

Facing the challenge...
... finding the cure

progress

www.parkinsonsprogress.org

Published by the Parkinson's Disease Research Society

MESSAGE FROM OUR PRESIDENT..



To Those In a Position to Help

By Jack Orlov

This issue of our newsletter contains a new feature, a column describing innovative ways people of all ages in all parts of the country have raised funds for us because they've heard about the work we do.

These events, along with our other scheduled programs and the generous contributions from friends of PDRS, represent our sources of income. That income goes a long way, but not all the way, in helping us build the necessary funding base to support the ongoing research efforts of Dr. Michael Rezak, especially his new Parkinson's Early Detection Center at Glenbrook Hospital.

So for those contemplating making year-end contributions as part of their tax-planning, please consider a gift of any amount to the Parkinson's Disease Research Society.

An accompanying article by fellow Board Member, Alan Garland, provides tax tips for strategic, charitable giving. We are grateful for your support.

An addressed envelope is provided in this issue.

New Music Making And Rhythm Class For People With PD

By Jack Egan

If you're a Parkinson's patient with an adventure-some spirit and an itch for innovation, you will want to learn more about a totally new approach to fitness programming. And it's happening here in your own backyard.

In fact, you still might be able to join the small group that, in somewhat of a pioneering spirit, is currently participating in the launching of the new program.

Shepherding this effort are Susan Reese and Linda Magad. Susan is Director of the American Parkinson Disease Association's Information & Referral Center. Linda is Director of Adult Services at the Bernard Weinger Jewish Community Center.

"For years, Linda and I have worked very closely in developing Parkinson's exercise programs," Susan



Susan Reese

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Don't Let Time Run Out

Estate-Planning Attorney Advises Consideration Of Favorable Tax Benefit



Alan Garland

Alan Garland, a pensive and unassuming North Shore attorney, has spent a lifetime helping people give money away in a well-planned and most provident manner.

Currently serving as First Vice-President and a Director of the Parkinson's Disease Research Society, Alan wants to be certain

that people, who are in a position to consider making year-end, charitable contributions, are aware of an extremely favorable, and possibly non-recurring, tax benefit this year.

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TO OUR READERS

"Bits & Bytes of PROGRESS"

a new feature column introduced in this issue of our newsletter, invites readers to furnish us with data on key activities, programs or events undertaken to gain visibility for Parkinson's disease patients in their communities. Or if readers have comments or questions, send them our way. Today's kick-off column has comments from California and the Chicago area.



**FIND OUT WHAT MAX IS
DOING IN HIS COMMUNITY!**

Max
Johnson

Capacity Crowd Enjoys Game Day; Look To Next Year's Program



A capacity crowd of Duplicate Bridge, Mah Jong and Social Bridge players filled The Birchwood Club in Highland Park on Oct. 10 to participate in the PDRS's Annual Game Day.

Sue Apter and Susan Wellek, who co-chaired the event welcomed the guests on behalf of PDRS and then introduced Dr. Michael Rezak, who during the lunch/brunch, gave a most informative update on the newly opened Parkinson's Early Detection Center in Glenbrook Hospital. The guests all reacted very positively to his information.

Sue and Susan, as Co-chairs, thanked the volunteers who helped to make the day a huge social and financial success.

The volunteers include Susan Silvio and Marcy Kirshenbaum, who assisted in checking people in and keeping the records

straight; Eileen Rezak for her untiring efforts in accepting and tallying the reservations as well as checking the participants in; Marilee Upton-Spatz and June Garland for selling our cards and the raffle tickets, and Dick Wellek and Dave Apter for being very able all-around assistants.

Thanks also go to: David Lisberg of Shelly's Hallmark Store in Aurora for his donation of our "thank you for coming" gifts; Joel Kagan of Smart Jewelers for donating our door prize, and Jeff Wellek of Focus Products for donating raffle gifts. And a huge thank you to Al Glick for the donation of his time and expertise in directing the Duplicate Bridge game.

Many guests, in leaving the event, told Sue and Susan they could hardly wait for next year's Game day.

