



Nice to meet you!

My name is Marc Young and I've recently begun work as Director of Tri-State Parkinson's Wellness Chapter. I'm a Cincinnati native, a graduate of St. Xavier High School and Holy Cross College in Massachusetts. My family became aware of the Parkinson's Association in the mid-1990s when my father was several years into his battle with Parkinson's. At that time, the Chapter was a fairly new entity based at UC, as I recall. At that time, my mother began contributing to the Chapter, and to this day remains a faithful donor.

After living and working for many years in Massachusetts, I moved back to Cincinnati this past fall. I look forward to bringing to the Chapter 20+ years of experience in administration, program management, and development. Already in my brief time with the Chapter I have met so many terrific people committed to living well with Parkinson's and to overcoming obstacles PD has placed before them and their families. I am pleased to have the opportunity to contribute to the Chapter's work.

~ VOLUNTEERS ARE VIPs ~

A variety of opportunities will soon be available at the Chapter. Do you have time to contribute on a periodic basis? Do you have skills/experience relating to Microsoft Office, database or desktop publishing programs, office administration, communications, fundraising, bookkeeping or other work, plus the desire to make a difference for a worthy cause? We would love to explore the possibilities with you. Please contact us at: 513.948.1100 or director@parkinsonswellness.org.

Many thanks to Gay and Buzz Volz, Eileen Flege, Mimi Fagin, Carole Ebner, Stacey Walsh and Patty Braasch for their generous contribution of time and services. Thanks also to Jim Levinson, CEO, and staff at JEL Systems, Inc., in Blue Ash for their efforts in upgrading our office's computer capacity. Special thanks to Patty Ahern for her tireless work on the Board and as interim Director. And our appreciation goes out to the Drake Center management and Health Alliance for a new extension of our tenancy at Drake Center.

Who We Are, What We Do

Since its creation in 1994, Tri-State Parkinson's Wellness has functioned primarily as a voluntary organization, fueled by the energy and commitment of volunteers who have served in many capacities to assist the Parkinson's community. We are a chapter of the American Parkinson Disease Association (APDA), one of the nation's oldest Parkinson's resource and research organizations, founded in 1961. Our office is located at the Drake Center medical complex in Cincinnati.

To "ease the burden" for Parkinson's patients, families, and caregivers, we provide services aimed at informing, educating, and supporting. In addition, we work to build awareness and understanding about Parkinson's within the community at large in order to reach people and families affected and to build support for responding to the disease. We also contribute to Parkinson's research sponsored by APDA.

The Chapter is currently led by a volunteer Board of seven members:

President

Steve Anderson, Enquirer Printing

Secretary

Mark Schroder, Psychologist

Treasurer

Dave Ebner, Procter & Gamble Co. (ret.)

Members

Patty Ahern, Teacher, The Summit Country Day School (ret.)

Mike Debbeler, Esq., Graydon Head & Ritchey LLP

Ingrid Fabian, President, Life Balance Group, Inc.

Kathy Ison, Vice President, Episcopal Retirement Homes, Inc.

Local Resources for Medical Information & Referral Funded by APDA

Throughout the region, the Chapter collaborates with Debbie Mills, RN, of Cincinnati who is associated with the Wallace-Kettering Neuroscience Institute of the Kettering Memorial Hospital, and with Renee Wagner, RN, CCRC, who is based at the University of Kentucky Movement Disorders Center in Lexington, KY. Debbie and Renee have many years of experience assisting Parkinson's patients and families. Their work is funded primarily by "Information & Referral Center" grants from the American Parkinson Disease Association (APDA).

As I & R Coordinators for the APDA, Debbie and Renee are eager to discuss and educate about medical and related issues with Parkinson's patients and their families, caregivers, and healthcare professionals. Please contact us to learn more, or contact them directly:

Debbie Mills, RN (in OH, IN and southern MI):
1-937-903-0699 or neurodjm@msn.com

Renee Wagner, RN (in KY)
1-866-554-2732 or apdainky@uky.edu

Do You Have an Email Address?

If you are an email user, we respectfully ask that you might provide your email address to us so that we can streamline our occasional communications to those who have supported us, volunteered with us, attended workshops, symposia, support and exercise groups, or who for any reason have an interest in Parkinson's Disease and the quest "to ease the burden and find the cure."

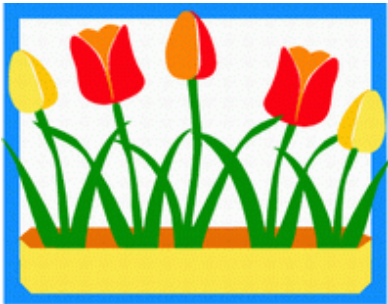
Increased use of email by the Chapter could result in significant cost savings and stretch the value of the generous donations we receive. Your email address will not be shared with any other group or individual.

Please send your address via an email to info@parkinsonswellness.org so that we might add it to our contact list. And many thanks for helping in this way.

Visit www.parkinsonswellness.org

In April, our website was re-launched with revitalized and reorganized content. We are most grateful to Xavier University in Cincinnati for its technical support in this project. Cleveland native John Caine, Class of 2008, spearheaded the work, under the supervision of Prof. Jerry Braun of the Management Information Systems Department at Xavier.

We hope you will view the site and avail yourself of information and resources shown. We invite your comments and suggestions for making the information on the site as complete, accurate, and helpful as possible. Please email us at info@parkinsonswellness.org



Caregivers Gathering Held at Marjorie P. Lee

Earlier this spring, the Chapter sponsored an evening for caregivers at The Marjorie P. Lee Retirement Community in Hyde Park, Cincinnati.

On a very stormy night, this gathering of twenty opened with stretching and relaxation exercises led by yoga instructor Patty Braasch. Occupational therapist Stacey Walsh followed with practical advice and strategies for “Better Living at Home” for Parkinsonian households. A light supper was followed by a discussion among the participants of challenges and opportunities, highs and lows, joys and sorrows experienced by caregivers, with consideration given to building ongoing support services for caregivers.

Sincerest thanks to the Marjorie P. Lee community and Episcopal Retirement Homes, Inc., for generously providing the lovely space and the tasty meal, and to Stacey Walsh and Patty Braasch for the donation of their time and their terrific presentations.

Special Kroger Gift Cards Benefit Parkinson’s Wellness

Through its Neighborhood Reward Program, the Kroger Company will make continuing donations to Tri-State Parkinson’s Wellness. Anyone who shops at Kroger and pays for groceries and/or gas using a special “gift card” available only through the Chapter can make a real difference in this effort.

Here’s how the program works... We provide you with the special Kroger gift card, which you then use to pay for your Kroger groceries and gas. From the first time you add \$\$ to the card, and every time you “re-load” your card thereafter, Kroger will donate a percentage of those amounts to the Chapter. So, for example, if 125 shoppers each loaded a special Kroger gift card with an average of \$50 per week on a

continuing basis, the Chapter would receive more than \$1000 every month from Kroger. There is no cost whatsoever for you to participate in this way, and there is no problem in continuing to use your “Kroger Plus” card to receive savings on all weekly specials. These gift cards do not expire. They can be re-loaded and used indefinitely. Only if the card’s magnetic strip were to wear out would a new card be needed—which we would happily provide!

To receive a shiny new Kroger gift card, please contact us at 513-948-1100 or 800-840-2732 or info@parkinsonswellness.org. With your card, we will send along very simple instructions on its use, along with heartfelt thanks.

