The OHSU Parkinson Center piloted a special interdisciplinary care clinic in 2015 called Next Step Clinic. The clinic was designed by Julie Carter, A.N.P., a founder of the OHSU Parkinson Center. The clinic is specifically designed for patients and their families who are experiencing a time in their disease when more help is needed. It is one of only six Parkinson's disease (PD) clinics of its kind in the world that emphasizes alleviating suffering — in whatever way that is defined by the individual. This is also known as palliation, which should not be misunderstood to mean end-of-life. To meet the needs of participants, the Next Step Team includes a neurology provider, physical therapist, speech therapist, nurse and social worker.

OHSU Parkinson Center specialists refer their patients to the Next Step Clinic when they might be experiencing one or more of the following:

- Changes in Parkinson's disease symptoms that are best helped by a team of professionals.
- Family members feeling more stressed and needing support and ideas about available resources.
- A diagnosis of Parkinson-plus syndrome (MSA, PSP, CBD, LBD)
- Patients and families wanting to talk about advanced care planning.

During the clinic, each member of the team visits with and examines the patient and their family during the two-and-a-half hour appointment. While three separate appointments are made (neurology, speech therapy, physical therapy), the team of providers, not the patient, rotates through the room, which is located on the 8th floor of the OHSU Center for Health & Healing.

At the end of the appointment, the patient and family receive a detailed plan of what they and the team discussed as well as final recommendations and referrals. The plan is shared with the referring neurologist, so treatment can be coordinated with them. After the consult, the patient and family can simply decide to return to their regular specialist at OHSU or, if needed, the Next Step Clinic team can partner with the referring specialist from OHSU Parkinson Center, sharing care with more frequent visits.

If you are a current patient at the OHSU Parkinson Center and are interested in being seen in the Next Step Clinic, please ask your specialist if they feel a referral would be appropriate.

Be prepared! Join us for our annual fall symposium, Options & Opportunities: Meeting the Challenges of Advancing Parkinson's Disease. (See p. 6.)
We are invited on an almost weekly basis to participate in clinical trials for drugs in development, but we are selective about this, prioritizing studies that are supported and sanctioned by the National Institutes of Health or by a consortium of academic investigators known as the "Parkinson's Study Group." We engage in industry-sponsored studies only when we consider the experimental therapy to be truly innovative.

In the last few newsletters, I have tried to focus on our partnerships, to illustrate how the OHSU Parkinson Center is integrated in the larger Parkinson's medical and patient advocacy communities. In this issue, I'd like to highlight our partners in Parkinson's drug development, specifically the pharmaceutical industry. In the face of the extreme costs of some new drugs, and in light of some recent irresponsible behavior by some companies, the idea of partnering with industry may sound unwise. The history of inappropriate gifts to physicians, in order to curry favor with potential prescribers, is also disturbing, but has been much improved with institutional policies governing physician behavior and by programs like the “Sunshine Act” to publicize instances of excessive financial favors.

Despite these hazards, we recognize that the pharmaceutical industry has the resources to develop truly novel treatments for our patients, and we appreciate the opportunity to collaborate in those efforts. We are invited on an almost weekly basis to participate in clinical trials for drugs in development, but we are selective about this, prioritizing studies that are supported and sanctioned by the National Institutes of Health or by a consortium of academic investigators known as the “Parkinson’s Study Group.” We engage in industry-sponsored studies only when we consider the experimental therapy to be truly innovative. There are two active examples of potentially transformative approaches to Parkinson’s care that are currently getting under way at OHSU and I’d like to describe them further.

The first example is “immunotherapy” for Parkinson’s disease. We usually think of the immune system in the context of battling infections like bacteria and viruses. However, you may have heard of “immunotherapy” in cancer care, wherein vaccines or antibodies are used to help the immune system combat specific types of cancer. The idea is now being applied in several neurodegenerative diseases, including Parkinson’s disease. The OHSU Parkinson Center was one of a small number of academic medical centers to participate in a clinical trial of an antibody directed at “alpha-synuclein,” the material that accumulates in Lewy bodies in Parkinson’s disease. That study showed that the antibody was safe in Parkinson’s disease at a dose which effectively bound up all the available alpha-synuclein. As a result of these findings, the Phase 2 study will start soon at OHSU and many other centers around the world. A second company is also developing a slightly different antibody approach, illustrating the viability of this idea, which could really change the way we treat Parkinson’s in the future. (The second company has also invited OHSU to participate).

