



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

# MESSENGER

FALL 2024

## BREAKING NEWS!



### Hello Michigan Parkinson Foundation Friends!

I have great news to share as we embark on a new era for the Michigan Parkinson Foundation (MPF)! The Parkinson's Movement Center (PMC), a two-year-old organization focused on boxing based in Southeast Michigan, is joining the Michigan Parkinson Foundation family.

Nearing the end of 2023, PMC's Executive Director, Deb Colling, and I sat down to talk about how we could partner for the betterment of the Parkinson's community. From there, we began conversations with each of our boards, staff members, and community stakeholders and determined that we wanted our two organizations to merge.

The name is the same, we will still be known as the Michigan Parkinson Foundation, but now with an even bigger emphasis on movement-based activities.

What does this mean for you? Read more on the next page!



Left: Kristin Rossi, Right: Deb Colling

# What does this merger mean for you?

## **Same great services and AMPLIFIED exercise!**

The Michigan Parkinson Foundation will still offer the same great services: support groups, mentorship, Zoom exercise classes, PWR! Moves with Angee, education, and respite, but now we will also be offering Boxing classes in Farmington Hills, St. Clair Shores, and Rochester. Find more info inside the newsletter!

## **What will change from a staffing perspective?**

Deb Colling has now become MPF's Director of Fitness. She will still be running the boxing program and working to expand boxing services throughout the state. Her wonderful coaches, Coach Murph, Coach Carol, and Coach Michael, will all be coming on board with MPF and teaching the same classes as before!

## **How is Deb Colling's position different from that of Angee Ludwa, Director of Exercise at MPF?**

Rest assured, our beloved Director of Exercise, Angee Ludwa, is not going anywhere! Angee will continue teaching PWR! Moves classes and directing the virtual and statewide exercise programming. In addition, Angee is a physical therapist, so she directs the Michigan Parkinson Foundation's mission in exercise, assessments, health, nutrition, and wellness. Angee also brings attention to new research studies focused on exercise and Parkinson's. Luckily, movement-based activities for the Parkinson's community is a passion point for both Angee and Deb. With the two of them, we will be unstoppable!



## **Does this change anything with your physical location?**

No. The Michigan Parkinson Foundation will remain at its office on Telegraph in Bingham Farms. PMC did not have a physical space, rather they are in many locations throughout the community. In the future, we will be looking for a more comprehensive space to have more of an ability to host multiple exercise classes along with office space, but our goal is not to be relegated to one space, but rather to be ingrained in the community through partnerships and integrated programming.

## **What if I want to make a donation to either organization?**

No problem! The way that this type of merger works is that one organization dissolves and one survives. Parkinson's Movement Center is technically the dissolved organization, and the Michigan Parkinson Foundation is the surviving organization. All donations can be directed to the Michigan Parkinson Foundation as we are now one officially. As always, you are more than welcome to restrict your donation to exercise/boxing if you wish.

We are so excited about this transition and hope you will join us at one of our fall events to meet the team! Please don't hesitate to reach out with any questions you might have.

My very best,

Kristin Rossi  
director@parkinsonsmi.org





## Meet the PMC Coaches!



**Deb Colling**



**Carol Schram**



**Rob "Murph"  
Murphy**



**Michael Colling**

## PMC Exercise Class Schedule

### Monday

11:00 a.m. - Rock Steady Boxing  
With Deb Colling and Ashleigh Gapinski

2:00 p.m. - Rock Steady Boxing  
With Deb Colling and Rob Murphy

### Tuesday

11:00 a.m. - Rock Steady Boxing  
With Carol Schram and Deb Colling

1:00 p.m. - Rock Steady Boxing  
With Carol Schram and Deb Colling

### Wednesday

11:00 a.m. - Rock Steady Boxing  
With Deb Colling and Ashleigh Gapinski

11:30 a.m. - Yoga for PD  
With Michael Colling

2:00 p.m. - PWR! Moves  
With Deb Colling

### Thursday

11:00 a.m. - Rock Steady Boxing (Level 1-2)  
With Deb Colling and Carol Schram

1:00 p.m. - Rock Steady Boxing (Level 3-4)  
With Deb Colling and Carol Schram

### Friday

10:45 a.m. - PWR! Moves  
With Carol Schram

11:00 a.m. - Rock Steady Boxing  
With Deb Colling and Ashleigh Gapinski

2:00 p.m. - Rock Steady Boxing  
With Rob Murphy and Deb Colling

*For more information on how to register for these in-person classes, please contact Deb Colling at [dcolling@parkinsonsmi.org](mailto:dcolling@parkinsonsmi.org).*

