

GUIDE TO

PARKINSON'S DISEASE AND MULTIPLE SCLEROSIS (MOSTLY) PALOUSE-AREA RESOURCES



800.475.0070 
www.dacnw.com 

Guide to Parkinson's Disease and Multiple Sclerosis (Mostly) Palouse-Area Resources

We at the Disability Action Center noticed the Palouse area had limited resources for people with Parkinson's disease or multiple sclerosis. That's not helpful, considering we have high rates of both diseases here. Clearly, we needed a local resource guide.

With the help of a Public Health WorkForce grant, we developed this guide by using local resources that met certain criteria and by adding online resources when we couldn't find a relevant local one. We used APHont, an accessible font for people of low vision. Our guide is for information purposes only. No listing should be considered medical advice or as an endorsement. That's what your doctor is for. They're happy to give you medical advice. Please send any updates to Barbara at infomos@dacnw.org

Abbreviations:

PD – Parkinson's disease

MS – Multiple sclerosis

HEALTHCARE PROVIDERS

Movement Disorder Specialists

A movement disorder specialist is a medical doctor who has earned a college degree, completed four years of medical school, finished a one-year internship in Internal Medicine, followed by a three-year residency in Neurology. They then completed two years of specialty training in Parkinson's disease and other movement disorders.

Jason L. Aldred, MD, FAAN
Selkirk Neurology, PLLC
Spokane, WA
509-473-0885

David Greely, MD, FAAN
Northwest Neurological
Spokane, WA
509-747-5615

Enrique Esnard, MD, FAAN*
Confluence Health
Wenatchee, WA
509-662-1511
*Speaks Spanish

Oregon Health & Science University (OHSU) Parkinson Center
Center for Health & Healing
Portland, OR
503-494-7772

Multiple Sclerosis Specialists

A multiple sclerosis specialist is a medical doctor who has earned a college degree, completed four years of medical school, finished a one-year internship in Internal Medicine, followed by a three-year residency in Neurology. They then completed a one-year specialty training in multiple sclerosis and other neuroimmunologic disorders.

Nina Bozinov, MD
Kootenai Clinic Neurology
Coeur d'Alene, ID
208-625-5100

Jessica Craddock, MD
Providence Spokane Neuroscience Institute
Spokane, WA

509-252-1700

Oregon Health & Science University (OHSU) Multiple Sclerosis Center
Center for Health & Healing
Portland, OR
503-494-7772

VA Portland Movement Disorders Clinic
Portland, OR
503-721-1091

Urogynecologists

Urogynecologists complete four years of college, four years of medical school, either a four-year residency in Gynecology or a five-year residency in Urology, or both, and a three-year fellowship in Female Pelvic Medicine and Reconstructive Surgery. Bladder and bowel issues are common in women with MS or PD, but a urogynecologist, because of their specialty training, can treat the pelvic floor disorders that cause these issues.

Molly E.B. Dahl, MD
Providence Urogynecology and Surgical Oncology
Spokane, WA
509-252-4200

Sarah L. Hammil, MD
Providence Urogynecology and Surgical Oncology
Spokane, WA
509-252-4200

Specialty Physical Therapists

A specialty physical therapist has earned a bachelor's degree, finished four years of physical therapy school to get their doctorate (DPT), passed a certification exam, then completed training in their specialty. Physical therapists who have LSVT BIG certification have received specialty training in treating people with Parkinson's disease. Pelvic floor therapists have been trained in treating pelvic floor dysfunction.

Erin Hooper, DPT
Whitman Hospital & Medical Clinics
Colfax, WA
She specializes in treating Multiple Sclerosis and Parkinson's Disease. She is a LSVT BIG Certified Clinician for Patients with Parkinson's Disease.
509-397-5733

Timothy Williams, PT, DPT
Summit PT
Pullman, WA

He specializes in treating Multiple Sclerosis and Parkinson's Disease. He is a LSVT BIG Certified Clinician for Patients with Parkinson's Disease.

509-332-5106

Rory Fletcher, PT, DPT
Summit PT
Pullman, WA

He is a pelvic floor therapist who specializes in treating male pelvic floor dysfunction.

