Hello Michigan Parkinson Community!

First, I must thank everyone for the warm welcome during my first few months at the Michigan Parkinson Foundation. So far, I’ve been blown away by the commitment and dedication of this community. I’ve had the opportunity to meet with support groups, participate in exercise classes, sit in on our education series, speak with medical professionals specializing in Parkinson’s, and connect one-on-one with many of you at our Metro Detroit Walk.

I’m learning so much from each of you, and I am immensely grateful for every conversation, resource, and insight sent my way. So far, my biggest takeaway is the overwhelming message I’ve heard from many: “knowledge is power.” I’ve listened to this direct phrase from many of our clients – that once they got the tools, information, and referrals they needed, they were able to turn Parkinson’s disease into something manageable. I am taking this advice to heart as I work to gain as much knowledge as possible to fulfill our mission and do the best possible work I can in service of the Michigan PD network.

My goal is to build on our current cadre of resources and to increase accessibility to even more areas throughout the state through dedicated outreach to underserved communities, collaboration, and expanded services. In doing so, we will be building committees for our events, task forces for key initiatives, and focus groups to help make critical decisions on our strategic plan.

I am thrilled to do this work and to do it alongside an incredible community!

Together in Service,

Kristin Rossi, CEO
8-WEEK MINDFULNESS & COMPASSION COURSE
For People with Parkinson’s

With Dr. Barbara A. Pickut and Carol Hendershot, certified MBSR instructors

8-WEEK CLASS SCHEDULE
Monday, October 10 - November 28, 2022
12-1:30 pm ET

The stress of living with Parkinson’s disease can be physically and emotionally demanding. The practices of mindfulness & self-compassion can support us in our most difficult times. Mindfulness is paying attention to your present moment experience with acceptance and curiosity. Self-compassion is meeting yourself with kindness. Cultivating mindful attention and self-compassion will deepen your ability to be present, help you manage challenging experiences, and create space for wise choices in all areas of your life.

Years of scientific research have shown:
Mindfulness
• Improves stress resilience
• Increases confidence and self-acceptance
• Enhances sleep, focus, and attention
Self-Compassion
• Improves ability to handle difficult emotions
• Enhances acceptance of self and others
• Motivates with encouragement not criticism

You will learn:
• What Mindfulness & Self-Compassion Are
• How perception shapes our experience
• Mindfulness tools to work with stress & anxiety
• Self-compassion for difficult emotions
• To cultivate positive emotions
• Several formal practices including:
  • Sitting meditation
  • Mindful Yoga
  • Supportive Touch & Self-Compassion

Dr. Barbara A. Pickut, MD, MPH, RYT 200
Neurologist, MSU Health Care, Mindfulness-Based Stress Reduction Instructor
Barbara is an Associate Professor of Neurology at Michigan State University, serving people with movement and memory challenges. She is a certified instructor in MBSR from the Center for Mindfulness at UMass Medical School and a certified Yoga instructor. She has been working with people with PD and mindfulness training since 2006.

Carol Hendershot, E-RYT500
Certified Mindfulness-Based Stress Reduction Instructor, Co-Founder, GR Center for Mindfulness
Carol has been teaching MBSR since 2008. She has led hundreds of students through the program. She completed training through The Center for Mindfulness at the UMass Medical School, UCSD Center for Mindfulness, and the Center for Mindful Self-Compassion. She is also a certified yoga instructor.

"This program is educational and experiential and is not a medical treatment"

To register, visit https://parkinsonsmi.org/mpf-programs-educational-programs

SHAKEYSPERE
An Innovative Speech Therapy Program

Director Dennis North and his team of actors, this free workshop focuses on breath work, vocal projection, physical warm up, stretching, interpretation and of course...Shakeyfare! The program runs through August 18. For more information or to sign up, contact Stephanie Woznak at 248-419-7170 or stephaniew@parkinsonsmi.org

You’re not too late to sign up for Shakespereare, the innovative speech therapy program that helps with voice and speech difficulties through theatre techniques! Led by Theatre Thirty 3

TAKE A STAND BY TAKING A SEAT
Make a Difference in a Theatrical Way!

