

Page 2: Membership Drive  
Page 2: Gala Dinner for Dr. Hamill  
Page 3: PD Leads To Invention  
Page 3: 'Train the Trainers' Event  
Page 4: APDA Statement on Stem Cells  
Page 4: Rock-A-Thon Update  
Page 5: Young-Onset Event Planned  
Page 5: Listing of Support Groups and Contacts

# The Vermont Parkinson's *Advocate*

Newsletter of the Vermont Chapter,  
American Parkinson Disease Association

## PD Awareness Day: April 11 in Fairlee

The 11<sup>th</sup> annual PD Awareness Day is scheduled for Saturday, April 11, 2009 at Lake Morey Resort in Fairlee. This year's theme is "Sharing Our Own Awareness: What Do You Know?" In addition to information from experts, such as Dr. Hamill (update on research and treatment), and Vermont Legal Aid (beginning the disability filing process), we will also hear from members of our own community.



Topics will include finding new ways to get exercise, the lighter side of life with PD, accessing equipment and technology, and Feldenkrais exercise for PD. Cost for the conference is \$10 per person, and includes continental breakfast and buffet lunch. Brochures will be mailed in early March, so watch your mailbox. For further information, please call 888-763-3366 or email [jeanette.baker@vtmednet.org](mailto:jeanette.baker@vtmednet.org).

**Reminders: Rock-A-Thon, Burlington, 6/13/09 ... Regional Young-Onset Meeting, Fairlee, 9/13-14/09  
... Gala Dinner for Dr. Hamill, Essex, 10/16/09**

Vermont Chapter,  
American Parkinson  
Disease Association

#### Contact Information

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

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

#### The Vermont Chapter Board of Directors:

Michael O'Connor, President  
Terry Corbin, Vice President  
Tara Klyszeiko, Treasurer  
Angela Corbin, Secretary  
Members At Large: Debi  
Paterson, Tina Haskins,  
Chris Duell, Allison Paradee,  
Shirley Jacobs, Heather  
Angolano. Trustees: Bruce  
Talbot, Susan Werntgen.

Web site:  
[www.parkinsonsvt.org](http://www.parkinsonsvt.org)

Newsletter Helper:  
Bill Brawley

National Web site:  
[www.apdaparkinson.org/](http://www.apdaparkinson.org/)



American Parkinson Disease Association

## Membership Drive: A Great Success

The APDA Vermont Chapter  
Membership drive has been very  
successful.

Since October of 2008, the  
Chapter has enrolled 97 members.  
Membership funds support local  
activities such as Awareness Day,

Rural Outreach, PD Education  
for local health care providers,  
and newsletters.

If you have not yet sent in  
your membership form, you can  
access one on the website, [www.  
parkinsonsvt.org](http://www.parkinsonsvt.org)

## Dr. Hamill to be Honored At October 16 Gala Dinner

The Vermont Chapter of APDA  
has chosen to honor the contri-  
butions of Dr. Robert Hamill  
to the Parkinson's community  
in Vermont. We are planning a  
gala dinner at the Inn at Essex on  
October 16, 2009. This will in-  
clude cocktails, dinner, music and  
a featured speaker. Dr. Hamill  
has been instrumental in bring-  
ing quality care of Parkinson's  
patients to Vermont and northern  
New York, as well as expanding

the entire Neurology Department  
at FAHC and UVM. Proceeds  
from this event will go toward  
establishing an ongoing respite  
program for Vermont Parkinson's  
families in Dr. Hamill's name.  
The chapter will be collecting  
anecdotes and stories from those  
who have interacted with Dr. Ha-  
mill. If there is something you'd  
like to contribute, please contact  
Jean at 888-763-3366 or [jeanette.  
baker@vtmednet.org](mailto:jeanette.baker@vtmednet.org).