509-332-5106

Marissa Catone, PT, DPT
Whitman Hospital & Medical Clinics
Colfax, WA

She is a pelvic floor therapist who specializes in treating pelvic floor dysfunction in men and women.

509-397-5733

Elyse Burandt, PT, DPT
Whitman Hospital & Medical Clinics

She is a pelvic floor therapist who specializes in treating pelvic floor dysfunction in women.

509-397-5733

Lauren Jentges, PT, DPT
Gritman Therapy Solutions
Moscow, ID

She is a pelvic floor therapist who specializes in treating pelvic floor dysfunction in women and men. She only takes Medicare and Medicaid. No insurance.

208-883-1522

Specialty Speech Pathologists

A speech pathologist (also called speech-language pathologist) has earned a bachelor's degree, and finished a master's degree in speech-language pathology. They then passed a licensing exam and completed a clinical fellowship. Speech pathologists who have LSVT LOUD certification or Speak Out!® training have received specialty training in treating voice and swallowing issues in people with Parkinson's disease.

Jeanne Clothiaux, MS, MA, CCC-SLP
Gritman Therapy Solutions
Moscow, ID

She has specialty training in voice therapy for Parkinson's Disease and has experience in working with patients with Multiple Sclerosis. She is an LSVT LOUD Certified Clinician for Patients with Parkinson's Disease.

208-883-3143

Hanah McCabe, MS, CF-SLP

Gritman Therapy Solutions

Moscow, ID

She has specialty training in voice therapy for Parkinson's Disease and has experience in working with patients who have swallowing issues. She is a certified Speak Out!® Provider for Patients with Parkinson's Disease.

208-883-6087

DISCOUNT ONLINE PHARMACIES

Discount Online Pharmacies

Discount online pharmacies can often be cheaper than brick-and-mortar pharmacies. Some don't accept insurance or Medicare, and some charge membership fees. None of the pharmacies listed here charge membership fees. It's important to know that not all online pharmacies are legitimate or licensed. Unfortunately, some of them operate illegally or dispense counterfeit or unsafe medications. The discount online pharmacies listed here have been verified by the National Association of Boards of Pharmacy, a nonprofit organization that works with state boards of pharmacy to help protect public health.

Cost Plus Drugs

Online discount pharmacy, owned by radiologist Alexander Oshmyansky, MD, PhD, who founded the company, and Mark Cuban of Shark Tank. They accept some forms of insurance, and they have standard and expedited shipping. Their prescriptions are filled by Healthdyne, a licensed, specialty pharmacy (not a discount pharmacy) that is under contract with Cost Plus Drugs to fill their prescriptions at a discount.

www.costplusdrugs.com

Health Warehouse

Online discount pharmacy that doesn't take insurance but has free shipping. They carry some home medical supplies, such as ostomy materials, diabetic supplies, and over-the-counter products. They will also fill pet prescriptions, which can be helpful for those with service animals.

www.healthwarehouse.com

Honey Bee Health

Online discount pharmacy that does not take insurance or Medicare. They have free shipping for orders over \$40. They will also fill pet prescriptions, which can be helpful for those with service animals.

www.honeybeehealth.com/online-pharmacy

Rx Outreach

Online nonprofit pharmacy that does not take insurance or Medicare.

They provide access to affordable medications for those who qualify. Qualification is based on income. They offer free standard shipping.

www.rxoutreach.org

PHYSICAL ACTIVITIES

Exercise

Research has shown that regular exercise can slow down the progress of Parkinson's disease and can enable people with the disease to take less medication and to sleep better. It also can improve the energy levels, strength, and flexibility of people with MS. While any exercise is better than none, exercise programs designed especially for people with Parkinson's disease or MS are highly beneficial. The Whitman–Latah area does not yet have an MS-specific exercise program, but the dance program run by Corrie Befort has classes for people with MS as well as Parkinson's disease.

PD-Connect (free but will accept donations)

Lisa Oei, PT, MSPT, DPT and Stef Farina, MCFT, instructors

PD-Connect (nonprofit) is a weekday, virtual exercise class for people with Parkinson's disease that is taught on Zoom. The class focuses on cardiovascular health, cognitive well-being, strength training, and balance. To get the link to the class, sign up online for their newsletter, which will let you in the group and will give you access to the exercise class and their other PD programs.

pd-connect.org/#classes

PE for PD (fee)

Mary Jo Penberthy, instructor

Martin Wellness Center

Moscow, ID

PE for PD is a weekday fitness program for people with Parkinson's disease that is designed to improve mobility, balance, and strength.

