



American Parkinson Disease Association  
Information and Referral Center of Minnesota  
**Materials Order Form**

The American Parkinson Disease Association Center in Minnesota is pleased to provide free information to individuals about Parkinson's Disease. Please check up to three informational pieces that are of interest, and mail the order form to the address listed below. You may also call 612 863 5850 or 1 888 302 7762 for information, or send an email request to [paulette.olsen@allina.com](mailto:paulette.olsen@allina.com). Please note, additional free items may be ordered through subsequent requests, or by calling the Center at the above number.

### Brochures and Booklets

- Basic Information (programs and services through APDA)
- Parkinson's Handbook (overview of PD)
- Be Active (suggested exercise for individuals with PD)
- Be Independent (resource for independent living skills)
- Coping with Parkinson's Disease
- Good Nutrition
- Let's Communicate
- Young Parkinson's Handbook
- How to start a Parkinson's Disease Support Group
- A Collection of Helpful Hints for People with Parkinson's Disease
- Aquatic Exercises for Parkinson's Disease
- My Mommy Has PD . . . But It's Okay

### Flyers, Newsletters, or Reprints

- Medications Approved for Treatment of Parkinson's Disease
- Complementary Medicine
- Medical Management of Parkinson's Disease
- The Living Will and Durable Power of Attorney
- The Fine Art of "Re-creation and Socialization" With Parkinson's Disease
- Why Parkinson's Disease Patients Should Not Go to the Emergency Room
- Comtan (Entacapone): The Treatment of Parkinson's Disease
- Comtan: Extending the Benefits of Levodopa
- Mirapex in the Treatment of Parkinson's Disease
- Vision Problems and Parkinson's Disease
- Sexual Function and PD
- Early PD Stages Reflections
- Caring for the Caregiver: Body, Mind and Spirit
- The Family Unit and PD
- Adapting to a Nursing Home
- Helping your Partner: What Not To Do
- Fatigue in Parkinson's
- Finding a Doctor
- Driving
- Participation in Research studies

### To order information:

Please complete information on the second page and mail to the MN APDA I & R Center.

**Please complete requested information below before mailing.**

Name of requestor \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_ Please add my name to the Minnesota Messenger newsletter mailing list.

Please apply postage and mail this request form in an envelope addressed to:

**APDA Center  
Abbott Northwestern Hospital  
800 E. 28<sup>th</sup> Street (39304)  
Minneapolis, Minnesota 55407**