



### 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



Kristin Rossi, CEO



BACK BY POPULAR DEMAND!

# 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>

# SHAKEYSPEARE

An Innovative Speech Therapy Program



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

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...Shakespeare! The program runs through August 18. For more information or to sign up, contact Stephanie Woznak at **248-419-7170** or **stephaniew@parkinsonsmi.org**

*If you have speech or voice problems, we encourage you to see a speech-language therapist (contact MPF for a list of providers). There are several forms of speech therapy that were developed to help people with Parkinson's – the key is to find a program you enjoy and stick with it!*

## TAKE A STAND BY TAKING A SEAT

Make a Difference in a Theatrical Way!

Theatre Thirty3 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 Marlene Boll Theatre in Detroit. Tickets & 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

*"It may be a play you haven't heard of based on obscure history, but **SILENT SKY** is a life-affirming small treasure."*

Broadwayworld.com Review

weary caution and approach life with gratitude and a great deal of stubborn hope. Time to take a stand by taking a seat!





# 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.



## 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) 419-7170 or [stephaniew@parkinsonsmi.org](mailto:stephaniew@parkinsonsmi.org).

**Wednesday, August 17 and  
Thursday, August 18, 2022**

### Location

Courtyard Marriott Mt. Pleasant  
Central Michigan University  
2400 East Campus Drive  
Mt. Pleasant, Michigan 48858

## VIRTUAL EDUCATION

**AUGUST 16, 2022**

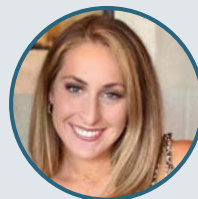
**Technology  
and PD**



Susan Woolner

**SEPTEMBER 20, 2022**

**Respite, Palliative and Hospice,  
what do they mean?**



Mikaela 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](https://ParkinsonsMI.org/mpf-programs/educational-programs) or contact Julia Wall at 248-419-8009 or [jwall@parkinsonsmi.org](mailto:jwall@parkinsonsmi.org).

# 2022 PARKINSON'S EXERCISE CLASS SCHEDULE

Monday-Saturday through December 2022

All classes start at 10:00 am

All exercise classes use the same Zoom Link.  
You need both the meeting ID and the Password.

**In-Person Yoga Class** at Michigan Parkinson Foundation office!  
We invite you to join us for Adapted Yoga for Parkinsons with Mindy Eisenberg in person each Wednesday throughout September.

**Time:** 11:30 am - 12:30 pm

**Location:** Michigan Parkinson Foundation 30400 Telegraph Road, Suite 150 (east entrance) Bingham Farms, MI 48025

**RSVP:** to Kristin Rossi at (248) 433-1117 or [kristinr@parkinsonsmi.org](mailto:kristinr@parkinsonsmi.org)



[parkinsonsmi-org.zoom.us](https://parkinsonsmi-org.zoom.us)

Meeting ID: **813 7303 6837**

Password: **MPF2020**

Dial by your location

**+1 646 558 8656 US**

## MONDAY

### PWR Moves

(Parkinson Wellness Recovery Exercise)

**Katie Bourdeau, PT, DPT**  
Henry Ford Medical Center

## TUESDAY

### PWR Moves

(Parkinson Wellness Recovery Exercise)

**Angee Ludwa, PT**  
Ascension Genesys Hospital  
Outpatient neurological clinic

## WEDNESDAY

### Adapted Yoga for Parkinsons

**Mindy Eisenberg,**  
**MHSA, C-IAYT, ERYT-500**  
Founder/Director  
Yoga Moves MS

## 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

### PWR Moves

(Parkinson Wellness Recovery Exercise)

**Occupational Therapy Students to teach throughout the month of August!**

Physical therapy students supervised by:

**Jamie Haines,**  
**PT, DScPT**  
NCS Assistant Professor  
Central Michigan University

**Amy Yorke,**  
**PT, PhD**  
NCS Associate Professor  
Physical Therapy Department  
University of Michigan-Flint

## 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.

Contact Julia Wall at 248-419-8009 or [jwall@parkinsonsmi.org](mailto:jwall@parkinsonsmi.org) for more information.

