

Virtual Walkathon, Rockathon Success, Scotland 2010
 Gala Dinner for Dr. Hamill
 Listing of Support Groups and Contacts

The Vermont Parkinson's Advocate

Newsletter of the Vermont Chapter,
 American Parkinson Disease Association

Rutland Starts Support and Exercise Groups!

The Rutland region will once again have a Parkinson's Support Group which will meet monthly at 4 p.m. on the first Thursday of every month at Trinity Episcopal Church on West Street in Rutland. There will also be a weekly special exercise session to help those with the disease remain as flexible as possible and achieve a better level of balance and mobility. This exercise session will also be held at Trinity Church every Thursday at 4 p.m.

As you most likely already know, Parkinson's disease is a chronic and progressive disorder that affects a person's ability to move. Its symptoms include tremor, rigidity, slowness, and problems with walking and balance. PD is one of the most common movement disorders, affecting 1 percent of people older than 60 years.

With time, the needs of the person with Parkinson's disease increases. The demands on the caregiver mount, as she/he has to oversee more and more of the person's activities of daily living. While there are more treatment options available today than ever before, there is not a cure at this time.

Geri Burke, one of the Council's Neighbor to Neighbor AmeriCorps members whose own father struggled with Parkinson's disease, has spearheaded the effort to revitalize the PD Support Group in Rutland and to introduce the special weekly exercise session. Geri went over to Dartmouth-Hitchcock Medical Center to observe the PD exercise sessions there, and is excited about helping start such sessions in Rutland. At the first exercise meeting on July 9, Diane Church, Ph.D., who is the coordinator of the Parkinson's disease In-

formation & Referral Center at Dartmouth/Hitchcock, was in attendance to talk about exercise and Parkinson's disease.

Diane Church received her Ph.D. in biology from Yale University in 1988, and completed a postdoctoral research fellowship with the Jane Coffin Childs Memorial Fund for Medical Research at the University of Wisconsin in 1992. She was an instructor and research associate at Dartmouth College for 14 years, and then joined the DHMC staff in 2006.

We at the Council on Aging are very pleased to play a part in the return of the PD Support Group in the Rutland region, and thank Geri for her dedicated leadership.

If you have Parkinson's disease, or are the caregiver and/or loved one of someone with PD, please join the group at Trinity Church on the first Thursday of the month and see what it's all about. Better yet, come any Thursday at 4 p.m. and join the exercise session. You will feel great, and learn a lot!

If you have any questions about the support group or the exercise program, please call Geri (Geraldine) Burke at 786-5990 or e-mail her at gburke@svcoa.org.

The author, Barbara Hanson, is Director of Community Resource Development for the Southwestern Vermont Council on Aging. For information about senior services, call the Senior HelpLine at (800) 642-5119 or 786-5991 or visit the Web site www.svcoa.org.

Vermont Chapter,
American Parkinson
Disease Association

Contact Information

For information about
Parkinson's disease, referrals
to support groups and
medical professionals, and
ideas for the newsletter:

Jean Baker, RN, Coordinator,
APDA Information and
Referral Center
(802) 847-3366
or toll free (888) 763-3366
Jeanette.baker@vtmednet.
org

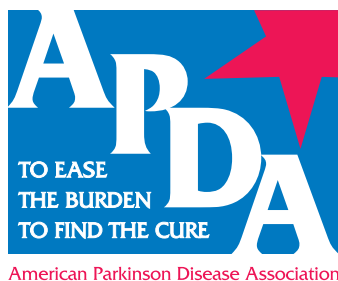
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www.apdaparkinson.org/



Vermont's Virtual Walkathon

Vermont APDA is embracing technology by holding its first ever "Virtual Walkathon."

To check this out, go to www.parkinsonsvt.org and click on the link at the bottom of the home page. Take a virtual stroll through our 14 picturesque counties featuring just a sample of the beauty and the history that Vermont offers.

At the end of the tour, "walkers"

will have the opportunity to make a donation to Parkinson's research.

Our hope is to have our members and community send the link and an invitation to participate to their email lists. We hope to have walkers from all over the country, maybe even other corners of the world! Spread the word! Proceeds from this event support the efforts of APDA to fund research and services all over the country.

Rockathon A Big Success!

The 2009 Rockathon was a successful venture once again for the Vermont Chapter of APDA. We raised over \$9,000. There were a few new twists to the event this year. In addition to the raffle for the handmade quilt, we had second and third prizes of items donated by craftspeople from the Vermont Hand Crafters. The most unusual "twist" was the group of naked bicyclists that rode by!

