

BIG NEWS FOR MICHIGAN PARKINSON FOUNDATION!

An exciting new chapter for MPF



A Note from Kristin

KRISTIN ROSSI, CHIEF EXECUTIVE OFFICER

Dear Parkinson's Community,

For more than 40 years, the Michigan Parkinson Foundation (MPF) has been dedicated to supporting people with Parkinson's and their families across Michigan. While our organization has evolved, our commitment has never changed: ensuring no one has to face Parkinson's alone.

This fall marks a pivotal new chapter as MPF relocates to a dedicated suite within the Kirk Gibson Center for Parkinson's Wellness in Farmington Hills, MI.

With this move may come questions, and I want to reassure you that while our address is changing, our mission remains the same. The Michigan Parkinson Foundation and the Kirk Gibson Foundation for Parkinson's will share a location and a common vision of providing the highest quality services and resources to the Parkinson's community. MPF remains an independent, statewide nonprofit organization with its own leadership, staff, and programs.

From our new office, we can introduce more individuals and families to MPF's resources while strengthening our role as Michigan's most trusted connection to Parkinson's education, support, and resources—serving every community across all 83 counties.

I'm deeply grateful to everyone who has helped MPF reach this milestone, especially the staff of the Kirk Gibson Foundation and Center. Inside this issue of The Messenger, you'll find more details about our move and updates from across the state.

I look forward to welcoming you to our new home with open arms.

With gratitude,



Michigan Parkinson Foundation, CEO

“

Different

address

Same powerful

mission

”



**Explore the details about our
upcoming move and more inside!**

Welcome to OUR NEW HOME

In September, Michigan Parkinson Foundation will relocate our headquarters to a dedicated office suite within the Kirk Gibson Center for Parkinson's Wellness in Farmington Hills.

Officially open to the public on September 8!



OUR NEW ADDRESS:

**31440 Northwestern Hwy,
Suite 185B
Farmington Hills, MI 48334**

Visitors may enter through MPF's dedicated exterior entrance. Those already inside the center may also access our office from within the building.

COLLABORATION ROOTED IN COMMUNITY

Kirk Gibson Center provides free exercise-based programs for people with Parkinson's in Southeast Michigan. MPF and the KGF will remain separate, independent nonprofit organizations, each with its own leadership, staff, programs, mission, and operations. MPF will have its own office suite and dedicated exterior entrance while continuing to serve the Parkinson's community throughout Michigan.

TWO FOUNDATIONS. ONE CENTER.

A shared home for connection.



**INDEPENDENT
NONPROFIT**

Own leadership,
programs, and
mission.



**Shared space within
the Kirk Gibson Center**



**INDEPENDENT
NONPROFIT**

Own leadership,
programs, and
mission.

WHAT THIS MEANS FOR YOU

The important details

SEPARATE ORGANIZATIONS. SHARED LOCATION.

Although we'll be under one roof, MPF and KGF will remain separate organizations, each with its own leadership, staff, mission, programs, and operations.

This is not a merger or acquisition.

OUR PROGRAMS AT THE CENTER

MPF already hosts several programs at the center, including our monthly PD 101 Orientation and two Farmington Hills support groups. As we settle into our new office, we look forward to additional programming opportunities.

A NEW HOME FOR MPF

This move opens the door to new opportunities to better serve Michigan's Parkinson's community through expanded education, support, and statewide resources.

OUR STATEWIDE MISSION CONTINUES

MPF remains a statewide organization. Although our office will be located in Farmington Hills, our programs, resources, and commitment to Michigan's Parkinson's community will continue across all 83 counties.

Join Us!

Community Open House

October 6, 2026

Come celebrate MPF's new home with us! Tour our office, meet our team, explore the Kirk Gibson Center's newest gym, and learn more about this next chapter for MPF.

More details coming soon!



LIVING WELL WITH PARKINSON'S



PD LIFE HACKS

Small changes, real difference.