"Estate Planning..." continued from page 1

Must Act Soon

According to Alan, there's a chance for people who are at least 70 1/2 years old to donate funds up to \$100,000 from their individual retirement accounts (IRAs) to PDRS without incurring income tax on the donation. But those who are eligible this year **must act before December 31, 2007**. After that date, the window of opportunity closes until Congress revisits the issue.

Alan's legal and financial experience comes as a result of his having had the opportunity to gain perspective by working on both sides of the table at different times in his career.

After graduating from The John Marshall Law School, Alan went to work for the

Internal Revenue Service, as an estate and gift tax attorney. He entered private practice for several years before joining Berger, Newmark & Fenchel PC in 1976. There he heads the firm's estate planning and probate and trust administration group. Alan is a Vice President and a Director of the Downtown Chicago firm for more than 11 years.

When questioned about where his strategic planning skills developed, he points to his undergraduate work, earning a B.S. degree in Marketing from Roosevelt University.

Many Ways to Achieve Goals

For instance, Alan pointed out there are many ways to achieve your goal if you

wish to include a gift to PDRS or any recognized charity in your estate plan.

The simplest way to give is to include a gift in your will or trust.

A charitable remainder trust (CRT) can be more complex, but it helps you achieve your philanthropic goal while providing current tax benefits for you and your family.

In addition PDRS can be named as a beneficiary of life insurance or annuity policies.

However, in his summary, Alan says it's best to consult your financial advisor and estate planning attorney to review these and other options.

New Approach to Parkinson's Fitness Programming

Twists in the Long Road From Medical Technology To Prime Fitness Instructor

By Jack Egan

A Medical Technology graduate from the University of Iowa, who spent 20 years as a technologist in the Blood Bank of Evanston Hospital, describes herself today as an eternal optimist.

Mary Jo Shear has followed her heart through many twists in the road from Dubuque, IA, to Chicago's North Shore where she has emerged as one of our area's the prime Certified Fitness Instructors.

Focus on Parkinson's Patients

Her focus is working with seniors, primarily with Parkinson's disease patients, and you can find her working with them on Mondays from 1:45 to 2:45 p.m at the Bernard Weinger Jewish Community Center, 300 Revere Drive in Northbrook (East of Northbrook Court and South of Lake/Cook Road).

Being an optimist, Mary Jo feels that Parkinson's patients look forward to scheduling something for themselves that has wellness as a major benefit. Her goal is to teach a range of motions, working

through all of a patient's joints, to release the stiffness and to make the body feel more fluid.

Sense of Accomplishment

"We want PD patients to develop a sense of accomplishment,"

Mary Jo said, "so we work with repetitive movements (patterning), things they can do at home and see the progress they're making. Popular are hand-eye coordination exercises and shoulder movements."

Mary Jo shares the teaching with two other Certified Fitness Instructors. Judy Strang has the Tuesday class and Susan Sak teaches on Thursday. The time for the fitness class is the same each day. However, on the first and third Thursday each month, a support group meets at 12 Noon.

Personal fitness was, and still is, important to Mary Jo. Her Father (85) and her Mother (86) still go on a hike every Saturday in the Dubuque area. The entire family hiked and camped together when Mary Jo was growing up.



Mary Jo pictured on her recent mountain biking trip in Utah

"New Music Making..." continued from page 1

said. "The PD exercise program now running three days a week and described in a related article in this issue is one Linda and I introduced about ten years ago. That program focuses on the body and incorporates exercise routines for the full body, from head to toe."

Strong Support for Music Making

"Recently Linda suggested that we consider expanding our Parkinson's services at the JCC, so we began evaluating our current activities to determine where a need might exist," Susan said. "We then shared our thoughts with our Parkinson's patients who were in the PD exercise classes or support groups and asked them what offerings they would enjoy. The desire for something related to music making got the strongest support."

The new program, according to Susan,

emphasizes movement, too. "It's not only moving your body, but also it's moving your voice by singing, which can improve how you interact with others in conversation.

It can help you improve your daily functioning and gives you the opportunity to celebrate small accomplishments."

The title of the new program is Music Making and Rhythm..

