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Veronique Enos Kaefer: Navigating Parkinson's disease can be challenging, but we are here to help. Welcome to the Michael J. Fox Foundation podcast. Tune in as we discuss what you should know today about Parkinson's research, living well with the disease, and the Foundation's mission to speed a cure. Free resources like this podcast are always available at michaeljfox.org.

Hello and welcome to the Michael J. Fox Foundation's Parkinson's podcast. I'm Veronique Enos Kaefer, lead philanthropy director here at the Michael J. Fox Foundation, and I will be your guest host for this episode. This is the second of our two-part series on navigating the professional world with Parkinson's. Last month, the panel talked about employment and the workplace. In this episode, we're talking about retirement. Stepping back from the workplace can be a change. It can be a tough decision for some, especially if they're retiring earlier than they had planned to due to Parkinson's symptoms. For others, it's a welcome relief. It's very personal, it's a nuanced decision. And today we're going to discuss what to consider when making the decision to retire, and share practical tips, which will hopefully help with this transition.

I'm always inspired by Michael J. Fox. Every time he speaks, he says something wonderful or hilarious. But when he talks about retirement, he's really talked about finding new ways to continue to do the things that are important to you, not as an ending of something, but really as a beginning, of really diving in deeply to the things that matter most. So hopefully that spirit can be something that we explore as well. But first, let's introduce our wonderful panelist. Mark Blinson was diagnosed in August, 2016. Until his retirement, two and a half years later, he was an emergency response program manager. Welcome, Mark.

Mark Blinson: Glad to meet you, Veronique. Thank you.

Veronique Enos Kaefer: Christine Hurtsellers is a retired CEO of Voya Investment Management. Her husband was diagnosed with Parkinson's in 2020. His career, he is a veteran and he was a minister. Thank you for being here, Christine.

Christine Hurtsellers: Thank you so much. I'm really looking forward to the discussion.

Veronique Enos Kaefer: And Marti Fischer is a career and professional development consultant and principal at the Marti Fisher Group. She co-authored the Michael J. Fox Foundation's two-part guide on Navigating the Workplace with Parkinson's. You may remember her from last month's episode on navigating employment. Welcome back, Marti.

Marti Fischer: Thank you. It's a pleasure to be here. I'm looking forward to the conversation.

Veronique Enos Kaefer: So making the decision to retire isn't always easy. There's many factors to consider, including health needs, financial situation, your personal ambitions and

plans. But it is something that most people who are living and working with Parkinson's will consider at some point. So let's start by talking with those who've been through it. Mark, how did you come to your initial decision to retire?

Mark Blinson: At the time, I was involved in Rock City [inaudible 00:03:23] so thought ought to get input from my peers in the Parkinson's world. Had a good relationship with my manager as well, and he had said, "Mark, one day either I'll come to you or you'll come to me when that day comes." I was a program manager over 80 power plants, making sure they had the right emergency management program for any events that occurred at those power plants. So pretty high stress job. And my neurologist saw the effect of the stress on me in the advancement of the Parkinson's. So he suggested I retire.

But I felt prepared because of the input I had got from my peers that have already made that early ... So some of the suggestions I have is, I did consult a employment lawyer briefly to understand my rights and options in the workplace. So I had her on standby. Turns out I didn't need her. I understand filing for social security disability could be quite a challenge, and it's not always approved in the first round. So I had a friend who shared a copy of her application with me, and so I was prepared with how to fill that out and what the expectations were.

Another thought is once you do get approved for social security disability, keep in mind that you're not allowed to make extra money. So you got to make sure that income is sufficient for you. And fortunately, my company had a long-term disability insurance. And if possible, you might want to look into it. I paid a little bit extra for all those years of employment for extra compensation should I go on long-term disability. So I had a larger percentage of my salary paid because I'd paid that all that time. And then lastly, make sure you have a financial planner that you've run your information by, so can give you all the numbers, and so when the time comes you're ready to make that decision.

Veronique Enos Kaefer: Thank you so much for sharing your personal experience and as well as those useful tips. Christine, you are a care partner, so can you talk about what that process was like for you, deciding to retire? And as Jim was considering when to retire and how you aligned your retirement with his, how'd you make those decisions?