# Rise and Shine:

## Texas Man's Bright Idea Leads to Invention

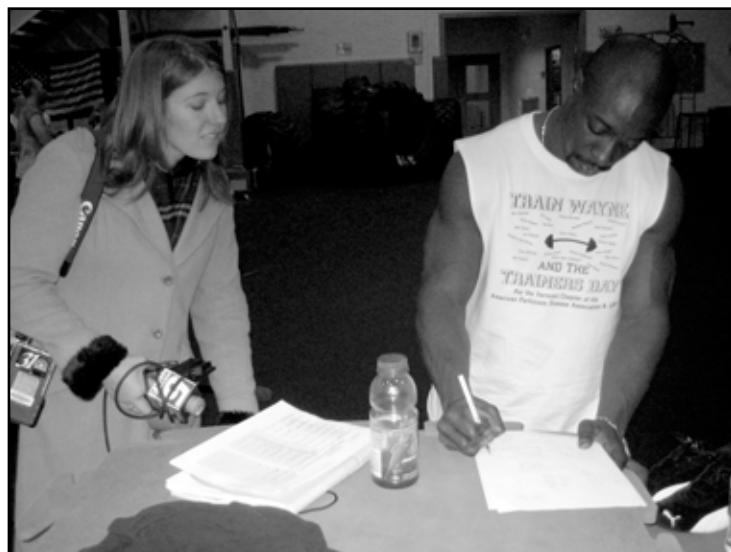
In a recent edition of the West Texas APDA newsletter there was an article about a fascinating new piece of equipment for people with PD. Larry Hambrick was diagnosed with Parkinson's in 1985, and became increasingly immobile as the years passed and the disease progressed. People with PD are ingenious at finding ways to manage the symptoms they experience, and Larry was no exception. He developed a way to get from bed to the bathroom at night that involved falling on the floor, crawling to a chair to get back on to his feet. Eventually, Larry realized this was a dangerous strategy, and he decided there had to be a better way. Once he was on his feet, he was able to move, but the problem was getting from horizontal to vertical. He decided that he needed a bed that would stand

up. He got to work, and through several different versions, he used such items as garage door openers, a jeep hoist, among other strategies. After much trial and error he brought to entrepreneur Bobby Brown. This led to the creation of a corporation, enlisting the help of engineers, patent attorneys and health professionals. The final version (Version 6) of the TLC bed has now rolled off the assembly line at a plant in Dallas. Larry hopes that this bed will be able to enhance the independence of people with PD, as well as alleviate some of the work that caregivers have to do. The bed is simple to operate and requires no special wiring. For more information, contact Transitions Industries, at 877-852-8648. (Article adapted from The Tulip Messenger, Lubbock TX)

---

### Athletes Go To The Mat For PD

*The 4th Annual "Train the Trainers Day" fundraiser on Dec. 5 raised more than \$1,500 for the Vermont chapter. Many thanks to Wayne Burwell (at right, being interviewed during the event), and to the River Valley Club in Lebanon, NH. Burwell, an RVC master trainer, has raised more than \$20,000 for the Vermont chapter through the years. Thank you!*



# APDA Statement on Stem Cell Policy

Much of the Parkinson's community has cheered President Barack Obama's reversal of the Bush policy of restricting federal funding for embryonic stem cell research.

"Our government has forced what I believe is a false choice between sound science and moral values," Obama said as he signed the documents changing the policy. "It is about ensuring that scientific data is never distorted or concealed to serve a political agenda — and that we make scientific decisions based on facts, not ideology," Obama said.

The American Parkinson Disease Association declared its position on stem cell research in a statement in 2004, during national debate on this issue. The text of the statement follows:

Dr. G. Frederick Wooten, chairman of the ADPA Scientific Advisory Board, has presented the following as an overview of the board's position on stem cell research:

The Scientific Advisory Board:

- Supports embryonic stem cell research subject to ethical research and peer review.
- Accepts the possibility of transplantation tissue of embryonic origin to help in aiding Parkinsonians, however, it does not necessarily hold the view that it will offer a cure.
- Supports private and government funding for embryonic stem cell research.
- Will judge every research proposal by its merits and the APDA grant policy.

The Parkinson's community (and other diseases with hope for stem cell success) regards embryonic stem cell research as a bright hope for a possible cure. We must now leave this in the hands of the brilliant scientists and researchers who have brought us this far on the road to successful treatment. Stay tuned...

## Rock-A-Thon Set for June 13

The famous, one and only Vermont APDA Rock-A-Thon returns to Burlington on June 13, at the top of Church Street from 1-4 p.m.

We have sponsorship from WIZN and Vermont Hand Crafters. There will be kids activities, a DJ, bouncy castle, and even a chicken barbecue this year!

The Rock-A-Thon is big-time fun, and a big-time fundraiser. Form a team of rockers, volunteer, or just come and enjoy the day. Mark your calendars now!

# Regional Young-Onset Event Planned

The Vermont Chapter of APDA and I&R Centers to put together is taking the lead on holding a an entertaining and informative New England regional young-onset PD conference on Sept. 13 conference. This event will happen at the Lake Morey Resort, and 14. We'll be partnering with where there are many activities the other New England Chapters available, including, hiking, tennis, golf, boating and fishing. We're expecting an expert speaker in YOPD issues from the National APDA YOPD center., and a DJ for dancing! More to follow as the planning unfolds.

## 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

### **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

Plattsburg, NY

### **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

### Late Breaking News: Support Group Forming in Burlington

A new Support Group is starting in Burlington. The date and time have not yet been set in stone, but it is expected to take place in the 2nd half of April at The Gazebo Apts on Williston Road in South Burlington. Contact Jean Baker at the Information and Referral Center [(802) 847-3366 or toll free (888) 763-3366; e-mail [jeanette.baker@vtmednet.org](mailto:jeanette.baker@vtmednet.org)] for more information.