

JUNE 2011

Inside this issue

Announcements	2
Article: Potential Parkinson's Treatment Explored	3
Music Therapy Group	3
HAPS Exercise & Support Group Schedule	4-5
Article: Treadmill Study	6
Newly Diagnosed Education Program	6
New UTMB sponsored exercise programs	7
Music Therapy Group continued	7

All of the HAPS groups and offices will be closed Monday, July 4th in observance of Independence Day.

The printing and distribution of this newsletter was partially supported by a grant from



This publication is not intended to provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with any questions regarding medical conditions or drug interactions.

To request permission to reprint content published in this newsletter, please contact the HAPS office at 713-626-7114 or info@hapsonline.org.

Message from the Executive Director

Some of the most important contributions Houston Area Parkinson Society receives come from those we serve. These gifts are undeniably important because they make the services we provide possible. And yet, equally significant are the accompanying sentiments which hold just as much value like those expressed below. They confirm to us that HAPS is fulfilling its mission, filling gaps in care for people affected by Parkinson's in meaningful ways and making a positive impact in our community.

"Thank you for your strong support of all who experience Parkinson's and your continued education and advocacy on their behalf."

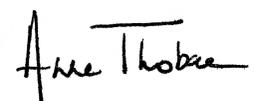
"I have been helped enormously by the support and exercise groups, educational programs, annual symposium and monthly newsletters HAPS provides since being diagnosed 17 years ago."

"HAPS is such a worthy organization that serves as a beacon of light to so many with PD and to those of us who are caregivers."

HAPS works diligently every day to make the resources needed to manage the challenges of living with Parkinson's disease available to an estimated 21,000 Houston residents and their families affected by PD. HAPS is the only Parkinson's patient support organization that offers free comprehensive services critical to chronic disease care management throughout eight counties in the greater Houston area. By providing education, advocacy, transportation, therapeutic exercise, support groups, case management, referral services, emergency aid and subsidized respite care for individuals with the disease and for those who care for them—HAPS fills unmet needs and improves quality of life.

Those who know HAPS know the value of its services. Through programs that are innovative, relevant and represent current trends in the Parkinson's community, HAPS improves lives. The work HAPS does depends upon the generous support from foundations, corporations and individuals like you.

There are many ways to contribute to HAPS. By making traditional gifts; through contributions on a monthly, quarterly or annual basis; with matching gift programs; by including HAPS as a beneficiary in your will or life insurance; or through tributes made in honor or memory of loved ones, you can make a difference. We are grateful for your support which makes it possible for HAPS to play a vital role in the lives of those affected by Parkinson's disease, as it has done for 37 years.



ANNOUNCEMENTS...



June 1st marks the beginning of hurricane season and the National Hurricane Center is predicting a busy 2011 season. It is important to make your plans and to get prepared now, before the storm. Whether you shelter in place or evacuate, experts advise that you include the following in your preparedness plan: a well equipped supply kit, a well thought out evacuation strategy, a post-storm plan and a plan "B".

Your supply kit should include cash, credit cards, extra medications, battery operated radio, flashlights, extra batteries, basic tools, first aid supplies, personal hygiene items, extra keys to the house and car, an area map, extra clothing and bedding. You will need one gallon of water per person per day and enough non-perishable food to last 3-7 days. Gather important documents such as photo ID/driver license, proof of residence, account numbers, insurance information for cars and home, social security card and medical power of attorney and make sure they are in a waterproof container. Medical alert bracelets and a written description of Parkinson's disease or other health conditions is recommended, along with a list of all your medications including dosage amount and frequency. Remember to take name and phone numbers of physicians or other health care providers, health insurance information and emergency contact information. If you evacuate with a pet make sure their vaccinations are current and you bring plenty of food, water, necessary medications, a pet carrier, collar, tag and a photo in case you get separated.

