

**Newsletter of
Kadlec Neurological
Resource Center**

The NEURO TRANSMITTER

September / October 2015

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Neuro Connections

Photo credit Kim Fetrow Photography

KADLEC | NEUROLOGICAL
RESOURCE CENTER

kadlec.org/knrc

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Driving Safely

For Ron Baker, multiple sclerosis has had its greatest impact on his right leg. A few years ago, he began to have difficulty moving his right foot quickly between the accelerator and brake when he was driving. He tried using his left foot for the brake and the right foot for the accelerator, but that did not work for him. He is, he said, very right footed.

Four years ago, while backing his car out of the driveway, Ron found himself on the other side of the street before he was able to stop. His right leg just didn't move quickly enough to the brake.

Be SAFE

- S** - Self-awareness is the first step toward identifying driving safety
- A** - Assess your driving skills and listen to the concerns of friends and family
- F** - Follow up with your physician to discuss concerns and get a referral for testing
- E** - Evaluate your skills every 12 months or sooner if you have a progressive medical condition or notice changes in your driving

a thing. His right leg did not have the reaction time it should. There was a big sense of relief when he quit driving because he made the decision himself. He knew it was time."

"I didn't hit anyone or another car," he said, "but I could have. Enough was enough."

Ron made the decision to hang up his keys. His wife, Annie, who attends Kadlec Neurological Resource Center's Caregivers Support Group, assumed the driving duties.

"Ron was always the driver of the family," she said, "so for him to give it up was quite

From the moment we get our first driver's license, driving is a key to independence. Most of us want to hold onto that key for as long as we safely can. Driving seems to be an indispensable activity of daily life. It equates to independence, freedom and, in some cases, livelihood.

Yet, aging, medical conditions and neurologic disorders can impair the ability to drive. Conditions such as Alzheimer disease, Parkinson's disease, multiple sclerosis, cerebrovascular disease, sleep disorders, stroke, traumatic brain injury, and epilepsy may impact an individual to the point of affecting the safe operation of a motor vehicle. Medications, both by prescription and over-the-counter, can also impair driving skills.

These can all lead directly to one important question: When should a person limit or suspend driving?

THE NEUROLOGY OF DRIVING

While driving becomes second nature to most of us, it is actually one of the most complex tasks a human being performs on a regular basis, demanding quick reaction time and fast decision making. When you drive, you must constantly keep track of a vast array of input about what's happening on the road, interpret that information, and use it to update your decisions about how to maneuver the vehicle. It requires a high cognitive function, vision, perception, motor control, coordination, reflexes, and the ability to maintain attention -- all working together. A weakness in any one of these areas can lead to unsafe driving.

Many neurologic conditions involve impairments in some of these functions that are essential for safe driving. The more impairments one has, the more likely someone is to commit a potentially dangerous error while driving.

EVERYONE'S DIFFERENT

Having a neurologic condition doesn't necessarily mean immediately giving up the car keys. Some disorders can be well controlled. Others are progressive; while driving may not be initially impacted, this progression can lead to more and more problems with driving.

In other cases, such as stroke or a traumatic brain injury, the driving deficient may occur fully at the time of the incident.



Keys to safety are knowing when a driver is at increased risk, how a specific condition can impact driving, and how the disorder traditionally progresses. It is important to understand what

signs to look for and pay attention to them. And, it is important to realize that any assessment of driving skills needs to be on an individual basis.

THERE IS HELP AVAILABLE

For over 20 years, Kadlec's Occupational Therapy service has offered off-road driver evaluations which do just that: assess each person's driver readiness and provide the individual and family with information regarding a person's potential risk while driving.

"When people come to us for an evaluation, they are often asking the question 'Can I still drive safely?'" said Kadlec Occupational Therapist Debra Sappington who performs the testing. "It's a big question with lots of impact. The answer for each person is different."

During an evaluation, which takes place at Kadlec Healthplex in Richland, Sappington individualizes it based upon the person's reason for undergoing the testing. "For instance, if I know the person had a stroke, in addition to the general evaluation, I will specifically look at those areas that could be affected."

She evaluates a person's range of motion, coordination, vision, mobility, reaction time and more. At the end of the evaluation, she sends her results to the person's physician.

The evaluation, said Sappington, is not just about determining what a person can't do; it's also about what they can do.

