



# DANCE THE NIGHT AWAY

2012 PFNCA GALA

SATURDAY, MAY 19TH, 2012

WARDMAN PARK MARRIOTT



PARKINSON FOUNDATION  
OF THE NATIONAL CAPITAL AREA  
A COMMUNITY OF EDUCATION AND SUPPORT





*Chuck Levin's Washington Music Center  
Salutes PFNCA  
and lovingly remembers our co-founder  
"Mrs L"*



11151 VEIRS MILL RD, WHEATON, MD 20902 • 301-946-8808 • WWW.CHUCKLEVINS.COM

## • EVENING EVENTS •

6:30—7:30 PM

SILENT AUCTION AND COCKTAILS

*Thurgood Marshall Foyer*

7:30—9:00 PM

DINNER, PROGRAM, AND AWARDS

Cokie and Steve Roberts  
*Thurgood Marshall Ballroom*

9:00 PM—12:00 AM

DANCE THE NIGHT AWAY

Phoenix  
*Thurgood Marshall Ballroom*

## • MENU •

### APPETIZER:

California Greens, Candied Pecans, Fried Vermont Bijou Goat Cheese, Fresh Raspberries and Dried Cherries with a white wine and walnut oil vinaigrette

### ENTREE:

Duet of Grilled Petite Filet Mignon with Roasted Tomato Bordelaise topped with Mushrooms and Maryland Crab Cake with Pommery Mustard Beurre Blanc. Accompanied by Asparagus, White & Sweet Potato Mash and Tri-colored Carrots

### DESSERT:

Lemon Poppy Seed Cake with Lemon Curd & Raspberry Sorbet

## • PFNCA GALA COMMITTEE •

FISCAL YEAR 2012

Katharine Ferguson Roberts — Chair  
Janis Buchanan  
Lucy Church  
Susan Hamburger  
Daniel Lewis  
Donna Schena

## • PFNCA BOARD OF DIRECTORS •

### EXECUTIVE COMMITTEE:

Dan Lewis — Chair  
Bert King — Vice-Chair  
Susan Hamburger — Secretary/Treasurer

### BOARD MEMBERS:

Randolph Church  
Gerald Feffer  
Katharine Ferguson Roberts  
Donna Schena  
Linda Sigmund, MD  
Dean Umemoto

## • MISSION STATEMENT •

The mission of the Parkinson Foundation of the National Capital Area is to improve the quality of life for people living with Parkinson disease, their carepartners and families, through:

Exercise Programs  
Public Awareness  
Support & Education Programs

## • MESSAGE FROM THE GALA CHAIR •

KATHARINE FERGUSON ROBERTS

Welcome to the 2012 Gala for the Parkinson's Foundation of the National Capital Area. It is our very great pleasure to invite you to "Dance the Night Away" for Parkinson's Disease.

Why a dance for Parkinson's? Exercise can help ameliorate the symptoms and handicaps of PD patients. Finally, research is backing up what we have all observed: all kinds of exercise can help, including dance. We want to spread the word about exercise and celebrate its importance for those with Parkinson's Disease.

As difficult as this disease is, there's much to be grateful for. Through the Parkinson Foundation, my husband Glenn and I have made new friends. Glenn participates in exercise classes two or three times a week.

The PFNCA offers more than a hundred events every month in Washington, Maryland and Virginia. Of those, almost 100 are aerobic exercise, gentle movement, dance, pilates and yoga classes. Soon we will be adding a swim class. There is even a PD choir made up of patients and caregivers. Singing may be good for the soul, but it's also good for strengthening weak vocal chords. Exercise classes are held in Virginia, Maryland and Washington, D.C., as are our support groups for patients and caregivers.

All of this is *free of charge*, as is our monthly lecture series in Virginia and Maryland. We estimate roughly 30,000 in our area have the disease, and we learn of new patients every day. This gala is a critical fundraiser for these activities. PD can be an isolating disease as patients must end professional careers much too early, give up driving and have difficulty communicating. *The activities and the community provided by the Parkinson Foundation of the National Capital Area mean that no one affected by Parkinson's Disease has to make this journey alone.*

We so appreciate your support for the work of the Parkinson's Foundation of the National Capital Area. We wish the need for our services were not so great, but we are so happy that we can continue to increase our services to those that need them.

I want to extend a special thank you to our Dinner Committee, whose support helped make this evening possible. And to the members of our Gala Steering Committee, I salute you and thank you for your time, talent and expertise. And of course, a special thank you for the staff of PFNCA who worked long and hard on this Gala. Thank you for coming. Now let's dance to celebrate the importance of movement for all Parkinson's patients.

Warm regards to all,  
Kitty

## • MESSAGE FROM PFNCA BOD CHAIRMAN •

DANIEL LEWIS

Although we at PFNCA generally work year around—we are now preparing for October's Moving Day—I generally look upon our Annual Spring Gala as an end of the year event. We are on a school time schedule, our fiscal year ends at June 30th, and most people disappear for the summer.

Fortunately, as in the past few years, our Gala is, in part, a celebration of a great year for PFNCA. Last fall we held our first Moving Day, which was a smashing success, spreading awareness of PD in our community, bringing together over 2,000 members of the PD community, and raising a record level of funds.

In March we held our annual symposium, for the first time led by members of our Medical Advisory Board speakers. It too was a great success with a record number of folks attending.