The most important thing you can do is stay informed and be prepared. Taking precautions and following instructions from officials can help protect you and your family in a storm. If you need guidance with hurricane preparedness, contact the HAPS office for help.



GROUP NEWS...

Check this list for updates about the HAPS group in your neighborhood.

- ◆ The Foundry speech group will not meet the first two weeks in June and will resume June 16th at a new day, time and location.

Thursdays 1:00 – 2:00 PM
TEAM Approach Speech Therapy Center
11240 FM 1960 W, Suite 209
Houston, TX 77065

- ◆ St. Phillip's Methodist Church speech group will not meet during the summer months beginning in June, but will resume the first Tuesday in September at the regular time and place. The exercise session will continue to meet as scheduled during the summer months.



HAPS Summer Lecture Series

**note new date for the sleep session below.

June 7th 2:00–3:00 PM
Viewing your health through your eyes. Eye problems and vision changes associated with PD.

June 23rd 10:30 AM–12:00 PM
When you think exercise—think BIG

July 13th 10:00–11:30 AM
Love and other drugs in PD: what you need to know but can't learn from the movies.

August 3rd 2:00–3:30 PM
Sleep well, live well: understanding the connection between sleep and PD.

August 24th 6:30–8:00 PM
Bridging the communication divide: strategies and treatment options.

All sessions will be held at the American Red Cross Building, 2700 SW Freeway.
Call 713-626-714 to register.



MARATHON FEVER!

For the 16th consecutive year HAPS will be an official *Run for a Reason* charity in the 2012 Chevron Houston Marathon. The Marathon will take place Sunday, January 15, 2012. Even though the Marathon is more than six months away, it is never too early to get started as we begin to raise awareness and funds through this extraordinary event. Last year, HAPS raised over \$76,000 to support its services with the help of dedicated runners, walkers and fundraisers.

You can join in the fun too! Contact Elizabeth at the HAPS office at 713-313-1621 or go online at www.hapsonline.org for more information.

Together we can make a difference!

Potential Parkinson's Treatment Explored

by Jon Kamp

Medtronic Inc. and Eli Lilly & Co. agreed to collaborate on an early stage research project for a potential Parkinson's treatment that involves delivering medication directly to the brain—a goal that has long eluded drug makers.

The pact, announced in late April, adds to Medtronic's roster of projects aimed at using implantable drug pumps and catheters to circumvent the blood-brain barrier. The tightly packed network of cells in brain capillaries only lets certain substances through, such as key nutrients, making brain-based disorders difficult to treat with drugs.

Medtronic, the largest stand-alone medical-device maker, already has a handful of other Parkinson's treatment collaborations underway. The company is also working through home-grown efforts and collaborations on potential treatments for other brain disorders, such as Alzheimer's and Huntington's.

The latest effort with Lilly is still many years from yielding a marketable treatment or even starting human testing. The companies didn't disclose terms of their agreement, but a Medtronic spokesman said it spans early research through product development and potential commercialization.

Parkinson's is a progressive, degenerative brain disorder that affects nearly one million Americans and can lead to tremors and other movement problems, according to the Parkinson's Disease Foundation. The disease, which has no cure, is thought to be caused by the death of neurons that produce the important chemical messenger dopamine. Lilly's treatment approach involves a modified form of a protein called glial cell derived neurotrophic factor, or GDNF, which is designed to protect these neurons.

Seven years ago, Amgen Inc. stopped studying a potential GDNF Parkinson's treatment delivered with Medtronic equipment because it didn't appear effective. But Lilly hopes its compound, together with Medtronic's modernized delivery system, will "overcome some prior technical hurdles," said Ros Smith, senior research director of regenerative biology at Lilly. The company believes its GDNF variant has potential to have broader distribution in the brain than prior versions.

The drug may not enter human clinical trials for up to five years, Dr. Smith said.