Exercise Has Many Meanings

Among things we've learned in structuring this new offering is that many people with PD feel the word "exercise" has a structured, tiring meaning. They would rather "participate" in a program than "exercise" in a structured way

Rhythm, Tempo, Melody

"This definitely is an interactive program

for Parkinson participants of all ages. Led by a certified music therapist, each session features music-making experiences that incorporate rhythm, tempo and melody. However no musical experience is necessary, just a desire to have fun," Susan concluded.

Even though the new 9-week program has started and runs through Dec. 24, you can still attend a single class, so give it a try whenever you can. If there is interest, the JCC will offer another 9-week session at a later date. The current Music Making class is presented every Wednesday from 10:30 to 11:30 AM. at the Bernard Weinger JCC, 300 Revere Drive in Northbrook. Your cost for one visit is \$5, less than the price of a senior's ticket to the movies. For further information or to enroll, call Linda Magad (847/412-4235).

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Set Golf Outing Records On Absolutely Perfect Day

By Jack Orlov

We have been very fortunate in having absolutely perfect weather for our golf outing each of the past three years and this year was no exception. The course was in great shape, the staff and our volunteers did a great job, and everyone had a great time. In a word, it was "Great."

There was a record turnout of players and each golf participant received a folding outdoor chair with an embroidered backrest and carrying case, along with a waterproof blanket, a perfect combination for picnics on the grass at Ravinia concerts, and a framed, color, keepsake photograph of their foursome.

Contests Were Plentiful

The scramble was played at a record pace and the contests on the course were plentiful. There was the longest drive for men and women, closest to the pin for both, pick your hole for a birdie, and of course two hole-in-one prizes; one a Mercedes Benz, the other, an Infinity. Unfortunately, nobody won either of the cars.

The cocktail hour was filled with the

telling of great golf stories, many probably slightly exaggerated, and the silent auction began.

Bids were placed on a large number of donated items, ranging from gourmet dinners, baseball tickets, sports memorabilia, appliances, food and wine baskets, and much more.

Improve Research Awareness

Following cocktails, Dr. Rezak made a short presentation to help improve the awareness of the research he is involved in, along with explaining the PDRS mission.

Dinner came next and a record number of guests, many of them non-golfers, dined on the filet/chicken breast combination. Both the food and service were phenomenal.

Big Raffle Winners

During and after dinner, our staff awarded a laundry list of raffle prizes to lucky ticket holders. The big winners walked away with a stainless Weber grill, and the grand prize, a 50-inch Flat Panel



Golf Committee members (left to right) Mitch King, Carol Santi, Jack Orlov welcome golfers.

Plasma HD TV.

Even though the final gross and net numbers have not been set yet, we do know that this has been our most successful golf event to date.

Thanks again to Emilio and Carol Santi for the use of their club and all of the hard work they and the committee did to make this a huge success. Also thanks go out to all of the volunteers that made this outing run so smoothly.

PS. Please read the accompanying golf feature on Emilio and Carol Santi.

"Twists.." continued from page 3

Danced in College

At the University of Iowa, Mary Jo took up racquet ball because it's fast-paced. She also joined the Scottish Highlanders as a dancer in a group with bagpipers and drummers that played in half-time shows at Iowa football and basketball games. She married her college sweetheart, Barry, a Highland Park native who always wanted to work for a large CPA firm so Barry found a firm in Chicago and Mary Jo joined Evanston Hospital.

Hooked on Aerobics

After the birth of her second (of four) children, Mary Jo wanted "to get thin

again real fast." This was the time Jane Fonda had introduced her fitness program on television and Mary Jo got hooked on aerobics and joined the YMCA for classes.

At the Y, one of the aerobic directors noticed that Mary Jo could jump around and still follow the director's choreography. So she asked Mary Jo if she'd like to become an instructor. She accepted the invitation and could still make use of her medical technology because in knowing the anatomy of the human body, you can determine how much stress the body can endure in high and low-impact aerobics.

Work on a Specialty

Mary Jo watched Personal Fitness go through a series of changes, from aerobics to steps to kick-boxing to weightlifting. An instructor realizes that it's probably better to work on a specialty rather than trying to teach everything that comes along.

Mary Jo has settled on working with seniors, including Parkinson's patients. However, in her spare time she teaches pilates and pursues three hobbies: kayaking, In-line speed skating marathons and mountain bike riding.

