



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

MESSENGER

FALL 2024

Happy Thanksgiving Michigan Parkinson's Community

Dear Friends,

What a fantastic year it's been at the Michigan Parkinson Foundation! Reflecting on our accomplishments since January 2024 fills me with excitement for what's ahead. In our last issue, we shared the great news about welcoming the Parkinson's Movement Center and Deb Colling, along with her fantastic coaches and exercise programs, into our family. This addition has been a significant milestone, allowing us to enhance our exercise offerings for everyone.

Our Northern Michigan Program Manager, Torrey Davenport, has also played a key role in providing more education, support, and exercise opportunities for the Northern Michigan community. Angee Ludwa, our Director of Exercise, has been instrumental in expanding exercise classes across the state, a program we are excited to continue into 2025. Julia Wall has increased the availability of our PD101 class for newly diagnosed individuals, making it more frequent and accessible.

And our staff Social Worker, Stephanie Woznak, has been furiously working to keep up with the growing need for respite care assistance.

The best part of my role is being able to say "yes" to so many new initiatives. We have a remarkably talented team, and our vision for expanding our impact is boundless. However, we couldn't do any of this without your support. Every program and service, including this newsletter, relies on donations and the generosity of our community. Please consider making a contribution to the Michigan Parkinson Foundation this year. Thank you for being part of this journey with us!

My very best,

Kristin Rossi



Welcome Deb Colling!

By Deb Colling, Director of Fitness

My name is Deb Colling, and I am excited to introduce myself as the new Fitness Director for the Michigan Parkinson Foundation. In my new role, I'll be partnering with Angee Ludwa as we work to bring Parkinson's-focused exercise programs to the communities that need them most.

I began my fitness journey over 25 years ago, initially teaching Step Aerobics at the South Oakland YMCA. After a short break to support my two children through their busy sports schedules and help them grow into the wonderful adults they are today, I returned to the fitness world with renewed passion. I resumed teaching group exercise classes and expanded my expertise, becoming a personal trainer and a yoga instructor with over 1,000 hours of training under my belt.

In 2016, while working at a gym in Troy, I was offered the chance to be part of a Parkinson's exercise program that the gym owner was developing—this turned out to be Rock Steady Boxing! I eagerly dove into researching how yoga and exercise could benefit individuals with Parkinson's, and soon I was teaching my first Yoga for PD class while also assisting in Rock Steady sessions. It didn't take long for me to fall in love with this incredible community, and in October 2016, I traveled to Indianapolis to become a certified head coach for Rock Steady Boxing. Little did I know then how deeply the Parkinson's community would impact and enrich my life.

I've continued to expand my knowledge, earning certifications in programs like PWR! Moves, Adaptive Yoga for Neuromuscular Disorders, Parkinson's Art of Expression, Urban Poling for PD, and Step and Step and Connect: Balance Matters, among others. In 2022, I founded Parkinson's Movement Center



and became the proud affiliate owner of Rock Steady Boxing Metro Detroit. Fast forward to 2024, and I'm thrilled to announce that the Parkinson's Movement Center has officially merged with the Michigan Parkinson Foundation! I'm excited to bring our robust exercise programs to MPF and to work alongside this incredible team as we continue to fight back against Parkinson's!

Earlier this October, two of our coaches and I attended Rock Steady Boxing's annual Coach Con, a phenomenal learning event with over 200 coaches in attendance. One of the highlights was meeting boxing legend Paul Vaden, who shared an inspiring mantra that I want to pass along to all of you: "Every day can be sunshine, no matter what the weather is!" It's all about answering the bell and getting off the ropes—both in boxing and in life!

We were also fortunate to learn from author Kristine Meldrum, the owner of Parkinson's Place in Iowa. Her book, *Parkinson's: How to Reduce Symptoms Through Exercise*, emphasizes the crucial role that exercise plays in reducing symptoms and slowing the progression of Parkinson's. The book is endorsed by renowned experts like Dr. Jay Alberts and Dr. Bastiaan Bloem. Kristine is currently working on a follow-up book specifically for professionals working with the Parkinson's community, and I can't wait to dive into it.

In a surprise appearance, Jimmy Choi, a person with Parkinson's and an advocate for exercise, hosted a pop-up session called "Coaches' Corner." He shared some important insights about training people with Parkinson's, highlighting three essential focus areas: the posterior chain (back body), core strength, and grip strength. His tips were eye-opening and will certainly influence how we structure our future classes.