Medtronic's system involves small catheters that are implanted in the brain and connected to a hockey-

puck-size pump, which would likely be implanted in the abdomen. At this point it isn't known whether the treatment would involve short-term or long-term infusion, or what specific areas of the brain might be targeted, said Steve Oesterle, senior vice president of medicine and technology at Medtronic.

The company already has experience finding and delivering treatment to parts of the brain responsible for Parkinson's through its "deep-brain stimulation" business, which makes pacemaker-like implants that deliver electrical stimulation through electrodes. That approach is used to treat Parkinson's symptoms, Dr. Oesterle said. By contrast, drug approaches from Lilly and other companies have potential to restore damaged parts of the brain, he said.

The key is getting the drugs on site, rather than having them circulate through the body only to be stymied by the blood-brain barrier.

Medtronic also has partnerships with small drug developers Neurologix Inc. and privately held NeuroNova AB of Sweden on potential Parkinson's treatments.

Reprinted in its entirety from the Wall Street Journal, April 27, 2011.



HAPS Starts New Summer Music Therapy Group!

Music and exercise go hand-in-hand, we have all experienced that from putting on headphones and heading to the gym. But what if you could have live music that is intended to facilitate and guide specific exercises - music custom made for the exercise itself? This is what Marion Haase, a Neurologic Music Therapist (NMT), does in her exercise groups. Live music is used throughout the session to facilitate the exercises by providing auditory cues that instruct your brain and body how to move in space, time, and with how much force - all based on the NMT protocol for Patterned Sensory Enhancement (PSE). These three key elements are guided by the nuances in music including rhythm, tempo, meter, harmony, melody, dynamics and more. Furthermore, Marion will sometimes incorporate all members of the group to partake in Therapeutic Instrumental Music Performance (TIMP), where each member will be assigned a musical instrument that will elicit a specific motor task (i.e., reaching, weight shifting, etc.), this is all under the musical and therapeutic guidance of the Music Therapist. Singing will also be incorporated into the sessions. The goal of singing in Marion's group is not to prepare for American Idol, so singing in tune is not a requirement. One of the early symptoms in Parkinson's disease is the diminished volume of voice.

Continued on page 7

HAPS PD EXERCISE AND SUPPORT GROUPS

CENTRAL

PD & DEMENTIA/ LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP	4th Monday of month 10:30 am—12:15 pm	Support group for caregivers of persons with Parkinson's and dementia or Lewy Body Dementia	For more information Kathleen Crist, LMSW 713-626-7114
WATER EXERCISE	Mondays 2:00—3:00 pm Thursdays 11:00 am—12:00 noon	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	For more information and to request participant paperwork Alfonso Hernandez 713-520-8670
EXERCISE	Tuesdays 3:30—4:30 pm	TIRR 2455 S. Braeswood Houston, TX 77030	For more information Alfonso Hernandez 713-520-8670
SPEECH & EXERCISE	Wednesdays 2:30—4:00 pm	Memorial Dr. Presbyterian Church 11612 Memorial Dr. Room 102 Houston, TX 77024	For more information Alfonso Hernandez 713-520-8670
YOUNG ONSET SUPPORT GROUP	2nd Wednesday of month 7:00—9:00 pm	For those younger than 55 with Parkinson's disease	For more information Kathleen Crist, LMSW 713-626-7114
TAI CHI	Tuesdays 10:30—11:30 am	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	For more information Alfonso Hernandez 713-520-8670
TANGO	Wednesdays 1:00—2:15 pm	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	For more information Kathleen Crist, LMSW 713-626-7114
DANCE	Mondays 12:45—2:00 pm	Houston Ballet Center for Dance 610 Preston Houston, TX 77002	For more information Kathleen Crist, LMSW 713-626-7114
SINGING	Call for June date	Houston Ballet Center for Dance 610 Preston Houston, TX 77002	For more information Kathleen Crist, LMSW 713-626-7114
EXERCISE	Thursdays 9:30—10:30 am	Metropolitan Multi-Service Center 1475 West Gray Houston, TX 77019	For more information Alfonso Hernandez 713-520-8670
POST DBS SUPPORT GROUP	4th Wednesday of every other month 6:00—7:30pm	For those who have completed Deep Brain Stimulation Surgery	For more information Kathleen Crist, LMSW 713-626-7114
 NEW PD SUPPORT GROUP	3rd Tuesday of month 10:00—11:30 am	American Red Cross 2700 SW Freeway Houston, TX 77098	For more information Kathleen Crist, LMSW 713-626-7114
TAI CHI	Fridays 11:00 am—12:00 noon	Memorial Dr. Presbyterian Church 11612 Memorial Dr. Room 102 Houston, TX 77024	For more information Alfonso Hernandez 713-520-8670