# The Knockout Benefits of Boxing for Parkinson's Disease



By Angee Ludwa, MPT, Director of Exercise

Boxing has emerged as an unexpected yet highly effective form of exercise for individuals with Parkinson's disease (PD). This intense workout offers a range of benefits that can significantly improve the quality of life for those managing PD. Here's how boxing can help:

## 1. Improves Balance and Coordination

One of the primary challenges faced by individuals with PD is impaired balance and coordination. Boxing drills require precise footwork, quick directional changes, and strategic movements, all of which can help enhance these vital skills. Regular practice can lead to improved stability and a reduced risk of falls.

## 2. Enhances Strength and Stamina

Boxing is a full-body workout that engages multiple muscle groups. It helps build strength in the arms, legs, and core, which is essential for maintaining mobility and independence. Additionally, the high-intensity nature of boxing workouts boosts cardiovascular health and overall stamina, contributing to better endurance in daily activities.

## 3. Boosts Cognitive Function

Boxing is not just a physical activity; it's also a mental challenge. The sport requires quick thinking, sharp reflexes, and strategic planning. These cognitive demands can help improve mental agility, focus, and overall cognitive function, which are often affected by PD.

## 4. Alleviates Stress and Improves Mood

Engaging in a high-energy sport like boxing can be a great stress reliever. The physical exertion releases endorphins, which are natural mood enhancers. Regular boxing workouts can help reduce anxiety, alleviate depression, and promote a sense of well-being.

## 5. Provides Social Interaction and Support

Boxing classes for individuals with PD are often conducted in group settings. This creates a supportive community where participants can share experiences, offer encouragement, and build friendships. The social aspect of these classes can be incredibly beneficial for mental and emotional health.



## Join the Fight Against PD

At the Michigan Parkinson Foundation, we recognize the transformative potential of boxing for our community. We are excited to team with Deb Colling who is currently offering RSB classes in several locations in metro Detroit. To learn more about her classes visit our website at [parkinsonsmi.org](http://parkinsonsmi.org) and search under Exercise classes in Oakland County.

For more information on how to find boxing classes in your area, check out our listing of classes by county on our website or email Angee at [aludwa@parkinsonsmi.org](mailto:aludwa@parkinsonsmi.org). Step into the ring and discover the empowering benefits of boxing for Parkinson's disease!

*Disclaimer: Always consult with a healthcare professional before starting any new exercise program, especially if you have Parkinson's disease or other health conditions.*

## Mediterranean Farro Salad Recipe with Arugula, Feta and Walnuts

In addition to exercise, nutrition plays an important role in staying healthy. Below is a tasty recipe that incorporates nutritious vegetables and a healthy source of protein. For more wonderful recipes like this, visit [TheMediterraneanDish.com](http://TheMediterraneanDish.com).

### Ingredients:

For the Salad:

- 1 cup dry farro
- Kosher salt
- 2 cups baby arugula
- 1 cup cherry tomatoes, halved
- 2 green onions, trimmed and chopped
- 1 bell pepper (any color), cored and chopped
- $\frac{3}{4}$  cup walnut halves/pieces
- $\frac{1}{2}$  cup chopped fresh parsley
- $\frac{1}{4}$  cup chopped fresh mint
- $\frac{1}{4}$  cup chopped fresh dill
- Feta cheese, to your liking

For the Greek Salad Dressing:

- $\frac{1}{4}$  cup fresh lemon juice, juice of 2 large lemons
- 1 to 2 teaspoons dried oregano
- 1 large garlic clove minced
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{3}{4}$  teaspoon black pepper
- $\frac{3}{4}$  cup extra virgin olive oil



### Instructions:

**Cook the farro.** Bring 3 cups of water, seasoned with kosher salt, to a boil. Add the farro and lower the heat to medium. Simmer for 20 to 40 minutes, depending on the kind of farro you are using. The farro will have absorbed the water but use a sieve to fully drain. If you like, spread the farro on a tray or sheet pan and pat dry with a paper towel. Assemble the Salad: In a large bowl or serving platter with sides, combine the watermelon cubes, cubed cucumbers, and freshly chopped herbs.

### Mix the dressing ingredients together.

**Toss the salad together.** In a mixing bowl, combine the farro (still somewhat warm) with the arugula, tomatoes, onions, peppers, walnuts, and fresh herbs. Pour the salad dressing, then toss well. Taste and adjust seasoning. Finish with a sprinkle of feta cheese to your liking.

*Tip: Add grilled chicken or salmon to make this a full meal!*



## Build Your Care Team!

By Julia Wall, Director of Education

For those who have recently been diagnosed with Parkinson's, or those simply looking to advance their level of care, we have put together a list of experts that every person with PD should utilize! Take a look below.

### **Movement Disorders Specialist / Neurologist**

General neurologists in the United States treat PD patients with exemplary care. Just because a neurologist has not undergone specialized movement disorders training, does not mean that they are not able to offer excellent PD care. However, those who undergo movement disorder training and focus on taking care of PD patients may have additional perspectives, especially in challenging clinical situations. If you are not satisfied with your current PD care, consider getting a second opinion from a Movement Disorders Specialist if one practices in your area. Call us at 248-433-1011 for a referral!

### **Speech Therapist**

As Parkinson's progresses, the person with PD may become harder to understand. Their voice often becomes softer (hypophonia) or hoarse and may sound monotone or have less inflection. They may speak faster (festinating speech), mumble, or repeat words or phrases (cluttering or palilalia). Together these symptoms are known as hypokinetic dysarthria.

Speech/language pathologists, also called speech therapists, are specialists in communication disorders. They can help those with Parkinson's compensate for these changes and can also help with swallowing issues. Many speech therapists combine speech, voice, and cognitive exercises to also compensate for slowed thinking and attention issues. Visit our website for speech therapy resources: [parkinsonsmi.org/grow/#speechtherapy](https://parkinsonsmi.org/grow/#speechtherapy)

### **Physical Therapist**

Physical therapists can be helpful at all stages of PD. Movement impairments in the initial stages of the disease are not always obvious. By choosing a physical therapist who specializes in neurological conditions, they can help find movement issues earlier and quicker. Talk to your doctor about getting a baseline physical therapy evaluation and then continue with routine re-evaluations. Join our exercise classes via Zoom led by physical therapists: [parkinsonsmi.org/grow/#findaclass](https://parkinsonsmi.org/grow/#findaclass)

### **Occupational Therapist**

Occupational therapy (OT) helps people do things they want to do through therapeutic activities (occupations).

Occupational therapists enable people of all ages to live life to its fullest by helping them live healthy lives with injuries, illnesses, or disabilities.

OT interventions focus on adapting to the environment through modifying tasks, teaching skills, and educating the person, care partner, and family to perform daily activities. OT is practical and customizable, focusing especially on activities that are important and meaningful to each specific person.



### **Exercise Instructor**

The importance of exercise and physical activity for people with PD has been well documented. Exercise produces many benefits including increased physical functioning (motor performance, strength, endurance), improved gait and balance, cardiovascular fitness, and overall better quality of life. As such, great strides are being made to make exercise a part of the standard treatment of PD. Check out the many exercise classes that MPF offers online at: [parkinsonsmi.org/grow/#exerciseandmovement](https://parkinsonsmi.org/grow/#exerciseandmovement).