208-883-9605

Qi Gong (fee)

Liz Lee, Certified Qigong Instructor

Qigong can help with balance, gait, and joint range of motion, which are issues common in those with Parkinson's disease and MS. Call for class schedule.

509-332-5106

Stay Active & Independent for Life Fitness (SAIL; \$1 per class)

Michael Kirkpatrick, instructor

Whitman Hospital & Medical Clinics

Colfax, WA

Call for class schedule. The SAIL program teaches strength and balance fitness, which helps people with MS or PD with fall prevention.

michael.kirkpatrick@whmc.org

Yoga (free)

Adaptive Yoga with Shelley* PD-Connect

Adaptive yoga meets once a week and has poses tailored to all abilities. Yoga can help with balance, mobility, strength, and sleep.

pd-connect.org/#classes

*The instructor has Parkinson's disease.

Dance

Researchers have found that, regardless of ability, dance improves balance, flexibility, gait function, as well as quality of life. It can also make you feel good!

Dance with Torri and Brigid (free but will accept donations)

Professional dancers Torri and Brigid, who trained through the Dance for PD® program, teach their online PD dance class once a week.

torriacampbell@yahoo.com

Palouse Dance for Parkinson's+ (includes MS; free)

Corrie Befort and Hannah Turner, instructors

Moscow Contemporary

Moscow, ID

Palouse Dance for Parkinson's+ is taught by professional dancers trained through the Dance for PD® program and the National Multiple Sclerosis Society. The course meets regularly during autumn, winter, and spring for ten-week sessions. During the summer, they meet only a couple days per month. Classes can be taken seated or standing. No experience needed.

corriebefort@gmail.com

COMPLEMENTARY AND ALTERNATIVE MEDICINE

Acupuncture

Some research has suggested acupuncture may help with Parkinson's disease and MS symptoms.

Liz Lee, LAc, EAMP*

Summit Therapy

Pullman, WA

509-332-5106

*The acupuncturist has experience working with MS and Parkinson's disease patients.

Massage

Massage can be helpful for sleep issues, pain, and anxiety.

Nick Sewell, LMT*

Nick of Time Therapeutic Massage

Pullman, WA

509-432-6217

massagebynick.com/

*The massage therapist has Parkinson's disease.

INDIVIDUAL AND CARE PARTNER SUPPORT GROUPS

Support Groups

Support groups are a great place to learn about resources, share experiences, and encourage those who are struggling.

Invincible

Noel Nicolai, leader

Pullman Regional Hospital

Pullman, WA

A monthly support group, Invincible meets at Pullman Regional Hospital and is for anyone with invisible, chronic illness. They are PD and MS friendly. Invincible says they are "a support group and not a place for whining."

509-336-7404

noel.nicolai@pullmanregional.org

Newly Diagnosed Support Group

Susan Heath, leader

This PD support group meets online at 4 pm on the second Wednesday of each month to provide reassurance and discuss issues and questions unique to those who are recently diagnosed and trying to make sense of their Parkinson's disease diagnosis.

susan.heath@ucsf.edu

Northwest Parkinson's Foundation

The Northwest Parkinson's Foundation maintains a listing of virtual (Zoom) support groups that include Women with PD, Newly Diagnosed, People Living with PD, and Adult Children with a Family Member with PD.

nwpf.org/resources/search-for-support-groups

Peer2Peer Parkinson's Disease Support Group (P2P PD)

P2P PD is a Parkinson's disease support group for Palouse-area residents. They meet at 5:30 pm on the third Thursday of each month. They often have speakers. Meeting location sometimes changes, so it's a good idea to email the contact person ahead of time to check meeting details. Contact Barbara at infomos@dacnw.org

