

Newsletter of
Kadlec Neurological
Resource Center

The NEURO TRANSMITTER



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Photo credit Jenny Davis

KADLEC | NEUROLOGICAL
RESOURCE CENTER

kadlec.org/knrc

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the generosity of our members and donors.*



Photo credit Andrew JF Deskins

Sounding Off Against Parkinson's | By Andrew JF Deskins

KNRC Empowers Therapist to Fight Disease She Shares With Patients

Jenny Davis was 39 when her right arm stopped swinging as she walked, and that her right side was noticeably weaker than her left.

Two years later she was diagnosed with Parkinson's disease at the age of 41. By that time the diagnosis wasn't a surprise, but Jenny said hearing the words "you have Parkinson's" still took her aback. She turned to the Kadlec Neurological Resource Center for support shortly after she was diagnosed in October of 2007.

"It took me a few times of sitting in the parking lot to work up the gumption to go inside," Jenny said. "It was so helpful because until I went into KNRC, I had lots of information at my fingertips, but what I didn't have was someone to look me in the eye and say it's going to be ok, let's figure this out together."

In 2008, while working as a speech therapist at the Children's Developmental Center, Jenny's voice began rapidly deteriorating because of her Parkinson's. Her voice

had become hoarse and she was struggling to maintain an audible volume. She had stopped making calls for work because people had such a difficult time understanding her.

At that time Kadlec didn't yet have speech therapists certified in Lee Silverman Voice Training (LSVT®) or SPEAK OUT!®, programs designed to combat the vocal effects of Parkinson's. She sought therapy elsewhere in the community and found that "it was a new experience to be sitting on the other side of the table."

After she had completed her therapy, Kadlec offered her the chance to become certified herself so she could help other Parkinson's patients. Jenny saw it as an opportunity to fully accept her diagnosis and use her personal experience to benefit others. She accepted a part-time offer so that she could keep her job with the Children's Developmental Center.

Looking back, Jenny said the next few months were a bit of a blur because she had so much on her plate preparing for one job while maintaining another, plus they were having a tough time getting her medication established.

Then just as she was set to start working with Kadlec, Jenny got another surprise: she was diagnosed with stage IIIc Colon Cancer. After undergoing surgery, 12 rounds of chemotherapy and many complications along the way Jenny said she's lucky to be alive, but the resulting mental fog forced her to make a choice.

"Chemo-brain was making it very hard for me to focus on working in two different settings. I knew that if I was going to work with people with Parkinson's, I needed to shift my focus and location permanently." Jenny said. "It was a very difficult decision at the time because I also loved my work at the Developmental Center." Jenny started working for Kadlec exclusively in late 2010.

Jenny has never kept her diagnosis from her patients; something she says allows them to build a greater rapport as they go through the program. This allows Jenny to empower her patients to advocate for themselves and to be open to help when they need it.

"I understand the difficulty of the exercises and the frustration of living with Parkinson's," Jenny said. "I know every patient is unique and that attitude can make a big difference. KNRC gave me my 'I can do this' attitude."

Jenny's experience with KNRC gives her the confidence to entrust patients to the staff and volunteers in the library if they need more support than she can provide within the time constraints of an appointment.

"I walk the journey with them in our appointments," Jenny said. "KNRC can walk with them for the rest of their lives, and can walk with their families."