The *L's Rock On* was the team that won first prize for best fundraising, single-handedly raising over \$2000 of our proceeds! This is the second year in a row that the Golden Rocker has gone to this dedicated team.

We started out this year's event with a bit of a fizzle, when the power went out for much of the neighborhood on the north side of Pearl Street. Fortunately, the Jazz Festival was going on, so we still had some background music to listen to while we rocked.

Once the power came on, the music kicked in, the bouncy castle inflated, and we began in earnest. This year we also had a barbecue with delicious pulled pork, barbecued chicken, coleslaw, potato salad and corn bread. Partnering with the Vermont Chapter also was the local radio station WIZN. Disc jockey Dave Marshall rocked along with the rest of us to help raise money!

Plan Now for Major Conference in Scotland Sept. 2010

Though September, 2010 seems terribly far away right now, the plans are underway for the second World Parkinson Congress in Glasgow, Scotland.

The first Congress was held in 2006 in Washington, DC, and was a great success.

This meeting is unique in that it is open to anyone touched in any way by PD, whether they are a PWP, partner,

researcher, doctor, nurse or other. There will be programs geared to all levels of expertise.

Many Parkinson's organizations are partnering with the World Parkinson Coalition to bring this event to fruition.

Preliminary flyers are available through Jean Baker at the Information and Referral Center [jeanette.baker@vtmednet.org or (888) 763-3366] or on line at www.worldpdcongress.org

Tribute Event to Honor Dr. Robert Hamill

Plans for the Vermont Chapter's tribute to Dr. Robert W. Hamill are progressing nicely. The event is to take place at The Essex, Vermont's Culinary Resort and Spa on October 16, 2009.

There will be a golf tournament for the late morning and early afternoon, followed by a gala dinner in the Atrium of The Essex. Attendees can participate in one or both activities.

Senator Patrick Leahy is the Honorary Chair of this event, and we are hoping he will be able to attend, along with other dignitaries, colleagues, former students, patients, and family members of Dr. Hamill.

Proceeds from this event will go to establish the Robert W. Hamill Respite Fund for Parkinson's Families. The need for respite care in the state is great, and grants received in the past have been depleted before they can be replenished. It is the hope of the Chapter that this event will raise sufficient funds to maintain this program, and encourage sponsorship from other community organizations.

For further information regarding this event, please contact Jean Baker at the APDA Information and Referral Center at 888-763-3366 or jeanette.baker@vtmednet.org.

Support Group Meetings and Contacts

Bennington, VT Parkinson's SG

3rd Thursday, 10:30 a.m.
2nd Congregational Church,
Hillside St. Bennington
Contact: Russ and Barbara Spies
(802) 442-0612

Newport, VT Parkinson's SG

3rd Tuesday, 10:30 a.m.
Contact: Sid & Estelle Burton
(802) 626-3707

Morrisville, VT Parkinson's SG

Last Wednesday, 1:00-2:30 p.m.
Lamoille Home Health & Hospice
Contact: Amanda Shiverick
(802) 888-4651

Rutland, VT Parkinson's SG

First Thursday, 4 p.m.
Trinity Episcopal Church, West Street
Contact: Geri (Geraldine) Burke (802) 786-5990

Upper Valley Region Parkinson's SG

3rd Tuesday, 2:00 p.m. , DHMC
Contact: Bill Brawley (603) 643-7494

Ticonderoga, NY Parkinson's SG

4th Thursday, 5:30 p.m.
Contact: Joan Miller (518) 585-2533

Burlington, VT Parkinson's SG

3rd Wednesday
Allenwood, South Burlington
Contact: Jeanette Baker (888) 763-3366

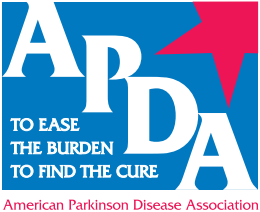
CVPH

Contact Barbara Lichtig, (518) 561-6549
or Joy and John Mazur (518) 561-3875

Central Vermont Parkinson's SG

Contact: Sharon Osborn (802) 439-5554

Seeking a support group? Interested in forming a meeting closer to home? Contact Jean Baker, RN, coordinator of the APDA I&R Center at Fletcher Allen Health Care and the University of Vermont: (888) 763-3366.



APDA VT Chapter
PO Box 104
Bakersfield, VT 05441

The Young-Onset Conference
Has Been Postponed Until Spring

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