Theatre Thirty 3 is extremely happy to be presenting a production of SILENT SKY by Lauren Gunderson as a benefit for the Michigan Parkinson Foundation and you can help by buying a ticket and taking a seat! Inspirational and very family friendly, SILENT SKY is a wonderfully told true story about the 19th-century astronomer Henrietta Leavitt and her fight to find her place in a time of immense scientific discoveries, when women’s ideas were either dismissed or credited to the men they worked for. It’s a play about the passionate drive to discover and, in the process, be discovered. The production will be presented on September 1-4, 2022 at the Warnerie Ball Theatre in Detroit. Printed & sponsor/ donor opportunities to help Michigan Parkinson Foundation can be found at TheatreThirty3.org current. All proceeds (less operating costs) go directly to MPF and the cause of research and support for the Parkinson’s community.

We’ve all been through so much the last couple of years and most of it seems like a surreal blur at this point, but thankfully it’s time to tread the boards again. Time to put away weary caution and approach life with gratitude and a great deal of stubborn hope. Time to take a stand by taking a seat!

“IT MAY BE A PLAY YOU HAVEN’T HEARD OF BASED ON OBSOURE HISTORY, BUT SILENT SKY IS A LIFE-AFFIRMING SMALL TREASURE.”
Broadwayworld.com Review
COMMUNITY-LED FUNDRAISERS

SECOND ANNUAL FUN RUN
LAKE ST. CLAIR, MI

The Second Annual Fun Run – led by Matt Floore, Randal Pagel, Daniel Lichocki, Dave Floore, and Randy Pagel – was a tremendous success. Prior to the event, the team raised approximately $80,000 and thanks to some very generous day-of donations, the event raised a gross total of $119,338! The June 8 event welcomed more than 300 guests and 60 boats that cruised to five different spots around Harsens Island on Lake St. Clair. Thank you to this amazing team!

PETTIBONE 5K
ROCHESTER, MI

The Second Annual 5K Memorial Walk honoring William H. Pettibone Jr. took place on May 21 at Stoney Creek Park. An event put on by the late William Pettibone’s company, Commercial Contracting Corporation, and his wife, Jane Pettibone, didn’t let the rain stop this great event. Together, they raised $27,730. Congratulations!

LUCASTRONG
HOLLY, MI

Led by husband and wife team Jim and Lisa Lucas, the Second Annual LucaStrong Hike in Holly, MI on May 21 was a smashing success. The rain didn’t dampen their resolve – this amazing event raised $24,060! All funds raised go to exercise programming at the Michigan Parkinson Foundation with the goal of getting more people with Parkinson’s connected to the lasting effects of exercise routines. Great work LucaStrong!
COMMUNITY-LED FUNDRAISERS

FRATERNAL ORDER OF THE EAGLES

HALE, MI

On June 4, Ms. Lillian Murray from the Fraternal Order of Eagles – Auxiliary 4217 in Hale, Michigan presented the MPF a check in the amount of $5,000. The Auxiliary 4217 was generous enough to choose the Michigan Parkinson Foundation as their charity of choice based on the services MPF provides to the community.

COMMUNITY-LED FUNDRAISERS

ANNUAL FACILITATOR SUMMIT

Calling all Support Group Facilitators!

Join us in Mt. Pleasant August 17-18 for our annual Facilitator Summit (aka Facilitator Training). A big thank you to this year’s Facilitator Summit sponsors: Supernus, Acadia, Avion, AbbVie and Amneal Pharmaceuticals!

For More Information
Contact Stephanie Woznak at (248) 419-770 or stephaniew@parkinsonsmi.org.

VIRTUAL EDUCATION

AUGUST 16, 2022
Technology and PD
Susan Woolner

SEPTEMBER 20, 2022
Respite, Palliative and Hospice, what do they mean?
Michele Falsetti

OCTOBER 18, 2022
Neuropsych Evaluation: What is it why should I get it?
Dr. Adrianna Zec

For More Information
Visit Parkinsonsmi.org/mpf-programs/educational-programs or contact Julia Wall at 248-419-8009 or jwall@parkinsonsmi.org.

