought about. In their laboratory studies, the same research group also found in other biochemical types of protective actions from low-dose carbon monoxide exposure. Specifically, they reported the activation of an enzyme called heme oxygenase-1 which seems to be a key factor in avoidance of experimental PD. Of course, these findings will need verification by other labs and refinement of the ideas as to what is a practical implication.

So what do findings like these mean for the future of PD therapeutics? This study is just one of currently dozens of promising approaches emerging from laboratories in an effort to find cures. It opens our eyes to novel pathways of brain chemistry that might be incorporated into future treatments to slow down or fully arrest this progressive disorder. In the case of carbon monoxide,

the research group that published the experimental research described above is working with a pharmaceutical firm to produce a liquid and stable form of carbon monoxide that would deliver a dose equivalent to that which a typical smoker receives daily. Awaiting safety testing and consideration of a clinical trial, it represents the way that modern pre-clinical science can rapidly translate promising findings into human testing. That type of research is already ongoing here in Michigan, at the state's universities, at Henry Ford Hospital, and at Quest Research. For those who want to be part of the research endeavor or to learn more about it, there are many resources out there to inform you.

Rose KN, et al. Neuroprotection of low dose carbon monoxide in Parkinson's disease models commensurate with the reduced risk of Parkinson's among smokers. *bioRxiv* [Preprint] 2024 Feb 11:2023.05.27.542565. doi: 10.1101/2023.05.27.542565. PMID: 37398030



CURRENT STUDIES



Newly Diagnosed

If you are over 30 and in the early stages of Parkinson's disease and haven't started medication yet, consider participating in our newly diagnosed research study. This oral medication aims to improve both motor and nonmotor functions. The study lasts approximately 4.5 months with 7 clinic visits, and 2 phone call visits, and participants will receive \$100 per visit.

Non-Invasive Studies

Join our study utilizing a device for treatment that stimulates brain activity, potentially slowing Parkinson's symptoms. We also have a study involving wearing a wrist-worn device to collect physical activity and vital signs. Participants will receive a stipend to cover time and travel.

Off-Time and Dyskinesia

Inquire about our research study exploring how a new oral medication may help improve ontime and reduce dyskinesia and muscle rigidity. This study is open to individuals aged 35-85 and involves approximately 8 visits over 3 months, with participants receiving \$125 per visit.

New Upcoming Study

A 28-day study for people diagnosed with Parkinson's in the last 10 years. More information on this study will be available soon. Please call our office to learn more and reserve your spot!

No insurance is required and all study-related expenses are covered at no cost. Call Quest at 248-957-8940 to speak with a research specialist.

ONE-ON-ONE MENTORSHIP SUPPORT

Are you looking for one-on-one support in your Parkinson's journey?

The Michigan Parkinson Foundation's Mentorship Program works to connect you with someone who understands the Parkinson's experience. We have mentors throughout Michigan who are in various stages of Parkinson's with a wide range of life experiences. Whether you're a care partner, newly diagnosed, or have had Parkinson's for years, we'll work to find you a mentor match that works for you.

For more information please contact Jennifer Muscat at jmuscat@parkinsonsmi.org.



Facilitator Spotlight: Tina Reuben

We would like to recognize one of our amazing support group facilitators, Tina Reuben! Tina is a physical therapist at the University of Michigan-Health-West facility and leads our Grand Rapid Support Group.

We caught up with Tina to learn more about her.

Q: What interested you in leading a support group?

A: I saw a need for support! When I started seeing people with Parkinson's they felt alone, isolated, and scared. They had no one to talk to or share their feelings with. But we were seeing increasing numbers of people with Parkinson's in our clinic so I knew they were not alone out there. This led us to start our exercise group. We noticed after exercise group people would linger and chat and that sealed the decision for me. We needed a support group!

Q: Why do you think support groups are important to the community?

A: Support groups are important for all the reasons above. People feel isolated by the disease, they feel no one understands them, they want information and knowledge about their disease but more importantly they want to share in a "safe" place where others understand then completely and accept them as they are.