Dynamic Duo's Dealings Help Pave the Way To Fund-Raising Success

By Jack Egan

A retired, long-serving Lake County judge and his quick-witted, business-woman spouse, have had golf courasing through their lives as you'll see. And it turns out that PDRS is fortunate to have this dynamic duo, Carol and Emilio Santi, on its Board of Directors.

Again this year, the Santis took the lead in planning, developing and running the Fourth Annual, mid-August "Pars for Parkinson's" golf outing at Waukegan's Glen Flora Country Club.

The Santis find it challenging to organize the efforts of other volunteers in a project as big as this golf outing, usually our major fund-raising event for the year. It can take a solid six-to-nine months for staging the outing and for collecting items to use as prizes for raffles along with live and silent auctions.

Won Longest Drive Contest

The only condition the Santis require is that they play in the actual event because both are ardent and competitive golfers. Carol proved that point by winning the Ladies' longest drive contest this year. She hit a 220-yard drive down the middle on Glen Flora's ?? hole.

Emilio also is an accomplished golfer. "I've enjoyed the game practically all of my life," Emilio said. "Obviously, I enjoyed it more back when I played to a 5 handicap. But for a guy with Parkinson's disease, I'm happy with my 19 handicap today."

Met On a Golf Course

The irony is that Carol and Emilio first met on a golf course at the Midlane Country Club in Wadsworth in 1974. Both were playing in the Northern Illinois Italian-American Association outing (an organization that did fund-raising for scholarships for needy children). Emilio admired Carol's golf ability among her many talents, so they began dating and were married a short time later.

Growing up in Highland Park as a member of a real estate family, Carol learned the business from the ground up and was a successful sales person. Today, she's Assistant Manager of Coldwell Banker's Highland Park office.

Emilio came to the United States from Italy as a 5-year-old and settled with his family in the Highwood and Highland Park areas. He was a serious student and earned his Undergraduate



And it turns out that PDRS is fortunate to have this dynamic duo, Carol and Emilio Santi, on its Board of Directors.

Degree from Marquette University in 1969. Drafted immediately after graduation, Emilio served 16 months in Vietnam. Returning home, he went to law school and received his law degree from Ohio Northern University. Then he began his law career in Waukegan as a young prosecuting attorney in the Circuit Court of Lake County.

Seated As Youngest Judge

From that assignment, Emilio went into private practice with two former associates. But six years later, in 1980, Emilio was the youngest attorney appointed as a judge in Lake County.

During his 24-years as a judge, he presided over every court in the Lake County system at one time or another. Since retirement, Emilio has maintained a limited law practice.

The Santis were introduced to Dr. Michael Rezak by their internist when Emilio was diagnosed with Parkinson's about eight years ago. "I am grateful for that introduction because Dr. Rezak put together the right combinations of medicines for me along with a recommendation for regular exercise," Emilio explained. "So far in my case the disease has not manifested itself in a degenerative manner."

Pleased With Doctor's Care

Carol was so pleased with Dr. Rezak's care that she wanted to help in some way. She heard about PDRS and joined the Board. Emilio joined the Board a few years later. Today, Carol serves as Board Secretary.

PDRS Board President Jack Orlov said, "The Santis are a pleasure to work with. Together, they have a 'No-quit' and 'Don't-leave-any stone-unturned' attitude that keeps them going at break-neck speed. There is a great warmth and feeling of caring between them and going from them to others." Jack concluded, "I am very thankful that I've had the chance to get to know them well through the Board and to sit alongside them working on the golf outing."

Veterans and New Faces Compete in Annual May Parkinson's Race in NJ

By Diane Alter

Lincroft, NJ —They came for the run, they came for the fun, they came for friends and they came for family – for whatever reason, they came to participate in the 4th Annual Jeanne Alter “Pace Yourself for Parkinson’s” 3-Mile Run.

In keeping with the tradition, the event was held on Mother’s Day on the Brookdale College campus in Lincroft, NJ.

Perfect Running Weather

It was a beautiful Spring day for the 140 runners and walkers who gathered for the 9 a.m. start. And it was perfect running weather – sunny and mild with just a hint of a chill still in the air.