Developed by: Mandy Moran, Doctoral Occupational Therapy Intern



MAKE MEALTIME EASIER

Use built-up and/or weighted utensils to combat tremors during meals. Non-slip mats, such as Dycem or silicone placemats, provide extra stability when placed underneath dishware. Two-handled mugs offer twice the support when enjoying beverages.



HOME SAFETY

Improve safety during evening hours with nightlights and automatic timer switches for frequently trafficked areas. Eliminate tripping hazards by removing throw rugs and keeping walkways clear. Install secure wall-mounted grab bars to increase safety and confidence during transitions.



FREEZING? DON'T FREAK!

Take a deep breath and pause. PWR! Rock (weight-shift) to spread your feet wider. Use a cue, like looking towards your destination, rhythmic counting, or singing to guide your stride.



ENERGY CONSERVATION TIPS

Practice the 4 P's: prioritize, plan, pace and position. Rank tasks in order of importance, prep ahead of time, rest before becoming fatigued, and complete tasks while seated to save energy for other tasks.

P.S. DON'T FORGET TO LAUGH ALONG THE WAY. GIVE YOURSELF GRACE—YOU'RE DOING A GREAT JOB, AND YOU'VE GOT THIS!



SOME HACKS NEED A PROFESSIONAL CHECK-IN



Swallowing



Mobility



Sleep



Urinary/Digestion

Your healthcare provider, OT, PT, or speech-language pathologist can help personalize what is safe for you!

MEET MPF'S SUMMER INTERN!



Mandy Moran is a Doctor of Occupational Therapy student at the University of Michigan-Flint. This summer, she is collaborating with MPF staff on the Parkinson's Movement Network to sustain and expand free, evidence-based exercise classes offered throughout the state, particularly within rural and underserved communities. She teaches PWR! Moves (low intensity) virtually on Wednesday's—come join her for a class!

Join Mandy on our Wednesday
virtual low intensity PWR!
Moves class!



15-MINUTE MEDITERRANEAN CHICKPEA SALAD

 SERVES 4 |  READY IN 15 MINUTES



WHAT YOU'LL NEED

1 ½ cup chickpeas
1 cup cherry tomatoes
½ large red onion
1 cup English cucumber
¼ cup vegan (optional) feta
½ cup parsley

BALSAMIC VINAIGRETTE

¼ cup olive oil
1 Tbsp balsamic vinegar
2 tsp lemon or lime juice
1 tsp Dijon mustard
½ tsp salt
¼ tsp black pepper

MAKE IT

1. Whisk together the vinaigrette.
2. Combine the chickpeas, vegetables, feta, and parsley.
3. Toss with dressing and serve, or chill for meal prep.

MEAL-PREP TIP

Store chilled in an airtight container.



COMING UP ACROSS MICHIGAN

Education, connection, and movement throughout the state.

Explore upcoming programs and register at ParkinsonsMI.org.



LEARN:

PD 101: UNDERSTANDING PARKINSON'S DISEASE



METRO DETROIT

Monthly, First Wednesday



ANN ARBOR

September 13



GRAND RAPIDS

August 11
October 13
December 15



TRAVERSE CITY

August 27
October 22
December 17

Coming soon: Recurring PD 101 dates in Lansing!



CONNECT:

COMMUNITY FORUMS

Education, local resources, and community connection.



