



Contributed photo

Carol Clupny poses for a photo atop the Pyrenees mountain range in 2013. The climb was part of a 200-mile trek across France. The Hermiston woman shares about her journeys after being diagnosed with Parkinson's disease in her soon-to-be released memoir.

Hermiston woman treks on with Parkinson's disease

Carol Clupny publishes memoir

By TAMMY MALGESINI
COMMUNITY EDITOR

When Parkinson's disease started to challenge her active lifestyle, Carol Clupny didn't merely sit down.

Shortly after being diagnosed with the progressive neurological disorder, the Hermiston woman watched a video of a man in the advanced stages of the disease struggle to get out of a chair and then "freezing" as he attempted to walk across a room. The visions, Clupny said, got her off her butt and moving.

In her soon-to-be released memoir, "The Ribbon of Road Ahead: One Woman's Remarkable Journey with Parkinson's Disease," Clupny shares about what guides her. Grabbing onto the word *ultreia*, Clupny said it comes from Latin and old French meaning "unfailing courage."

"It takes courage to live with Parkinson's. May I face each day with unfailing courage," she explained.

As she approached her 50th birthday, Clupny started experiencing some troubling symptoms. In addition to becoming very restless, she felt like her insides were trembling.

"I asked my husband to watch me and he did not see any external movements," she said.

As time progressed, her right eyelid twitched, followed by the right corner of her lip and her right pinky finger. Then, while visiting an Orlando theme park, Clupny noticed her right arm wasn't swinging while she was walking. After returning home, she couldn't throw a ball for the dogs and her move-

ments were slower and her muscles tightened.

Initially treated for stress, Clupny was referred to a neurologist when the symptoms didn't subside. The neurological evaluation and a positive response to medication resulted in a referral to the Parkinson's Center of Oregon at Oregon Health & Science University. After a battery of tests and under the watchful eye of a movement disorder specialist, the diagnosis of Parkinson's disease was confirmed.

Determined to do everything she could to combat the disease's progression, Clupny pushed herself to be even more active. In addition, her bucket list — hiking the Inca trail to Machu Picchu, trekking to Everest Base camp, walking across Ireland, following Hadrian's Wall and the pilgrimage to Santiago de Compostela — became more urgent.

Coming up first alphabetically, Clupny initially tackled sections of the Camino de Santiago.

"It was an incredible experience shared with people from all over the world," she said. "The history, the culture, the camaraderie of people sharing the same goal was a draw for me returning three more times."

When Clupny's illegible handwriting prevented her from journaling, she started a blog while on her first Camino trek in 2012. Followers on Clupny's social media pages encouraged her to publish her story.

"My friend Nan Little wrote, 'Rather than perching on a pedestal as the perfect person with Parkinson's, Carol slips in the mud and gets up laughing at herself.' My wish for readers of this book is they can see hope in a difficult challenge. As I put this book together, I saw

again and again how a positive approach influenced myself and those around me."

Clupny said her faith has been immeasurable in regards to living with Parkinson's. God, she said, always hears her, even when she speaks softly or can't find her words.

"I have a companion beside me when I move slow and am at the back of the pack," Clupny said. "When I fall, my landing is softened and I get help picking myself up."

People are invited to meet Clupny during several upcoming book events:

- Thursday, March 21 from 4:30-6 p.m. at The Prodigal Son Brewery & Pub, 230 S.E. Court Ave., Pendleton.
- Sunday, March 24 from 3-4:30 p.m. at Our Lady of Angels Catholic Church, 565 W. Hermiston Ave., Hermiston.
- Sunday, March 31 from 2:30-4 p.m. at St Francis Catholic Church, 722 W. Alder St., Walla Walla.
- Monday, April 8 from 12:45-2 p.m. at Samaritan Hospital, 801 E. Wheeler Road, Moses Lake, Washington.
- Thursday, June 20 from 7-8 p.m. at Broadway Books, 1714 N.E. Broadway St., Portland.

The book is available for presale prior to March 15 by contacting ultreia-books@gmail.com or via www.ultreiablog.org.

March of Dimes seeks top nurses

Awards honoring outstanding nurses from Oregon and southwest Washington for their care and compassion will be presented in nearly 20 categories.

Patients, co-workers, supervisors, other health professionals and friends can nominate nurses who work in such areas as women's health, critical care, nurse educator, mental health, surgical services and more. Presented by the March of Dimes, nominations will be accepted through Friday, March 22. The winners will be announced during an awards breakfast Friday, June 7 at the Sentinel Hotel in downtown Portland.

For more information, including nominating categories, go to www.marchofdimes.org/oregon or contact Pansy Chang at 971-270-2890 or pchang@marchofdimes.org.

Umatilla library sets book sale

Hardback volumes are 50 cents each and paperbacks are 25 cents during the upcoming book sale at the Umatilla Public Library.

The event will be held Thursday and Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m. The library is located at 700 Sixth St., Umatilla.

For more information, call 541-922-5704.

St. John's announces lent services

Special weekly services during lent are being held at St. John's Episcopal Church.

The public is invited to attend each Wednesday at 5 p.m. at 665 E. Gladys Ave., Hermiston. In addition to the evening service, the gatherings include a soup and bread supper.

For more information, contact Rev. Chuck Barnes at 541-567-6674 or chuckb@eotnet.net.

Living Blue cancels meetings

A group of Democrats that were meeting monthly

in Hermiston have canceled upcoming gatherings.

Living Blue had been meeting the third Sunday of each month at Desert Lanes Family Fun Center. For questions, Bernie Sanderson at 541-626-9189 or cln42da87@yahoo.com.

EO Forum highlights government employment

The upcoming Eastern Oregon Forum features a presentation about federal employment and the regional impact of government shutdowns.

The event is Tuesday, March 19 at 7 p.m. in ST-200 (Science and Technology building) at Blue Mountain Community College, 2411 N.W. Carden Ave., Pendleton. Tickets are \$5 at the door and free for students.

After the Shutdown: The Significance of Federal Employment in Eastern Oregon features Chris Rich. The La Grande man

moved to the area in 2015 after accepting the position of Eastern Oregon regional economist with the Oregon Employment Department. Before relocating, Rich and his wife, Harvest, and daughter, Ariana, spent 10 years in Spokane.

A graduate of Eastern Washington University, Rich studies the labor market of eight Eastern Oregon counties. The region encompasses approximately 40 percent of the state's land mass but only about 4 percent of its population. Rich provides regional economic expertise, analysis and data for groups, organizations and individuals. In addition, he writes research reports and gives presentations.

The Eastern Oregon Forum is a collaborative effort between BMCC, InterMountain Education Service District, the *East Oregonian*, American Association of University Women and Harriet Isom, a former United States ambassador. For more information, contact Karen Parker at 541-966-3177 or karen.parker@imesd.k12.or.us.



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