

Parkinson's Companion: Cumulative Table of Contents
(Please contact Diane Sherman at the Parkinson's Center for copies of
Parkinson's Companion Newsletters published before 2012.)

Topic	Year, Fall (F) or Spring (S), page #
Voices of Parkinson's (cover stories, most by a person with PD or care partner)	
2018S	Gay Palazzo, "Maureen Chamberlain, a Volunteer and Advocate for Parkinson's"
2017 S	Marilyn McGuire, "Bodies of Evidence"
2016 F	B. Elwin Sherman, "Ruby Now and Then"
2016 S	Marilyn McGuire, "Fried Chicken and Grits for Parkinson's?"
2015 F	B. Elwin Sherman, "Ruby and The Not People"
2015 S	Pastor Thomas Teichmann, "A Spirituality of Parkinson's"
2014 F	B. Elwin Sherman, "Steps with Sam and Cecelia"
2014 S	Gay Palazzo, "Facing a Future that We Can Shape"
2013 F	Pastor Tom Teichmann, "Preaching with Parkinson's Disease"
2013 S	Robert Grassi, MD, "Going Forward"
2012 F	Gay Palazzo, "Our Traveling Companions"
2012 S	Ralph A. Schwarz, "Clinical Trial or DBS: The Luxury of Having Life-Altering Options"
2011 F	Marshall Moore, "Exercises and the Support Group Meeting"
2011 S	Martha Manheim, "The Hard Part"
2010 F	Bill Brawley, "Call Them What you Will: Conferences, Groups, Workshops All Offer Support"
2010 S	"I Love to See Him Smile!" on LSVT-LOUD speech therapy
2009 F	Shirley Bennette, "Caregivers: Take Care of Yourselves!"
2009 S	Ralph Schwarz, "The Yellow Jacket - A Look at a Clinical Trial"
2008 F	Maureen M. Chamberlain, "Climbing the Mendenhall Glacier"
2008 S	David Bemelmans, "Timely Blessings"
Caregiving	
○	Caregiver's Resources 2016 F, p. 3
○	Caregiver/Care Partner Resources 2009 F, p. 5
○	"Caregivers: Take Care of Yourselves!" 2009 F, p. 1-2
○	Caregiver's Tips: Handling Anger & Frustration 2018 S, p. 9
○	"Join a Caregiver's Group!" 2014 S, P. 3
○	On the loss of intimacy 2009 F, p. 5
○	"Steps with Sam and Cecelia" 2014 F, p. 1-2
○	"What to DO?" (Advice from a widow) 2011 F, p. 2-3
Community & Support	
○	"After the Wreck," a poem by Martha Manheim 2014 F, p. 5
○	APDA: I&R Centers and Chapters working together 2012 S, p. 6-7
○	Book review: "A Day with Parkinson's," by A. Hultquist and Joanne Lew-Vriethoff (ill.) 2016 F, p. 3
○	Book announcement/review: "Can I Tell You About

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Parkinson's Disease? A guide for family, friends and carers," by Alan M. Hultquist and Lydia T. Corrow (ill.)	2013 F, p. 10
○ The Creative Spirit: Victoria Tane	2018 S, p. 12-13
○ Learning to Ask Others for Help	2017 S, p. 6-7
○ Lessons from the Parkinson's community: Fulfilling those Wedding Vows	2014 F, p. 5
○ Making the Best of a Bad Situation: Surviving 5 Hour Plane Trips	2016 S, p. 4-5
○ "Mr. G Goes to the Hospital:" A story of Gulash, grit and Gratitude	2015 F, p. 4
○ Our Parkinson's Logo on the Move	2011 F, p. 8
○ "Parkinson's," a poem by clemens schoenebeck	2010 F, p. 2
○ Parkinson's Comfort Quilts project	2011 S, p. 2
○ "Pathetic Fallacy," a poem by Florence Fogelin	2016 F, p. 10
○ Resilience in Parkinson's ("You get what you get..."	2015 S, p. 3
○ REST: New Friends, Practical Advice and navigating the Kitchen Safely	2014 F, p. 4
○ Riding for Research: Ladies Auxiliary, FOE	2010 F, p. 2
○ A Spirituality of Parkinson's	2015 S, p. 1-2
○ Support Groups "Call Them What You Will"	2010 F, p. 1
○ "The Ultimate Gift"	2013 S, p. 6
○ A Warm Welcome to Dr. Mary Feldman, Movement Disorders Specialist!	2014 F, p. 6
○ A Warm Welcome to Dr. Priscilla Paiva, Movement Disorders Specialist!	2016 S, p. 3
○ 4 th World Parkinson Congress, Portland 2016	2016 S, p. 6-7
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○ Dancing with Parkinson's	2011 F, p. 12
○ "Exercise & PD: A necessary combination"	2008 F, p. 2
○ "Exercises and the Support Group Meeting"	2011 F, p. 1-2
○ "Exercise is Essential"	2010 F, p. 4
○ "Get Up and Go??" on maintaining motivation	2018 S, p. 6
○ Horsepower: Saddle Up for Some Hippotherapy	2016 S, p. 8-9
○ Improve Your Balance and Avoid Needless Falls	2015 S, p. 5
○ Line dancing	2013 S, p. 3
○ Parkinson's Disease Resources (national)	2017 S, p. 3
○ Parkinson's Wellness Program	2009 S, p. 2

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○ New Programs for Reducing Your Risk of Falls!	2015 F, p. 10
○ The revolutionary SlipOn Swimsuit: Help for women who enjoy aquatic exercise!	2014 S, p. 3
○ Wheelchair Health in Motion (WHIM)	2014 F, p. 6
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○ Soulful activities:	
○ Chicken and Grits for PD? (Feeding the Soul)	2016 S, p. 1-2
○ Join the Mod Squad (Modification)	2016 F, p. 6-8
○ Bodies of Evidence (Building sense of well-being)	2017 S, p. 1-2
○ Speech Therapy	2008 S, p. 2

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○ Do neurologists make a difference in PD care?	2012 S, p. 4-5
○ Ethical concerns in PD research	2009 S, p. 3
○ Foot care: Putting your best feet forward	2016 F, p. 4
○ Gene therapy/stem cell research	2008 S, p. 3
○ Proteins and neuroprotection (PKCdelta, Simvastatin)	2009 F, p. 3
○ Racial and geographic variation in Parkinson's	2010 S, p. 3
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○ Urate's potential role in slowing PD progression	2009 F, p. 3