During the year we kept extending our reach, now offering over 100 classes a month and supporting over 65 support groups

And our Gala will raise funds above those budgeted for this event.

This record certainly calls for a celebration, and we are happy that you can join us to dance the night away.

Sincerely,

*Dan Lewis*

## • MESSAGE FROM EXECUTIVE DIRECTOR •

LOUIS A. NISTLER

Thank you for being with us tonight. Contributions you make allow us to do some very important work in our local community. The most visible is the over 100 wellness/exercise classes we do every month.

Tonight's award winners, Tammy Darvish and Ben Petrick represent two very unique people who have decided that making an impact in the Parkinson Community is what they would do. They are doing the hard work of improving awareness about PD in our communities. The time they give, the message they send and the commitment to building is amazing. Neither Tammy nor Ben imagined that for doing something they feel they need to do would lead to awards. They are very deserving of our admiration and our congratulations.

The great work of Kitty Roberts and her Gala Committee to make this event happen is a fine example of volunteer leadership commitment. To gather a great crowd of people and share our story with you tonight is her dream and the dream of her gala committee. They made this happen and we can't be more pleased. She is also a full time mom, wife and carepartner. In her spare time she volunteers and keeps the fire burning for all of her PD carepartner friends. Kitty truly has touched this organization with her commitment.

Our Board of Directors has proven once again just how big their capacity is for giving. Through their leadership they have made the organization a gem across the Parkinson landscape.

Our Medical Advisory Board members just delivered their first Symposium two months ago in March of 2012. We had 500 in attendance for the daylong event. Having a stage filled with nine of the best doctors in our area who focus on the needs of Parkinson Patients, well that is just incredible.

And we thank our Support Group Leaders who are the very bedrock of our organization. No greater foundation can be built for an organization than the men and women who make sure that the local community has a safe harbor for the most pressing issues faced by Parkinson Patients. These people are the heroes who lead with passion and great courage.

This is our journey to help and support. It takes contributions from people just like you and we thank you for being the ones who cared enough to help us help so many more.

*Lou*

• A SPECIAL THANK YOU TO •  
PAST GALA CHAIRS

2007 — Abbe Levin

2008 — Leslie Kessler

2009 — Dan Lewis and John Boyer

2010 — Abbe Levin and John Boyer

2011 — Abbe Levin and John Boyer



• PARKINSON AWARENESS AWARD •

RECIPIENTS OF THIS AWARD:

Show commitment to greater outreach and awareness about Parkinson's Disease in the local and broader community

Embrace the belief of education, wellness programs and building community for patient and families

Focus on Hope and Optimism within the Parkinson Community

Provide inspiration to individuals and their families living with Parkinson's disease

Believe that anyone with Parkinson's Disease should have access to wellness events, support and education about PD and promote that belief in his or her work with PD

Commit personal time to education and/or fundraising opportunities



## • PARKINSON AWARENESS AWARD WINNER •

### TAMARA DARVISH

Tamara Darvish is a vice president of DARCARS Automotive Group, a privately owned group of 34 franchises in the Washington Metro area. She has worked in the automotive industry for over 27 years. She has served as a member of the executive board of directors for Washington Area New Auto Dealers Association since 1995 and served as the first woman Chairman for the Association. Tamara was also recently elected to serve her second term as the Washington DC Director on the Board of Directors at the National Automobile Dealers Association. She keynotes several corporate and philanthropic events throughout Greater Washington including the WJLA Working Women of the Year Award. Tamara graduated from Northwood University with a B.A in Business Administration and an A. A. in Automotive Marketing. Since then, she has completed hundreds of industry related certification programs. Philanthropy and community service have always been a constant high priority for Tamara. Each year, DARCARS selects and commits to several community and philanthropic events that raise over \$1.5 million annually, which she personally devotes the time to lead the charge. She consults for companies and media outlets on issues regarding the Automotive Industry and has received numerous industry awards, including being named one of the “100 Leading Women in North American Auto Industry” by Automotive News and awarded Barbara Cox Anthony “Automotive Woman of the Year” by Manheim. Tamara recently published her first book “Outraged” which was released in mid-October 2011 and can be found at [www.tammydarvish.com](http://www.tammydarvish.com).

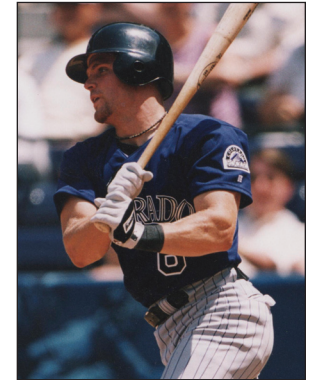


Tamara has spent over a decade devoted to assisting our community. Last October we were honored to call her “Co-Chair” of our new Moving Day event which gathered nearly 2,000 people and raised \$400,000. As a daughter of a Parkinson patient she has stepped forward as a dedicated friend of the Parkinson’s community.

## • PARKINSON AWARENESS AWARD WINNER •

### BEN PETRICK

Ben Petrick grew up in Hillsboro, Oregon, where he starred in three sports at Glencoe High School. Ben was drafted by the Colorado Rockies in 1995 and that September was called up the Major Leagues, lacing an RBI double in his first at bat. He finished season hitting .323 with 4 HR and 12 RBI in just 19 games.