Christine Hurtsellers: Before Jim, my husband, was diagnosed with Parkinson's, he had actually taken early retirement or stopped working. And as we reflect backwards, because he was a pastor and did quite a bit of counseling, without even knowing why, we found that just his ability to sort of have the energy and engage had really gone away. So he'd already retired, so I was the one working. And what happened, I would say when he first retired, I think we were both a little bit in denial about really how much our life was changing. So I kept going. And I had the type of job where on average I was working 50, 60 hours a week. Traveling, I would say 10 out of every 12 weeks I was on the road. And just bananas just in the normal thing.

And then finally on the home front, my husband, we have five sons and he had always taken the heavy lifting really with the kids. And we still had a few at home. And my fourth out of five sons is an autistic person. So again, needs a higher level of support and challenges. And so while that got a little bit more difficult for Jim, my life was kind of feeling out of control. And so really it was the right decision for our family for me to retire. And so I did end up retiring at the age of 60, so certainly earlier than I had foreseen or planned. But life happens and you pivot and you reprioritize.

Veronique Enos Kaefer: Thank you so much for sharing your story. Marti, what are some things that people living with Parkinson's can consider as they get closer to making the decision to retire?

Marti Fischer: There are a number of factors. But I would say the first thing, if you have the ability to do this, is to take a step back and to evaluate your situation, where you are, where you stand within your workplace, what type of work you do. Mark referenced the fact that he worked in a very high stress job and was counseled by some of his advisors to potentially think about retirement and start to put things in place. And Christine had actually the same type of conversation about Jim. So if you have the opportunity, once you've had a diagnosis and thinking about where you're going, step back and evaluate the big picture.

The second part of that is to think about what the indicators are for you that would prompt retirement. So is that a health symptom, for instance, or is that a financial consideration, or is that a quality of life consideration, or is it a combination of all three? Having a sense of what those indicators are can help you plan out your time for how long you actually will remain in the workforce.

Veronique Enos Kaefer: And then all of you, what would you say about how you know when it's time to start thinking about retirement?

Mark Blinson: One thing that comes to my mind, my company was huge on safety. So having a fall or a trip or an event because of the Parkinson's would've been unacceptable. So if you see yourself starting to have those physical constraints ... In my case, probably a bit more.

Veronique Enos Kaefer: Yeah. Christine, what do you think?

Christine Hurtsellers: Well, as far as my husband goes, I think it was just kind of emotional fatigue. While we didn't have an answer ... Or really apathy. That's something that he struggles with. And I know that's not uncommon, just the energy to get off the sofa and go out the door. And so I think it was very natural that he retired when he did. Now for me it really was life was feeling out of control. My husband and I always had mostly a 50/50 partnership. He took care of a lot. He took a lot of the burden with the children, because I traveled quite a bit. He always managed the house, whether it's the exterminator to the lawn service or the cars, he was handling that. Unfortunately he also has some executive function and some short-term memory challenges. So again, a lot of the traditional roles and partnership we had really had to change.

And so I was feeling really overwhelmed. And didn't disclose to my work when he was diagnosed right out of the gate, denial that life wasn't really changing, of not wanting to retire. I was 58 when he was diagnosed. But it just became evident that I probably wasn't even in the place to be all in all the time with the heart for the job and for my team and the people that I worked with. So all around you've got to take a lens from your family, sort of the whole ecosystem around you to go ahead. And you'll know in your heart, as hard as it is, if you can do it, that the time to retire is now.

Veronique Enos Kaefer: Marti, what would you add? How do you know when it's time to start thinking about retirement?

Marti Fischer: I'm glad you called on me because I was going to piggyback on what Christine said, which is when we're working, we're all very driven people and there's a high degree of we should be doing this, we should do this, we should do this. We have long-term goals, we have aspirations. And the difference here, and what I wanted to add to what Christine said, is that there's an opportunity to think about, okay, well what's the could part? What could we do? And Mark talked about it. Christine talked about it for herself, for Jim. It's the permission that you give yourself to shift your mindset toward what could this look like? Yes, we know what it should look like in our work. We're very routinized people. But there's a whole other world of could out there to be explored. And it's the presence of mind to just, as I said before, do a little bit of a pause and think about what is that. What does that look like?

Veronique Enos Kaefer: Okay. So once your decision is made, then there's practical steps. What's next? What is that process of setting retirement in motion? It's new. Typically we haven't done it before. It could be overwhelming. Christine and Mark, from your experience, how did you begin that process?

Mark Blinson: Well, kind of piggy on the last discussion, do it while you still have some ability to bridge some of your dreams. In my case, we remodeled a 1912 house. We built a great old big garage where I began refurbishing antique farm tractors. So I'm glad I retired early enough to still realize some of my retirement dreams.