AUGUST 17

ALPENA COMMUNITY FORUM



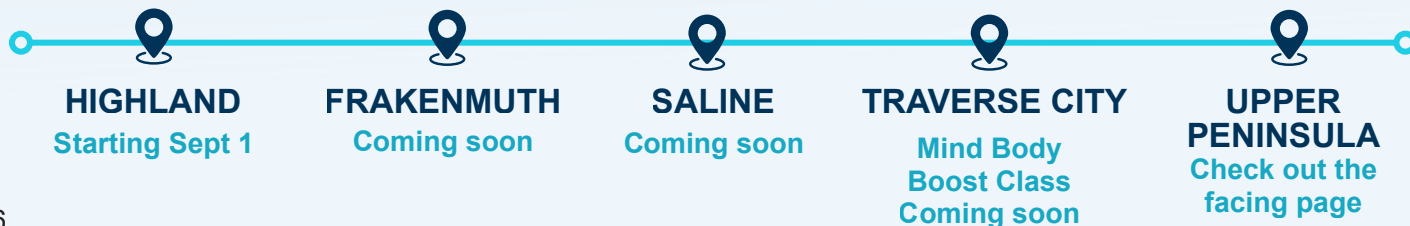
SEPTEMBER 19

MARQUETTE COMMUNITY FORUM



MOVE:

NEW EXERCISE CLASSES





UP dates

Expanding Parkinson's resources across Michigan's Upper Peninsula.



Ishpeming PWR! Moves Class

PWR! MOVES OPPORTUNITIES IN THE UP

MPF is expanding access to Parkinson's-specific exercise across the Upper Peninsula. Our first UP PWR! Moves class is now underway in Ishpeming, with new classes coming to Marquette, Iron Mountain, and Escanaba in fall 2026. This expansion will create more opportunities for people with Parkinson's to move, connect, and participate in specialized exercise closer to home.



Coming Fall 2026



Coming Fall 2026



Coming Fall 2026



Class Now Active

Thursdays at 3:30
Ishpeming Senior Center

PARKINSON'S EDUCATION OPPORTUNITY:

Marquette Community Forum

Saturday, September 19 | 11 am - 2 pm

Whether you are living with Parkinson's, caring for someone who is, supporting a loved one, or working in healthcare, this event offers an opportunity to learn, ask questions, and connect with others who understand the Parkinson's journey.

Register Today!

Online: bit.ly/mpfmarquette26

Speakers:



Grant Young, MD

Soon to be starting a Movement Disorders program at Munson in Traverse City!



Stephanie Woznak, LMSW

Director of Social Services
Michigan Parkinson Foundation

New UP Mentor!

Meet Kim Rotundo. Our YOPD Support Group Leader and newest MPF mentor!



Read more about Kim in the *Unshaken Voices* section on page 12.





FIVE WALKS. ONE POWERFUL COMMUNITY.

Will you take the first step with us?



Michigan Parkinson Foundation's five Parkinson Hero Walks are powerful team-based fundraising events.

Your steps, stories, and support fuel our vital programs and services and help ensure that every person facing Parkinson's in Michigan has access to the care, resources, and hope they deserve.

Together, we move forward.

IN 2025

2,500+
PARTICIPANTS

\$600,000+
RAISED

*Join us this
walk season!*



TRAVERSE CITY

August 22



METRO DETROIT

September 12



LANSING

September 26



GRAND BLANC

October 3



GRAND RAPIDS

October 10



**REGISTER
FUNDRAISE
WALK WITH US**

bit.ly/mpfwalks2026



Parkinson's Research
July 2026



QUEST
RESEARCH INSTITUTE
ALCANZA SITE NETWORK

Dear friend of Quest,

We hope you're enjoying a wonderful summer and finding time to celebrate America's 250th anniversary! As we look ahead with optimism, we're proud to continue advancing Parkinson's research at Quest Research Institute.

You may qualify for a Parkinson's research study enrolling now. Participation is free and voluntary, with access to investigational treatments and expert care from our neurology team, including movement disorder specialists. Whether you've been recently diagnosed or have been living with Parkinson's for years, there may be a study that's right for you!

Explore our currently enrolling studies below;

Newly Diagnosed Parkinson's

- ◆ **A Phase 2 Study (Ages 50 to 80)** Diagnosed less than 2 years. An oral medication study hoping to help slow Parkinson's progression. Study length is 52 weeks with 18 visits.