Ben experienced his first symptoms of Parkinson’s disease in Fall 1999, and was diagnosed with “Parkinsonism” in May 2000. Ben still managed to play four more big-league seasons for the Rockies and Detroit Tigers, while largely keeping his diagnosis a secret. He experienced more on-field success in 2000, hitting .322 with 3 HR and 20 RBI in 52 games; however, his performance started to slide in 2001, and he was traded to Detroit in mid-2003.

Only when he retired in 2004 did Ben announce publicly that he had Parkinson’s disease—the same disease with which his father, Vern, had been living since 1999.

With his Parkinson’s symptoms growing worse, Ben has twice undergone Deep Brain Stimulation. Ben has emerged with miraculous results, as his Parkinson’s symptoms were lessened to a great degree.

Today, Ben is again active in baseball, coaching at Glencoe High and providing private instruction. He is an advocate for Parkinson’s research, traveling the country to speak at various events that benefit the cause. The same traits that made Ben excel as an athlete are helping him excel today as a person, husband, father and advocate for the Parkinson’s community.

Ben recently published his first book “Forty Thousand to One” which was released in March 2012 and can be found at [www.benpetrick.com](http://www.benpetrick.com).

Ben lives in Hillsboro, Oregon, with his wife and two daughters.

## What is Parkinson's Disease?

Parkinson's disease is a degenerative neurologic disease. Degenerative means "declining in quality;" thus, the disease increases in severity over time; neurologic refers to the nervous system.

Therefore, Parkinson's disease is a disease of the nervous system that gets worse over time.

Parkinson's disease is also a chronic, progressive neurologic disease. Chronic means "of long duration" and progressive means "proceeding in steps" or "advancing." Parkinson's disease does not go away and it gradually gets worse.

Parkinson's disease is named after the English physician James Parkinson, who first described the illness. Another name for this illness is paralysis agitans, which is simply the Latin translation of "shaking palsy." The names Parkinson's disease, shaking palsy and paralysis agitans all refer to the same illness.

## What Happens in Parkinson's Disease?

In Parkinson's disease, neurons (nerve cells) of the brain area known as the substantia nigra (Latin for "black substance") are primarily affected.

When neurons in the substantia nigra degenerate, the brain's ability to generate body movements is disrupted and this disruption produces signs and symptoms characteristic of Parkinson's disease:

- Tremor
- Rigidity
- Akinesia (lack of movement or loss of spontaneous movement)
- Bradykinesia (slowness of movement)
- Problems with walking and posture.

University of Maryland Medical Center  
[www.umm.edu](http://www.umm.edu)

## • PROGRAM PROVIDERS •

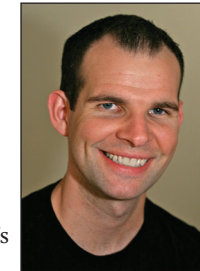
From all of us at PFNCA  
The Board of Directors • Medical Advisory Board • The Staff

THANK YOU



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ELLIOTT**

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Sterling, VA



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Keeping up with  
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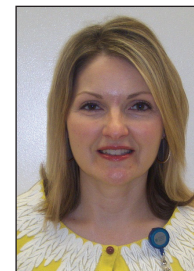
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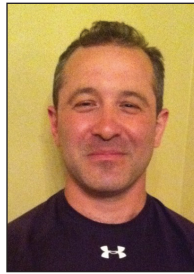
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## • PROGRAM PROVIDERS •



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Columbia, MD



**JEREMY JUANICH  
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KAREN EDICK**

Exercise for Parkinson's  
Washington, DC

With your support  
We can help so many more.  
This is what we do!

## Singing Allows People with Parkinson's Disease to Exercise Their Vocal Cords

*By Phyllis Richman, Published: April 2, 2012 Washington Post*

Parkinson's disease is a thief. It robbed me of the ability to turn over in bed. I can no longer take a long walk. Opening a plastic bag or turning a newspaper page has become a challenge. We PWP's (Persons With Parkinson's) become familiar with loss.

In my case, though, Parkinson's has also granted one of my keenest desires. After decades of hopelessly wishing on birthday candles and turkey collarbones that I could carry a tune, suddenly I can unashamedly join in family sing-along. I can sing.



That's thanks to fellow PWP Judy Dodge. A retired church music director and organist, she arranged with the Parkinson Foundation of the National Capital Area to lead a weekly PWP choir class. I would never have signed up, but she persuaded me that the voice exercises would be good for my stiffening vocal cords, and my tunelessness would not be a drag on the group. While some had signed up simply for a chance to do choral singing, the class was designed to be therapeutic as well, to counterbalance Parkinson's softening our voices and flattening our tone, to strengthen our lungs and our enunciation. Mine wasn't the worst among the hesitant and scratchy voices, and there were some talented singers to drown us out. But even they needed to practice projecting their voices and keeping their muscles supple.

Every Wednesday afternoon for about a year now, a dozen or more PWP's gather in a Chevy Chase church hall where the heating system breathes more loudly than we do. We warm up our throats by humming and singing scales. We try to breathe slowly and project strongly. We massage our cheeks, stretch out our tongues and read poetry. We belt out folk songs, gospel and show tunes. It isn't always tuneful, but it is fun.

One day that fun turned into full-blown joy for me as I listened to my own voice among the group and realized that I was getting every note right. It's not that PD improves singing ability, but for me, something had connected



in my head, and I could stay on tune. For once, thanks to Parkinson's; I could do more rather than less.