Veronique Enos Kaefer: Christine, what about you? What were your first steps? How did you navigate the process? What were your biggest concerns and how did you face them?

Christine Hurtsellers: Well, on a professional level, I was overseeing a business. I was honored to lead the investment management business for Voya Financial. And we had just gone through a big acquisition where we'd acquired a business in the US and it was just crazy. So much change going on, long hours, complexity, new employees. And so my hesitation of leaving was, oh my gosh, so much is going on. We even just had a new CEO at Voya Financial. And so lots of change. But at the end of the day, great people, you get a chance to work with great people, great team, lots of continuity. And so I think I was just feeling this personal regret or guilt, if you will, because I really didn't want to necessarily leave right at that moment knowing everything was going on. But again, we announced it, had a good transition for me leaving my job and for me to kind of get my head around

leaving the job and doing less and less. And so my company, Voya, handled that very well.

And then what it allowed Jim and I to then start focusing on, which are some of our retirement dreams, where we always dreamed of traveling together. And Jim is still able to travel. Internationally can be really tough. I don't know, Mark, if you've run into this, but just managing the time zone switches of medicine and everything can be quite challenging. So we wanted to get as much done as we could right away. And I think we're on the verge of really having to walk away from that because of the medication and everything. So again, just reprioritized travel. And as well as with spending time ... We have three grandsons. So spending time with grandsons. It's really important for Jim to be able to play and toss a ball and do some of the things that he can still do. So we're living in the moment. And certainly both of us are grateful that we're doing these types of things.

Mark Blinson: On the travel front, we actually partnered with another couple where the guy had Parkinson's and we'd travel with him and his wife. We understood each other, we understood the delays, and so wasn't as big a deal when there were delays. So we take several trips with the couple, yeah.

Veronique Enos Kaefer: So Marti, can you comment a bit on practical and lifestyle considerations, financial considerations, and if there's any professional help available to someone beginning the process of navigating retirement?

Marti Fischer: Yes, but can I go backwards for a minute?

Veronique Enos Kaefer: Absolutely.

Marti Fischer: Because I want to touch again on something Christine said, because it's so important, that if you have a team and you have the opportunity of time to really plan this out and get your indicators in place and think about what your timeline looks like, it's a real gift to be able to shift your responsibilities into more of a mentor and an advisor for those people coming up on your team who can step into a new function when you step aside. So that ability to really think about your team and be able to explain, what does my retirement, what does my leaving here, what will that mean for you? What are the challenges? What are the opportunities? Where do you see yourself when I step aside? And how can I help you to reach those goals? So there is that. I didn't want this to end without talking about the team because it is really an important consideration there.

And then thinking about what that narrative is around that, how you manage the reactions and how you are able to bring your team members along. Because I've worked with a number of private clients who have Parkinson's who we've gone on this journey through retirement together. And most of these individuals that I have been working with had very successful careers. And so what we're looking here to do is to create new routines. And that might include when you go to the gym, what your sleep patterns are, what that looks like to get yourself into a routine for every day. And also thinking about, and Christine and Mark both mentioned this, things you enjoy. There are hundreds of times throughout the

course of our career when we said, "Oh, I wish I had time to do blank." Right? Well, as long as you are able to do that and your symptoms allow you to do that, to really think about what are those things that you enjoy, and then to potentially parlay that into some community service so you can start to feel a real sense of purpose. Working is very purpose-driven work.

So we're thinking about what do we replace the things that really feed us about working into what will feed us about retirement? And so that sense of purpose, that sense of planning, that sense of routine are all really beneficial things in retirement, I have found, with clients. And then finally, just having what I would call your board of advisors. So that might be your medical professionals, maybe an attorney, an employment attorney, someone in insurance who can help you navigate insurance, a financial advisor who can help you navigate the financial considerations. And creating this go-to panel of professionals to help you understand where you are and what some of the decisions that you need to make should necessarily be and when.

Veronique Enos Kaefer: I so appreciate that, Marti. And I love when you talked about remembering to have fun, that this could be a time of lightness and enjoyment, but also a time of meaning and purpose and just leaning into routine and how much that can matter and be a lifeline. Can you comment further on financial considerations? Is there different advice in different states? How should people think about that?

