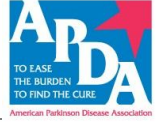




Hope

 CEDARS-SINAI MEDICAL CENTER.

A quarterly newsletter of the **American Parkinson Disease Association**
Information and Referral Center at Cedars-Sinai Medical Center



Volume 8, Issue 8

Spring 2009

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Connecting with the APDA: The Parkinson's Beach Brigade Walk-a-Thon

Re-connect with friends and neighbors at APDA's Beach Brigade Walk-A-Thon on **Sunday, April 26** at 9 am at the Santa Monica City Hall. How? Easy, you can walk, you can make a donation and support the organization or an individual walker, you can volunteer, you can cheer on the walkers, you can meet our amazing exhibitors, you can start a team of your own or even a virtual team, or you can simply come out and enjoy a day filled with sunshine in beautiful Santa Monica. Visit the Parkinson's Beach Brigade website at www.ParkinsonsBeachBrigade.org for more information and to register for the walk. If you don't have access to the website or have further questions, call us at (818) 486-2111.

the cure" for Parkinson's disease through medical research, patient and family support, and education. APDA also provides educational booklets and articles (in many languages) dealing with symptoms and medications, support, exercise, speech problems and equipment. APDA does a lot for the community and you can show your support for the good works of APDA by participating in the Parkinson's Beach Brigade on **April 26th**. All of the money raised from the walk-a-thon goes toward funding research to find the cause and the cure for Parkinson's disease.

Join us as we gather for a fun-filled day in Santa Monica. You'll be making a real difference in the lives of so many.

The American Parkinson Disease Association, founded in 1961, has worked "to ease the burden and to find



Save the Date!



**Sunday,
April 26, 2009**

Join a Support Group and Connect with the PD Community

More than 1.5 million people in the United States have been diagnosed with Parkinson's disease (PD). Many of them have found ways to confront their diagnosis, acknowledge their frustrations and learn to cope by attending a local support group. Support groups provide a place to share ideas, learn from each other's experiences, and most of all, have a safe place to laugh and to cry.

The reasons people join support groups can range from getting answers to simple questions, to finding help in facing a crisis. It can be

difficult to adjust to a new diagnosis of PD. Many newly diagnosed people don't receive all the answers from their healthcare providers so they seek support groups for education, first hand experience, friendship and a place to not feel so alone.

Each support group has its own personality and focus and can range in size from a few people to 20 or more. Many groups offer a variety of speakers on PD related topics as well as having the opportunity for open discussions and sharing between members. Groups are lead by health-

care professionals as well as people who have been affected by PD in their own life.

There are some people who hesitate to join a support group. The hesitation may be due to fear that they will become depressed or anxious about seeing other people in more advanced stages of PD. Many people who are newly diagnosed often understandably feel overwhelmed and don't feel ready to connect with other people. It may help to relieve these concerns by remembering that no two individuals

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Coordinator's Corner By Linda O'Connor, LCSW, APDA Information & Referral Center Coordinator

"There is no hope of joy except in human relations."

Spring is upon us! This is my favorite time of year because it always seems to represent new beginnings and opportunities to start over. Speaking of starting over, welcome back to the Hope newsletter! Its been 2 years since this newsletter was last published. Unfortunately I needed to stop publication due to limited time.

Now however I am very excited about the opportunity to re-start the newsletter and begin again connecting again with all of you in the Parkinson's community. The newsletter will now be published jointly with the APDA Greater Los Angeles Chapter. Collaborating with the Chapter will provide more support and new perspectives. You'll

notice that the newsletter will now contain information about Chapter news and events in addition to articles and information from the APDA Information and Referral Center. The APDA Greater Los Angeles Chapter is an all volunteer group focusing on advocacy, awareness, and fundraising activities to raise money to find a cure for PD.

In my work as Coordinator for the APDA Information & Referral Center I see first hand what wonderful things can come from connecting, working together and supporting each other. So in this newsletter issue you'll see articles about ways to get involved and connect with others who have similar goals, concerns and ideas. So come out into the Spring air and join us!

As always I appreciate your feedback about the newsletter and welcome your ideas about topics you would like to see included in future issues. Call me at my office at (310) 423-7933, I'd love to talk with you!



The tulip is the symbol of Parkinson's disease awareness. April is Parkinson's Disease Awareness Month.

Support Group cont'd

with Parkinson's are alike. Everyone progresses at a different rate and can have different symptoms. Many people who have lived with PD for a longer period of time find great satisfaction in sharing their wisdom and helping others in their journey. There can also be great comfort in being in a room full of people who you don't have to explain yourself to and who understand what you're dealing with.

Parkinson's disease affects the entire family. With most groups family members/friends and caregivers are welcome to attend. Friends and family may find comfort in attending a support group even if the person with PD chooses not to attend.

It's important to remember that finding a group that is comfortable for you and meets your needs can sometimes involve a process of "trial and error", but don't give up! Finding the right group of people to share the journey of living with PD can make all the difference in how

well you do long term.