A second idea from the world of cancer care is the notion of “personalized medicine,” meaning that despite the same diagnosis, each patient may need to be treated differently based on individual features such as genetic traits. This approach is being tested for the first time in Parkinson’s disease in a study that will include the OHSU Parkinson Center. The individual trait that is the focus of this study is a gene associated with Parkinson’s disease. This gene is present in about 4 percent of the Parkinson’s patients in the Pacific Northwest, and a medication has been developed which targets the molecular pathway which is damaged by this gene. If the medication is proven effective in Parkinson’s, it will only apply to this small fraction of patients, but it will represent the first example of “personalized medicine” in neurodegenerative disease, and will open the door to developing individualized therapies for others, and eventually the majority of people with Parkinson’s.

These are just two examples of therapies we are working on in collaboration with industry. One of the main reasons we are regularly invited to do this is because we have such a devoted group of patients and caregivers who commit their time and effort to these studies. This would be a good time to recall our partnership with you as well, and let you know how grateful we are for your support in all these efforts. We also welcome your comments on our strategy for managing this partnership with industry.
Speaking to Your Children About Your Parkinson's Disease

Tyler Clark, M.D.

After my first semester in medical school, I flew home and began the drive up to a familiar Vermont ski area with my family. It was during this car ride that my mother informed us that she had been diagnosed with Parkinson’s disease.

Although I had a basic understanding of what that meant, I immediately wanted to know more. “Why did this happen?” and “What is the prognosis?” were some of the questions that surfaced following her disclosure. Although my brothers and I felt relieved to have an explanation for the symptoms our mother had been experiencing for the previous two years, we also felt sad, angry and confused about what this new diagnosis meant for our family. Over time, my parents developed a well-balanced means of communicating with us new clinical information about my mother’s diagnosis while ensuring they also addressed our emotional needs. Although still a work in progress, the experience of working through this diagnosis with my parents has ultimately brought us closer together and has helped us be more effective and compassionate communicators. Speaking to your children about your diagnosis of Parkinson’s disease may seem like a scary and daunting task no matter what their age. But there are certain steps you can take prior to initiating your conversation that can help adequately prepare you.

Begin with educating yourself about your condition. Information gathering can be started at your neurologist’s office and can be continued through organizations such as the National Parkinsonian Foundation and through support groups.

Find a friend or family member who can be your advocate and practice the conversation you are planning to have with your children with them. Have your advocate ask you questions you think your children may ask you, such as “Why did you get Parkinson’s disease?” and “Am I going to get this?” and practice your answers to these questions. Although it is impossible to predict what reactions and/or questions your children will have, it will be valuable to be educated and prepared prior to initiating the conversation.

Consider your child’s developmental stage. Gear your information to their age. Keep it simple and be prepared for questions.

Be prepared for a variety of emotional responses. Although all children will react to hearing the news of your diagnosis in different ways, it can be helpful to model your expectations of their reactions after the typical emotional stages people navigate as they move toward accepting “bad news.” These stages include denial, anger, depression and bargaining before finally arriving at acceptance. To support children as they move through these stages, it can be helpful to provide information in the early stages, emotional support in the middle stages and guidance and direction in the later stages. Although each individual will progress through these stages differently, it is helpful to identify these stages and provide support as needed.

Follow up. After you have completed your initial conversation, it is essential to reserve time to follow up with your children and check in with them regarding any new questions they may have about your condition. Speak to them about how your condition has impacted their life and offer them emotional support and resources. It can be helpful to inform your child’s teacher or their friends’ parents about your condition as they will be able to help monitor for any social or emotional problems your child may be having outside of the house.

Focus on family. Continue to pursue fun family activities (outdoor time, game night, etc.) and consider involving your family in local activities that support and bring awareness to your diagnosis. This can help preserve your family’s dynamic and can give your children a sense of purpose as they help to bring awareness to and advocate for Parkinson’s disease patients.

Continue to do the things that make you feel happy and whole. One of the most important things to realize is that although Parkinson’s disease can change the way you move or speak or sleep, you are still you and that is who your family loves. This will not only help preserve your quality of life, but will also help your children see that their parent is the same person inside that they have always known and loved.