Marti Fischer: Well, the first thing I will say is that the Michael J. Fox Research Foundation has a number of resources for you in those areas, and you can take advantage of that certainly. But I think because state laws vary, to find out what the requirements are in your particular area, in your particular state, I highly recommend if you are able to speak with a financial advisor so you understand what the whole picture looks like and if any of your assets need to be reallocated into different instruments, to understand what the diversification looks like. And also if there are legal implications to that, tax implications to that. Mark had talked about going out on disability, that might be an avenue open to you. So just thinking about, and again, this goes back to the planning, what your financial future looks like because we're stopping at a particular moment in time.

Let's assume that like Jim, he was not taking social security at that point. He was too young for that. Medicare, too young for that. So what do some of those financial decisions that need to be made, what do they need to be made? What are they and when do they need to be made in order for you to have the financial security that you're going to need going forward? And this is also a good question to talk about with your neurologist and with every one of your care partners and get their opinions. They are experts in this field and they have a lot of experience with other patients navigating these waters.

Veronique Enos Kaefer: I want to give a quick reminder that the Michael J. Fox Foundation has many resources on its website, including a financial planning webinar that's full of helpful information. You'll also find resources to get involved with PD community and advocacy, whether that's through speeding PD research, finding local community, or sharing your story with lawmakers.

All right, Mark and Christine, you have touched on this beautifully before, but navigating the emotional transition into retirement can feel as important, as big as navigating the practical steps. It's a transition. As Marti you mentioned before, many of us enjoy a great sense of purpose and satisfaction from our work. Many people have a sense of identity associated with their job and their chosen profession. So Mark, as you were transitioning into retirement, what are some of the personal considerations that you faced at that time?

Mark Blinson: Well, I'm an engineer by education. I'm a gadget guy. So as Marti said, how are you giving back? How are you contributing into the world? So actually I started searching for mobility products and trying them out. And then I came with a YouTube channel. I felt like I had purpose. I felt like I was getting my ... I replaced some of that work where I was important and accomplish something. And then again, the Rock City community, where we exercise, became a family for me. We had Christmas parties and things at our house and we became very close. So that's a place where Parkinson's actually added to our lives.

Veronique Enos Kaefer: That's great advice. Tell me, Mark, did your retirement affect your Parkinson's symptoms one way or another?

Mark Blinson: Oh, yes. When the stress left, I felt like the progression was not as intense. Gave me time to rest during the day, gave me time to relax. And as Christine mentioned, when you're in a high-stress job, you're thinking it's always there, it's always in your background, and the chance to let them relax is not there. So it's a very positive thing for me.

Veronique Enos Kaefer: Christine, one of the things about being a care partner I think is finding that balance between supporting your person and also caring for yourself. How do you balance that?

Christine Hurtsellers: Yes, that's so important. And I think when I retired, my husband would say, "Christine, you're going from rocket fuel to kerosene," because I'm just like ... I have so much energy. And that's been a real challenge, where with spending time with my partner, Jim, I sometimes feel like a little stifled. And it's an interesting dynamic, right? Because as we go through this and he is relying on me more and more, and I think sometimes ... I'm sure Jim doesn't mind me sharing. Sometimes his world can feel a little bit more closed in. And Mark, I love your earlier idea of even trying to find maybe some couples and people that we can do life together. Because Jim is sometimes slow. Or whatever, understanding that everybody gives you grace if you're on a cruise. So again, we're making it happen. We're making it work. It's definitely a transition. And what I'm trying to do, because Jim still is ... As I said earlier, he's late stage two, early stage three. I can still go and leave and going to see my grandchildren, going for a few days with a girlfriend are imperative.

And then finally, I go to a church and I work in a food ministry, which really means a lot to me, providing food security. And I have ended up getting a few part-time jobs on some boards just to keep my mind active. And I get a little lonely. I think care partners, you can also get a little bit lonely when you retire early or you're used to a certain amount of doing a little bit more outside of the

house. So just having a few things to keep my mind active, continue to make friends. And again, I think the Michael J. Fox Foundation with some of your programs and your seminars can also really help to the degree couples start to feel a little isolated because of the Parkinson's.

Veronique Enos Kaefer: Christine, thanks so much for sharing that, all you're doing that taps into the meaning in your life and also places where you're still navigating, filling in any gaps and identifying things that I think people can really relate to.

Mark Blinson: If I might add there, be public about your Parkinson's. I found that when I would leave the room, everybody would ask my wife, "Well, how's he doing? How's he doing?" So I had a little talk with [inaudible 00:26:44], so I'm going to tell you how I'm doing. And they want to help. They want to support you. And if you have help like that, now your caretaker can be a wife, she can go off to yoga and she can go do some things she wants to, because you have these additional family and friends that want to help. But if you're so private about it, they don't know how to help. So I just try to be real with them and let them know. And [inaudible 00:27:09] now we have a team of people and not so much burden on my caretaker.