SOUTH

EXERCISE & SPEECH	Mondays Speech 3:30—4:15 pm Exercise 4:15—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information Alfonso Hernandez 713-520-8670
WATER EXERCISE	Thursdays 4:00—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information Alfonso Hernandez 713-520-8670
CAREGIVER SUPPORT GROUP	3rd Monday of month 4:00—5:00 pm	Clear Lake Rehab Hospital 655 E. Medical Center Blvd. Webster, TX 77598	For more information Kathleen Crist, LMSW 713-626-7114
EXERCISE	Wednesdays 4:00—5:00 pm	St. Andrew's Episcopal Church 2535 E. Broadway, FM 518 Pearland, TX 77581	For more information Alfonso Hernandez 713-520-8670

EAST

WATER EXERCISE	Tuesdays Thursdays 2:00—3:00 pm	Bay Area Rehabilitation Center 3513 Decker Drive Baytown, TX 77520	For more information Alfonso Hernandez 713-520-8670
---------------------------	---------------------------------------	--	---

**ALL GROUPS ARE FREE OF CHARGE—PLEASE VISIT THE WEBSITE AT WWW.HAPSONLINE.ORG OR
CALL TO CONFIRM GROUP TIMES AND LOCATIONS**

SOUTHEAST

SPEECH & EXERCISE	Tuesdays Speech 1:30—2:00 pm Exercise 2:00—3:00 pm	Kindred Hospital Bay Area 4801 E Sam Houston Parkway Pasadena, TX 77505	For more information Alfonso Hernandez 713-520-8670
------------------------------	--	---	---

SOUTHWEST

EXERCISE	Mondays 10:00—11:00 am	First United Methodist Church 1220 FM 1092 Missouri City, TX 77459	For more information Alfonso Hernandez 713-520-8670
-----------------	---------------------------	--	---

EXERCISE	Tuesdays 2:00—2:45 pm	St. Phillip's Methodist Church 5501 Beechnut (Fellowship Hall) Houston, TX 77096	For more information Alfonso Hernandez 713-520-8670
-----------------	--------------------------	--	---



MUSIC	Fridays 10:00—11:00 am Starting June 17th	Space is limited. Please call to register.	For more information Alfonso Hernandez 713-520-8670
--------------	---	---	---

PROGRESSIVE SUPRANUCLEAR PALSY SUPPORT GROUP	3rd Saturday of month 1:00 pm	Memorial Hermann SW Houston Prof Building II - Learning Center B Hwy 59 at Beechnut Houston 77074	For more information Karen Kennemer 281-358-2282
---	----------------------------------	---	--

WEST

SPEECH & EXERCISE	Tuesdays Speech 5:20—6:05 pm Exercise 6:05—6:50 pm	1st United Methodist Church of Katy 5601 5th Street Room 111 Katy, TX 77493	For more information Alfonso Hernandez 713-520-8670
------------------------------	--	---	---

CAREGIVER SUPPORT GROUP	Please Call	1st United Methodist Church of Katy 5601 5th Street Room 107 Katy, TX 77493	For more information Kathleen Crist, LMSW 713-626-7114
--------------------------------	-------------	---	--