We are fortunate to live in a large metropolitan area where there are a good number of support groups meeting in a variety of communities in the Los Angeles area. Listed below are the local support groups affiliated with the APDA but there are many more groups in other areas.

Please contact the Information & Referral Center Coordinator for help in finding a group near you - (310) 423-7933.

Westside Support Group
Westwood Presbyterian Church
10822 Wilshire Blvd.
Los Angeles, 90024
2nd Monday monthly,
10 am - 12:30 pm

Santa Monica Support Group
Center for Healthy Aging
2125 Arizona Ave.
Santa Monica, 90404
3rd Tuesday monthly,
2:00 pm - 3:30 pm



PLUS Support Group
Westside Family YMCA
11311 La Grange Ave.
Los Angeles, 90025
3rd Wednesday monthly,
12:15 pm—1:15 pm

Hollywood Support Group
Olympia Medical Center
5901 W. Olympic Blvd., Ste. 300A
Los Angeles, 90036
1st Monday, monthly
1 pm—2:30 pm

Young Onset PD Support Group (for younger people with PD)
Cedars-Sinai Medical Center
Thalians Mental Health Center,
Room E240
8730 Alden Drive
Los Angeles, 90048
4th Wednesday monthly,
7:30 pm - 9:00 pm

All groups are free of charge and have accessible parking at no charge.

Chapter President's Message *By Mark Siegel*

Another productive year for the Los Angeles Chapter is well in the making. There are many opportunities for you to get connected to the chapter as well as the amazing members and individuals associated with it. Now is the time to move full steam ahead in our efforts to raise awareness and raise funds for Parkinson's disease research. It is an exciting, hopeful, and very promising time in Science since President Obama lifted funding restrictions on embryonic stem cell research. I am 57 years old and was diagnosed with Parkinson's disease 10 years ago. Ten years ago, doctors told

me that a cure was 10 years away. Now doctors are saying that a cure is 10 years away. Because of President Obama's recent decision, maybe this time it will be true. Yet despite this renewed momentum for important research to move forward, now is not the time to be complacent. With even greater determination, we must hold our politicians accountable and ensure that this important research remains a top national priority. Join me in getting connected to make a difference!

Thank you to Our Newest APDA Chapter Members

Bronze Membership:

Ron Remus
Randy and Leigh Ann Smith
Robert Shabab
Kathy and Gary Rhodes
Glen and Margaret Ballinger
Emilia and Robert Fischer
Ted Kristian
Tony and Jay Kim
Jerome Steinbaum

Silver Membership:

Roscoe Brown
Patricia Moore
Dr. Donald and Lily Rosman
Arthur and Susan Raitano
Mark Sasaki
Susan Siegel
Liza Levine

Gold Membership:

Carol Vernon
Paul Goodwin
Madeline Field
Laurie MacDonald
Barbara and Martin Schechter
Lynn Solky
Mike Weinman
Norman and Evelyn Tabachnick
Jose P. Segundo
Carol Kurtz
Saul Salka

The APDA Greater Los Angeles Chapter: Membership Has Its Benefits

Are you a current member of the APDA Greater Los Angeles Chapter? We recently mailed a renewal letter from the Chapter President Mark Siegel asking you to join the fight against Parkinson's disease. We know that the economic downturn poses challenges for us all, but they are none so great as to deter the growing number of members and supporters from our mission to defeat Parkinson disease.

Please join the APDA Chapter today and count yourself among those whose contributions support the best and brightest local scientific endeavors and allow APDA to provide the latest information and referrals to resources for those in the community with Parkinson's disease. Membership in the Greater Los Angeles APDA Chapter is 100% tax

deductible. There are many more benefits to membership that you'll learn about by visiting the APDA Chapter website. Got to www.apdala.org and click the "Join" icon. If you don't have access to our website, call us at (866) 708-7745 to make a membership pledge.

The APDA Greater Los Angeles Chapter is an all volunteer organization that receives no federal funding – but we can't do it alone. Your support through membership ensures our mission moves forward. Please join the good fight today to Ease the Burden and Find the Cure.



If you have written something related to your experience with PD and would like to share it please contact the APDA Information and Referral Center – (877) 223-3277.

Something you have to say may be just the thing someone else needs to hear.



Hope newsletter is published quarterly by the American Parkinson Disease Association Information and Referral Center at Cedars-Sinai Medical Center in collaboration with the APDA Greater Los Angeles Chapter. For more information, please contact Linda O'Connor, LCSW, Coordinator and Editor: (310) 423-7933, (877) 223-3277 – toll free, e-mail: parkinson@cshs.org, www.cedars-sinai.edu To contact the APDA national office call (800) 223-2732. All material related to Parkinson's disease contained in this newsletter is solely for the information of the reader. It should not be used for treatment purposes, but rather for discussion with the patient's own physician. Specific articles reflect the opinion of the writer and are not necessarily the opinion of the Editor, the APDA I&R Center, the Medical Director, Cedars-Sinai Medical Center or APDA, Inc.