Veronique Enos Kaefer: That's such an important point you make, Mark, about really having a support system and many people in your web of support rather than just one person. That's beautiful advice. Marti, from your experience and the many people who've gone through this that you've worked with, what guidance would you offer people about the emotional aspects of this transition? The meaning.

Marti Fischer: It's going to be very emotional and it's going to last a long time. And that's just the people that I've spoken with. And I think Mark and Christine will probably back me up on that, that that is just part of the new reality. And so I want to bring up something that relates to work because I think this is an important thing to elevate, that we work because it helps us define what our status is. It gives us some certainty in the world, it gives us autonomy. In Christine's case, she was the CEO of Voya. And in Mark's case, he was a head engineer. So there's autonomy and decision-making and relatedness to the people and the product and the mission and all of these things.

So in that emotional journey, which will happen, and that's part of just the mindset shift of accepting, yes, these things are going to happen and it's going to be an emotional ride, how can you, when you're thinking about retirement, replace the feeling of status, for instance? I'll just run through these quickly. And that's why I had brought up a little bit earlier, and both Mark and Christine just leaned into that as well, about doing something for the community. And it could be traveling with another group or couple that also has someone in the couple that has Parkinson's. So you really understand where you are in your universe, so you understand the status. Creating the certainty goes back to what we talked about with some indicators and some new routines and some new goals. So every day you wake up and you have a lot of freedom, you don't have the stress, to Mark's point, you don't have the stress, but you do have things to do, things to accomplish. And that sort of certainty really helps people to feel a better sense of comfort.

And then in terms of autonomy, that could be like Mark's mobility YouTube podcast, something that speaks to you, something that you've always wanted to do, something that gives back to the Parkinson's community or to another group in your world and in your orbit. And then finally that relatedness of identifying really what it is that you enjoy and what you were thinking when you were working full-time, what are the things I could do that maybe I can do right now? Finding some like-minded people to travel with, to go to the gym with, to be part of your new community. And then thinking about how is it that I can show up in the world for myself, for my family, and acknowledging on the emotional side that these things will change over time. But in the moment, in this moment, what does it look like?

Veronique Enos Kaefer: Yeah, there's such an opportunity to ask ourselves, what do I want to do with this precious moment in time and this time that has been given me? And what's it going to look like? And to feel like there's some freedom and some choice in there. So well said, Marti. I appreciate it. Christine or Mark, is there anything else you'd like to add about the support system that you lean into during this phase of your life?

Mark Blinson: Yeah, Cam, my service dog, he's always there. He loves me. And some days when I'm down, he's just there. So possibly an animal. But secondly, the guys at the Y, I'll watch in the morning, try to get moving. You're such an encouragement, Jimmy, and give me such good feedback once they get moving. And thirdly, [inaudible 00:31:41] actually moved to a little town where you can run a golf cart on the streets. And so I'm a very extrovert guy. So when I get lonely, I might be going two miles an hour up the road. I hop on my golf cart, I meet somebody I can talk to. Just a couple of practical things to throw out there.

Veronique Enos Kaefer: Christine.

Christine Hurtsellers: We have wonderful children. I'm very grateful for that, five sons. And so our children have really leaned in. We do worry when the day comes where maybe he's falling more, things like that. But just really having that infrastructure, whether it's family or friends, that is something we're really trying to build today to make sure when that day comes that we have that infrastructure in place.

Veronique Enos Kaefer: Thank you so much for sharing about the real strength that comes from family and friends and having a network of support. The Michael J. Fox Foundation created a tool, an online social tool for people with Parkinson's called the Parkinson's Buddy Network. We created it during COVID, acutely aware of people who might be experiencing isolation. It's a great place to go and connect with other people with Parkinson's and families and to ask them any question. But also it's a place where you can go and ask how to navigate retirement and how that has gone for them. All right. Looking forward, now that you're here, Christine and Mark, have there been any unanticipated joys or adjustments? How's it going?

Mark Blinson: Funny little story, our little two-year-old grandson was in our house with my wife other day, my wife didn't realize I had just come home. He said, "There comes Pa." She said, "How do you know?" He took his hand and went shh, shh, shh on

the floor, because he recognized my little shuffling feet. So have fun, make it humorous whenever you can. It is what it is. As soon as you get used to it being one life, it's going to change. We made a pact with my wife, Parkinson's is not about you or me, it just is. So we're not going to let it affect our marriage, and we'll roll with the punches. Because every day is different. And just when you think you got the most and everything adjusted, it's going to change.