2022 PARKINSON’S EXERCISE CLASS SCHEDULE

MONDAY

PWR Moves (Parkinson Wellness Recovery Exercise)
Katie Bourdeau, PT, DPT
Henry Ford Medical Center

TUESDAY

PWR Moves (Parkinson Wellness Recovery Exercise)
Angie Ludwa, PT
Ascension Genesys Hospital
Outpatient neurologic clinic

THURSDAY

PWR Moves (Parkinson Wellness Recovery Exercise)
Torrey Davenport, PT, DPT
Life Beyond Barriers
Traverse City

FRIDAY

Adapted Yoga for Parkinsons
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500
Founder/Director
Yoga Moves MS

SATURDAY

Adapted Yoga for Parkinsons
Mindy Eisenberg, MHSA, C-IAYT, ERYT-500
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CONTINUING MEDICAL EDUCATION

Continuing Medical Education (CME) consists of educational activities which serve to maintain, develop or increase the knowledge, skills, professional performance and relationships that a physician uses to provide services for patients, the public or the profession.

SEPTEMBER 22, 2022
Basic management of Parkinson’s disease and when it is time to refer to a neurologist: Aaron Ellenbogen, DO

SEPTEMBER 29, 2022
Managing non-motor symptoms associated with Parkinson’s disease: Darvette Taylor, DO

OCTOBER 6, 2022
Update on Parkinson’s medication: Kara Wyant, MD

OCTOBER 13, 2022
Medication management in the hospital and long-term facilities: Karen Freshwater, PA

OCTOBER 20, 2022
Criteria for a successful candidate for Deep Brain Stimulation: Jason Schwalb, MD

NOVEMBER 3, 2022
Mental health issues and Parkinson’s psychosis: Cornelius Roberts, MD

All classes start at 10:00 am
All exercise classes use the same Zoom Link.
You need both the meeting ID and the Password.

Contact Julia Wall at 248-419-8009 or jwall@parkinsonsmi.org for more information.
It was truly wonderful seeing so many friends and family come out to support. The kiddos had a great time at the new Kid's Corner designing Parkinson's hero capes, and we loved seeing all of the fun photo booth photos! The revenue from our walk events is essential to ensure we fulfill our promise that no person with Parkinson's should be without responsive, quality care and support. The MPF Respite Care Program increased 117% in 2021. Since January 2021, we have provided more than 10,000 hours of care to Michigan families who are living with Parkinson's. More than 1,400 people with Parkinson's have participated in MPF's virtual exercise classes. We are excited to be able to extend the classes through December 2022 completely free of charge.

Together, we have been able to say “YES” to all who need our help. To the team captains, participants, sponsors, and volunteers... THANK YOU for helping us make a difference for the Parkinson's community here in Michigan. We could not do what we do without your support, and commitment.

I GAVE MY SOLE FOR PARKINSON’S

Metro Detroit Walk

A BIG MPF thank you to everyone who supported and/or participated in this year’s I Gave My Sole for Parkinson’s Metro Detroit Walk.

It was a gorgeous day and we had a great turn out! This year’s Walk was held at First Presbyterian Church in Birmingham (as Seaholm High School was under construction). Together, we raised an incredible total of $208,185 and donations are still rolling in! There were 690 individuals and 57 teams that came out to participate and support the event. The revenue from our walk events is essential to ensure we fulfill our promise that no person with Parkinson's should be without responsive, quality care and support.

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<td>2. Team Jolliff</td>
<td>2. Steve Femminineo</td>
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<tr>
<td>3. Team Terry &amp; Company</td>
<td>3. Angee Ludwa</td>
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<td>4. Rockin’ in Rochester - MPF Rochester Support Group</td>
<td>4. Lauren Clark</td>
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<td>5. Motivate to Move</td>
<td>5. Linda Potter</td>
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<td>6. Team Triumph</td>
<td>6. Kate Cardozo</td>
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<td>7. Kerr’s for a Cure</td>
<td>7. Tim Dougan</td>
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<td>8. Livonia Support Group</td>
<td>8. Sarah Vigiletti</td>
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<td>10. Alpena Support Group</td>
<td>10. Liz and Matt Vaiciunas</td>
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2022 PARKINSON’S WALKS

Join Us For Upcoming Walks in Lansing and Grand Rapids!