I'd taken a long route to this epiphany.

### NO MORE EXCUSES

Gradually in the past decade, as Parkinson's has narrowed my life, singing and other efforts to manage PD have expanded it.

I've never been a willing exerciser, so I've had mixed feelings as clinical trials revealed the great benefits of exercise in Parkinson's treatment. It can mean the difference between movement and rigidity. It can keep us mobile and reduce our pain. So in the past decade I have dutifully if reluctantly explored more than a dozen movement classes, from tai chi to water aerobics.

At first I found excuses to drop every one. Swimming was too late in the day; I couldn't gear up for 7 p.m. activity. Most classes required too much standing, or floor exercises. Fortunately, I learned that the Washington chapter of the Parkinson Foundation sponsored free exercise classes, 88 of them a month, including a dance class not far from home.

I edged into exercising with Lucy Bowen McCauley, who teaches modern ballet moves adapted to the balance and stiffness problems that result from Parkinson's. I had postponed joining in for a year, until my daughter practically dragged me there; I didn't relish the image of an overweight retiree who couldn't touch her toes or stand unaided for 10 minutes trying to imitate a ballerina.

The class turned out to be far less threatening than I'd anticipated. Among our corps of young, old and older, there were a few who could barely stand (we're seated for most of the class time), several men clearly unfamiliar with pointing their toes or moving their arms in graceful curves, and almost nobody who would be mistaken for a ballet student. Yet Lucy made us all feel competent and energetic. She gave us a good—and safe—workout, and she made it fun. After a couple of classes I was so impressed that I persuaded several reluctant men from my support group to try it—and they've stayed.

### A MOMENT OF FREEDOM

One exercise class a week wasn't enough to keep me moving. I'd tried every non-Parkinson's class I could find near my home and concluded that the teachers might be excellent but adapting their programs to a Parkinson's body was a struggle. So my next venture was to join the stretching-aero-

bics-etc. classes run by Kim Brooks for the foundation chapter in several locations around town.

Kim and Lucy not only understood what we couldn't do; they knew how to challenge us without endangering us. Kim devised finger exercises to maintain brainpower, laughing exercises to enhance our facial expression, memory exercises and tongue exercises, as well as the usual stretches and aerobic activities. She, like Lucy, has that charismatic energy that keeps us trying even though our capacities are declining as we toil to maintain them.

Each of my three classes—choir, dance and exercise—has subtly knit its participants into a group, a mutually supportive group. In Lucy's dance class, we have even waltzed in celebration of the wedding of two members.

Eventually several classmates convinced me to try Jon Berns's High Aerobics class in Bethesda. It's a challenging routine of aerobics and weight training, with lots of equipment to climb and swing and throw. Unlike my other classes, it includes no music and not much laughter, just the satisfaction of having challenged my body, and a finale that became the exercise highlight of my week. This involved Jon and his assistant holding me under the arms while I ran as fast as I could across the room. Safe from falling, I could speed, I could race, and I could fly! I had never expected to feel the wind in my hair again. It was my weekly moment of physical freedom.

Logistics intervened, however. The class location was beyond my driving comfort, so eventually I stopped going.

Down to three classes a week, I'd like to report that I enthusiastically attend every one, but the most I can say is that I'm always glad to be there once I arrive. Even now, reluctance is habitual to me and I almost need to be pushed out the door. I credit my steady attendance to having found a buddy who picks me up on her way to classes. We keep each other on schedule.

We don't exercise to grow stronger or faster; we do it to try to hold our own, to keep moving. Singing is the exception. For me it's been a tale of progress. Parkinson's didn't make it possible for me to carry a tune. It created a situation in which I could practice and observe and gradually learn that I could carry a tune.

The ability to sing. The opportunity to fly. The company of a new best buddy. Those are accomplishments of my Parkinson's classes. So what if I can't touch my toes? It's enough to make me believe in silver linings.

*Richman received a Parkinson's diagnosis in 1999. She was the Post's restaurant critic from 1976 to 2000.*

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## NPF and PFNCA Partner Affiliation

Parkinson Foundation of the National Capital Area has just signed a new agreement with the National Parkinson Foundation. In the coming months you will see a few changes in our logo as well as the newsletter and our website. Most importantly you will see even more programs and services that are designed for local delivery.

NPF and PFNCA are proud of the partnership we are creating to ultimately improve quality of life for the Parkinson Community. Locally we will focus on delivery of education, support and programs that help right here and right now. Nationally, NPF will help incorporate those local programs across the country to other chapters while also creating new programs for patients and families. It is a way to build smartly and create consistency. Best practices in one area, made available somewhere else, now that is a good thing for our community.

PFNCA Board of Directors and the staff are proud to say that we are one of the largest chapters in the NPF family. More importantly, we are doing the kind of work that is being replicated in other chapters now. The types of programs, how we address fundraising and awareness, creation of support groups for newly diagnosed patients and our Symposium are examples of what we offer as Best Practices for other chapters across the country. We are proud that we are making an impact. Lou Nistler sits on the National Chapter Advisory Council and later this summer a PFNCA board member will have a board seat on the NPF board for a three year term.



Committed to Excellence



Walk for Parkinson's

OCTOBER 28, 2012

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8:30 A.M. TO 12:00 NOON



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AND

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both of whom were founding members  
of our Sumner Support Group  
and who became integral parts of  
our special community.