Though I've spent nearly nine years working with the Parkinson's community, I continue to learn something new every day. My greatest teachers are all of YOU! I look forward to seeing you in class!

Take a look at our in-person and virtual exercise class schedule on page 15!



Spicy Tempeh Chili (Vegan)

A Recipe from Michael Colling, DPT & MPF Yoga Instructor

Perfect for a cool fall or winter day—especially with football on in the background!



Ingredients:

- 2 tbsp extra virgin olive oil (EVOO)
- 2 shallots, chopped
- 2-4 jalapeños, seeded, deveined, and chopped
- 3-4 cloves garlic, chopped
- 8-16 oz tempeh, cubed
- 4 tsp chili powder
- 2 tsp dried oregano
- 1 tsp sea salt
- 1 can (14.5 oz) fire-roasted diced tomatoes (juice included)
- 1 can (15 oz) Brooks Hot Red Chili Beans (liquid included)
- 1 can (15 oz) black beans (liquid included)
- 3 cups vegetable broth

Instructions:

- Heat EVOO in a large pan or Dutch oven on medium-low. Add chopped shallots and jalapeños, and cook until onions are translucent.
- Stir in chopped garlic, cooking for about 30 seconds.
- Add cubed tempeh and turn the heat to medium. Sprinkle in chili powder, oregano, and sea salt, and stir to coat the tempeh evenly.
- Add the fire-roasted tomatoes, chili beans, black beans, and vegetable broth.
- Bring the mixture to a gentle boil, then reduce the heat and let it simmer for 30 minutes.

Serving Suggestions:

Top your spicy tempeh chili with chopped avocado, fresh cilantro, and some crusty bread from Crispelli's for the ultimate comfort meal!

Tips for Staying Connected During the Holidays

By Julia Wall, Director of Education

The holiday season can be challenging for everyone, especially if dealing with health issues like Parkinson's. The combined stress of physical symptoms, as well as emotional and social factors, can make this time of year particularly difficult. However, with some planning and support, these challenges can be mitigated. Here are some tips to help you avoid isolation and make the most of the season:

1. Reach out to someone you trust

Open up about how you're feeling, whether it's stress, loneliness, or the challenges of your condition. Share your experiences with a loved one and let them know how they can support you, such as by listening or planning a smaller gathering.

2. Select social events carefully

You don't have to attend every event. Prioritize gatherings where you'll feel comfortable and set boundaries to manage stress. It's okay to leave early or say no to certain invitations, but staying socially engaged is important for your well-being.

3. Take breaks when needed

The holidays can be overwhelming. Give yourself permission to rest and take things slow. Opt for simpler celebrations, like a potluck instead of a full dinner, or skip activities that feel too demanding.

4. Plan extra time

Allow for more time than usual when preparing for events. Unexpected delays due to Parkinson's symptoms, traffic, or bad weather can add stress, so planning ahead can help you stay relaxed.

5. Focus on your health

Make time for exercise, eat healthily, and find ways to manage stress. Whether it's joining a fitness class or practicing meditation, taking care of yourself will help you enjoy the holidays more and stay connected with others.

6. Seek out extra support if needed

Contact the Michigan Parkinson Foundation for additional resources if you are experiencing feelings of isolation this holiday season. Our staff social worker can point you in the direction of extra support. Call us at 248-433-1011.



Mentorship Program: Seeking Participants



PARKINSON'S ORIENTATION 2025

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

December 4 (2024)

January (No meeting)

February 5

March 5

April 2

May 7

June (No meeting)

July 2

August 6

September 3

October 1

November 5

December 3

Social isolation is a significant concern for people with Parkinson's and it can impact both mental and physical wellbeing.

We understand the importance of one-on-one connections and support from individuals with similar experiences.

Connecting with others who understand your Parkinson's journey is very important. The Michigan Parkinson Foundation's Mentorship Program aims to connect you with people by geography, life experience, or stage of Parkinson's.

We have mentors living throughout Michigan with a wide range of experiences relating to Parkinson's including:

- Newly diagnosed
- Veterans with Parkinson's
- Caregiving
- Young Onset Parkinson's
- Late Stage Parkinson's
- Deep Brain Stimulation (DBS)

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

Interested in finding a mentor?

