

## We Remember...

MPF staff is sad to report that Janet Whitaker, co-facilitator of the Detroit Support Group and member of the Board of Directors, passed away on March 11. Janet was a member of the Detroit Parkinson Support Group since 2014 and became a facilitator several years after joining. She served on the MPF Board of Directors since 2016 and represented the interests of the support group leaders. Additionally, Janet served on the Facilitator Training Planning Committee, Strategic Planning Committee and past Symposium Planning Committees. Janet was an excellent advocate for people affected by Parkinson's disease and was a frequent visitor to the MPF office.

Janet spent her career with Detroit Public Schools, working as a secretary and then moving up to administration after earning degrees in education and administration.

In addition to supporting the Parkinson's community, Janet served on the board at Wayne State University's Institute of Gerontology. She also kept busy volunteering at her residential community in Dearborn, exercising and staying active in social groups.

We will miss Janet's upbeat attitude and her strong desire to help others. Our thoughts and prayers are with her husband Doug, her family and friends, and the Detroit Support Group. A private service is planned.



## April is Parkinson's Awareness Month

As April is PD Awareness Month, we want to thank all our support group facilitators for your ongoing dedication to providing education to people affected by Parkinson's disease. This has been no easy task, particularly given the events of the past year and the pandemic. We know that for all of our support group leaders, every day is dedicated to Parkinson's awareness and improving the lives of others in your local community. Whether your group has been meeting or not, we appreciate all your efforts with continuing to check-in with your group members and sharing information related to MPF educational programs.

MPF has requested that Governor Whitmer declare April as Parkinson's Awareness Month in Michigan. We encourage Parkinson's advocates to petition their local Mayors to do the same. You may want to include some additional information about your support group and provide background materials. Please contact Emily at the MPF office if you have any questions or suggestions; let's make sure that this Awareness Month provides people with Parkinson's with the knowledge and education to find resources that exist in their own backyards.

Support Group News  
Upcoming Programs  
and Special Events  
April 2021



## Spotlight on ...

### HomeWatch Caregivers of Ann Arbor and Southeast Michigan

We are pleased to have recently formed a partnership with HomeWatch Caregivers of Ann Arbor to provide support to MPF respite care grant recipients. HomeWatch formed in 2008 after owner Breanne Stuart became a caregiver to her grandfather who had Parkinson's disease and her father who was battling colon cancer. Breanne is passionate about helping clients maintain as much independence as possible. She strongly advocates for elderly individuals and those with chronic diseases to help them live safely at home. Currently, she runs 2 offices which serve Washtenaw, Livingston, Oakland and northern Wayne counties. She also hosts regular 'Community Connector' presentations to link individuals to local resources.

HomeWatch has been named 2019 and 2020 Free Press Small Business Employer of the Year in the home care services sector and was also awarded 2021 Leaders in Excellence, Home Care Provider of Choice and Home Care Employer of Choice through Home Care Pulse, a Nationally recognized company.



If you are interested in connecting with Breanne to discuss in-home care or local community resources, please call her at 734.622.8190 or visit

[www.homewatchcaregivers.com/ann-arbor](http://www.homewatchcaregivers.com/ann-arbor)

## SAVE THE DATES!

The 2021 Metro Detroit Walk has been confirmed to take place on **June 26** at Birmingham Seaholm High School! The Walk features both 1- and 3-mile routes. Registration is LIVE on the MPF website, [www.parkinsonsmi.org](http://www.parkinsonsmi.org)



The Lansing Walk will take place **September 18** on the campus of MSU, and the Grand Rapids Walk will be held at Grand Valley State University on **October 23**. We will be following all CDC guidelines and Executive Orders regarding COVID-19 protocol.

Can't wait to see you!

## Banana Split Smoothie Recipe

Smoothies can be a great way to load up on vitamins and antioxidants and can be particularly helpful for people with swallowing difficulties. Consider trying the recipe below for a healthy drink.

### Ingredients

- 1 cup Silk Almond Milk
- 2 tablespoons dairy-free chocolate chips or chunks
- ½ cup cubed pineapple, fresh or frozen
- 1 ripe banana, fresh or frozen
- 8 strawberries, fresh or frozen
- 6 ice cubes

### Instructions

Add all ingredients to the jug of your blender in the order they are listed and blend for 20-30 seconds, until smooth.

Serve immediately.

Answer to Brain Teaser from February/March Newsletter is the catcher and the umpire.