Their contributions, fellowship, courage and  
unfailing good humor shall be missed.

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Michael Rosenbush & Bonnie Kramer  
John & Joanne Vine  
Scott Kragie & Barbara Woodall

# The Virginian



The Virginian is a Continuing Care Retirement Community  
& Outpatient Rehabilitation Center  
Providing Fun, Friends, and Hope throughout all stages  
of Parkinson's Disease

### The Virginian proudly offers:

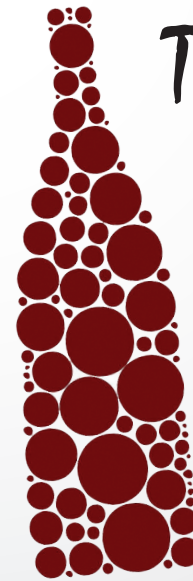
- Complimentary Parkinson-specific wellness programs to the entire community. Join the Fun! Fitness, Balance/Fall-Prevention, Tai-Chi, Dance, Speech, and Communication classes.
- Certified providers of LSVT BIG and LOUD therapies!
- After therapy, join your peers and attend one of the many complimentary maintenance programs and have fun while improving your mobility, flexibility, balance, and communication skills.
- An Independent and Assisted Living Community with in-house services to meet all of your wellness and therapy needs. No traveling necessary.

[www.thevirginian.org](http://www.thevirginian.org)

We look forward to exceeding your expectations!



The Virginian  
9229 Arlington Blvd.  
Fairfax, VA 22031-2504  
Main Phone Line: 703-385-0555  
Rehabilitation and Wellness programs: 703-277-6611  
Admissions: 703-277-7258



## Thank you

to those that attended and  
donated to the magnificent  
cocktail party hosted by our  
tremendous emcees Cokie  
and Steve Roberts.

Your generous donations of  
wine added immensely to our  
silent auction this evening.

The Dean family would like to  
take this opportunity to recognize the leadership,  
hard work and long hours that

## DAN LEWIS

the new Chairman of the Board of  
the Parkinson Foundation of the National Capital Area,  
has devoted to the fulfillment of PFNCA's mission.

Vera Dean  
Claudia ("Vicki") Dean Lewis  
Diana Dean  
Laura Dean Salvay

In honor of

**DAN AND VICKI LEWIS**

Congratulations on another year  
of success at PFNCA and your first year  
as Chairman of the Board of Directors.

It is my pleasure to support you  
and the organization.

—David Bonderman

WILLIAMS & CONNOLLY LLP  
IS A PROUD SPONSOR OF THE

**PARKINSON  
FOUNDATION**

OF THE NATIONAL CAPITAL AREA.

WILLIAMS & CONNOLLY LLP

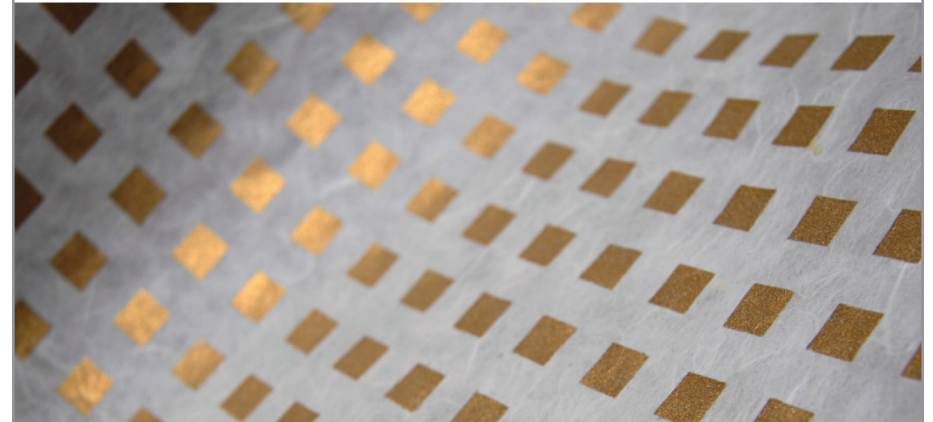
725 TWELFTH STREET NW, WASHINGTON DC 20005  
TEL (202) 434-5000 • FAX (202) 434-5029 • WWW.WC.COM

*We* are proud to support  
the work of PFNCA each year  
as you celebrate with your Gala.

The work you do is important  
and valuable to the entire community.

Both Dan and Vicki Lewis are close  
and dear friends to our family  
and we toast them  
on their great personal commitment  
to this wonderful organization.

—John and Louise Henry Bryson



In honor of all those living with Parkinson's Disease and the dedicated community of caregivers who provide support, we proudly sponsor the Parkinson Foundation of the National Capital Area and the 2012 Gala.



8200 Greensboro Dr., Suite 1150, McLean, VA 22102  
264 South River Road, Bedford, NH 03110  
[www.mcleanam.com](http://www.mcleanam.com)



*We* salute  
Susan Hamburger  
and all her good work  
and honor our  
husbands.

—The Wives and Widows Dinner Group

*C*ongratulations  
to Kitty Roberts, Dan Lewis,  
Lou Nistler and the  
hardworking staff of PFNCA  
for a wonderful gala.  
Thank you for all you do  
on behalf of the  
Parkinson's community.