Visit: parkinsonsmi.org/grow/#ourmentorship

Interested in becoming a mentor?

This is a great opportunity to give back to the Parkinson's community and form connections with individuals who are living similar experiences.

For more information on finding a mentor or becoming a mentor, contact Jennifer Muscat at jmuscat@parkinsonsmi.org



Hope In Every Step: Parkinson Hero Walk Season Wraps With Success



We had an INCREDIBLE 2024 Hero Walk Season!

Across all four walks, the energy, enthusiasm, and passion participants brought was nothing short of extraordinary. You all are HEROES and the determination we saw from our team captains, walkers, and honorees showed just that!

We broke records this year with **2,012 participants** and an incredible **\$463,110 raised!** None of this would be possible without strong fundraising support from our sponsors, participants, and team captains. Since January, we have already provided over 9,000 hours of respite care and it is fundraising events like this that allow us to have this kind of impact on the Parkinson's community.

Again, we cannot thank everyone who participated enough, you are our heroes, and we hope you felt the same magic during the walks 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!



Traverse City Walk

August 24 \$51,365

Top Teams:

1. Sue's Solemates \$10,058
2. Leelanau County Parkinson's Warriors \$9,199
3. Cordia Conquerors! \$2,370

Metro Detroit Walk

September 14 \$268,338

Top Teams

1. Team Jolliff \$33,689
2. Rockin' in Rochester \$20,055
3. PD Self \$13,612

Lansing Walk

September 21 \$55,516

Top Teams:

1. TNT Dynamite \$7,715
2. CMU DPT Gait-Keepers \$7,020
3. Team Trapsyth \$5,883

Grand Rapids Walk

October 19 \$87,891

Top Teams:

1. Team Spark \$15,341
2. Sr. Phyllis Supancheck Stars \$7,733
3. Team Paul Grady \$6,345





No One Should Face Parkinson's Alone

Supporters like you make it possible for the Michigan Parkinson Foundation to touch the lives of over 35,000 people throughout the state of Michigan each year. Whether we are providing resources for the newly diagnosed, support for those actively managing PD, or respite for caregivers, MPF is a crucial resource in the Parkinson's community.

You can help us expand our reach even further in 2025 by donating through one of the methods below:



Immediate Donation

To make an immediate impact in the Parkinson's community, you can donate online at: parkinsonsmi.org/support/#donate or scan the QR code below and select "One Time Donation"

Mail your donation to:

Michigan Parkinson Foundation
30400 Telegraph Rd., Ste 150,
Bingham Farms, MI 48025



Monthly Donation

Your impact can last all year with a recurring donation to MPF. With your monthly support, we can:

- **Provide respite care for one family** - \$200/month (\$2,400/year)
- **Host an education program** - \$100/month (\$1,200/year)
- **Provide one exercise class per month** - \$75/month (\$900/year)
- **Add a U-Step walker to MPF's mobility loan closet** - \$50/month (\$600/year)
- **Provide medication assistance for one family** - \$30/month (\$360/year)

Scan the QR code below and select "Recurring Donation" to set up your monthly donation.



Testimonials from our community:

"It's comforting to know the financial resource is there that my parents can use because they don't have a large income. Thank you does not seem like big enough words."

"I can't say enough good things about how the Respite Care Program and entire team at MPF over the years have been truly a blessing for us. The team has been an invaluable resource to us and we have learned so much during this journey."

"I am grateful beyond words for your work to provide exercise for the Parkinson's community. I can exercise when I travel. I can exercise when it fits in my schedule. I appreciate the faithfulness of you and the program."



Give Through Your Will

A gift through your will or living trust is a meaningful way to support MPF without impacting your income today. You can specify a dollar amount, or percentage of your estate, to be given directly to the Michigan Parkinson Foundation after your death by adding simple language to your will.

For more information, please contact Lisa Anga, Philanthropic Advisor, at Langa@ParkinsonsMI.org



Tax-Savvy Ways to Give

Did you know that certain assets are particularly well-suited for charitable giving? You may be able to support the work of the Michigan Parkinson Foundation through one of the below options:

- **Give from your IRA**
 - If you are older than 70.5, you can make a transfer directly without paying taxes.
- **Make a stock transfer**
 - Donate stock or other securities and avoid paying capital gains tax.
- **Give through your Donor Advised Fund**
 - Contact your grant administrator and designate MPF. Tax ID: 38-2494280.