NORTHEAST

EXERCISE	Wednesdays 12:00 noon—1:00 pm	HealthSouth Rehabilitation Hospital 19002 McKay Blvd. Humble, TX 77338	For more information Alfonso Hernandez 713-520-8670
-----------------	----------------------------------	--	---

NORTH

WATER EXERCISE	Mondays 12:30—1:30 pm	Reliant Rehab Hospital N Houston 117 Vision Park Blvd. Shenandoah, TX 77384	For more information Alfonso Hernandez 713-520-8670
-----------------------	--------------------------	---	---

SPEECH	Tuesdays 1:45—2:30 pm	Reliant Rehab Hospital N Houston 117 Vision Park Blvd. Shenandoah, TX 77384	For more information Alfonso Hernandez 713-520-8670
---------------	--------------------------	---	---

EXERCISE & TAI CHI	1st, 3rd, 5th Thursdays 1:30—2:30 pm 2nd, 4th Thursdays	Woodlands United Methodist Church 2200 Lake Woodlands Drive The Woodlands, TX 77380	For more information Alfonso Hernandez 713-520-8670
-------------------------------	---	---	---

CAREGIVER SUPPORT GROUP	1st Thursday of month 1:30—2:30 pm	Woodlands United Methodist Church 2200 Lake Woodlands Drive The Woodlands, TX 77380	For more information Kathleen Crist, LMSW 713-626-7114
--------------------------------	---------------------------------------	---	--

DANCE & SINGING	1st Friday in June 12:00—2:00 pm	Woodlands United Methodist Church 2200 Lake Woodlands Drive The Woodlands, TX 77380	For more information Alfonso Hernandez 713-520-8670
----------------------------	-------------------------------------	---	---

NORTHWEST

TAI CHI	Fridays 11:00—12:00 noon	Tomball United Methodist Church 1603 Baker Drive (Faith Building) Tomball, TX 77375	For more information Alfonso Hernandez 713-520-8670
----------------	-----------------------------	---	---

TAI CHI	Wednesdays 10:00—11:00 am	John Wesley United Methodist Church 5830 Bermuda Dunes (Boy Scout Building) Houston, TX 77069	For more information Alfonso Hernandez 713-520-8670
----------------	------------------------------	---	---



SPEECH	Thursdays 1:00—2:00 pm Starting June 16th	TEAM Approach Speech Therapy Center 11240 FM 1960 W. Suite 209 Houston, TX 77065	For more information Alfonso Hernandez 713-520-8670
---------------	---	--	---

CROSSROADS GROUP	2nd Wednesday of every other month 7:00—9:00 pm	For individuals with PD between age 55 and 70.	For more information Kathleen Crist, LMSW 713-626-7114
-------------------------	--	--	--

Low Intensity Treadmill Exercise Is Best to Improve Walking in Parkinson's, Study Suggests

Researchers from the University of Maryland School of Medicine and the Baltimore VA Medical Center found that Parkinson's patients who walked on a treadmill at a comfortable speed for a longer duration (low-intensity exercise) improved their walking more than patients who walked for less time but at an increased speed and incline (high-intensity exercise). The investigators also found benefits for stretching and resistance exercises.

The study results will be presented April 12 at the 63rd Annual Meeting of the American Academy of Neurology meeting in Honolulu.

"Our study showed that low-intensity exercise performed for 50 minutes three times a week was the most beneficial in terms of helping participants improve their mobility. Walking difficulty is the major cause of disability in Parkinson's disease. These results show that exercise in people with Parkinson's disease can make a difference in their function. Exercise may, in fact, delay disability and help to preserve independence," says Lisa Shulman, M.D., principal investigator and professor of neurology at the University of Maryland School of Medicine.

"Many patients ask us what kind of exercise they should be doing. Now we can tell them that this research shows that low-intensity walking, which most people with Parkinson's can do, combined with stretching and resistance training may be the best option," adds Dr. Shulman, who is also co-director of the Maryland Parkinson's Disease and Movement Disorders Center at the University of Maryland Medical Center.