Dr. Clark’s brother, Riley Clark, also contributed to this article. Dr. Clark is a neurologist completing a two year Movement Disorders Fellowship with the OHSU Parkinson Center — advanced training specifically with patients who have Parkinson’s disease — and will continue practicing at the Everett Clinic in Everett, WA.
The OHSU Parkinson Center is a national leader in Parkinson's disease research and recognized as a National Parkinson Foundation Center of Excellence. The Center is involved in many studies fully recruited and others being planned. For more information, contact Alex Jazack at 503-418-4387 or jazack@ohsu.edu.

Parkinson's Outcome Project

The National Parkinson Foundation has launched a Patient Registry at all NPF centers of excellence, which includes OHSU. The purpose of the Registry is to collect data on individuals with Parkinson's disease (PD) to better understand the illness and the effects of various treatments. The ultimate goal is to improve the care of people who have PD. This study was started in 2009 and has been reopened for recruitment. Data will be gathered once a year at a follow-up visit in your clinic, and will consist of a 10-15 minute consultation and a questionnaire. For more information please contact Alex Jazack at 503-418-4387 or jazack@ohsu.edu, OHSU eIRB #5508

Newly Diagnosed

Have you been diagnosed with Parkinson's disease in the last three years and have not started any medication for your symptoms?

Purpose: While there are many treatments available for the symptoms of Parkinson's disease, there is currently no medication known to slow the progression of PD. The purpose of this study is to see if a new drug is safe, effective and well-tolerated in slowing the progression of PD in people who have been recently diagnosed. Right now the study drug is not approved for treatment of PD because we don't know enough about it. Participation requirements: In order to participate in the study you must have been diagnosed with PD in the past three years and were at least age 30 at the time of your diagnosis. With the exception of a stable dose of rasagiline/ Azilect or selegiline/Eldepryl/Zelapar, you must not be taking any medication for your PD symptoms and do not expect to begin taking medication for your symptoms for at least three months after your first study visit. You also must not have a history of gait problems or fractures. There will be a total of approximately 15 study visits over two and a half years. The study drug is a pill taken by mouth between one and six times daily. At most, two capsules are taken three times per day. Participants will be randomized (like the flip of a coin) to receive either the study drug or identical placebo for the entire length of the study. A placebo is a drug that looks like the study drug but has no real medicine in it. Neither the doctor nor the study doctor can choose whether study drug or placebo is assigned. While in the study, participants will be able to begin taking medication for their PD symptoms. You can continue being in the study even after the medications are started. Eligible participants will receive study-related evaluations, laboratory tests and the study drug at no cost. Participants will be compensated for their time and transportation. For more information, please contact Eric Serres at 503-494-0276 or serres@ohsu.edu. OHSU eIRB #E15480

Balance and Gait Studies

Exercise and Education for Parkinson's Disease (healthy volunteers needed as well)

This is a study looking at the effect of exercise and education on Parkinsonism. The objective is to understand how exercise and education change or improve cognitive function in individuals with Parkinson's disease and frontal gait disorder (vacular or lower body Parkinsonism). The program involves attending six weeks of exercise (90-minute classes, three days a week) and six weeks of educational classes (90-minute class, one day a week). There are also three test periods where balance, walking, cognition and brain imaging (MRI) are assessed. The lab is looking for individuals diagnosed with Parkinson's disease or other types of Parkinsonism to take part in this study. Participants will receive $25 per testing session and $5 for each class attended. The lab is also seeking healthy individuals 50 years of age and older to volunteer as controls. Individuals with at least two visits for this study. Participants will take part in a two-day study that involves tests of gait, balance and cognition, as well as completion of an MRI of the brain. Individuals with Parkinson's disease or frontal gait disorder who are unable to participate in the exercise and education classes can take part in the two-day study as well. Participants will receive $25 per testing session. Contact the OHU Balance Disorders Laboratory at 503-418-2602 or balance@ohsu.edu, Dr. Fay Harah, Ph.D., P.T. (OHSU eIRB #64131)

Body-biased sensors to characterize and treat gait disturbances in Parkinson's disease

The purpose of this study is to learn more about gait problems, such as inability to initiate or continue walking (Freezing of Gait), in Parkinson's Disease (PD), and to investigate the effect of vibration on the feet or wrists as a rehabilitation intervention. From this study we hope to learn how to accurately measure freezing of gait episodes, if vibration improves gait problems, and how to measure brain activity during walking. The study takes place at OHU and it entails one visit. During the visit, balance and gait will be assessed with body-biased sensors, as well as brain activity with a wearable system. PD participants will need to be off their anti-Parkinson’s medication for testing. You will be compensated $25. You will not benefit from being in the study. However, by serving as a subject you may help us learn how to benefit patients in the future. For more information please contact Georgie Oat at 503-418-2602 or bood-s@ohsu.edu. PI: Martina Mancini PhD (OHSU eIRB #9903)