## You Asked The Doctor!



*Answered by both Dr. Aaron Ellenbogen and our MPF team!*

### Support Groups

Support groups offer educational opportunities as well as a sense of community and allow participants to learn from one another as they encounter similar struggles. We have over 70 support groups throughout the state serving those with Parkinson's as well as their family members/caregivers.

Some support groups are segmented by age at diagnosis (i.e., diagnosed at a young age) or by disease progression (i.e., newly diagnosed, or diagnosed within five years); other groups are more general. It may take more than one try to find a group that's right for you.

Care partners need support too, and can often attend the groups, or seek out specialized groups tailored to their specific needs. Take a look at the support groups we offer on our website: [parkinsonsmi.org/grow/#communities](http://parkinsonsmi.org/grow/#communities).

### Nutritionist / Dietician

While we have no such thing as a Parkinson's Dietician or Nutritionist, it is important to follow a balanced diet. Constipation is one symptom that can be frustrating.

Shopping list for constipation-fighting foods:

- + Dried fruits: apricots, dates, figs, prunes, raisins
- + Fresh fruits: apples, pears, plums
- + High-fiber products: berries, beans, bran, peas, whole grains
- + Probiotic-containing foods: kefir, kombucha, miso, sauerkraut, tempeh, yogurt
- + Prebiotic-containing foods: artichokes, asparagus, bananas, garlic, onions, soybeans, whole grains

### PARKINSON'S ORIENTATION 2024

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

September 4

November 6

October 2

December 4

**Q: Have you heard of this device? My main symptom is the tremor on my left side, and at times, it can be quite unbearable. Any advice would be appreciated!**



Dr. Ellenbogen: It's interesting that the Vilim Ball has come up, as a patient with Essential Tremor just recently asked the same question. After a review of the literature, I only found two published studies. One used a non-validated measurement, so that makes the results uninterpretable in my opinion. The second suggested benefit in Essential Tremor. In light of this, it is hard to offer a real opinion, other than to say that there were not any significant safety concerns that emerged from the published data.

**Q: My husband was diagnosed with PD 2 years ago. The neurologist doesn't feel as though he needs meds at this time, however it appears that he is depressed or shows little interest in doing much. Does Sinemet help with replacing dopamine that is affecting his mood?**

Dr. Ellenbogen: Depression and apathy are both unfortunately very common in Parkinson's disease. I wouldn't necessarily expect levodopa to positively impact those symptoms. The expectation would principally be improvement in motor symptoms. Depression can be managed with conventional treatments (SSRIs, SNRIs, etc). Apathy is a much more challenging symptom unless it is a manifestation of depression. I suggest working with the Michigan Parkinson Foundation to get some resources that can help with depression and apathy.

MPF: Depression and apathy are among the toughest non-motor symptoms of PD to tackle. First, we suggest finding a good neuropsychiatrist and a talk therapist. Call us and we will be happy to make a referral to someone you can work with on both fronts. Studies show that 40% of people with Parkinson's have apathy. As a care partner, encourage your loved one to follow a routine/stick to set plans, exercise regularly, and remain social with family and friends, all of which can help combat apathy.

### ASK THE DOCTOR!

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



# 2024 Parkinson Hero Walks

Register today and help us make a difference.

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](https://bit.ly/2024walks) and select your location!**



**Traverse City Walk: August 24**  
Civic Center, Traverse City, MI

**Metro Detroit Walk: September 14**  
Jimmy Johns Field, Utica, MI

**Lansing Walk: September 21**  
MSU People's Park, Lansing, MI

**Grand Rapids Walk: October 19**  
Aquinas College, Grand Rapids, MI





# Top Five Reasons To Walk!

- 1.** Help raise awareness of Parkinson's Disease. Our Hero Walks are a great way to help educate others on Parkinson's as well as the resources available in our community.
- 2.** This is the biggest support group you'll ever attend! The walks are a great place to connect with individuals who are going through similar experiences as you. The individuals who attend our walks are connected with Parkinson's in many different ways!
- 3.** Great exercise! In addition to the one or three-mile walks, we have exercise demonstrations during our program that will help get you moving and warmed up.
- 4.** Honor all of the Heroes in the Parkinson's community! Our walks honor all Parkinson's Heroes including healthcare professionals, care partners, heroes in memorium, those who support the cause, and individuals with Parkinson's.
- 5.** By supporting this event, you make an impact. Every dollar raised supports MPF's mission across our four pillars: Community, Education, Exercise, and Respite.