Q: What would you tell someone who was newly diagnosed?

A: You are NOT alone. This disease is hidden in plain sight everywhere. Also it's not a death sentence, so many people with Parkinson's feel like their life is over when they get this diagnosis. I can't tell you how many folks have said they have found new hope after working with me and attending exercise classes and support groups. There is a community of people who can support you! Also each person is fully unique so don't mind what you see in news and media and what you think is typical! You are not typical! You are unique and you can influence and have power over your disease!

Q: What are some of your interests and hobbies?

A: Personally, I love to take my dog Milo on walks, I enjoy cooking and baking and watching soccer! I also love reading and of course HGTV, my personal favorite is The Great British Baking Show!

UPCOMING EVENTS: Save the date!

2024 MPF Gala: Save the Date!

Friday, November 8th, 2024

Join us at Ford Field for our annual Gala! More information coming soon.



MPF is partnering with the Davis Phinney Foundation on this exciting and educational event in Flint!

HEALTHY BRAINS / HEALTHY COMMUNITIES

A Part of The Victory Summit® Series

June 26, 2024

**University of Michigan Flint
Riverfront Conference Center**

To Register:

Click here:

dpf.org/vs-flint

FLINT

Summer Golf Outing, September 2024

Steve VanCamp is hosting his first annual golf outing on September 22 at Lakes of Taylor. This fundraiser will benefit the Michigan Parkinson Foundation and Friends for Animals of Metro Detroit. How did MPF become selected you might ask? Thanks to the unforgettable Rick Wandell.

Rick was one of those men you never forget. After being diagnosed with Parkinson's in 2010, Rick worked valiantly at his job until he was no longer able. True to his nature, he remained positive in the face of adversity. He was grateful for the ability to enjoy time with his family. Spending time with his grandchildren, watching their many activities and just being present for their childhoods brought him immeasurable joy. He also relished the time he had to pursue his great passion, painting. During the last decade, Rick honed his self-taught talent as a painter and proved to be a prolific and award-winning artist. Through his art, Rick championed social justice causes. He was honored to donate his painting, "The Tipping Point" to The George Floyd Social Conscience Art Movement. Most recently, his painting, "The World is Watching", whose subject matter is the war in Ukraine, was Grand Prize Winner Best in Show at the annual juried exhibit of the Cedarburg Artists Guild. He was generous with his gift and so many of his friends and loved ones are proud to display original Rick Wandell pieces in their homes.

Rick passed away in December of 2022. To know him was to love him and he touched the lives of so many people in big and small ways. We are so thrilled to be able to share his story and have his son-in-law Steve raising awareness for Parkinson's and promoting Michigan Parkinson Foundation programs and services through this fundraiser. Thank you, Steve, and cheers to the incredible Rick Wandell!

How to register: birdease.com/wvcgolfouting



Some of Rick's Paintings:





Baking for Parkinson's Awareness

Throughout April, Ruth Newman held a sweet and delicious fundraiser in honor of Parkinson's Awareness Month! She sold 252 beautifully decorated tulip cookies to help raise \$560 for MPF and spread the word about Parkinson's. Ruth's husband was diagnosed with Parkinson's 15 years ago, and they both currently live in Michigan. She specializes in intricately decorated sugar cookies as a hobby and frequently sells them to raise funds for various causes. Thank you, Ruth, for your support and dedication to spreading awareness about Parkinson's and raising funds for our organization!



Raising Money for Walk Teams!

Gary Dennis is a member of the Leelanau County Support Group and used to do chili cookoffs in Grand Rapids for 30 years. He and his wife, Sue, had the idea to do the same thing to help raise money for Leelanau County Parkinson's Warriors. The event was a huge success and had over 75 individuals attend raising a total of \$2,055 for their team. Wow!



Shoutout to Team Terry & Company! Rita & Terry Dachs held a raffle fundraiser at the Maltese American Community Club. They sold raffle tickets for baskets, 50/50 tickets, and even autographed Red Wings hockey pucks. In total they were able to raise \$2,242 for their team!