

# PARKINSON

## REPORT

1-2

First Connect *My Page*  
for the Newly Diagnosed

3

Rosie Roessler,  
A Caregiver Who Makes  
Every Moment Count

4

*Aware in Care:*  
Eliminating Disparities  
in Parkinson's Care

5

What's Hot in  
Parkinson's Disease?

6-7

Top Questions  
and Answers from  
"Ask the Doctor"

Caregiver Tips  
for Daily Living

8

*Moving Day*® Expands  
Into New Markets

9

Stand With Us

10

Support NPF in 2014

11

Help is at Your Fingertips

### **First Connect *My Page* for the Newly Diagnosed**

**G**etting a Parkinson's diagnosis is hard enough.

Trying to understand all the ways you need to manage your condition to stay healthy is sometimes harder. This is why the National Parkinson Foundation (NPF) recently launched First Connect *My Page*, a web-based educational series that gives the newly diagnosed the knowledge and tools they need to successfully navigate this unfamiliar and difficult territory.



“*People often feel unmoored—like they are adrift at sea—when they receive a Parkinson's diagnosis. This tool will help them navigate this uncharted territory because it is based on the experiences of people who have been there before, said Joyce Oberdorf, NPF's President and CEO.*”

Most physicians, especially if they are not trained in movement disorders, don't know how to deliver a Parkinson's diagnosis and often leave their patients feeling lost and alone.

Subscribers to First Connect *My Page* get tailored content delivered directly to their e-mail inbox. All of the articles are written by people who know the landscape firsthand; having actually tackled the challenges of living with Parkinson's for many years, the writers offer practical advice based upon personal experience. Those

...continued on page 2

**NOVEMBER  
IS NATIONAL  
FAMILY  
CAREGIVERS  
MONTH**



**A Caregiver Who  
Makes Every  
Moment Count**

“There are moments which mark your life. Moments when you realize nothing will ever be the same and time is suddenly divided into two parts: before this and after this.”

[Continued on page 3](#)

**Moving Day**®

“NPF's national signature event, Moving Day, a walk for Parkinson's, continues to grow and is now in twenty markets across the United States.”

[Continued on page 8](#)

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practical things range from how to overcome anxiety and deal with intimacy issues to how to travel with Parkinson's and manage medications. The aim is to help the recently diagnosed minimize the life-changing effects of Parkinson's on their own lives.

According to Jackie Hunt Christensen, a feature writer for First Connect My Page and a Parkinson's advocate, this is a much-needed service. "I believe that people who are newly diagnosed need information on how to live well with Parkinson's. Hearing from others with Parkinson's can make it much easier for everyone involved to come to terms with the disease," she said.



Subscribers can also access video segments and other content through First Connect My Page, all of which helps those facing a Parkinson's diagnosis get a handle on specific aspects of living with this disease early on, for example, understanding new ways to interact with loved ones and doctors, learning about procedures, getting help for depression and more.

Parkinson's disease requires a lot of education and action. For this reason, NPF continues to invest in developing the right tools—including the *Parkinson's Toolkit* app for health care professionals, the *Parkinson's Central* app for patients and caregivers, and now First Connect My Page—that bring people better and faster access to Parkinson's-specific health information. All these tools build upon our goal to take our power to communicate to the next level of impact.

"I have dealt with a lot of situations that could have been avoided or minimized if only I'd had access to something like First Connect My Page. If I can help even one other person

# First Connect My Page

with Parkinson's avoid unnecessary bad experiences, I will feel that my own journey with Parkinson's has been worthwhile," Christensen said.

In today's social online world, First Connect My Page is yet another option that allows those facing a Parkinson's diagnosis to join a supportive community where they can share and solve problems together. NPF has also created a free "Newly Diagnosed Forum" in addition to the "Caregivers Forum" and "Young Onset Forum" as another opportunity to connect with others ([Parkinson.org/forums](http://Parkinson.org/forums)).

First Connect My Page is made possible by the generous support of Medtronic Philanthropy and thousands of people with Parkinson's and their families.

## How does it work?

SIGN UP  
IN 3 EASY  
STEPS

1

Call our Helpline 1.800.4PD.INFO  
or visit [parkinson.org/mypage](http://parkinson.org/mypage).



2

Provide your current email address.



3

Learn more, Be empowered,  
Stay Connected! You are now  
a part of our online community.



To sign up for First Connect My Page,  
visit [www.parkinson.org/mypage](http://www.parkinson.org/mypage)  
or call NPF's Helpline at  
1-800-4PD-INFO (473-4636).