—Abbe Levin

From the Board of Directors,  
Medical Advisory Board and Staff  
we want to THANK the  
Exercise/Wellness providers who work  
with the patients and carepartners.

You are difference makers and  
we want to let everyone know  
that what you do is so important  
and appreciated.

*Thank You*

A special

*Thank You*

to the men and women  
who commit so many hours each year  
to leading this wonderful organization  
today and for the future work  
that will be needed.  
We are fortunate to have  
your commitment.

Randolph Church  
Gerald Feffer  
Sue Hamburger  
Bert King  
Dan Lewis  
Kitty Roberts  
Donna Schena  
Linda Sigmund  
Dean Umemoto

*A*s Chairman of the Board of Directors,  
I would like to thank all of those who put together  
this year's Annual Gala.

Most notable in this effort were:

Chair of the Gala Committee, Kitty Roberts

The Gala Committee:

Janis Buchanan  
Lucy Church  
Susan Hamburger  
Donna Schena

The PFNCA staff:

Corinne Carpenter  
Banu Luu  
Leon Paparella  
Julie Smith  
Janet Sobie

Our Executive Director, Lou Nistler,  
whose experience, guidance and hard work  
was essential to tonight's success.

Thank you so much,  
Dan Lewis, Chairman

In Memory of

**MR. JAMES VICTOR**

who with his wife Helen  
acted as Ambassadors for the work of PFNCA  
in Northern Virginia for many years.

He was a light of happiness and beacon of hope  
to so many people.

Cherry Dale Exercise and Support Group and PFNCA  
honor Jim and his family.

## The Parkinson's Action Network

applauds the  
outstanding work of the  
Parkinson Foundation of the  
National Capital Area!

Parkinson's  
Action  
Network

(800) 850-4726  
parkinsonsaction.org

## Perpetual Motion

A POEM

Waving, moving, undulating.  
Unable to refrain from teetering and tottering.

An affliction of nervous origin unknown.  
Patient husband.  
Standing near, calm presence

Unperturbed by her perturbed  
Incessant teetering and tottering.

One foot to the other.  
Looking up at the arrival monitor—

She momentarily stilled as though the brain  
Preoccupied with focus could not process both processes.

Peeling a candy wrapper.  
Struggling, persistent, struggling patiently.  
Trying to pull open the side pocket of husband's bag  
To tuck away the waste wrapper.

But fine motor control thwarted by sudden jerk back  
As she reaches for the pocket then sudden lurch forward.  
Out of her control.

Patient husband gently, unabashed and unperturbed  
Opens the side pocket.

She succeeds in a lurch to tuck the empty wrapper in the narrow slit.  
Head now spasmodically looks this way then that.

Takes another tilted bite of chocolate before twisting again. What  
prior life did she have as a young bride?

Another life. A different life.  
Now body ravaged by a serendipitous curve ball of life.

Yet both graciously accept the ball and move on.

## • SUPPORT GROUP NETWORK •

### MARYLAND

#### **Anne Arundel County Group**

*4th Tuesday Monthly at 12 Noon*  
Elks Lodge in Severna Park  
160 Truck House Road  
Severna Park, MD 21146  
CONTACT: Brenda Mislan (410) 729-3461

#### **Baltimore County Group**

*2nd Tuesday Monthly at 2 PM*  
Johns Hopkins at Greenspring Station  
Foxleigh Building, Room 101  
10753 Falls Road  
Lutherville, MD 21093  
CONTACT: Becky Dunlop, RN (410) 955-8795

#### **Baltimore County/Charlestown Group**

*1st Thursday Monthly at 10 AM*  
Charlestown Retirement Community  
715 Maiden Choice Lane  
Catonsville, MD 21228  
CONTACT: Nicole Brandt (410) 706-1491

#### **Baltimore/Lutherville Caregivers Group**

*1st Thursday Monthly at 10 AM*  
Johns Hopkins at Greenspring Station  
Foxleigh Building, Room 101  
10753 Falls Road  
Lutherville, MD 21093  
CONTACT: Becky Dunlop, RN (410) 955-8795

#### **Baltimore County/Oakcrest Group**

*3rd Thursday Monthly, 1:30–2:30 PM*  
Oakcrest Retirement Community  
Frederick House  
8830 Walther Blvd.  
Baltimore, MD 21234  
CONTACT: Jodi Stevens (410) 882-3262 ext. 3218

#### **Bethesda Carepartner Support Group**

*Every Other Thursday, 10:30 AM–12 PM*  
St. Mark's Presbyterian Church  
10701 Old Georgetown Road  
Bethesda MD 20852  
CONTACT: Gail Edwards (301) 949-1239

#### **Bowie PD Support Group**

*4th Monday Monthly at 10 AM*  
14900 Health Center Drive  
Bowie, MD 20716  
CONTACT: Carter Rardon (301) 412-0835

#### **Carroll County Group**

*4th Thursday Monthly, 2:00–3:30 PM*  
*No January or July Meetings*  
Carroll Hospital Center  
Learning Center Classroom  
200 Memorial Ave.  
Westminster, MD 21157  
CONTACT: Marsha McMullin (410) 871-7120

#### **Chevy Chase Brighton Gardens Group**

*2nd Thursday Monthly at 1 PM*  
5555 Friendship Boulevard  
Chevy Chase, MD 20815  
CONTACT: Terri Adams (301) 656-1900