LANSONG WALK

Saturday, September 17, 2022
Auditorium Building
Michigan State University Campus
East Lansing, MI 48824

GRAND RAPIDS WALK

Saturday, October 8, 2022
Frederik Meijer Gardens and Sculpture Park
Grand Rapids, MI 49525
**SPOTLIGHT: QUINN HANSES**

Quinn Hanses is a dual degree graduate student pursuing an MBA and Doctor of Occupational Therapy (OTD) at the University of Michigan-Flint.

Her current role at Michigan Parkinson Foundation (MPF) is summer intern/Capstone student.

Quinn’s clinical rotations included the Recovery Project in Livonia (outpatient neurological clinic) and the University of Michigan Medicine Hospital in Ann Arbor (oncology and general medical units). Although she was involved in various projects throughout the summer, Quinn’s main objective was to research:
- Predictors of cognitive decline
- Predictors of cognitive maintenance
- Evidence of cognitive improvement

She hopes to continue this collaboration with MPF in the future!

Lewy Body Dementia Support Groups

Michigan Alzheimer’s Disease Center programs for family caregivers and persons living with Lewy body dementia.

If this is your first time attending or if you’d like more information, please contact Renee Gadwa at rgadwa@med.umich.edu or 734-764-5137.

**2022 GALA**

**A NIGHT OF PROMISE FOR PARKINSON’S**

**WEDNESDAY, SEPTEMBER 21, 2022**

6:00 pm Cocktails | 7:00 pm Dinner

Program and entertainment immediately following dinner

**ATTIRE:** Business Cocktail

**PARKING:** Hosted at the Detroit Athletic Club

**LOCATION:** Detroit Athletic Club
241 Madison St., Detroit, MI 48226
Pavilion (tented outdoor space)

**TO REGISTER:** Visit ParkinsonsMI.akaraisin.com/promiseforparkinsons2022

Tickets start at $300 (Sponsorship opportunities available)

**Virtual Afternoons**

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**Boyne City**

2 - 3:30 p.m. — combined caregiver and persons living with LBD group
Somerset Pointe Yacht Club & Marina, 00970 Marina Drive, Boyne City, MI 49712

**Harbor Springs**

2nd Wednesday of the Month
6 - 7:30 p.m. — caregiver group
Pineview Cottage, 3498 Harbor-Petoskey Road, Harbor Springs, MI 49740

**Lansing**

4th Thursday of the Month
10 - 11 a.m. — separate groups run concurrently for caregivers and persons living with LBD
Senior CommUnity Care of Michigan PACE, 1921 East Miller Road, Lansing, MI 48911

**Ann Arbor**

4th Thursday of the Month
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Vibrant Life Senior Living, 8100 Geddes Road, Superior Charter Township, MI 48198

**Spotsight:**

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TIPS & TRICKS for Activities of Daily Living

By Quinn Hanses

In Case You Missed It
An educational seminar ‘Tips and Tricks for Parkinson’s Disease’ was held on June 21, 2022. Information was presented for managing ‘activities of daily living’ – tasks performed daily to take care of yourself, such as:

• Bathing
• Toileting
• Hygiene
• Grooming
• Eating/going out to dinner
• Getting dressed

Topics discussed integrated safer ways to perform everyday tasks while dealing with PD symptoms, such as tremors, drooling, balance problems, bradykinesia, and rigidity. We review tips and tricks for each of these tasks – including a home exercise plan, breathing techniques and anxiety management strategies – along with appropriate adaptive equipment.

There are several demonstrations throughout the presentation, including how to get in and out of bed safely, roll in bed, scoot in bed, use a single-point cane, use a U-step walker, use a UP-walker, and use a lightweight wheelchair.

We also collaborate with a “loan closet” where you can get wheelchairs, walkers, bedside commodes, and more adaptive aids for FREE.

Toward the end of the presentation, we review the importance of exercising to mitigate Parkinson’s disease symptoms, how to get involved with Michigan Parkinson Foundation resources and events, and various other tips for everyday tasks (e.g., medication management, grocery shopping, playing cards, living with low vision, handwriting, phone use, daily routine goals).

MPF collaborates with a “loan closet” where you can get wheelchairs, walkers, bedside commodes, and more adaptive aids for FREE. The MPF also has some adaptive equipment in house available for pick up. Contact (248) 433-1160 for more information.