"In some cases, after we assess a person's skills, we can determine ways to compensate for some of the deficits and keep that person safely driving," she said. "Sometimes we may suggest not driving at night, or only on familiar routes. Sometimes we recommend the person get road tested by the Department of Motor Vehicles, or take a refresher driving class. Sometimes, we will recommend that the person give up driving. When that is the case, we always prepare the person and their family, so they are not surprised. We help them work through transportation alternatives. Giving up the keys can be life changing."

Sappington said that in some situations, "having someone outside of the family say you shouldn't be driving anymore takes the burden off. While still hard, most people are willing to stop driving when they understand that their safety, and the safety of others, is involved."

For 72-year-old Ron Baker, giving up driving has not been difficult. In fact, he's enjoying it.

"I get to see more things now as we drive along, and I don't have to worry," he said. "I don't miss it."

Ron, according to Annie, has become a really good navigator. ■
— Mary Lynn Merriman

For more information about Kadlec's Off-Road Driving Assessments, call (509) 942-2660. The service is open to anyone with a physician's referral. Additional resources are also available in the Kadlec Neurological Resource Center library located in Kadlec Healthplex, 1268 Lee Blvd., Richland.

REFERENCES

Vicki L. Scnmall, Ph.D.; Marilyn Cleland, R.N., and Marilyn Sturdevant, R.N., M.S.W., L.C.S.W. *The Caregiver Helpbook, Powerful Tools for Caregiving*. 2000

American Medical Association; U.S. Department of Transportation, National Highway Traffic Safety Administration. *Physician's Guide to Assessing and Counseling Older Drivers*. 2012.

National Highway Traffic Safety Administration. *How to Understand & Influence Older Drivers*.

EvergreenHealth. *What to Consider when Driving*. 2014.

***Available in the KNRC Library**

IF YOU HAVE CONCERNS REGARDING SOMEONE'S ABILITY TO DRIVE AND TO DO SO SAFELY, ASK YOURSELF:

- Would I feel comfortable riding in the vehicle?
- Do they forget to buckle up?
- Do they obey stop signs/lights?
- Do they fail to yield the right of way?
- Do they drive too quick or too slow?
- Do they get lost even on familiar routes?
- Do they stop at wrong times – green lights, etc.?
- Are they inattentive to other cars, bikes?
- Do they have difficulty staying in their own lane?
- Do they get honked at or passed often?
- Do they respond slowly to driving situations?
- Do they make poor driving decisions?
- Do they use their mirrors and check for blind spots?
- Do they mix up the gas and brake pedals?
- Are they too cautious, too aggressive?
- Are there recent near misses, tickets, etc., as reported by those riding in the vehicle?
- Are the insurance premiums going up?

If you are answering yes to even a few of these questions, you may want to ask the person's primary care provider for a referral to have their driving skills evaluated.



ATTEND & LEARN

FEATURED KNRC EVENTS

Understanding Fibromyalgia

Speaker: Anjan Sen, MD, Neurosurgeon
Kadlec Neuroscience Center

September 11, 2015

2:00 PM - 3:30 PM

Kadlec Healthplex, Sycamore Room
1268 Lee Blvd, Richland, WA

Register early as seating is limited.

Activities: Planning the Day for the Person with Dementia

Co-Sponsored by the Alzheimer's Association

September 24, 2015

1:00 PM - 3:00 PM

Kadlec Healthplex, Sycamore Room
1268 Lee Blvd, Richland, WA

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Co-Sponsored by the Alzheimer's Association

October 7, 2015

10:00 AM - 12:00 PM

Providence St Mary Medical Center, Providence Room
401 W. Poplar Street, Walla Walla, WA

MTHFR: Neuropathy

Speakers: Neil Rawlins, MD
and Katie Karlson, MD

October 9, 2015

3:00 PM - 4:30 PM

Richland Red Lion

802 George Washington Way, Richland, WA

Sponsored by



Malley's Compounding
PHARMACY



Effective Communication Strategies

Co-Sponsored by the Alzheimer's Association

October 22, 2015

1:00 PM - 3:00 PM

Kadlec Healthplex, Sycamore Room
1268 Lee Blvd, Richland, WA

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

THESE PROGRAMS ARE PROVIDED TO YOU FREE OF CHARGE.