The pre-race atmosphere was upbeat and lively and the DJ’s kept the mood buoyant. The Alter family was represented in full force. They bustled getting the course mapped out, helping with registration, setting up and manning water stops, directing traffic and whatever else needed to be done. Friends and relatives also came out to help and/or run. A lot of familiar faces were seen on the course, and many new participants were apparent. The youngest runner was 10 years old and the oldest runner was 77 years young.

Third Straight Win

Luciano Olivera, 28, from Long Branch, NJ was this year’s winner with a very fast time of 16:09. Coming in second place, right on his heels was 25-year-old Rufino Mendez of Elizabeth, NJ, clocking in at 16:10. Rodrigo Caceres, 46 also from Elizabeth, took third place with a time of 16:44. Diane Petruzelli, 38 from Lincroft, NJ, was the first female finisher at 18:18. Diane has won the female division for three years in a row.

Coming off an Achilles injury Diane said, “I have only run three miles in three months, but nothing would keep me from this event. I love what you all do out here.



Many of the marathon winners hoist banner

This is for such a great cause and everyone always has so much fun.” Lauren Rhatigan, 43, from Staten Island, NY was second with a time of 18:55; Gabby Barrett, 47, from Freehold, NJ was third at 19:09.

Returning as the race’s major sponsor was Blue Water Finance. Contributing sponsors included: The Fit Stop; Charles A. Barragotta; Dr. Pepper; McCue Real Estate; Kepwel Water, Dr D’Angelis; and The Conklin Family. Many local business and individuals also contributed making the event a huge success. Awards and cash prizes were presented to the top ten male and female finishers. A huge raffle drawing was also held. Prizes included Timex Watches, heart rate monitors, spa packages, Nike items, restaurant and retail gift certificates, and much, much more. Every runner received a specially designed T-shirt, a canvas tote bag, a power bar, and socks.

More than \$10,000 to PDRS

More than \$10,000 was raised for the Parkinson’s Disease Research Society and another \$6,600 was contributed to the endowment fund at Brookdale College that awards a yearly scholarship in Jeanne Alter’s name to one deserving student.

Every year the number of people diagnosed with Parkinson’s disease increases. Every year the PDRS continues to make strides in its research, in early detection, and in its patient treatment. Every year, the Annual “Pace Yourself For Parkinson’s” Run raises money and awareness for the PDRS. Every year, with the help and support of many, we come a little bit closer to helping find a cure.

(Diane Alter, a sister of Betty Ann Alter, Immediate Past President of PDRS, resides in Southeast New Jersey and was one of the race’s founders.)

BITS & BYTES of *progress*

...from Pasadena, CA

Max Johnson's Fundraising for PDRS

Repairing the world is important to Max Johnson, a 13-year-old, in Pasadena, according to his mother, Carmen, a cousin of Dr. Michael Rezak. As he was preparing for his Bar Mitzvah, he knew exactly what he wanted to do for his mitzvah project...raise money for the PDRS. His grandfather and great uncle both have Parkinson's disease and finding a cure is really important to Max as he sees what a struggle it is just with activities of daily living. Last November,



Max Johnson

he started raising money by first sending out a letter that explained who he was and a little about Parkinson's disease. He also enclosed an envelope with a flyer from the PDRS. He gave envelopes to his dad to give to clients at his work, put envelopes at his school and canvassed his neighborhood talking to neighbors. During his Bar Mitzvah sermon he spoke about the importance of taking care of our world and those less fortunate and asked the congregation to give generously. At his party he had a table designated just for PDRS with hot pink envelopes for guests to pick up and again asked them to please give generously. Max also gathered any spare change at home and amassed \$400 of his own. The fundraising is not over as he wants to continue informing his community about Parkinson's disease and other related illnesses. "We have to find a cure," says Max as he looks at his grandfather, lovingly. Currently, Max has raised \$1,400.

...from River Forest, IL

Daughter Holds Family Auction; PDRS Is Big Winner

Mary Rose Smith grew up in an action-packed family and the pace is pretty much the same today. So to honor her mother, Mary Kay McAllister, who has had Parkinson's disease for about 12 years, Mary Rose and her husband, Charlie Smith, cooked up a family auction with all of the proceeds going to charities.