Advanced or Motor Fluctuations

- ◆ **ACCOMPLISH-PD Phase 2 (Ages 30 to 80)** Experiencing 3 hours of off-time. Oral medication AP-472 is designed to help improve movement and increase the amount of time each day when symptoms are better controlled. Study length is 14 weeks with up to 7 visits.
- ◆ **ExPDite 2 Phase 3 (Ages 45 to 75)** Experience at least 2.5 hours of daily off-time. This gene therapy study aims to support movement, motor control, and overall quality of life.
- ◆ **A Phase 1b Study (Ages 40 to 80)** Subcutaneous injection to treat off-time. Study includes an 8-day inpatient stay.
- ◆ **A Phase 2b Study (Ages 30 to 80)** – Diagnosed within last 5 years and taking Carbidopa/Levodopa greater than 3 times a day, this new innovative treatment is using **low doses of carbon monoxide (CO)** hoping to treat cell loss in Parkinson's.
- ◆ **A Phase 2 Study (Ages 18 to 85)** Oral solution for **neurogenic orthostatic hypotension** related to Parkinson's disease. Study length is 2 weeks and includes a 5-day 4-night inpatient stay.

Enrolling soon!

- **Study to help tremors**
- **Dopamine—producing cell treatment study**
- **Lewy Body Dementia study**

Get Involved

To learn more about any study, call **248-957-8940** and speak with one of our Patient Liaisons!

We add new studies every month, so even if nothing feels right today, we encourage you to call and join our database. You'll receive our quarterly newsletter and may be contacted if a study becomes available that could be a good fit for you.

- ◆ **No insurance is required** - all study related costs are covered.
- ◆ **Compensation provided** for time and travel!



Mind–Body Strategies for Parkinson’s

From: *A Holistic Wellness Prescription for Parkinson’s Disease*



In PD, perceived psychological stress has been reported to be associated with physiological responses and measurable biological correlates in cortisol and inflammation, which may impact symptom expression. Acute and chronic stress is also associated with a higher risk of developing PD and with exacerbation of motor and non-motor symptoms in PWP. Increasing evidence demonstrates the effectiveness of both mind–body and body–mind approaches, including mindfulness, meditation, and yoga, in reducing stress and improving quality of life.

A meta-analysis of studies in PWP found that yoga is effective in promoting changes in motor function (such as gait and balance), anxiety, depression, and quality of life. Yoga poses can be modified to suit various levels of ability. Yoga includes meditation and breath work, which can directly impact the autonomic nervous system, making it an ideal practice for PWP throughout the disease. Chair yoga was found to be efficacious in Hoehn and Yahr stages 1.5 to 3; however, more studies are needed for stages 4 and 5. A recent randomized control trial (RCT) showed that a mindfulness yoga program significantly reduced psychological distress, improved spiritual well-being, and improved health-related quality of life, while maintaining the same benefits on motor symptoms, than did conventional physical exercises (stretching and resistance training) in individuals with mild-to-moderate PD.

Emerging evidence supports the role of meditative movement in modulating inflammatory pathways relevant to PD.

A 2023 meta-analysis found that practices like tai chi, qigong, and yoga significantly lowered levels of interleukin-6 (IL-6), a cytokine associated with neuroinflammation and PD progression. A 2025 PD-specific trial confirmed these effects, showing reduced IL-6 and improved mood and anxiety, highlighting both anti-inflammatory and psychosocial benefits of meditative movement interventions. Mindfulness-based interventions (MBI) focus on bringing one’s attention to the present moment with acceptance of thoughts, feelings, sensations, and emotions in a nonjudgmental way.



“Mindfulness focuses on bringing one’s attention to the present moment with acceptance of thoughts.”

Mindfulness-based stress reduction (MBSR) is a group training, incorporating yoga, body scan, and mindfulness meditation. MBSR and MBI have been shown to be feasible and effective in reducing neuropsychiatric symptoms and in improving quality of life in PD. RCTs evaluating the impact of a MBI for PWP have demonstrated changes in behavioral measures and structural brain changes on MRI following the intervention. A recent survey on 5000 people with PD showed a positive relationship between the frequency with which MBI were practiced and the level of improvements of PD symptom severity that was experienced. In general, MBI for PWP aim to encourage individuals to independently self-manage and adapt to the challenges created by their condition.