Thinking and Memory

Pacific Northwest UDALE Center (PANUC): Clinical Core and Sample Collection

Dr. Joseph Quinn is conducting this research study to examine how the changes in thinking and memory of Parkinson's disease patients over time. A second goal is to determine the role genetics plays in cognitive impairment in Parkinson's disease. You must have a diagnosis of Parkinson's disease to participate in this study. The first two visits will be two visits to the VA Portland Health Care System (VAPORHCS). At each visit, you will undergo tests of thinking and memory and have a blood draw of about four tablespoons. Each visit will last for about two hours. After the first visit, you have the option to undergo a lumbar puncture. A lumbar puncture is known as a spinal tap. A spinal tap is where a special needle is inserted between bones in your back and fluid is removed. The spinal tap will take about two to two and a half hours. You have the option to undergo a second spinal tap three years after the first spinal tap. You will be compensated $200.00 for each spinal tap that you complete. In between visits at the VAPORHCS you will have a telephone interview with questions regarding your thinking and memory. These interviews will last about 30 minutes. This is a research study and not treatment or diagnosis of Parkinson's disease. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Sam Jewell, B.A., Study Coordinator, at 503-220-8262 ext. 54688, or by mail at 3710 SW U.S. Veterans Road, Portland, OR 97239. (OHSU eIRB #6698)

Dyskinesia

Evaluation of Buspirone and Amantadine for Dyskinesia in Parkinson's Disease

This research study looks at the effect and safety of buspirone in combination with amantadine on abnormal involuntary movements (dyskinesia) in Parkinson's disease. In order to take part in this study, participants must: have PD, take at least 200 mg of amantadine a day, and have started taking levodopa more than three (3) years ago. This study will last for six weeks, with four of those weeks on the study drug and two weeks requiring only the study drug. The first visit will last approximately two to three hours and involves general physical, neurological and Parkinson's disease-specific examinations and assessments of your abnormal movements. If you do not meet all the entry criteria or if some abnormal movements in the study, you may not be randomized or receive the study drug. All participants will take the study drug (buspirone) and the placebo. At the end of each treatment period, all participants will have another visit to assess the effect of the drug on their symptoms. This is a double-blind study, which means that you and the research staff will not know which study treatment you are taking at any point. You will not be compensated for participation in this study. This is a research study and not for treatment of diagnosis of PD. You may not benefit from participating in this study but will have a no-cost neurological exam. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Brenna Lobb, Research Coordinator, at 503-220-8262 ext. 51871 or by mail at 3710 SW US Veterans Hospital Road, P3-PADRECC, Portland, OR 97239.

Pain

Pain in Parkinson's Disease

The Parkinson's Center at Oregon Health & Science University (OHSU) is conducting a study to better understand pain in people with Parkinson's Disease. We are recruiting people with PD and healthy controls for a study. Participants will complete several questionnaires about their medical history and painful symptoms, followed by a one-time visit to our testing center lasting about two to three hours. Testing involves delivery of mildly hot and cold stimuli to the arms. Subjects who complete the study will receive $200 for reimbursement for their time. There is no obligation to participate and participation will not affect your care in any way. The study has been approved by the OHSU Institutional Review Board. If you are interested in participating or have further questions, please contact Eric Serres, R.A., at 503-494-0276.

Cortisol in PD

Measuring Cortisol Levels in Persons with Parkinson's [CORT-PD]

Dr. Arnie Hillier is conducting a research study looking at cortisol levels in Parkinson's disease (PD). Cortisol is a hormone that is normally released in response to events and circumstances such as waking up in the morning, exercising, and stress. We are also looking at both Parkinson's disease patients and healthy controls. To be a healthy control, you must not have a neurological disorder. Both groups will be asked to give saliva samples. This study will last for approximately 1 week with three (3) days of saliva collection at home. There will be one visit to the Portland VA (VA Portland Health Care System). The visit will last approximately 30 minutes and include questionnaires of mood and quality of life. For PD participants, a Parkinson's focused exam will be performed. You will not be compensated for participation in this study. This is a research study and not for treatment or diagnosis of PD. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Brenna Lobb, Research Coordinator, at (503) 220-8262 extension 51871 or by mail at 3710 SW US Veterans Road, P3-PADRECC, Portland, OR 97239. (OHSU eIRB #F 15183)