To register, visit:  
[bit.ly/2024walks](https://bit.ly/2024walks) and select  
your location. We can't wait  
to see you there!

# Facilitator Spotlight: Lori Marquardt

We're recognizing one of our fantastic support group leaders, Lori Marquardt! Lori runs our Port Huron Support Group in St. Clair County. Learn more about her below!

## **Q: What interested you in leading a support group?**

A: When I attended the first support group, I intended to go and offer my "services" to whoever was interested. Instead, I found that not only did they need my classes, but there was a real need for guidance and a leader to guide them. I have been that person ever since. We had four people at that first meeting, and last meeting we had 17! The group is a family now and we welcome more to join us.

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

A: Support groups are the key to acceptance of the PD diagnosis. The community in which one surrounds themselves will often become family. We cheer for one another's success and cry with each other when things are tough. We're always finding resources and opportunities to educate about Parkinson's Disease, to the PD client and the caregivers and families.

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

A: The first word out of my mouth when someone tells me they have just been diagnosed is, HOPE. There is hope.

You have been diagnosed, you have found the support group, and you have found the classes. Hope is a big component of the diagnosis. It isn't a death sentence and there are remarkable studies and evidence-based exercises that can slow the progression and increase your quality of life.

## **Q: What are some of your interests and hobbies?**

A: I have always been active with exercise and running but that is slowing a bit as I get older. I am still incredibly active, but not running half marathons anymore. I love baseball and love watching the Tigers or my stepson play ball. I love spending time with my husband and two dogs, Ed and Jenni. And honestly, I love what I do. I consider my Parkinson's clients, my friends.

This is my first "client/friend" David at my first Live Big Class. He is one of the main reasons I am so passionate about Parkinson's and the Hope I can provide to those suffering from it.



## Rock Climbing in Northern Michigan!

On July 23rd, we held our first-ever rock climbing for Parkinson's event in Traverse City at elev8 climbing gym! The gym provided two instructors who belayed participants and helped teach them how to climb!

"It was so great seeing everyone come together to try a new activity! When they weren't climbing, they were cheering each other on and applauding each other's success. The participants got to see what a great whole body and mind exercise rock climbing can be! - Torrey Davenport



TICKETS ARE ON SALE!

# HOPE ON THE FIELD GALA

**FRIDAY, NOVEMBER 8, 2024**

FORD FIELD, DETROIT



**TACKLING PARKINSON'S TOGETHER**



Get your ticket today!

Or visit: [bit.ly/MPFGala2024](https://bit.ly/MPFGala2024)



## MENTORSHIP: ONE-ON-ONE SUPPORT IN YOUR 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 including:

- Young-onset diagnoses
- Newly diagnosed
- Care partners
- Veterans
- Living with Parkinson's for many years
- Deep brain stimulation (DBS)
- Women with PD

We will work to find you a mentor match that works for you!



For more information, or to learn how to become a mentor, please contact Jennifer Muscat at [jmuscat@parkinsonsmi.org](mailto:jmuscat@parkinsonsmi.org).



# New Approaches to Measure Cognitive Changes in Parkinson's and Lewy Body Dementia

By Claire E. O'Hanlon, Shannon D. Donofry, Cheryl Coon, David Dexter, Sonya Eremenco, Catherine Kopil, Helen Matthews, Vicki Miller, Diane Stephenson, Angela Taylor, and Yuge Xiao