Wednesday Dialogue

PD-Connect

Wednesday Dialogue, an online support group affiliated with PD-Connect, meets at 2:30 pm PST every other Wednesday. Members discuss topics, such as symptoms or medication issues, and share experiences and knowledge. PD-Connect also has a separate care partner group that meets online the second Monday of every month.

pd-connect.org/#classes

Parkinson's Disease Care Partner Support Groups

Northwest Parkinson's Foundation

This foundation has a listing of virtual (Zoom) care partner support groups that includes Care Partners and Adult Children with a Family Member with PD.

nwpf.org/resources/search-for-support-groups

PD Care Partner Support Group

They meet the second Monday every month on Zoom. The group is led by, and only for, PD care partners.

pd-connect.org

MS Care Partner Support Groups

Family and Care Partners Virtual MS Support Group

They meet online at 6:45 pm EST on the second and fourth Tuesday of each month. Contact Paul at

pthims@gmail.com

Social Media Support Groups

Social media support groups can be a way to get the support and peer advice you can use without having to get dressed and drive somewhere.

Facebook: PD groups

STRONGHER: Women Fighting Parkinson's

STRONGHER is only for women with Parkinson's disease. It is not open to men, care partners, families, coaches, or others involved with those with PD. It is a place where women with PD can discuss PD issues unique to women.

The Parkinson's Fight Club

Fight Club is a community of people with Parkinson's disease who choose to be resilient. They are determined and have a refusal to submit to PD.

Facebook: MS groups

Black MS Experience Community

This group is for the Black MS community to make connections, offer support, and share experiences unique to Black community members living with MS.

Multiple Sclerosis Resources & Education

The purpose of the Multiple Sclerosis Resources & Education Facebook group is to provide MS resources to people with MS and their supporters.

Multiple Sclerosis Support Group

The Multiple Sclerosis Support Facebook Group is a place for people with MS to express their feelings, ideas, or questions to other people with MS, who are dealing with the same issues.

National Multiple Sclerosis Society Community

This is a science- and research-based community for people with MS to share, comment, and connect with other community members for advice and support while also learning about health and wellness, symptom management, and other MS-specific topics.

PARKINSON'S DISEASE AND MS ORGANIZATIONS

Organizations

In this section, we only covered the key features of each organization. Check their website for more information.

Parkinson's Disease

American Parkinson Disease Association

The American Parkinson Disease Association provides Parkinson's disease information, but it also has resource information for specialized populations, such as care partners, veterans with PD, and those with young onset PD. The organization supports clinical and scientific research in finding the cause for PD. They have a Spanish language component to their website.

www.apdaparkinson.org

800-223-2732

Brian Grant Foundation

They were founded by former NBA star Brian Grant after he received his Parkinson's disease diagnosis. They provide nutrition, exercise, and lifestyle information and resources to aid those with Parkinson's who want to use it to try to slow down the progress of their disease.

www.briangrant.org

503-274-9382

Davis Phinney Foundation

Founded by Davis Phinney, an Olympic cyclist who has Parkinson's disease, they finance Parkinson's research. They publish *Every Victory Counts*, a book that encourages proactive self-care and a holistic approach to managing PD. They offer educational content (online webinar series, for example). They have an ambassador program that connects Davis Phinney Foundation ambassadors with people with Parkinson's and their care partners to answer questions about PD and share useful resources. They have a Spanish language component to their website.

www.davisphinneyfoundation.org

866-358-0285

Michael J Fox Foundation

They fund research that seeks a cure for Parkinson's disease. They maintain the Fox trial finder, which is a searchable database for ongoing clinical trials. They have a Spanish language component to their website.

www.michaeljfox.org

212-509-0995

Northwest Parkinson's Foundation

They provide free, online Parkinson's education and exercise program resources. They also help sponsor the Palouse Dance for Parkinson's+ program.

www.nwpf.org

877-980-7500

Parkinson's Foundation

They fund research, and they provide information about Parkinson's disease, including symptoms, diagnosis, and treatment. They have free publications, an important one being the *Hospital Safety Guide*. It contains the "Parkinson's Care Summary for Health Professionals," which has a list of medications contraindicated (along with safe equivalents) in those with PD. It's worth keeping a copy on you should you visit the emergency room or see any clinician. Many health care professionals, excluding movement disorder specialists and neurologists, may not always know what medications are harmful for people with PD or which ones will negatively affect their PD meds. This list may be a helpful guide for them:

www.parkinson.org/resources-support/hospital-safety-guide

The Parkinson's Foundation website has both a care partner section and a Spanish language section.

