
INFORMATION & RESOURCES

Summer 2017

Recent Research on Parkinson's

The Parkinson's Outcome Project's Quality Improvement Initiative is the largest clinical study of Parkinson's Disease ever conducted. It is the first study with the primary goal of identifying and explaining factors that result in longer, better, and more active lives for people with Parkinson's. The goal is to not just help people function better, but to help them feel better. Mood and depression are critical factors with a tangible impact on overall health. One clear finding of the study is that, taken together, depression and anxiety have the greatest impact on health status. In fact, the influence of depression on health status is almost twice that of motor impairments associated with Parkinson's, and addressing depression positively affects levels of disability, relapse and quality of life. In addressing depression, a mix of medication, exercise and counseling is typically most helpful.

Impaired mobility is considered a defining element of Parkinson's, and it was the second most influential factor on health status among study participants. A well-designed exercise plan can significantly improve almost everything about one's health, including stabilizing walking, calming tremors, strengthening muscles, improving mood, and often even slowing progression of the disease. Any safe exercise will help. There is a strong consensus among physicians and physical therapists that improved mobility decreases the risk of falls and other complications of the disease. Also, people who exercise vigorously, like running or riding a bicycle, have fewer changes in their brains caused by aging. Experts believe that exercise may be helping the brain to maintain old connections, form new ones, and restore lost ones.

For more information on this study, go to the National Parkinson's Foundation website (parkinson.org).

THE NINTH ANNUAL JINGLE BELL DINNER

Mark November 25th on your calendar for the Ninth Annual Lopez Island Hospice & Home Support Jingle Bell Dinner. The Jingle Bell Dinner is our major fundraiser of the year, and gives you an opportunity to support our Lopez Island neighbors and have fun at the same time.

A gourmet meal provided by Haven, an exciting auction, and back by popular demand, Mamatamba, all come together for a wonderful evening with friends and neighbors.

Join us for a Lopez Island tradition – The Jingle Bell Dinner. Tickets go on sale in October. Last year they sold out, so get your tickets early.

Twenty Years of Service

A twenty year anniversary is always special, especially when celebrating twenty years of service to the Lopez Island community.

April 19th's Volunteer Appreciation Dinner was Lopez Island Hospice & Home Support's opportunity to



honor all of our volunteers who generously give of their time to others who are experiencing illness, injury, and/or loss. This was a special event in which we gave particular recog-

nition and thanks to those who have served since our first training in 1997.

Volunteers who have served from our beginning include: Gale McCallum, Kathleen Montgomery, Karen Petersen, Maureen Rogers, Jan Sundquist, and Mariette and Murray Trelease. Thanks to them, and to all our volunteers.

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Twenty Years of Service to the Community



LIVING
LONG *on*
LOPEZ

Our Next Program: Physical Balance is Vital

Our community education series, "Living Long on Lopez," was developed to inform Lopez residents, those who care for and about them, and anyone else who is interested, about a variety of topics on health, aging, and services. In our mission to assist Lopez residents who are dealing with injury, illness or loss, we offer opportunities for asking questions of people "in the know," informational talks and videos, as well as a lending library. Recently, we have presented videos and discussions on topics related to dementia care,

and we have added to our library several helpful resources, including books and practical videos.

Because good physical balance is vital in preventing everyday injuries and can also support mental clarity and ease anxiety, our next Living Long On Lopez program will offer a panel discussion and demonstrations of a variety of simple, practical exercises to improve and maintain balance. Watch for notices and plan to join us for this informative and fun program.