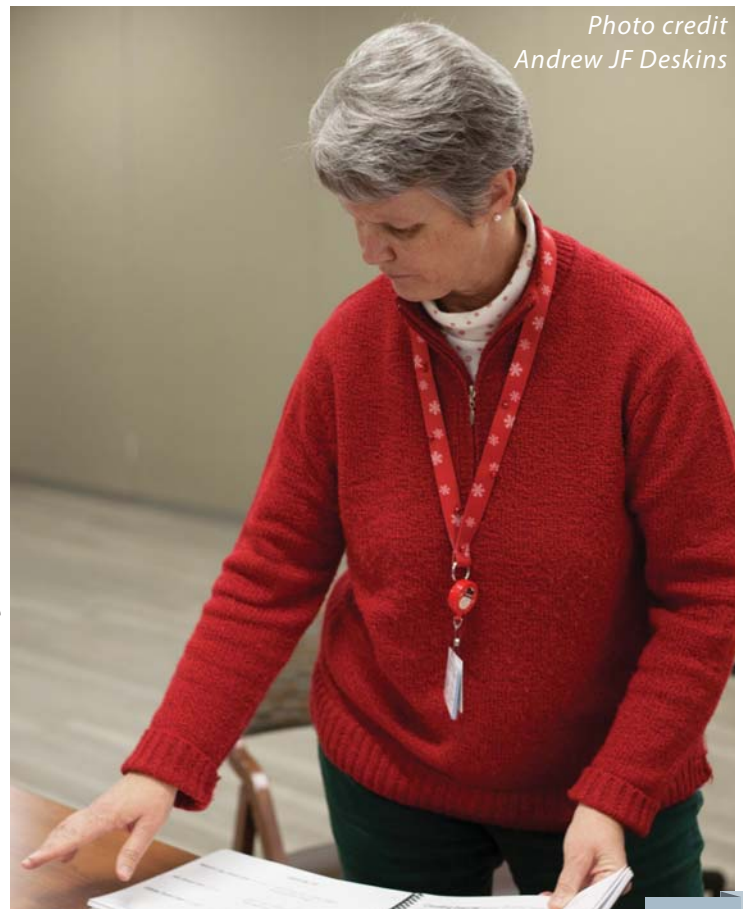
Jenny still makes use of the resource center personally too. She occasionally attends the support groups and enjoys the educational programs, even those that are not focused specifically on Parkinson's disease.

The resources at KNRC have also helped Jenny in her role as a support person for her mom. Jenny's mother,

Want to Support KNRC? See how you can support Kadlec Neurological Resource Center by visiting www.kadlec.org/knrc or call (509) 943-8455.

Kadlec Employees can designate their KNRC gift through payroll deduction - visit www.kadlec.org/foundation/give

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*Photo credit
Andrew JF Deskins*



5 Ways to Nourish Your Brain

THE BRAIN IS OUR "GRAND CONDUCTOR"—PLAYING A VITAL ROLE IN EVERYTHING WE DO. HERE'S WHAT SCIENCE TELLS US ABOUT KEEPING IT HEALTHY.

By Jennifer Wolkin

The brain is the grand conductor of the symphony of our selves. The brain leads mind and body, and the brain heeds mind and body. The brain plays a role in every thought, feeling, and body sensation we experience. That includes every twitch, every blink, every strum of a guitar, and even every orgasm. That also includes every dream, passion, fear, joy, and deepest desire.

Every memory you consolidated last night while you slept, each micro-movement used to brush your teeth this morning, every smoothie you tasted, step you took, daydream you pondered, daydream you snapped out of, work you intently focused upon, yawn you took, anxiety you felt, drop in blood sugar you experienced, was a manifestation of lots of talking. A plethora of dialogue went on inside of you today, and you need to know it.

Quick Brain Basics:

The brain and the spinal cord make up the nervous system, composed of billions of nerve cells (i.e. neurons) that speak back and forth between the brain and body. What's the conversation like? Well, the nervous system is at least bilingual, and speaks both electrically and chemically. When neurons (the brain's cells) are stimulated, an electrical impulse, called an action potential, is created. This eventually leads to the transmission of chemical substances called neurotransmitters, like norepinephrine, dopamine and serotonin, which we know play a huge role in our mood functioning, among a lot of other things.

Why is it so important to know how much chatter the brain is doing? Because to be mindful of the orchestration of our

internal states (some in reaction to the external) is to be mindful of the essentiality of nourishing our brains.