PUT IT INTO PRACTICE

FALL MINDFULNESS WORKSHOP

A virtual eight-week Mindfulness Workshop for People with Parkinson’s and Their Care Partners, taught by Dr. Barbara Pickut. (Co-author in the adjacent article).



Starting in September
More info coming soon!



Source:

Subramanian I, et al. “A Holistic Wellness Prescription for Parkinson’s Disease: Evidence-Based Perspectives and Unmet Needs.” *Movement Disorders Clinical Practice*. doi: 10.1002/mdc3.70381. © 2025 The Authors. CC BY-NC-ND.



REDEFINING THE FIGHT

KIM ROTUNDO'S STORY

Always active, athletic, and strong, Kim Rotundo found it difficult to accept being diagnosed with Parkinson's disease at age 48. At the same time, the diagnosis brought some relief: she finally had an explanation for the growing list of symptoms that had been knocking her down.

The answer quickly led to another question: "What's the next step? How do I fight this?"

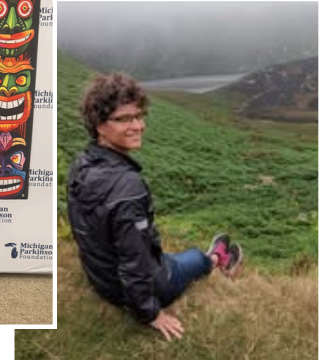
Determined to take an active role in her health, Kim immersed herself in the Parkinson's community. She attended webinars, read books and articles, met with specialists, and connected with people around the world who were living well with the disease.

"I'm competitive, and I believed that if I fought hard enough, I could win, even if the odds were against me," she says.

Kim found hope in neuroplasticity and physical exercise. Movement became an important part of her strategy, along with mental cues that helped her work through symptoms.

Over time, however, constantly treating Parkinson's as an opponent became exhausting. Although she celebrated victories, such as completing a five-mile hike on a day when crossing the street felt impossible, she began to understand that Parkinson's could not simply be defeated through determination.

She needed a different way forward. Rather than surrendering, Kim began accepting Parkinson's as a significant part of her life without allowing it to become her whole identity.



"I now view Parkinson's as more of a partner," she explains. "An unwanted partner, for sure, but a partner nonetheless."

Today, Kim works to keep that partner in check through vigorous exercise, healthy choices, social connection, and a willingness to adapt. She has also turned her experience into support for others.

Kim leads MPF's new Virtual Young Onset Support Group, helping create a place where people diagnosed at a younger age can connect with others who understand.

In July, MPF recognized Kim's growing leadership by presenting her with the Rookie of the Year Award at its annual Leadership Summit.

"I see a future for me and Parkinson's, and it is bright," Kim says. "I know there will be struggles, but we will patiently, yet diligently, figure them out and move forward together."



YOUNG ONSET CONNECTION

NEW VIRTUAL SUPPORT GROUP

A welcoming place for people living with young onset Parkinson's to share experiences, find encouragement, and connect from anywhere in Michigan. Learn more at ParkinsonsMI.org/pdsg.

Together, our voices grow stronger.



LIVING FULLY PLANNING FORWARD

KEN & THERESA'S STORY

Ken and Theresa Banka love to travel. Their trips often include visits to U.S. national parks and scuba diving. Recently, Ken and Theresa hiked over 100 miles through Yellowstone.

"Traveling was always in our retirement plan," says Theresa. "We aren't going to let Parkinson's get in the way of that."

Ken was diagnosed with PD in 2018. Theresa and Ken's research and personal experience have proven that exercise is effective in keeping Ken's Parkinson's symptoms at bay. In 2022, Ken joined a boxing class and met Deb Colling, who is now MPF's Director of Exercise. Deb introduced Ken and Theresa to a community of others with PD. "It was helpful to meet people who could relate to what we were going through," says Ken. "I also loved being able to get my frustration out through boxing."