For more information, please contact Lisa Anga, Philanthropic Advisor, at Langa@ParkinsonsMI.org

Hope on the Field: Highlights from the 2024 Michigan Parkinson Foundation Gala

A big MPF thank you to all who came out to support the Gala this year on November 8 at Ford Field in Detroit.

At the Gala, guests enjoyed a cocktail reception, a 52-card raffle followed by dinner and an inspiring keynote presentation from Nate Jolliff, Board Member, veterans' advocate, and boxer, followed by music from the Randy Brock Group.

Supporters of MPF helped us raise more than **\$240,000** through this event!

These funds are absolutely necessary to sustain our programs and services throughout the year. We thank all who supported us and cannot wait to celebrate with you again next year!



In 2023 the Michigan Parkinson Foundation provided approximately:



14,849

Hours of respite care paid for by MPF

A 122% increase from 2022.

People served through exercise classes

13,960

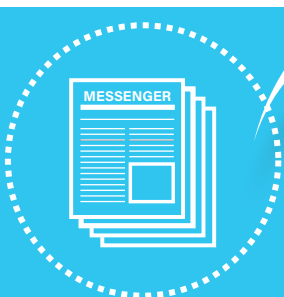


1,405

People attended education programs

Information, referrals, and newly-diagnosed packets sent

2,852



12,000

Received *Messenger* newsletters each quarter

November Is National Family Caregivers Month!

November is National Family Caregivers Month and we have a helpful article for you below that includes tips on caring for a loved one with Parkinson's.

By Dr. Irene A. Malaty and Dr. Wissam Deeb

1. Get information from reliable sources.

In today's world, there is plenty of information at our fingertips. Sometimes, this can feel like a tsunami overwhelming us! It is important to be empowered by good, solid, reliable information to help guide expectations and decision-making.

Some websites that can be helpful include the Parkinson Foundation (www.parkinson.org) and the Michael J. Fox Foundation (www.michaeljfox.org) among many others. Their websites have content from experts and have both "101"—meaning basic information and also have more specific information that can be helpful over time.

2. Understand that not every day is the same, and that symptoms of PD may impact energy and expression.

It can be frustrating when there are days where an individual seems able to have the energy and endurance to do a number of activities, or to accomplish personal or physical goals, and then to encounter another day where he or she seems unable or appears unwilling. It is tempting to blame this solely on personality or motivation, when in fact, Parkinson's disease may be variable in its impact from day to day, and from moment to moment.

Fluctuations in medication response may contribute. Furthermore, PD can actually change energy, drive, and physical expression of emotion such as facial expression. Try to recognize this is not related to a "diminishment" in love for you.



3. Be ready for the unexpected.

It is always a good idea to keep an updated medication list on hand. Most hospitalizations are unplanned and unexpected, and having this in your wallet or purse can be a valuable asset — should hospitalization occur.

It is also useful in routine clinic appointments to be sure your whole healthcare team has an updated list of your prescribed and over-the-counter (daily) pills. This allows for checking of interactions and for being sure a medication is not contributing to particular symptoms.

4. If possible, attend appointments together.

When feasible, it can be very helpful to attend clinic visits and therapy sessions together. Four ears are better than two!

When instructions and options are discussed, it can sometimes be overwhelming. Many times, it can be hard to absorb and recall everything that is discussed. Sometimes questions a person intends to ask slip from the memory at the time of the appointment—especially in light of everything that gets discussed.

Also, know that observations of a loved one can be very helpful to supplement those things an individual is able to recognize in his or her own walking, movements, and daily function.



5. Be kind to yourself!

We are all learning together, as we go! You are likely experiencing Parkinson's disease for the first time, or at least experiencing this individual's course of PD for the first time.

Emotions are completely normal, and these may range from anger, to sadness, and even to resentment or guilt— some of the time. Allow yourself to be human, and know that PD changes over time and your experience may evolve as well.

6. Find a support network.

Parkinson's disease can be a challenge to the patient, but also to the caregiver. When facing adversity, resilience is what provides the tools to overcome and to thrive.