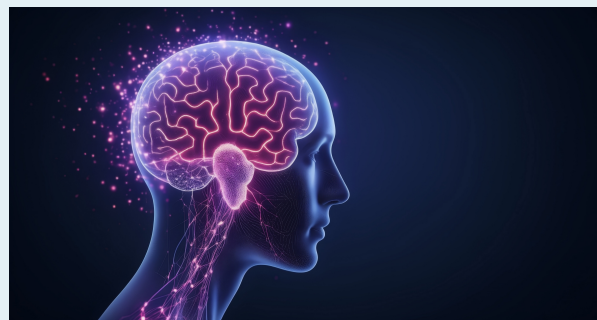
Originally posted on [ShakeltUp.org.au](https://ShakeltUp.org.au)  
July 9, 2024

Cognitive changes are common among people with Parkinson's disease (PD), and people with PD have an increased risk of developing dementia, which affects over 55 million people worldwide. While Alzheimer's disease is the most common cause of dementia, approximately 10-15% of people with dementia have dementia with Lewy bodies (DLB). Doctors and researchers are optimistic about the potential of future treatments for PD and DLB, but available measures to test the efficacy of such treatments on cognition are lacking.

Dementia is often characterized by the accumulation of proteins in the brain, including amyloid, tau, and synuclein. People with PD and DLB often share the common underlying feature of the buildup of alpha-synuclein. Recent scientific advances that enable detection of alpha-synuclein have led to a new unified way that scientists look at PD and DLB, a single disease with varying signs and symptoms. When PD and DLB are caused by the buildup of alpha-synuclein, they are now sometimes referred to collectively as Neuronal Synuclein Disease (NSD).

Currently, available treatments for PD and DLB have limited effects on the cognitive changes experienced by many patients.

New drugs that target the buildup of alpha-synuclein and could slow or halt progression of PD and DLB may be on the horizon. But even if such treatments were developed, the tools currently available to measure cognition in people with PD and DLB may not be suited for the job.



Many of the tools available to measure cognitive changes have been designed and tested in people with Alzheimer's disease, but people with PD and DLB tend to have different experiences of cognitive changes. For example, people with DLB are less likely to experience memory loss early on than patients with Alzheimer's disease.

If cognitive changes are in other domains, like ability to concentrate or navigate, measuring cognitive changes in a person with PD or DLB with a tool that primarily assesses memory would not make sense. Further, many cognitive measures are best suited to measuring cognitive changes in people with significant levels of impairment and do not detect subtle or intermittent changes very well.

Measuring cognitive change is complex and can be done in many ways. Patients can report on their own experiences of cognitive change; loved ones may also be able to observe and report on such changes, as can healthcare professionals. In addition to their experiences of cognition, patients and their loved ones may report on how these cognitive changes affect ability to work, drive, manage money, and communicate. Patients can also undergo tests and assessments of their cognitive abilities, which could be as simple as a paper-and-pencil test and as complex as a virtual reality game simulating activities like preparing a grocery list and navigating to a store.

Given the multitude of potential ways cognitive changes can be measured, it has been difficult to determine which measures are the most appropriate for assessing whether new treatments effectively improve cognition. Choosing a cognitive measure that is not well-suited for this purpose can lead to a treatment being rejected for approval by regulatory agencies, creating significant delays in getting effective treatments to patients.

To tackle these issues, a recent roundtable hosted by seven international PD and DLB advocacy organizations convened experts to discuss and advance development of cognitive measurement tools for PD and DLB. This event, part of ongoing efforts to improve measurement tools for clinical trials since 2022, brought together a diverse group of stakeholders, including researchers, clinicians, patients, and representatives from regulatory agencies.

Discussions at the meeting concerned tradeoffs in the design of clinical trials, appropriateness of existing cognitive measures for use in such trials, and efforts to adapt existing cognitive measures or develop new cognitive measures better suited for detecting cognitive changes in

people with PD and DLB. Key takeaways include the need for strong alignment between the patient population a new treatment was developed for, domains of cognition that the treatment intends to target, domains covered by the cognitive measure chosen, and meaningfulness of the measures to patients and their loved ones. Steps to improve communication, collaboration, and data sharing among stakeholders were outlined, including an assessment of how existing cognition measures change over time and integration of datasets, especially those with biomarker indicators of disease stage.