#### **Chevy Chase Carepartners Group**

*Mondays Weekly at 11 AM*  
Chevy Chase Presbyterian Church  
1 Chevy Chase Circle  
Washington, DC 20015  
CONTACT: Leon Paparella (202) 966-4450

#### **Early Onset/Newly Diagnosed Support Group**

*1st Saturday Monthly, 10:30 AM–1 PM*  
The Bain Center  
5470 Ruth Keeton Way  
Columbia, MD 21044  
CONTACT: Deb Bergstrom (301) 712-5381 or  
dfbergstrom@comcast.net

## • SUPPORT GROUP NETWORK •

### **Easton Group**

*2nd Tuesday Monthly at 1:30 PM*  
Immanuel Lutheran Church  
7215 Ocean Gateway  
Easton, MD 21601  
CONTACT: Mike & Donna O'Neil (410) 827-8574

### **Frederick Group**

*3rd Wednesday Monthly at 1 PM*  
Mt. Pleasant Ruritan Club  
8101 Crum Road  
Walkersville, MD 21793  
CONTACT: John Kraft (301) 845-6514

### **Hagerstown Group**

*1st Thursday Monthly at 1:00 PM*  
*March through November Only*  
Homewood at Williamsport  
16505 Virginia Avenue  
Williamsport, MD 21795  
CONTACT: Art Guyer (240) 625-2722 or  
aguyer42@myactv.net

### **Harford/Bel Air Group**

*1st Thursday Monthly at 2 PM*  
William McFaul Activities Center  
525 West Mc Phail Road  
Bel Air, MD 21014  
CONTACT: Becky Dunlop, RN (410) 955-8795

### **Howard County/Columbia Group**

*3rd Monday Monthly at 7 PM*  
Parkinson's and Movement Disorders Center of  
Maryland  
8180 Lark Brown Road #101  
Elkridge, MD 21075  
CONTACT: Charlotte Leer (443) 755-0400

### **Howard County Group**

*4th Tuesday Monthly at 1:30 PM*  
Vantage House  
5400 Vantage Point Road  
Columbia, MD 21044  
CONTACT: David Johnson (410) 992-1120

### **Howard County Carepartner Group**

*2nd Tuesday Monthly at 10 AM*  
Vantage House  
5400 Vantage Point Road  
Columbia, MD 21044  
CONTACT: Lynada Johnson (410) 992-1120

### **Ingleside King Farm Support Group**

*1st and 3rd Wednesdays at 2 PM*  
701 King Farm Blvd.  
Rockville, MD 20850  
CONTACT: Nancy Tietjen (240) 912-4229

### **LaPlata Civista Group**

*4th Saturday Monthly at 2 PM*  
Civista Medical Center Cafeteria  
701 East Charles Street  
LaPlata, MD 20646  
CONTACT: 1-888-332-4847

### **Leisure World Silver Spring Group**

*2nd Tuesday Monthly at 3 PM*  
LeisureWorld Clubhouse 2  
3300 North Leisure World Blvd.  
Silver Spring, MD 20906  
CONTACT: Dr. Manny Horowitz (301) 598-9704

### **Rockville Newly Diagnosed Support Group**

*3rd Tuesday Monthly*  
St. Marks Presbyterian Church  
10701 Old Georgetown Road  
North Bethesda, MD 20852  
Contact for time and more information.  
CONTACT: (301) 435-7679

## • SUPPORT GROUP NETWORK •

### **Silver Spring/Riderwood Support Group**

*1st Thursday Monthly at 9:30 AM*  
3128 Gracefield Road  
Silver Spring, MD 20904  
CONTACT: Beverly Gershon (301) 572-1633

### **Sumner Support Group**

*2nd and 4th Tuesdays Monthly*  
Contact for location and time.  
CONTACT: Dan Lewis, danlewis44@hotmail.com

### **Young Onset Sessions with Your Neurologist**

*Quarterly – contact for next session info.*  
Johns Hopkins at Greenspring Station  
10753 Falls Road  
Lutherville, MD 21093  
CONTACT: Arita McCoy, amccoy6@jhmi.edu  
or Becky Dunlop, rdunlop@jhmi.edu

## **VIRGINIA**

### **Alexandria**

*1st Wednesday Monthly at 2 PM*  
*No July or August meetings.*  
Hollin Hall Senior Center  
1500 Shenandoah Road  
Alexandria VA 22308  
CONTACT: Talley Fulghum (703) 768-8232

### **Arlington Cherrydale Carepartner's Group**

*Tuesdays at 11 AM*  
Cherrydale Baptist Church  
3910 Lorcom Lane  
Arlington, VA 22207  
CONTACT: Leon Paparella (202) 966-4450

### **Arlington Cherrydale Parkinson's Group**

*Tuesdays at 10 AM*  
Cherrydale Baptist Church 3910 Lorcom Lane  
Arlington, VA 22207  
CONTACT: Leon Paparella (202) 966-4450

### **Fairfax City PD Support Group**

*2nd Monday Monthly at 7 PM*  
Green Acres Community Center Room 110  
4401 Sideburn Road  
Fairfax, VA 22030  
CONTACT: Karl Robb (703) 277-9666

### **Fairfax PD Carepartners Support Group**

*4th Sunday Monthly at 1:30 PM*  
Fairfax County Library  
10360 North Street  
Fairfax, VA 22030  
CONTACT: Sheila Steel (703) 239-9564