KNRC PROVIDES INFORMATION & SUPPORT TO THOSE AFFECTED BY NEUROLOGICAL DISORDERS

Alzheimer's Disease
Amyotrophic Lateral Sclerosis (ALS)
Anxiety
Ataxia
Attention Deficit Disorder (ADD)
Autism Spectrum Disorders
Autoimmune Diseases
Bipolar Disorder
Brain Health

Caregiving
Chronic Fatigue Syndrome
Chronic Pain
Depression
Dystonia
Early Stage Memory Loss
Epilepsy/Seizure Disorder
Fetal Alcohol Syndrome
Fibromyalgia

Headaches & Migraines
Huntington's Disease
Learning Disabilities
Lupus
Lyme Disease
Mindfulness
Multiple Sclerosis
Neuropathy
Nutrition

Obsessive Compulsive Disorder (OCD)
Parenting
Parkinson's Disease
Post-Polio
Sensory Processing Disorders
Stroke
Tourette Syndrome
Traumatic Brain Injury (TBI)



ALIVE INSIDE

DVD is available to check out from the KNRC Library

ALIVE INSIDE is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. His camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

This stirring documentary follows social worker, Dan Cohen, founder of the nonprofit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it. Rossato-Bennett visits family members who have witnessed the miraculous effects of personalized music on their loved ones, and offers illuminating interviews with experts including renowned neurologist and best-selling author Oliver Sacks (*Musicophilia: Tales of Music and the Brain*) and musician Bobby McFerrin (*Don't Worry, Be Happy*).

An uplifting cinematic exploration of music and the mind, ALIVE INSIDE's inspirational and emotional story left audiences humming, clapping and cheering at the 2014 Sundance Film Festival, where it won the Audience Award.

www.aliveinside.us



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 MS SUPPORT GROUP 2:00 PM ROOM (O)	2 POST POLIO SUPPORT GROUP 1:00 PM ROOM (C) TBI SUPPORT GROUP 3:00 PM ROOM (M)			
6	7 CLOSED LABOR DAY	8	9 ART EXPRESSIONS 10:00 AM ROOM (O)	10 OFFICE CLOSED FOR STAFF WORKSHOP	11 UNDERSTANDING FIBROMYALGIA (SEE PAGE 4) CHRONIC PAIN SUPPORT GROUP NOT MEETING	12
13	14 PARKINSON'S TELECONNECTION 2:00 PM ROOM (C ¹)	15 CAREGIVERS SUPPORT GROUP 1:00 PM ROOM (O) STROKE 3:00 PM ROOM (M)	16	17 PARKINSON'S SUPPER CLUB 4:30 PM LOCATION (TBA ²) ALZ/DEM CAREGIVERS SUPPORT GROUP 5:30 PM LOCATION (CG) ALIVE INSIDE MOVIE CLIPS	18	19
20	21 PARKINSON'S SUPPORT GROUP 1:30 PM ROOM (S) LIVING WELL WITH PD & OPTIMISM RETREAT INFORMATION WILL BE SHARED	22	23 SPINAL DISORDERS SUPPORT GROUP 10:30 AM ROOM (M) ALS SUPPORT GROUP 12:00 PM ROOM (M)	24 ACTIVITIES (SEE PAGE 4)	25 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (M)	26
27	28 CAREGIVERS (MEN ONLY) SUPPORT GROUP 12:30 PM LOCATION (CG)	29 ALZ/DEM CAREGIVERS SUPPORT GROUP 5:30 PM LOCATION (CG)	30			

ALL SUPPORT GROUPS MEET AT KADLEC HEALTHPLEX, 1268 LEE BLVD, RICHLAND WA, EXCEPT WHERE NOTED OTHERWISE.

CALENDAR KEY

C Cedar Room

CG Callaway Garden's | 5505 W Skagit CT, Kennewick.
Light meal served, RSVP is requested. Call (509) 783-5433.