The latest scientific research shows that neuroplasticity, the idea that new neurons can be created, makes it very possible for lifestyle to play a big role in maintaining and improving brain function. Of course, as always, nature and nurture dance an exquisite but complex dance, and so there is never one solution or one cause and effect paradigm when it comes to your wellness. Yet, there is something each of us can do to help our brains stay vital:

1 Reduce your stress levels by practicing mindfulness meditation.

Although stress is a temporarily adaptive response to a threat, when it is chronic it becomes maladaptive and can wreak havoc on the central nervous system (CNS). Stress-reduction and relaxation techniques are important for a healthy brain. A widely used relaxation-inducing technique is meditation. Mindfulness meditation has been shown to be particularly effective. Studies have indicated that the amygdala, known as our brain's "fight or flight" center and the seat of our fearful and anxious emotions, decreases in brain cell volume after mindfulness practice. Mindfulness meditation has been shown to help ease psychological stresses like anxiety, depression, and pain. Research is still parsing out the exact mechanisms, but many agree that on a cognitive level, mindfulness's ability to cultivate attention on purpose, in the present moment, and non-judgmentally, helps reduce the stress elicited by past and/or future oriented thinking.

2 Get your blood pumping through exercise.

Exercise is a life force, and there are many reasons why it is a crucial part of basic brain hygiene. One reason is that exercise actually raises serotonin levels (most antidepressants focus on the production of serotonin). That's just the tip of the iceberg though with regards to exercise's benefits, which is why it is always in my top three recommendations to clients who want to thrive cognitively as they age.

3 Use it, so you don't lose it, by engaging in mental stimulation.

Lifelong students have the right idea when it comes to staving off age-related brain decline. Continued learning actually promotes brain health, and might actually create new neural connections.

This kind of neuroplasticity is a handy defense against future cell loss. So in essence, taking a stab at a crossword puzzle, or enrolling in a continuing education course can help build cognitive reserves. The biggest bang for the brain are tasks that are challenging, varied, and novel.

4 Nourish your body and brain with balanced nutrition.

Our brain's health is dependent on our many lifestyle choices that mediate gut health, including most notably diet i.e., reduction of excess sugar and refined carbohydrates, and increased pre and probiotic intake. Poor gut health, elicited by dysbiosis (a shift away from "normal" gut microbiota diversity), may contribute to disease, and has been implicated in neurological and neuropsychiatric disorders like multiple sclerosis, autistic spectrum disorders, Parkinson's disease,

and even Alzheimer's disease. Further, there is now research that suggests that depression and anxiety are mediated by poor gut health as well.

5 Stay positively connected to yourself and others by socializing.

Joining a community center, or even a meet-up group adventure is actually an investment in your future. Research continues to support the positive impact of social interaction on the brain. So much so, that studies even go so far as indicating that social interaction is a key to warding off dementia, including Alzheimer's. Even basic exchanges with people keep our brains stimulated as it searches for thoughts and a way to organize them into appropriate communication bytes. Also, let's not forget that being part of a social network often elicits healthy behaviors, most notably joining a walking group, or engaging in other group exercise. So, keep your friends and family close to help maintain cognitive processes.

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Kadlec Neurological Resource Center's 2016/2017 Membership Drive

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We humbly apologize if your name has been omitted due to human or computer error. Please let us know.



Photo credit Nicole Grove

Jane Sellers, who, despite not having Parkinson's, enjoys going to the Parkinson's dance group.

Jane heard about the Parkinson's dance group from Jenny and decided to give it a try. For her, the class has multiple benefits. Jane gets to spend time with her daughter; she improves her balance and coordination and has fun while doing it! Jane now brings along her sweetheart, Vic, and looks forward to every class.

Jenny donates to KNRC because she's gotten so much value from it both personally and professionally, but also because she believes it has such value to the community. She started contributing to KNRC through employee payroll deduction for two reasons.

"First, as employees, I believe that our role as a caregiver does not stop when we clock out at the end of the work day. Financially supporting KNRC through payroll deduction is a simple way that we can help continue providing compassionate care within the community at large."

"Second, on a more personal note, when I was diagnosed with Parkinson's disease, KNRC helped me see that I could LIVE with Parkinson's disease – not just deal with it. They helped set my feet on a path of empowerment rather than fear. I want others to have that experience as well. Fear paralyzes KNRC helps diminish the fear so individuals and families can move forward, empowered. That benefits everyone."