The study compared 67 people with Parkinson's disease who were randomly assigned to one of three exercise groups: walking on a treadmill at low intensity for 50 minutes, higher-intensity treadmill training to improve cardiovascular fitness for 30 minutes, and using weights (leg presses, extensions and curls) and stretching exercises to improve muscle strength and range of motion. Participants exercised three times a week for three months under the supervision of exercise physiologists at the Baltimore VA Medical Center.

"We saw positive effects with all three types of exercise, but the low-intensity training showed the most consistent improvement in gait and mobility," adds Dr. Shulman.

"To maintain the best possible quality of life, people with Parkinson's disease need practical, evidence-based advice about what kind of exercise will most benefit them over the long term. The Michael J. Fox Foundation has aimed to answer this question in its exercise funding to investigators such as Dr. Lisa Shulman and her team," says Todd Sherer, PhD, chief program officer of The Michael J. Fox Foundation for Parkinson's Research.

The Maryland research team measured participants' cardiovascular fitness before and after training, and found cardiovascular improvement in both the low- and high-intensity groups. Other measurements included the distance covered in a six-minute walk and timed tests of walking short distances, such as 50 feet.

"The results of this study provide practical information to people with Parkinson's disease to make decisions about managing their health and well-being. Our University of Maryland faculty members are committed to testing new approaches, such as exercise, to help patients," says E. Albert Reece, M.D., Ph.D., M.B.A, vice president for medical affairs, University of Maryland, and dean, University of Maryland School of Medicine.

Parkinson's disease affects about 1 million people in the United States and Canada. Most people begin to develop symptoms in their late 50s or early 60s, although it can occur in younger people. Parkinson's disease affects the brain's ability to produce dopamine, the neurotransmitter involved in the communication between the brain cells for motor control. Physical symptoms include tremor, muscle rigidity, slowness of movement and gait impairment. There are also non-motor symptoms such as changes in cognitive function, sleep disturbance and depressed mood.

University of Maryland Medical Center. "Low intensity treadmill exercise is best to improve walking in Parkinson's, study suggests." *ScienceDaily*, 14 Apr. 2011. Web. 24 May 2011.

NEWLY DIAGNOSED EDUCATION PROGRAM

For those who have been diagnosed with Parkinson's disease within the last three years.

Saturday, June 25th 8:30 am — 12:30 pm Presented by Dr. Joohee Jimenez-Shahed

Contact the HAPS office for more information at 713-626-7114 or crist@hapsonline.org

CONTRIBUTIONS

We are extremely grateful to the following individuals for their generous support of HAPS. Without the continued support of our donors, none of our programs or services would be possible.

GIFTS

Jonathan Shear
Rich Clifford
The Boeing Company
Allison Lorenzo
BHP Billiton
Kroger
Anne and Mike McKann
Halliburton
Leslye and David Weaver
ExxonMobil
Rob Kerr
Kerrco Inc.
Blake Liedtke
Anoil Company
Jim Thorp
Thorp Petroleum

IN MEMORY

Ken Hodge
Christine and Jeff Womack
Kathleen Brod and Family

Frances Pye
Marcia and Charles Pumpelly

Dorothy Kelly McGee
Virginia Arnold Elkins

Dixie McDermott
Roy H. Cullen

Sara Oddo
Vera Townsend
Anna Russell

Hazel Brann Casey
Land Tejas Companies, LTD.

IN HONOR

Mr. George A. Bourgeois III
Mr. and Mrs. George A. Bourgeois, Jr.