One of the main drivers of resilience is having a social support network. Indeed, social isolation and lack of social support are associated with lower quality of life, increased depression, and lower chances of fulfillment.

*Originally posted on: parkinsonssecrets.com
November 2020*

The Michigan Parkinson Foundation offers several support groups throughout the state, including groups specific to caregivers. Visit parkinsonsmi.org/grow/#communities to find a support group in your area!

A Word From Our Social Worker, Stephanie Woznak, LMSW

"You Matter Too"

Time away from caregiving responsibilities is essential to the well-being of caregivers. We know that caregivers are better able to support their loved ones when they make time for themselves. Respite care helps to reduce stress and improve the quality of care regularly provided. When you need a break, please know that the Michigan Parkinson Foundation is here for you!

To find out more about our respite care, contact us at respite@parkinsonsmi.org, call 248-419-7170, or visit parkinsonsmi.org/know/#respite.

Where to find additional caregiving resources:

- ♥ **Statewide Resources With Your Local Area Agency on Aging:**
eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx
- ♥ **Parkinson's Foundation:**
www.parkinson.org/resources-support/carepartners
- ♥ **Brown Adult Day Program (Southfield & West Bloomfield, MI)**
www.browнадultday.org
- ♥ **Davis Phinney Foundation:**
davisphinneyfoundation.org/resources/parkinsons-care-partner-resources





Show YOUR Support for the Parkinson's Community

You can impact a life. While there is no cure for Parkinson's yet, many individuals with the condition can live for many years with proper care and support. The Michigan Parkinson Foundation is committed to helping those living with Parkinson's, as well as their families, navigate the challenges they face at every stage of the disease. Your donation supports vital programs such as Parkinson's support groups, community education, exercise classes led by physical therapists, financial assistance for in-home personal care and respite care, medication help, and services provided by the foundation's social worker. Together, we can improve the lives of those affected by Parkinson's.



Giving Tuesday 2024



Help support the Michigan Parkinson Foundation through our Giving Tuesday Fundraiser featuring this MPF branded cozy fleece zip-up jacket!

Starting December 3, you can purchase this item and help raise funds for MPF! Check your email, our [Facebook page](#), or our [website](#) starting December 3 for more details on how to purchase.

This fundraiser will last throughout the month, ending on December 31.

MPF Exercise Class Schedule



Virtual

- MON** **PWR! Moves**
Moderate Intensity
- TUES** **PWR! Moves**
Moderate Intensity
- WED** **PWR! Moves**
Lower Intensity, Sitting & Standing
- THURS** **PWR! Moves**
Higher Intensity. All positions
Dance for PD 11am - 12pm
- FRI** **Adaptive Yoga**
for Parkinson's
- SAT** **PWR! Moves**
Moderate Intensity

Our virtual classes are held via Zoom at 10:00 am Mon-Sat. To register, visit tiny.cc/mpfzoom!

In-Person

FARMINGTON HILLS

[Farmington Family YMCA](#)

28100 Farmington Rd, Farmington Hills, MI 48334

Mon & Fri: 2:00pm – 3:30pm - Rock Steady Boxing
All Levels

Wed: 2:00pm – 3:00pm - PWR! Moves

ROCHESTER HILLS

[Legends Boxing Gym](#)

2602 S. Rochester Rd, Rochester Hills, MI 48307

Tues & Thurs: 11:00am – 12:30pm - Rock Steady Boxing
High Intensity

Tues & Thurs: 1:00pm – 2:30pm - Rock Steady Boxing
Low Intensity

Wed: 11:30am – 12:30pm - Yoga for PD

Fri: 10:45am – 11:45am - PWR! Moves

ST CLAIR SHORES

[Sidekicks Martial Arts Studio](#)

21617 Harper Ave, St Clair Shores, MI 48080

Mon, Wed, & Fri: 11:00am – 12:30pm - Rock Steady Boxing
All Levels

SOUTHFIELD AREA

[Michigan Parkinson Foundation Office](#)

30400 Telegraph Rd., Bingham Farms, MI 48025

Mondays 1:00pm – 2:00pm - PWR! Moves



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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:

A Network of Over 70 Support Groups • Medication Assistance • Information Packets • Exercise Programs • Respite Care • Neurologist & Community Referral • Education Programs • Mentorship • Speech Therapy
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



✓ 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