See page 7 for *Empower Yourself: Living Well with Parkinson's Disease*.
Presenters: Jenny Davis, MA, CCC-SLP and Laura Molu, PT.



PARKINSON'S DANCE

Studies show that dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

Source: *The Harvard Mahoney Neuroscience Institute Letter* 2016

The Parkinson's Dance groups meets
Jan 28, Feb 25, March 25.

LIBRARY NEW ARRIVALS

**Nuevos libros sobre el autismo disponible*

ALZHEIMER'S

Striped Shirts and Flowered Pants: A Story of Alzheimer's Disease for Young Children

Barbara Schnurbush

Why Did Grandma Put Her Underwear in the Refrigerator? An Explanation of Alzheimer's Disease for Children

Max Wallack & Carolyn Given

DEMENTIA

An Unintended Journey: A Caregiver's Guide to Dementia

Janet Yagoda Shagam

Dementia Beyond Disease: Enhancing Well-Being

G. Allen Power, MD

Remember Me? Alzheimer's Through the Eyes of a Child (English & Spanish)
Sue Glass & W. Yunker

PARKINSON'S

Early Onset Parkinson's: A Guide Living with the Condition

John Baxter



Photo credit
Kim Fetrow Photography



ATTEND & LEARN

FEATURED KNRC EVENTS

Know the 10 Signs - Early Detection Matters

Co-Sponsored by the Alzheimer's Association
Speaker: Joan Acres

January 10, 2017
1:30 PM – 3:30 PM
Kadlec Healthplex
Sycamore Room



THANK YOU MALLEYS FOR YOUR 2017 SPONSORSHIP OF THE MTHFR PROGRAM

MTHFR & Memory/Neuropathy

Speaker: Neil Rawlins, MD

January 26, 2017
3:00 PM – 4:30 PM
Kadlec Healthplex
Oak & Maple Rooms
\$10 REGISTRATION DONATION



PAC™ Teepa's Gems

Trainers: Karen Hayes, Cathy Manderbach, and Sue Pinard

January 27, 2017
10:00 AM – 12:00 PM
Kadlec Healthplex
Cedar & Sycamore Rooms
\$10 REGISTRATION DONATION



The Basics - Memory Loss, Dementia & Alzheimer's Disease

Co-Sponsored by the Alzheimer's Association
Speaker: Joan Acres

February 7, 2017
1:30 PM – 3:30 PM
Kadlec Healthplex
Sycamore Room



Visual Processing Related to Sensory Processing Disorder - The Impact on Handwriting and Fine Motor Skills

Speaker: Jennifer Casey, DPT, KidSpot

February 22, 2017
6:00 PM – 7:30 PM
Kadlec Healthplex
Sycamore Room

\$10 REGISTRATION DONATION

Pain & the Brain

Speaker: Anjan Sen, MD

March 17, 2017
1:00 PM – 2:30 PM
Kadlec Healthplex
Cedar & Sycamore Rooms
\$10 REGISTRATION DONATION

Empower Yourself: Living Well with Parkinson's Disease

Speakers: Jenny Davis, MA, CCC-SLP and Laura Molu, PT
Kadlec Therapy Services

March 22, 2017
1:00 PM – 2:30 PM
Kadlec Healthplex
Cedar & Sycamore Rooms
\$10 REGISTRATION DONATION

For additional information and to register for one of these events online, go to kadlec.org/knrc or call (509) 943-8455.

All classes meet at Kadlec Healthplex, 1268 Lee Blvd. Except where noted otherwise.