Veronique Enos Kaefer: Beautifully said. Christine?

Christine Hurtsellers: Yeah, I would say the hidden joys definitely are ... My husband and I have a lot more time for one another as far as going out to dinner, watching a television show together. I mean, these are some of the simple joys that we have. Maybe then we can talk about something that's happening on the news. So just being present, present for my partner, present for my family, the blessing of spending more time with my friends, these are bringing me great joy. And you never really want anybody to have to go through Parkinson's. It's a very difficult journey, as we all know. We're all praying for better medication and cures for sure. But life happens, and so just trying to stay as present as we can, not worry too much about what tomorrow may hold is really helping us. And it's just been a source of great joy for my husband and I.

Veronique Enos Kaefer: Marti, from your experience in this community, what do you hear people describing as unexpected joys or unanticipated circumstances? Would you like to add to that?

Marti Fischer: I'd like to add very little because I think Mark and Christine said it really beautifully. But one of the things that I have heard from clients is that when they take themselves out of their work scenario, their work persona, and they just give themselves a little bit of time to be, there has never been a situation where an opportunity has not come to them. Something has presented itself as something thrilling and new and unexpected and joyous. And whether it's reconnecting with friends or reconnecting with family members or finding a project to do, if you give yourself the grace to be open to it, something will present.

Veronique Enos Kaefer: And as a final question, I'll start back with you, Marti, and then Christine and Mark, are there words of advice that you would give to people who are considering navigating retirement at this time?

Marti Fischer: Plan for change. Put some things in place so you can hold on to certain things, exercising and sleeping and connecting and being part of the community. But knowing, and both Mark and Christine said this, that this is going to change. It will change as your symptoms change, it will change when the weather changes. It will change in all sorts of iterations. So to embrace that flexibility piece of it is also really an important aspect.

Veronique Enos Kaefer: Thank you. Christine.

Christine Hurtsellers: I would say one thing we touched upon earlier about retiring is the financial aspects. That can be quite challenging. Jim and I retired before being qualified

for Medicare and things like that. So I would recommend as you're retiring, Marti, you talked about this earlier, research, try to alleviate as much stress around what you think your plan is before you tell your company you're going to retire. Depending on the medical expenses or different things that you need to be factoring in. So I would say to relieve the stress there, planning is imperative.

And then second, as you retire, whether you're the person with Parkinson's or the care partner, take a step back. What I did is try to start big and then go a little with your life. I created a pie. How do I in retirement want to spend my time? What are my new priorities? And spending time with family, which includes my husband, was 50% of my pie. And then I divided it up into travel and time with friends and giving back. And so that was just my personal pie. The only reason I'm saying this is that you can feel a little bit adrift because you ... I'm kind of like a planner and a type A, and so getting your financial plan and then trying to figure out how do we want to spend my time as opposed to just going into chaos, that helped tether me a little bit and reduce some of the emotional stress and everything as I transitioned.

Marti Fischer: I love the pie. I love the pie visual. I'm going to borrow that.

Veronique Enos Kaefer: Mark.

Mark Blinson: For me, my faith is very important. As already been said, take one day at a time. I promise tomorrow, so don't worry about it. If you do worry about it, you have to possibly live it twice, the worry [inaudible 00:39:10] when it actually occurs. Secondly, everyone out there wants to help. So as you go about your day, people will open the doors for you or help you get that thing off the shelf. And sometimes it's hard to accept. So accept people being willing to help you if they want to. You're not really a burden to them. And so gracious, I want to say thank you.

Veronique Enos Kaefer: I want to thank all of our wonderful guests for joining me on this episode. I appreciate you sharing some of your own Parkinson's and retirement journeys and for demystifying the process a bit. Thank you so much.

Mark Blinson: Thank you. Enjoyed it.

Christine Hurtsellers: Thank you so much.

Marti Fischer: Thank you. Great conversation.

Veronique Enos Kaefer: In the show's notes, there are some links to the foundation's workplace guides. It's financial planning webinar and slides, and a recent article written by the foundation's Dr. Rachel Dolhun, offering some great tips on how to ease into retirement with Parkinson's. So please check those out. Please also rate and review this show. It helps listeners like you find our podcasts. I'm guest host, Veronique Enos Kaefer, and thank you for tuning in.

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