"With families as large as ours, stuff accumulates faster than we realize," Mary Rose said. "So we gathered all unused stuff along with the typical white elephant gifts found in many homes. Then we invited cousins, nieces and nephews, as well as other members of our extended family, to join us in making the event truly a family auction."

To add a little spice to the event, the auction was held at Molly Malone's in nearby Forest Park. More than 150 people attended the auction. Several local charities received contributions from the event but PDRS was given more than \$13,000.

...from Deerfield, IL

Daughter-in-Law Tribute Benefits PDRS

Geri Tyson was driven by dedication when she decided to enter the LaSalle Bank Distance Classic, a half-marathon that started in Grant Park, looped around the downtown and finished back on the lakefront this past August. In addition to the exercise, competition and experience, Geri's personal goal was to use this race to increase the awareness of PDRS and to raise money for the organization. So she lined up sponsors who pledged to support her efforts and dedicated the race to her Father-in Law, Max Tyson, a former Northbrook attorney who has Parkinson's disease. Geri finished the race near the midpoint of approximately 12,000 runners and donated more than \$1,300 to PDRS for her efforts. Geri thanked her supporters for their thoughtfulness and generosity in helping her raise funds for the treatment, education, and research in finding a cure for Parkinson's.

Annual Spring Symposium Set for Saturday, April 5, 2008

Taking advantage of April being Parkinson's awareness month, the annual Spring Symposium of the Midwest Chapter of the American Parkinson Disease Association is scheduled for Saturday, April 5, 2008.

Parkinson's patients, family members, friends and health-care providers should plan to attend this educational event.

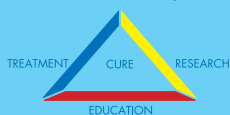
The Symposium's working title is "Hope for the Future/A PD Research Update." Speakers set for program include Dr. Michael Rezak along with researchers from the University of

Chicago and Rush University Medical Center who have been invited.

Jo-Ann Golec, an APDA board member and Symposium Chair, said, "We're also having a return performance by NIA, who last year stole the show with their demonstration of exercises for the disabled."

The Symposium is set for 8:30AM to 2:30 PM at The Meadows Club, 2950 West Golf Road in Rolling Meadows.

The charge is \$25 per person in advance and \$30 at the door. This includes a snack breakfast and a hot lunch.



Facing the challenge...
... finding the cure

SAVE THESE DATES

April 5, 2008

APDA Annual Spring Symposium

"Hope for the Future/PD Research Update"
8:30AM. to 2:30PM. Breakfast snack & hot lunch
The Meadows Club, 2950 West Golf Road, Rolling
Meadows
\$25 per person in advance, \$30 at the door (See
story inside for details.)

May 11, 2008

"Pace Yourself for Parkinson's Run"

Brookdale College Campus
Lincroft, NJ (See story inside for details.)

August 4, 2008

"Pars for Parkinson's" Golf Outing

11AM. Buffet Lunch
1 PM. Shotgun Start
5 PM. Cocktails & Hors d'oeuvres
6 PM. Sit down Dinner
Glen Flora Country Club
Waukegan, IL (See story inside for details.)

October (early), 2008

Fourth Annual Game Day

The Birchwood Club
1174 Park Avenue West
Highland Park, IL
11:30 AM. Buffet Lunch followed by Bridge
or Mah Jong (Watch for exact date to be
announced.)

Ongoing during 2008

Parkinson's Fitness Class (All levels welcome)

1:45 PM. to 2:45 PM.
Every Monday, Tuesday, Thursday
Bernard Weinger JCC, 300 Revere Dr., Northbrook, IL
Noon to 1:45 PM. Thursday, Support Group Meeting
(For details, reservations or questions, call 847/412-
4235.)

Ongoing during 2008

"Music Making and Rhythm"

New, interactive movement program for Parkinson's
patients of all ages and all levels.
10:30 AM to 11:30 AM for 9 consecutive Wednesdays
Bernard Weinger JCC, 300 Revere Dr., Northbrook, IL
(For details, reservations or questions,
,call 847/412-4235.)

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