SUPPORT GROUP CALENDAR

JANUARY, FEBRUARY, MARCH

ALZHEIMER'S/DEMENTIA CAREGIVERS AT CALLAWAY GARDENS

3rd Thursday, 5:30-6:30PM, Jan 19, Feb 16, March 16
4th Tuesday, 5:30-6:30PM, Jan 24, Feb 28, March 28
4th Monday, 12:30-1:30PM, (For Men Only)
Jan 23, Feb 27, March 27
Callaway Gardens | 5505 W Skagit Court, Kennewick
Light meal served, RSVP is requested. Call 783-5433

AMYOTROPHIC LATERAL SCLEROSIS (ALS)–MAPLE ROOM

4th Wednesday, 12:00-1:00PM, Jan 25, Feb 22, March 22

ART EXPRESSIONS–OAK ROOM

2nd Tuesday, 10:00-11:00AM, Jan 10, Feb 14, March 14

CAREGIVERS– OAK ROOM

3rd Tuesday, 1:00-2:30PM, Jan 17, Feb 21, March 21

CHRONIC PAIN– MAPLE ROOM

2nd & 4th Friday, 1:00-2:00PM, Jan 13 & 27,
Feb 10 & 24, March 10 & 24

MULTIPLE SCLEROSIS– OAK ROOM

1st Tuesday, 2:00-3:00PM, Jan 3, Feb 7, March 7

PARKINSON'S DISEASE–SYCAMORE ROOM

3rd Monday, 1:30-2:30PM, Jan 16, Feb 20, March 20

PARKINSON'S DANCE - MAPLE/OAK ROOM

4th Saturday, 11:00-12:30PM, Jan 28, Feb 25, March 25

PARKINSON'S DISEASE AT BROOKDALE MEADOW SPRINGS

4th Tuesday, 6:30-7:30PM, Jan 24, Feb 28, March 28
Brookdale Meadow Springs | 770 W Gage Blvd, Richland

POST-POLIO–MAPLE ROOM

1st Wednesday, 1:00-2:00PM, Jan 4, Feb 1, March 1

SPINAL DISORDERS (QUARTERLY)–MAPLE ROOM

4th Wednesday, 10:30-11:30AM, Jan 18 & March 15

STROKE– MAPLE ROOM

3rd Tuesday, 3:00-4:00PM, Jan 25, Feb 21, March 21

TRAUMATIC BRAIN INJURY– MAPLE ROOM

1st Wednesday, 3:00-4:00PM, Jan 4, Feb 1, March 1;

YOUNG ADULTS

2nd Wednesday, 3:00-4:00PM, Jan 11 (Sycamore),
Feb 8, March 15 (Maple Room)

All support groups meet at Kadlec Healthplex, except where noted otherwise.

The material in The NeuroTransmitter is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Information in The NeuroTransmitter comes from a wide range of medical experts.

COMING TO TERMS WITH LOSS

Tuesdays, January 10 - March 14, 2017
 12:00 PM – 1:30 PM OR 6:00 PM – 7:30 PM
 Chaplaincy Health Care
 2108 W Entiat, Kennewick, WA

Please call Cheryl at (509) 572-6243 for more information or to register. Open to adults experiencing grief due the loss of a loved one. It is educational, as well as supportive. Fee is \$127 for this 10-week session with sliding scale option.

2017 HOPE CONFERENCE

February 3, 2017, 9:00 PM – 4:00 PM
 Hotel RL by Red Lion
 303 W North River Dr, Spokane, WA 99201

Northwest Parkinson's Foundation presents HOPE Spokane, an educational symposium for patients, family, friends, and care partners in the Parkinson's community. The 2017 HOPE Conference Spokane will offer the latest information on Parkinson's, as well as Hope to live your best life with PD. Plus, a resource fair, movement breaks, and more!

For more information or to register, please visit nwpf.org/participate/events/hope-spokane-2017.

You can support KNRC when you use Amazon Smile or by shopping at Yoke's and/or Fred Meyer!



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You can help! Your membership is instrumental in providing educational programs, support groups, and library materials to those in need of these resources. Make a difference in the lives of individuals and families affected by neurological disorders. Become a member today.

Yes! I/We want to become a member of KNRC or renew my/our KNRC membership.

- \$30 Individual \$60 Family
- \$100 Premium \$150 Benefactor
- \$1,000 Guardian
- Additional Donation _____

The library is funded by your generous donations. I would like to donate to expand the lending library.

- \$25 (one book) \$50 (two books)

Total \$ _____

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