

*So no one has to face this disease alone ...*

There are an estimated 65,000 Americans diagnosed annually with Parkinson's disease. PRO serves 10,000 of the nearly 25,000 people living with PD in the Northwest as a social service agency dedicated to improving the lives of individuals facing this disease by bridging the gap between medical care and holistic wellness, providing the community, resources, and inspiration to keep going.

PRO is uniquely positioned with a sole focus on providing quality services for individuals facing Parkinson's disease today by empowering clients through education and support, while striving to improve the lives of patients, families, and caregivers living with the impact of Parkinson's disease.

Our services include information, education, personal support, as well as playing a role in advocacy for a cure. PRO does not require payment for programs including exercise classes, access to advice and support from a qualified social worker, and information such as referrals to other local Parkinson's services.

At the heart of PRO are its people. We continue to expand and deepen our service offerings - the organization has grown 55% over the past two years with the addition of 4,000 new clients in the last four years. Eight passionate staff are committed to going the extra mile every day alongside the 200+ generous volunteers who tirelessly give of their time and energy to meet the needs of our clients.

## PROGRAM OFFERINGS

### Peer-Led Support Groups

Parkinson's Resources of Oregon was founded on peer-led support groups, providing a safe and confidential space for sharing and problem solving. The network of more than 65 groups across the region continue to be central to the fulfillment of our mission, making it possible for PRO to have the extensive reach it does. These monthly meetings are the most effective vehicles of disseminating information and resources to our wide-spread client-base, offering thousands of individuals regular access to social and emotional support, education, and a caring community while ensuring a safe and supportive environment. They are often the first point of contact for people looking to get involved with our services.

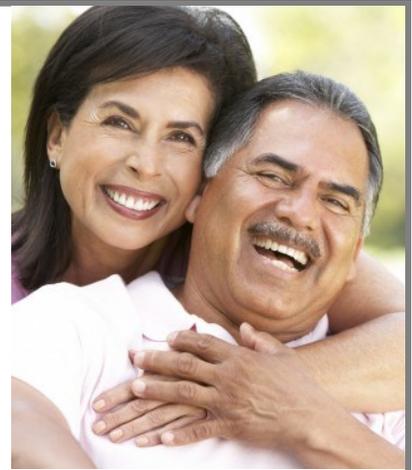
### Helpline

A toll-free helpline staffed by experienced professionals offers callers access to literature about the disease, local resources, and support, often when they need it most having just learned of a recent diagnosis or needing a caring advocate to assist them in answering questions that lead them to a peaceful mind and healthier state of wellbeing.

### Educational Programs

In partnership with several healthcare systems, patient education and wellness opportunities are available throughout the region.

- **Patient empowerment lectures** are designed to allow people living with Parkinson's to be informed healthcare consumers. These programs cover a variety of topics, focusing on the issues that are of greatest interest to people living with PD featuring local and regional experts.
- **Educate. Inspire. Empower.** annual conference is held each spring featuring expert leaders from around the nation to present new findings and best practice guidelines in a workshop format. More than 450 attendees include patients, family, caregivers, support group leaders, and healthcare professionals.
- **Lunchtime Laboratory** launched in 2014 as an online program offered monthly in cooperation with the Northwest Parkinson Foundation. The series continues into 2015 with six webinars drawing attendees from the northwest and beyond.



PARKINSON'S  
RESOURCES  
of OREGON

— Celebrating —  
*35 years*

**MISSION:** to empower individuals to meet the challenges of living with a diagnosis of Parkinson's disease through information, education, personal support and advocacy for a cure.

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More than 1 million people in the United States have been diagnosed with Parkinson's disease (PD) – an estimated 25,000 in Oregon & SW Washington. The disease isn't slowing down – each year, 60,000 more Americans are diagnosed.

Parkinson's disease is a neurodegenerative brain disorder that normally progresses slowly. Individuals with the disease may live with the debilitating symptoms for 20 years or more.

While Parkinson's disease itself is not considered to be fatal, the Center for Disease Control rated complications from the disease as the 14<sup>th</sup> leading cause of death. With no cure for Parkinson's disease on the immediate horizon, it is more important than ever that families receive the education and support they need to maximize health, wellness and plan for the future.



- **Exercise classes** are proven to play an important role in the prevention or rate of progression of many diseases, including Parkinson's. For people who have been diagnosed, exercise is also a way to help cope with symptoms by enhancing flexibility, coordination, balance, and promoting wellness in general. Exercise and wellness classes are now offered in nine Northwest cities.
- **Communication classes** While some people think of Parkinson's as a disease that primarily impairs motor functions like walking, it can also cause changes in the volume and clarity of speech. Similar to exercising the rest of the muscles in your body, exercising good speech skills is a great way to strengthen the muscles involved in speaking and communicating.
- **PD101** can be scheduled in your community and provide a general informational session about Parkinson's, treatment options, and resources available. This program is a great way to help build awareness and visibility of Parkinson's disease.
- **Training for professionals** offers a curriculum designed to specifically educate professional and para-professional caregivers about this complex illness, often creating strains on the resources of professional staff and adult foster homes, assisted living, and nursing care centers. This training focuses on helping staff understand how they can better care for patients with this disease, ultimately making for more qualified and confident caregivers.

**Newsletters** are distributed to more than 9,000 households, both in print and electronic. These provide program updates, recent findings, calendar of educational opportunities, research study recruitment, helpful tips, member profiles, and more.

#### **Social Work**

We believe that total patient care must include the physical, emotional and social needs of each patient and family. PRO's licensed clinical social worker is available for consultations and support of people with Parkinson's and their loved ones. Our aim is to strengthen the ability of people to participate constructively in their own and their family's treatment and care, and help people to identify, mobilize and use their own resources to maximize this effort. From helping to find the right home health agency to offering a comforting ear on a hard day to hosting a meeting to talk about the family can work together in care.

#### **Support for Caregivers**

Providing care for a loved one with Parkinson's can be a tough job. Spouses, adult children, and others who give care can often be on duty 24 hours a day and 7 days a week. We are here for you too!

- **Advanced Stage Family Caregiver Training** is 3-part workshop designed to provide family caregivers with information about advanced stage Parkinson's disease, including tools and resources for communication and care management.
- **Family Caregiver Respite Fund** provides financial assistance for eligible families as they seek short term relief for the caregiver.
- **Care Partner Support Groups** are a special program to give needed assistance for caregivers in a safe and confidential group of peers. Led by caregiver peers, these groups offer insight, support, experience, and a safe place to gather strength.

To learn more about PRO and our services, we invite you to visit [www.parkinsonsresources.org](http://www.parkinsonsresources.org) or call 800.426.6806.

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*Save the Date!*  
*September 20-23, 2016*  
[WPC2016.org](http://WPC2016.org)

**The 4th World Parkinson's Congress will be held in Portland, Oregon.** This triennial forum serves as an international dialogue to expedite the discovery of best treatment practices and a cure for this devastating disease.