### 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. *Danette 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*

### OCTOBER 27, 2022

The important role of exercise in managing Parkinson's symptoms.  
*Dorin Deitch, DO*

### NOVEMBER 3, 2022

Mental health issues and Parkinson's psychosis, hallucinations, anxiety and depression.  
*Cornelius Robens, MD*



# SPOTLIGHT: FUNDRAISING WALKS

## 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.

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

*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.*

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.



## TOP FUNDRAISERS

TEAMS		INDIVIDUALS	
1. PD Self.....	\$16,242	1. Nathan Jolliff.....	\$13,000
2. Team Jolliff.....	\$14,460	2. Steve Femminineo.....	\$11,226
3. Team Terry & Company .....	\$11,000	3. Angee Ludwa.....	\$5,200
4. Rockin' in Rochester - MPF Rochester Support Group..	\$10,500	4. Lauren Clark .....	\$3,450
5. Motivate to Move .....	\$8,005	5. Linda Potter .....	\$2,795
6. Team Triumph .....	\$6,025	6. Kate Cardozo .....	\$2,355
7. Kerr's for a Cure.....	\$5,580	7. Tim Dougan.....	\$1,650
8. Livonia Support Group.....	\$4,030	8. Sarah Vigiletti .....	\$1,286
9. Weber Warriors.....	\$4,000	9. Dawn Paul.....	\$1,260
10. Alpena Support Group.....	\$3,935	10. Liz and Matt Vaiciunas.....	\$1,120



### LANSING 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!



Quinn Hanses



## 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](mailto:rgadwa@med.umich.edu) or 734-764-5137.

Virtual  
Afternoons

**2nd Tuesday of the Month**  
2 - 3 p.m. — caregiver group  
3 - 4 p.m. — living with LBD group

Virtual  
Evenings

**2nd Tuesday of the Month**  
6 - 7 p.m. — caregiver group

Boyne City

**2nd Tuesday of the Month**  
2 - 3:30 p.m. — combined caregiver and persons living with LBD group  
Sommerset 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**  
2 - 3 p.m. — separate groups run concurrently for caregivers and persons living with LBD  
Vibrant Life Senior Living, 8100 Geddes Road, Superior Charter Township, MI 48198



RINNE LEWY BODY DEMENTIA INITIATIVE  
MICHIGAN MEDICINE

[alzheimers.med.umich.edu/lbd](https://alzheimers.med.umich.edu/lbd)

[@umichalzheimers](https://twitter.com/umichalzheimers)

## A night OF Promise FOR PARKINSON’S

### 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](https://ParkinsonsMI.akaraisin.com/promiseforparkinsons2022)

**Tickets start at \$300** (Sponsorship opportunities available)



# 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](https://www.youtube.com/c/MichiganParkinsonFoundation) under ‘2022 Educational Sessions – Education on Parkinson's disease.’



# A Review of Neuroplasticity and Parkinson's Disease

By Quinn Hanses, OTD, MBA

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, synapto-

genesis, 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.<sup>1</sup>

## 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.<sup>2</sup> In fact, brain circuitry is continuously altering as a function of learning, inputs, and experiences.

## What does the research tell us?

From these findings, we have identified ten predictors of cognitive decline, fourteen predictors of cognitive maintenance, and eight activities to improve cognitive functioning. Through this information we have found predictors of cognitive deterioration may differ from predictors of cognitive maintenance and improvement. Neuroplasticity may be an intrinsic property of the nervous system, changing in response to sensory input, motor action, association, reward signal, action plan, and awareness.

## 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<sup>3</sup>

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:



SCAN ME

# 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](mailto: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 BOORE-CLOR, MD

Dr. Laurie Boore-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

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) 433-11610** or [volunteer@parkinsonsmi.org](mailto:volunteer@parkinsonsmi.org) to sign up!







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

Web site: [www.parkinsonsmi.org](http://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](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 \_\_\_\_\_

\_\_\_ 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.  
All gifts are tax deductible as provided by law. Michigan Solicitation License #8287