www.parkinson.org

800-473-4636

PMD Alliance

They provide free online Parkinson's disease courses and an on-demand video library of these courses. Their website has a Spanish language section.

www.pmdalliance.org

800-256-0966

Multiple Sclerosis

Can Do MS

They offer free health and wellness education programs (nutrition, exercise, motivation, and symptom management) and resources for people with MS and their care partners. They were founded by Olympic alpine ski racer Jimmie Heuga, who had MS. Heuga created the organization to provide helpful resources that would encourage people with MS to have a "can do" approach to their disease. They have a Spanish language section to their website.

www.cando-ms.org

970-926-1290

MS Hope

Founded by Ashton Embry, PhD, a science researcher and father, and Mathew Embry, his son who had MS, they are a Canadian nonprofit that offers science-backed information and drug-free strategies and resources to help people with MS. They publish *Best Bet Diet Cookbook*, a free, downloadable cookbook full of dairy-free and gluten-free recipes compiled by Joan Embry, RN, who is the mother of Mathew and wife of Ashton. MS Hope is known for *Living Proof*, the documentary they did about the father and son's search to find a hope-based treatment for MS.

www.mshope.com

403-973-1044

mathew.embry@mshope.com

Multiple Sclerosis Association of America (MSAA)

They have educational videos, webinars, and publications. They also have an equipment distribution program and cooling vest and accessories program designed to help improve the quality of life for people with MS. They have a Spanish language component to their website.

www.mymsaa.org

800-532-7667

Multiple Sclerosis Foundation (MS Focus)

They provide grants, education materials, and free services to help meet the needs of people with MS. They have a Spanish language component to their website.

www.msfocus.org/home

888-673-6287

National Multiple Sclerosis Society

Since 1946, they have been advocating for people with MS. They fund research that seeks a cure for MS, and they provide programs and services for people with MS. They have a Spanish language component to their website.

www.nationalmssociety.org

800-344-4867

RESEARCH STUDY PARTICIPANT OPPORTUNITIES

Research Opportunities

Participation in a study is a way you can help scientists discover a new diagnostic test, important disease treatment, or even a cure. In the process you can get access to new treatments that are not available to the public. Some studies will have you use equipment, such as a treadmill, that you get to keep afterwards. All legitimate studies use criteria that they follow to keep the study safe for participants and to determine which person is the right candidate for the study. Many studies will pay for your participation or reimburse your expenses, such as mileage.

Inland Northwest Research

Spokane, WA

Their research focuses mostly on Parkinson's disease. Their website has a list of the studies for which they are actively recruiting.

www.inwresearch.com

509-960-2818 (ext. 704)

Million Veteran Program (MVP)

The MVP is a health research program run by the Veterans Administration and only involves military veterans. It examines the effects of factors, such as genes, lifestyle, military experience, and exposure, on health and wellness. The information collected is anonymized and stored in a database for researchers to use to study diseases, such as PD and MS. The study involves giving a blood sample, filling out forms, and sharing medical records.

www.mvp.va.gov/pwa

866-441-6075

Oregon Health & Science University (OHSU)

Balance Disorders Lab

Portland, WA

The OHSU Balance Disorders Lab studies the impact Parkinson's disease has on a person's balance, whether they are standing or walking. The lab also looks at balance training interventions and how aerobic exercise affects the progression of Parkinson's disease. They are recruiting participants for their studies.

www.ohsu.edu/school-of-medicine/neurology/balance-disorders-laboratory

503-781-7842

balance@ohsu.edu

PD GENERation: Mapping the Future of Parkinson's Disease

PD GENERation is a global study that offers free genetic testing and counseling for people with PD. It involves giving a blood sample. The information collected from the sample is anonymized and stored in a database for researchers to use to study PD. This is a confidential, discreet way to find out if you carry a Parkinson's disease gene.

www.Parkinson.org/PDGENERation

800-473-4636

OTHER RELATED RESOURCES

Other Resources

Circles of Caring Adult Day Care

Pullman, WA

They are an inhouse services program for adults and elders with long-term chronic health issues such as PD, MS, dementia, or traumatic brain injury.

www.circlesofcaring.org

509-334-6483

Disability Action Center

Moscow, ID

They help people with disabilities acquire the tools and means to live independently.

www.dacnw.org/

208-883-0523

Drug Interaction Checker

This is a database in which you can type prescription drugs, over-the-counter medications, or herbal supplements to see if they interact with each other.