Online Access
The educational seminar can be found on the Michigan Parkinson Foundation YouTube channel – YouTube.com/c/MichiganParkinsonFoundation under ‘2022 Educational Sessions – Education on Parkinson’s disease.’

As the Doctoral Intern in Occupational Therapy at Michigan Parkinson Foundation over the last several months, I have completed an extensive literature review of peer-reviewed articles from 2017-2022 related to neuroplasticity, cognitive reserve, and brain maintenance.

I wanted to share the following information from my review and share that we will have an in-person discussion about cognition and ways to combat neurodegenerative decline on September 27th at 6:00 p.m. Food and refreshments will be provided. Call 248-433-1160 to register or for more information.

What is cognition?
Cognition is acquiring, processing, sorting, and understanding information. It involves perception, reasoning, evaluating, learning, and remembering. Neurocognition deals with cognitive functions associated with neural pathways affected by disease processes, for example, depletion of dopamine neurotransmitters in Parkinson’s disease.

What is this term neuroplasticity?
Neuroplasticity, also known as neural plasticity or brain plasticity, is the ability of the nervous system to alter its activity in response to stimuli (e.g., intrinsic or extrinsic) by reorganizing its configuration, functions, or associations. Components of neuroplasticity include neurogenesis, synaptogenesis, and cortical reorganization, meaning that the brain can form new neurons, connections, and pathways, and it is believed that new ‘mapping’ in the brain can be developed through somatosensory and motor pathways.

I have been noticing cognitive changes. Is there anything I can do about it?
Yes! Not only are numerous articles published on ways to preserve cognition, but there are articles showing evidence of cognitive improvement. It is well known that the aging brain can transform substantially in both structure and function. In fact, brain circuitry is continuously altering as a function of learning, inputs, and experiences.

What can I do to improve my cognition?
• Physical activity
• Vigorous exercise
• Cognitive training
• Participation in stimulating environment including brain stimulation
• Dual-task training
• Cognitive enhancers
• Protective agents

Each Saturday in the month of August at 10 a.m., my colleague and I will incorporate neuroplasticity principles, such as dual tasking, during MPF’s virtual 1-hour exercise session. You can also find these on the MPF YouTube page a few days after the class airs.

Now that we know this, what now?
The next step is to survey people with Parkinson’s disease (MPF community–look out for a survey coming soon) to determine the cognitive symptoms they may be experiencing and the severity of some of those symptoms. Based on the literature review and the survey findings, MPF plans to develop an innovative, individualized program to promote cognitive maintenance.

We also collaborate with a “loan closet” where you can get wheelchairs, walkers, bedside commodes, and more adaptive aids for FREE.

References:

• Physical activity
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• Cognitive training
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Neuroplasticity, also known as neural plasticity or brain plasticity, is the ability of the nervous system to alter its activity in response to stimuli (e.g., intrinsic or extrinsic) by reorganizing its configuration, functions, or associations. Components of neuroplasticity include neurogenesis, synaptogenesis, and cortical reorganization, meaning that the brain can form new neurons, connections, and pathways, and it is believed that new ‘mapping’ in the brain can be developed through somatosensory and motor pathways.¹

I have been noticing cognitive changes. Is there anything I can do about it?
Yes! Not only are numerous articles published on ways to preserve cognition, but there are articles showing evidence of cognitive improvement. It is well known that the aging brain can transform substantially in both structure and function.² In fact, brain circuitry is continuously altering as a function of learning, inputs, and experiences.

What can I do to improve my cognition?
• Physical activity
• Vigorous exercise
• Cognitive training
• Participation in stimulating environment including brain stimulation
• Dual-task training
• Cognitive enhancers
• Protective agents

Each Saturday in the month of August at 10 a.m., my colleague and I will incorporate neuroplasticity principles, such as dual tasking, during MPF’s virtual 1-hour exercise session. You can also find these on the MPF YouTube page a few days after the class airs.

Now that we know this, what now?
The next step is to survey people with Parkinson’s disease (MPF community–look out for a survey coming soon) to determine the cognitive symptoms they may be experiencing and the severity of some of those symptoms. Based on the literature review and the survey findings, MPF plans to develop an innovative, individualized program to promote cognitive maintenance.