People with PD and DLB cannot afford for potential new treatments to be rejected by regulators because the measurement tools used to evaluate cognitive changes were not appropriate.

At this point, there is no single path forward, as no single measure has yet emerged as the best option for measuring cognitive changes in people with PD and DLB, especially for patients at the earliest stages of disease. For now, multiple paths will need to be pursued in parallel to generate the evidence necessary for successful clinical trials of future treatments.



## CURRENT STUDIES

### Diagnosed Within 7 Years?

If you have received a diagnosis of Parkinson's in the last 7 years, we invite you to participate in a short 2 month groundbreaking study.

### Duopa/Duodopa Pump

If you have a duopa/duodopa pump, find out if you qualify to participate in this important research study.

### Off-time Parkinson's Study

If you're between the ages of 35 and 80 with Parkinson's and want to improve your on-time, we extend an invitation to join our research study.

### New Upcoming Fall Study

Studying different deliveries of medications. Call now to 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.

# Welcome New Staff!



## Jennifer Muscat, Program Outreach Coordinator

Jennifer joined the MPF staff in February of 2024 after receiving her Master of Social Work degree from Wayne State University with a concentration in community development, innovation, leadership, and policy. In her new role as Program Outreach Coordinator, Jennifer has worked on promoting programs and services through MPF's email, social media, and print channels. Jennifer has also begun to run the mentorship program, working to connect mentors and mentees.

After receiving her undergraduate degree in public relations from Central Michigan University, Jennifer worked in nonprofit marketing and communications as well as digital marketing at a small local agency. She chose to pursue her MSW after realizing her true passion for nonprofit work, community development, and providing resources to people in need.

Jennifer is a Michigan native and currently lives in Dearborn Heights. She enjoys spending time with her friends and family, trying new restaurants, reading, and listening to Taylor Swift. Jennifer is very excited to be part of the MPF staff!

## Katie Alexander, Special Events Manager

Katie Alexander took over for Alison Chance in May as the Special Events Manager. The disease impacts her and her family directly as her father-in-law was diagnosed just over five years ago and her mother-in-law acts as his primary caregiver. It is extremely meaningful for her daily responsibilities to positively impact those within the PD community.

Katie has over 15 years of event management experience with 12 of them being spent in the development industry building relationships with alumni, donors, trustees, administrators, vendors, community partners, and local businesses. She is proud to utilize these skills to continue the relationships MPF already has and is looking forward to fostering and building new ones. Her event planning expertise and capabilities are vast, and her event portfolio includes inaugurations, galas, receptions, ceremonies, weddings, bridal and baby showers, conventions, conferences, high-level board meetings, capital fundraising campaign events, groundbreakings, stewardship events, family functions, and presidential events.

Education and professional growth are important to Katie. She received her bachelor's degree from James Madison College at Michigan State University and earned her event management certificate from The George Washington University in Washington, D.C.

Katie was born and raised in Saginaw and currently lives in Plymouth with her husband, preschool-aged son, and Olde English bulldog.





# 2024 Boat Run Recap



On Wednesday, June 5, the Michigan Parkinson Foundation raised **over \$166,000** at the fourth annual Fun Run held on Harsens Island!

These funds support Parkinson's families across our four pillars: community, exercise, education, and respite. It was the largest event in the event's history with 400 participants and 63 boats. The event was made possible with the support and hard work of the presenting sponsors Dave, Matt, and Jake Floore with Lance Industries, Danny Lichocki of A-Line Staffing Solutions, and Randy and Randal Pagel of Bumler Mechanical.

**Save the date for the 5th annual Fun Run: Wednesday, June 4, 2025! Registration will open in early 2025.**

We would like to thank our generous sponsors for their continued support! You mean so much to MPF.

## Presenting Sponsors:





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](http://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 \_\_\_\_\_

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

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

#### PLEASE CONTACT ME ABOUT:

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\_\_\_ How I might make a gift to MPF in my will, life insurance or  
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My Name \_\_\_\_\_

Address \_\_\_\_\_

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

County \_\_\_\_\_

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