Exercise continues to be a critical component of Ken's routine. To express their gratitude, Ken and Theresa have become monthly donors to Michigan Parkinson Foundation. They have also decided to include MPF in their estate plan. "We are thankful we found Deb's class when we did, and are happy to support her work," says Theresa.

To learn more about how you can plan for tomorrow and create a legacy of hope with MPF in your will, contact:

Lisa Anga: 248-232-0861 • Langa@ParkinsonsMI.org



**AUGUST IS
NATIONAL MAKE
A WILL MONTH**

PLAN FOR TOMORROW

Creating a will is an important piece of planning for the future. A will allows you to decide how your assets will be distributed, and who will manage the process after your death.

This August, take time to review or create your will. It's a simple step to help protect what matters most and give you peace of mind.

VIRTUAL EDUCATION SERIES

ESTATE PLANNING ESSENTIALS

Learn more about creating your own will or trust!

SEPTEMBER 23 • 7 P.M.

*Presented by:
Dean C. Robinette, Attorney*



Register today!



2026 MPF FUN RUN

MAKING WAVES FOR PARKINSON'S

On June 3, the boating community of Michigan came together on Harsens Island in support of people with Parkinson's and their families across the state.

This year, we raised an incredible **\$297,000** and welcomed over **420 attendees!** This puts the total amount raised over the six years we've been holding this event at **\$1.2 million!** We are deeply grateful to everyone who participated, donated, sponsored, volunteered, or cheered us on. Your support fuels vital programs, services, and hope throughout our state.

A special thank-you to Mary Floore for sharing her story with us that morning. Thank you to all of our generous sponsors, hosts, and partners for making this incredible day possible.

Save the date for 2027: June 2!

Presenting Sponsors:



Title Sponsor:



LOOKING AHEAD

SAVE THE DATE • COMING THIS FALL

HOPE ON THE FIELD GALA

Tackling Parkinson's Together



FRIDAY, NOVEMBER 13



6:00 P.M.



FORD FIELD • DETROIT



RESERVE YOUR SPOT
bit.ly/mpfgala2026

MY WEEK OF MOVEMENT

Build a routine that works for you.



AEROBIC

30 minutes,
3 days per week



STRENGTH

30 minutes,
2-3 days per week



BALANCE & AGILITY

2-3 days per week



STRETCHING

2-3 days per week

Use this planner to choose activities that fit your abilities, interests, and goals. Record your movement, add your minutes, and celebrate every way you moved this week!

	SUN	MON	TUES	WED	TH	FRI	SAT
Aerobic Activity							
Brisk Walk Outside or Bike Riding							
Toe Tops / Heel Digs (10-20 each and repeat)							
High Knees Standing or Sitting (set of 20 and repeat)							
Lateral Shuffles hands on counter or table for balance support (4-6 steps to the right and left, for a total of 10 and repeat)							
Strength Training							
Sit to Stands (set of 20 and repeat)							
Push Ups (set of 10, work up to 3 sets)							
Good mornings (Hip Hinges) (set of 10, work up to 3 sets)							
Bird Dogs on all 4's or in chair (2-3 sets of 10-20)							
Balance, Agility, & Multitasking							
Tandem Walk forward and backward (hold onto counter, urban poles, or table to help with balance)							
Lift knee 12 times trying to not touch foot to the floor, change sides, say the months at the same time							
Clock Tops (Tap your toe to 12:00 - 3:00 and 6:00 - 9:00) Make it harder by not touching toe to the ground							
PWR! Rock: Toss a scarf or small ball and try to catch it in the same hand							
Flexibility							
Side bends (Standing, seated)							
Hip Flexor and Quad Stretch (Standing, seated, or side/stomach lying)							
Cat/cow stretches for spine mobility							
Spinal twist (seated or lying on floor)							
Total Number of Minutes:							



Talk with your physician before beginning or changing an exercise program.