<https://reference.medscape.com/drug-interactionchecker>

Find a Therapist, Psychologist, Counselor, Psychiatrist

Psychology Today

This is a database of mental health professionals in the U.S. You can search by location, specialty, insurance type, price, and gender. You can even specify if you want online therapy or in person.

www.psychologytoday.com/us/therapists

Idaho Assistive Technology Project

Moscow, ID

Located at the University of Idaho, they provide information about assistive technology, whether it's by doing demonstrations, giving talks, or working one-on-one with consumers who

have a disability. They also have a lending library where you can borrow an assistive technology tool to try out or just use while yours is being repaired. Assistive technology can mean anything from a speech-to-text device or a contoured fork with a built-up handle.

<https://idahoat.org/>

800-432-8324

Oma's Place

Moscow, ID

They describe themselves as both a memory café for those with dementia and a supportive place for their care partners.

208-892-4584

PubMed

National Library of Medicine

They are a searchable database of published medical research.

<https://pubmed.ncbi.nlm.nih.gov/>

Washington Assistive Technology Act Program (WATAP)

Located at the University of Washington, WATAP provides information about assistive technology, whether it's by doing demonstrations, giving talks, or working one-on-one with consumers who have a disability. WATAP has a 3D printer that can print out daily living tools.

They also have a lending library where consumers can borrow an assistive technology tool to try out or use while theirs is being repaired. Assistive technology can mean anything from a Braille device to a weighted fork.

<https://watap.org/>

800-214-8731

Addendum

It can be frustrating to receive a diagnosis of MS or Parkinson's disease and then not be given much more than a pat on the back and a prescription. As you drive out of the parking lot of your doctor's office, you may find yourself with unanswered questions: Is there an exercise group in our area for people with MS? How do I get a special fork that would make it easier to eat meals without my tremor causing me to spill food? My care partner would love to talk to another care partner. Is there a support group for them? Where can I locate a Parkinson's disease research study to participate in?

It's hard to find an answer when you don't know whom to ask, aside from your doctor's office, and they often don't know or only know of resources that are nowhere near the Palouse.

At the Disability Action Center, we became aware that the Palouse area had limited resources for people with Parkinson's disease and MS—resources such as urogynecologists, support groups, or pelvic floor therapists. Unsurprisingly, bigger cities like Spokane and Seattle have a lot of these resources to offer. Still, it's not always workable for a Palouse-area resident to make the long drive to the big city to attend a Parkinson's support group or to regularly participate in an MS exercise class that meets a couple hours away. With the help of a Public Health WorkForce grant, we decided to find out what resources were in the Palouse area and compile a list.

We started by asking: What resources do we need? The answers to this helped us come up with categories (Healthcare Providers, Individual and Care Partner Support Groups, Physical Activities, for example) to use as a framework. We subdivided those categories into groups that fitted under the categories (Urogynecologists, MS Care Partner Support Groups, and Dance, for example). Underneath those categories, we plugged in our entries. These were local resources that met certain criteria and that we found by word of mouth or online. We supplied an online resource when we couldn't find a relevant local one. Carefully, we checked all entries and cross-checked them for accuracy. We then alphabetized the entries to make them easier to find and used APHont, an accessible font for people of low vision, for the whole guide.

The result is a guide that is intended to be shared, maintained, and updated for years to come. We hope it will encourage the development of more local resources. Our guide is for information purposes only. No listing should be considered an endorsement or as medical advice. Consult a healthcare provider if you need medical advice. If you have a medical emergency, call 911. Please feel free to share this guide with your healthcare provider and anyone in our region who may be searching for resources to help them manage their PD or MS.

Please send any updates to Barbara at infomos@dacnw.org