### **Fair Oaks Group**

*4th Saturday Monthly at 10 AM*  
Sunrise at Fair Oaks  
3750 Joseph Siewick Drive  
Fairfax, VA 22030  
CONTACT: Donna Seder, fairoaks.pdgrp@gmail.com  
or Bill Moore, mabymoore@verizon.net

### **Fredericksburg Support Group**

*4th Wednesday Monthly at 10:30 AM*  
Disability Resource Center  
409 Progress Street  
Fredericksburg, VA 22401  
CONTACT: (540) 371-7334 or billmac23@verizon.net

### **Gainesville/Heritage Hunt Carepartners Group**

*4th Tuesday Monthly at 9:30 AM*  
Gainesville, VA  
CONTACT: Harolyn, tedybrs@gmail.com

### **Loudoun County PD Support Group**

*1st Tuesday Monthly at 1:30 PM*  
Ashburn location.  
Contact Gary for more information.  
CONTACT: Gary Heinberg (703) 404-5563

## • SUPPORT GROUP NETWORK •

### **Manassas Support Group**

*3rd Saturday Monthly at 10 AM*

Contact for Location

CONTACT: Phil Gesotti (703) 794-9326

### **Newly Diagnosed Support Groups**

*Quarterly Sessions*

Falls Church, VA and more locations.

Contact PFNCA for more information.

(703) 734-1017

### **Springfield PD and Carepartner Group**

*2nd Monday Monthly at 12:15 PM*

Prince of Peace Lutheran Church

8304 Old Keene Mill Road

Springfield, VA 22152

CONTACT: Rev. Richard Hinz (540) 373-5378

### **St. Elizabeth Ann Seton PD Group**

*3rd Tuesday Monthly at 2 PM*

St. Elizabeth Ann Seton Catholic Church

Parish Conference Room, Church Basement

12805 Valleywood Drive

Woodbridge, VA 22192

CONTACT: Becky Richardson (703) 910-6899

### **Winchester Support Group**

*2nd Tuesday Monthly at 11:00 AM*

Winchester Church of God

2080 N. Frederick Pike

Winchester, VA 22603

CONTACT: Sharon Wilson (304) 258-0496 or

sharonjfk50@frontier.com

### **WASHINGTON, D.C.**

#### **Georgetown Group**

*3rd Monday Monthly at 2 PM*

Georgetown University Medical Center

PasquerillaHealth Center on the 4th Floor

Urology Dept. Conference Room

3800 Reservoir Road, NW

Washington DC 20007

CONTACT: Leon Paparella (202) 966-4450

#### **IONA Parkinson Group**

*Fridays at 11 AM*

IONA Senior Services

4125 Albermarle Street, NW

Washington, DC 20016

CONTACT: Leon Paparella (202) 966-4450

#### **Sibley Group**

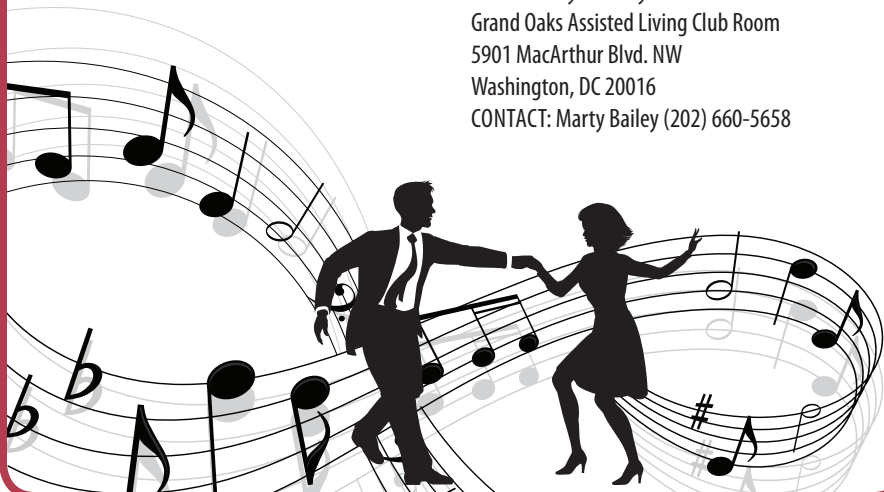
*2nd Thursday Monthly at 3 PM*

Grand Oaks Assisted Living Club Room

5901 MacArthur Blvd. NW

Washington, DC 20016

CONTACT: Marty Bailey (202) 660-5658



## • PFNCA STAFF •

### EXECUTIVE DIRECTOR

Louis A. Nistler

### SUPPORT GROUP SPECIALIST

Leon Paparella, MSW, CGP

### PROGRAM COORDINATOR

Banu Luu

### COMMUNICATIONS SPECIALIST

Corinne Carpenter

### ACCOUNTING ASSISTANT

Janet Sobie

### EVENT COORDINATOR

Julie Zimmet Smith

Program designed by Devine Design

[www.cdevinedesign.com](http://www.cdevinedesign.com)



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[WWW.PARKINSONFOUNDATION.ORG](http://WWW.PARKINSONFOUNDATION.ORG)

# WE'RE DRIVEN TO SERVE OUR COMMUNITIES.



At DARCARS, we're all about making a difference. That's why we are a proud supporter of the Parkinson Foundation of the National Capital Area Gala.

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