References:

¹ Physical activity
² Vigorous exercise
³ Cognitive training
⁴ Participation in stimulating environment including brain stimulation
⁵ Dual-task training
⁶ Cognitive enhancers
⁷ Protective agents

Contact (248) 433-1160 for more information.
MOTOR CITY UPBEATS

ARE YOU LOOKING FOR...
• A fun way to strengthen the sound of your voice?
• A way to improve vocal range, expression, and flexibility?
• A way to keep your voice in shape after voice therapy?
If you answered yes to any of the above, Motor City Upbeats Therapeutic Choir is for YOU!

Motor City Upbeats is a community-minded therapeutic singing program designed to assist individuals with Parkinson’s disease and other neurological conditions to:
• Maintain healthy breathing and speaking coordination
• Exercise voices in a variety of ranges, styles, and rhythms
• Practice intentionality, expression, and articulation
• Regain or maintain confidence in their speaking and singing voice
• Learn helpful, practical strategies for daily vocal use, posture, and balance
• Support social, memory and cognitive connections

This program accomplished all of this while having lots of fun in a positive, supportive, caring environment!

Research has shown that individuals with Parkinson’s disease who were involved in singing groups saw improved respiratory function, were able to sustain sound longer than before singing, and reported overall improved quality of life.

When singing, you use the same muscles you do for speaking – including the respiratory, laryngeal and articulatory systems – therefore, singing can help augment traditional voice therapy and help maintain good speech and voice by working on the same groups of muscles in a slightly different manner.

Did you also know that singing is an aerobic exercise activity? Whether participants are seated or standing, therapeutic singing and moving to the beat is healthy for the whole body. Singing even helps participants work on posture, coordination and balance. Learning to safely support the voice while singing can help build habits for mindful, healthy vocal use every day, while discouraging vocal strain and helping to avoid vocal damage or injury.

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

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

ONLINE:
Thursday – 11 am - 12 pm
Via Zoom (virtual voice exercise class)
No previous singing experience necessary.

The Motor City Upbeats therapeutic choir was created by Alice K. Silbergleit, Ph.D., CCC-SLP, a certified speech-language pathologist at Henry Ford Health, and Elizabeth Esqueda, M.M., a vocal performer and voice teacher, to improve communication skills in individuals with Parkinson’s disease.

FOR MORE INFORMATION
Email motorcityupbeats@gmail.com
or call therapeutic choir director Elizabeth Esqueda at 248-417-7870.

A Big MPF Welcome to Our
NEWEST PROFESSIONAL ADVISORY BOARD MEMBERS

HAYDEN M. BOYCE, M.D.
Dr. Hayden M. Boyce is a neurosurgeon in Grand Rapids, Michigan and is affiliated with multiple hospitals in the area, including Spectrum Health-Butterworth and Blodgett Campuses and Battle Creek Veterans Affairs Medical Center. He received his medical degree from NYU Grossman School of Medicine and has been in practice for more than 20 years.

Laurie Boone-Clor, MD
Dr. Laurie Boone-Clor is a board certified geriatric psychiatrist in southeast Michigan. She is affiliated with Henry Ford Health and received her medical training and residency from Wayne State University School of Medicine. She did her fellowship in geriatric psychiatry at the University of Michigan.

Dr. Bisena Bulica, DO is a neurology specialist at Henry Ford Lakeside and Henry Ford West Bloomfield. She received her education from Michigan State University College of Osteopathic Medicine and completed her Movement Disorder Fellowship at Henry Ford Health. Dr. Bulica is also the director of the Huntington’s Disease Clinic at Henry Ford Health.

CALLING ALL VOLUNTEERS!
The Michigan Parkinson Foundation is looking for volunteers to help with office work, events and programs.

Contact (248) 433-1161 or volunteer@parkinsonsmi.org to sign up!
Michigan Parkinson Foundation
30400 Telegraph Road, Suite 150
Bingham Farms, MI 48025
(248) 433-1011
(800) 852-9781
Web site: www.parkinsonsmi.org

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

More than 74 Affiliated Support Groups • Medication Assistance • Information Literature
Subsidized Respite Care • Neurologist & Community Referral • Education Programs • Advocacy
Consult your medical providers before acting on information in newsletter articles. MPF publication
offer 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

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__________

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.
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