Huntington's Disease

Irritability & Aggression in Huntington's Disease

OHSU Neurology Department is currently looking for people with Huntington’s Disease (HD) exhibiting irritability and aggression for a research study conducted by the Network for Excellence in Neuroscience Clinical Trials (NeuroNEXT). Dr. Michael Brownstein (Azevao Pharmaceuticals) and Dr. Steven Hersch (Massachusetts General Hospital) are leading the national trial. The purpose of this study is to find out if SRX246 is a safe and effective drug for people with HD. The study will enroll 108 people with HD, exhibiting symptoms of irritability and aggression. Participants have a 2 out of 3 chance of receiving SRX246 and a 1 out of 3 chance of receiving placebo. Participants must be at least 18 years old and have a diagnosis of Huntington’s Disease, symptoms of irritability and aggression, and a caregiver who is willing to participate in the study. This study is actively enrolling participants. To learn more information, please visit http://www.neuronext.org or contact Kellee Keith at OHSU Department of Neurology by phone 503-494-9531 or email keithk@ohsu.edu.
Caregivers and people with Parkinson's Disease

Caregiver Connection 2017: Resilience, Resources, Relationships

Our annual caregiver conference was held February 16, 2017, with over 90 caregivers in attendance. Susan Gangsei, caregiver and author, spoke about her journey living with her husband’s Parkinson’s disease and its impact on her life, and the disease’s impact on other caregivers she’s met. Her book, Light in the Middle of the Tunnel, was gifted to all participants (available on Amazon). Social worker Vicki Wolff, M.S.W., highlighted key resources available for caregivers within the community, and psychologist Kristine Hanna, Ph.D., addressed an all too common challenge in PD care — depression and anxiety. Attendees were also treated to wonderful food and a complimentary mimosa, and more than a few took advantage of complimentary chair massages. Finally, we want to give a shout-out to our sponsors who made this program possible: The Parkinson’s Foundation, Accorda and Lundbeck.

Essential Tools: Mid-stage PD series launched

Our pilot educational series, Essential Tools, launched to a sell-out audience on March 18, 2017 with presentations on Mobility & Exercise and Medication Management. Two months later, May 18, the next session (also sold-out) featured Cognition and Depression & Anxiety. We are grateful that funding to support this series has come from Abbvie, St Jude, Lundbeck, the Parkinson’s Foundation, Acadia, and Avanir. Future programs will present topics on Bowel & Bladder and Communication on July 27 and Vision and Team Care on October 19.

Missed an event? Video recordings of our events are available online at www.ohsubrain.com/pcovideo.

Professional conferences

Northwest movement disorder specialist collaboration

Since 2010, Matthew Brodsky, M.D., of the OHSU Parkinson Center, organizes a conference of Parkinson’s disease and movement disorder experts from the Northwest. Specialists from Oregon, Washington and British Columbia gather to share ideas on the latest research and care programs. This year 42 experts attended the two-day event. Topics included updates on basic science and clinical science research in Parkinson’s disease and other movement disorders. We appreciate the support of Abbvie, St Jude, Sunovion and UCB for their unrestricted educational grants, which allow this dynamic exchange of ideas and promote collaboration for future projects that can bring improved treatment and care to our patients with Parkinson’s disease.

OHSU Team-PD rides again

The OHSU Parkinson Center sent its special team of instructors to southern Oregon this April in an effort to expand OHSU TEAM-PD. OHSU TEAM-PD, started in 2008, is a state network of physical therapists, occupational therapists, speech language pathologists, nurses, social workers and exercise trainers (over 250 strong in all who have participated in specialized team care trainings with the OHSU Parkinson Center. The goal is to bring a best-practice team care approach to people with Parkinson’s disease by developing knowledgeable teams throughout Oregon. Our team of instructors — Allison Lindauer, Ph.D., N.P.; Jenny Wilhelm, D.P.T.; Aimee Money, C.C.C.-S.L.P.; Linda Bryans, C.C.C.-S.L.P.; Rosanne Yee, O.T.R./L.; and Lisa Mann, R.N. — gave the two-day training in Roseburg, Oregon, at Mercy Medical Center to health care professionals from Roseburg, Eugene, Medford, Klamath Falls and Florence. Thanks to unrestricted educational grants from AbbVie, Accorda, Lundbeck and the Parkinson’s Foundation, 47 more healthcare professionals have joined OHSU TEAM-PD.