Ramona Heard
Edith Diane Guerrant

Margarito Rosales
Maria and Nicholas Kramer

Margaret Romeo
Michael Romeo

Pamela and Rod Skaufel
Washington DC Half Marathon Run
Richard Young
Robina and Alex McKay

Harold Stover
Preceptor Nu Chapter of Beta Sigma Phi

Announcing Two New Exercise Classes offered at UTMB in Galveston

Sponsored by *UTMB President's Cabinet*

Parkinson's disease exercise program for ambulatory participants. The program will include group exercise and circuit training, body weight support treadmill walking, theracycle computerized tandem bike, biodex computerized leg bicycle, Hudson arm bicycle and Wii fitness.

Exercise class for newly diagnosed clients not taking Sinemet. This exercise class will include intensive aerobic exercise training for 45 minute intervals available on the theracycle, elliptical, body weight support treadmill, biodex computerized leg bicycle and Hudson arm bicycle.

For more information on either of these new programs, call Ann Charness at 409-789-7359.

Music Therapy continued from page 3

Other symptoms include a change in the rate of speech (too fast), loss of articulation (slurred speech), and other changes that may affect speech and communication. The voice box and your oral apparatus also require exercise, just like the rest of the body. The main NMT techniques that will be used in the singing portion of the exercise group include: Vocal Intonation Therapy (VIT), Oral-Motor Respiratory Exercises (OMREX), Rhythmic Speech Cueing (RSC) and Therapeutic Singing (TS). VIT consists of the vocal exercises singers do, exploring and challenging the range of the voice. OMREX involves exercises targeting the mouth, the tongue, the jaw, and the respiratory system - this aims at improving intelligibility and breath control. RSC involves the use of a metronome, and oftentimes involves no music, almost like rapping, with the main goal of decreasing or increasing the rate of speech through repetition and practice. TS is a mixture of the above and more, it involves singing to selected music with the guidance of the therapist.

The new music therapy class will be held on Fridays, June 17—August 26. Space is limited. If you are interested in attending call Alfonso Hernandez at 713-520-8670.

Houston Area Parkinson society

Board of Directors

Frank Donnelly, Jr.- President
Binky Stephenson Strom - Vice President/Secretary
Ron Bernell - Vice President/Treasurer

Joe A. Brown	Liz Lary
Nina Brown	Dan Lauck
Robert Casey, Jr.	Marti McWhirter
Meredith Cullen	Quin McWhirter
Ted Gilbreath	George Puig
Ellin Grossman, EdD	Richard K. Simpson, Jr., MD
Mary Hart	Pamela Skaufel
Michael Hendryx	John Strom
Rob Kerr	Leslye Weaver
Eugene C. Lai, MD	Gabriel Zamora

Board of Advisors

Chris Bell
Leanne Burnett, MD
Aubrey Calvin
Rich Clifford
Robert Cruikshank
Roy H. Cullen
John E. Hankey
Harriet Hart
Kamden Kanaly
M. Sneed Lary
Harriet Latimer
Anne Martin
Robert A. Martone
W.O. Neuhuas III
Malcolm Pettigrew
Jeff Rosenberg
Terry Satterwhite, MD
Arthur Schechter
Joyce Proler Schechter

Medical Advisory Board

Madhureeta Achari, MD
Leanne Burnett, MD
Steve Croft, MD
Stanley Fisher, MD
Erin Furr-Stimming, MD
Robert Grossman, MD
Cindy Ivanhoe, MD
Joseph Jankovic, MD
Joohi Jimenez-Shahed, MD
Eugene C. Lai, MD, PhD
William R. Leighton, Jr., MD
Greg McLauchlin, MD
Kimberly Monday, MD
William Ondo, MD
Terry Satterwhite, MD
Mya Schiess, MD
Richard K. Simpson, Jr., MD, PhD
Desiree B. Thomas, MD
Gage Van Horn III, MD
Michele York, PhD

Staff

Anne Thobae
Executive Director

Kathleen Crist, LMSW
Director of Social Services &
Program Development

Alfonso Hernandez
Director of Therapeutic Programs &
Community Outreach

Elizabeth Suman
Coordinator of Marketing &
Development