M Maple Room

O Oak Room

S Sycamore Room

TBA To Be Announced

1 Tai Chi: It Benefits Everyone and a First-Hand Demonstration
Speaker: Kaiya Treffry, Tai Chi Instructor – ACT 2

2 Please call Wendy at (509) 619-0301 for location and RSVP.
Get together and enjoy!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 MS SUPPORT GROUP 2:00 PM ROOM (O)	7 POST POLIO SUPPORT GROUP 1:00 PM ROOM (C) TBI SUPPORT GROUP 3:00 PM ROOM (M)	8	9 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (M) MTHR & NEUROPATHY SEE PAGE 4	10
11	12 PARKINSON'S TELECONNECTION 2:00 PM ROOM (C ¹)	13	14 ART EXPRESSIONS 10:00 AM ROOM (O)	15 PARKINSON'S SUPPER CLUB 4:30 PM LOCATION (TBA ²) ALZ/DEM CAREGIVERS SUPPORT GROUP 5:30 PM LOCATION (CG) ALIVE INSIDE DISCUSSION	16	17
18	19 PARKINSON'S SUPPORT GROUP 1:30 PM ROOM (S) PREPARING FOR TRAVEL	20 CAREGIVERS SUPPORT GROUP 1:00 PM ROOM (O) STROKE 3:00 PM ROOM (M ³)	21	22 EFFECTIVE COMMUNICATION STRATEGIES (SEE PAGE 4)	23 CHRONIC PAIN SUPPORT GROUP 1:00 PM ROOM (S)	24
25	26 CAREGIVERS (MEN ONLY) SUPPORT GROUP 12:30 PM LOCATION (CG)	27 ALZ/DEM CAREGIVERS SUPPORT GROUP 5:30 PM LOCATION (CG)	28 ALS SUPPORT GROUP 12:00 PM ROOM (M)	29	30	31  Happy Halloween

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M Maple Room

O Oak Room

S Sycamore Room

TBA To Be Announced

1 Pack with Compassion: Helping those
Making the Transition to a Smaller Home
Speaker: Deb Fry, Owner and Senior Move Manager

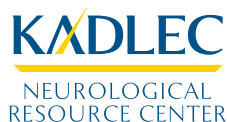
2 Please call Wendy at (509) 619-0301 for location and RSVP.
Get together and enjoy!

3 Updates in Stroke Research
Speakers: Sophia Bodde, DPT, and Audra Beaver, OTR/L;
both Certified Stroke Rehab Specialists



**WEBINAR:
NAVEGANDO EN
EL MAR DEL
PARKINSON**

Saturday,
Oct. 24, 2015
Presented by
National Parkinson's
Foundation
(800) 473-4636



1268 Lee Boulevard
Richland, WA 99352
(509) 943-8455
www.kadlec.org/knrc

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PEDALING FOR PARKINSON'S

Tri-City Court Club is offering Pedaling for Parkinson's, a cycling program based on the outcomes of the Cleveland Clinic.

Contact Ryan Vogt at (509) 396-3712 x127 or Ryan@tricitycourtclub.com.

AQUATICS ARTHRITIS

Aquatics Arthritis focuses on reducing joint pain by increasing mobility and range of motion. Aqua Motion adds a little more movement and is perfect for individuals with neurological movement disorders such as Parkinson's, MS and Stroke recovery.

Contact Aquatics Director, Dominique Vetrano at (509) 396-3712 or Dominique@tricitycourtclub.com

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LIBRARY NEW ARRIVALS

ALZHEIMER'S

Her Beautiful Mind, *Ann Hedreen*

AUTISM SPECTRUM DISORDERS

Curriculum Guide for Autism using Rapid Prompting Method, *Soma Mukhopashyay*

Developing Motors Skills for Autism using Rapid Prompting Method, *Soma Mukhopashyay*

Developing Communication for Autism using Rapid Prompting Method, *Soma Mukhopashyay*

Executive Function "Dysfunction," *Rebecca Moyes, MD*

Parenting without Panic, *Brenda Dater*

Safety Skills for Asperger Women, *Liane Holliday Willey, EDD*

Understanding Autism through Rapid Prompting Method, *Soma Mukhopashyay*

What to Feed an Asperger, *Sarah Patton*

CAREGIVING

Doing the Right Thing: Taking Care of Your Elderly Parents Even if They Didn't Take Care of You, *Roberta Satow, PhD*

CONCUSSION

Concussion and our Kids, *Robert Canty, MD*

Concussion Recovery, *Colleen Butler*

Coping with Concussion and Mild Traumatic Brain Injury, *Diane Roberts Stoler, EDD*

FIBROMYALGIA

The Fatigue and Fibromyalgia Solution, *Jacob Tietbaum, MD*

Foods that Fight Fibromyalgia, *Deirdre Rawlings, PhD, ND*

Suffered Long Enough, *William Rawls, MD*

MINDFULNESS

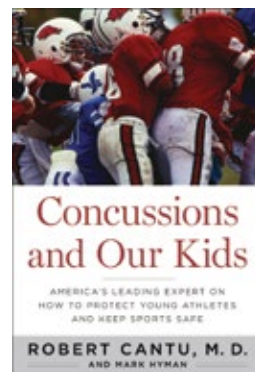
Indigo Dreams, *Lori Lite, CD*

STROKE

Stoke: Promising Research That Could Change Your Life, *William L. Kilcullen*

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**Spanish resources available*



**INFORMATION
& SUPPORT,
WHEN YOU
NEED IT MOST.**