If you have topics you’d like to see this column address in the future, please email them to pco@ohsu.edu or call our office at 503-494-7231.
State Area Agencies on Aging: Resources for Caregivers — Vicki Wolff, M.S.W., Kaiser Permanente

Area Agencies on Aging (AAA) — also known as Services for Seniors and Peoples with Disabilities — offer many resources and programs for patients and caregivers. In particular, Family Caregiver Support Program (FCSP) is a service available to unpaid caregivers of adults needing care and living in Oregon and Washington. Local FCSP offices are staffed with caring and knowledgeable people who can help you:

- Find local resources/services.
- Find caregiver support groups and counseling.
- Get training on specific caregiving topics.
- Get respite care if you need a break.
- Talk through specific issues and offer practical information and caregiving suggestions.

These services are offered free or at low cost. Certain eligibility requirements may apply and availability varies from community to community.

Oregon Aging and Disability Resource Connection of Oregon (ADRC): https://adrcforegon.org or 855-673-2372


Parkinson specific programs and social work support may also be available through your specialist's office or by contacting Parkinson's Resources of Oregon (see below).

OHSU Parkinson Center events

Newly Diagnosed with PD?
Each month the OHSU Parkinson Center offers a three-hour session for people recently diagnosed with PD and their spouse or family members. Participants may ask any and all questions of a PD specialist and long-time patient and caregiver.

$20/person; refreshments served.
Register online at tinyurl.com/NewParkinson or call 503-494-9054 with questions.
Next sessions will take place July 20, August 10, September 14 and October 19.

SAT., SEPT. 16, 2017 — BAKER CITY, ORE.
Great Salt Lick City Auction
Whit Deschner and Baker City art critics will gather for the 10th annual Great Salt Lick City Auction. If there is a tie, the judges who decide the final vote are experts in the field — literally, they’re cows! Visit www.whitdeschner.com for more information.

SEPTEMBER 23, 2017 – PORTLAND, ORE.
Options and Opportunities: Meeting the Challenges of Advancing Parkinson’s Disease
This year’s annual symposium will be held at the Washington Square Embassy Suites Hotel in Tigard, Oregon. The agenda will focus on a team care approach for advancing Parkinson’s disease. The inevitable progression of Parkinson’s disease calls for increased options for late-stage treatment and care. Speakers will highlight who to have on your team, how to plan, and why it is important to plan before problems arise. Registration will begin in late June at www.ohsubrain.com/pcoco. 

Recruiting Strive to Thrive Volunteers:
Strive to Thrive is a Chronic Disease Self-Management program offered as a partnership between the OHSU Parkinson Center and Parkinson’s Resources. The program relies on volunteers as instructors and models of the curriculum. PwP and care partners interested in learning more about this commitment should contact Melissa at PRO at 800-426-6806.

Calendar Items

IN THE PARKINSON’S COMMUNITY

PARKINSON’S RESOURCES OF OREGON (PRO)
www.parkinsonresources.com
503-594-0910 or 800-426-6806
Serving the PD community through education and advocacy. Programs include Lunch Time Lecture Series, PD 101, the annual spring conference (Educate. Inspire. Empower.) and more.

PRO has numerous ongoing events. Visit their website or www.pro.eventbrite.com for more information. To be added to our email list for event notification, please visit www.ohsubrain.com/pcoco to sign up.

SEPT. 17, 2017 — EUGENE, ORE.
SEPT. 24, 2017 — VANCOUVER, WASH.
OCT. 15, 2017 — PORTLAND, ORE.
Sole Support for Parkinson’s
This autumn, gather with friends and family to participate in one of the region’s Parkinson’s Awareness walks. 1K and 5K options. www.solesupport.org

The Veterans Administration Parkinson’s Disease Research, Education and Clinical Center (PADRECC)
Serving our veterans with PD through research, education and care. Visit www.parkinsons.va.gov/northwest for more information on upcoming events and to watch the My Parkinson’s Story Videos online. This series of videos features real veterans telling their Parkinson’s stories with commentary provided by VA medical providers.

Brian Grant Foundation
Helping people with PD live active fulfilling lives through wellness and community.
For more information about the Brian Grant Wellness Retreats and Powering Forward Boot Camp, visit their website at www.briangrant.org.