



February 2024 Newsletter

Supporting people with Parkinson's disease, their families, and their care-partners in the CSRA

P.O. Box 31
Evans, GA 30809

Phone: 706-364-1662

Email: info@parkinsoncsra.org

Website: www.parkinsoncsra.org

Meeting Date & Time:

4th Tuesday of the month,
February 27th, at 6 PM

Meeting Location:

Georgia Room at Brandon Wilde
4275 Owens Rd.
Evans, GA 30809

February 27th: Open Discussion

Please join us on **Tuesday, February 27th at 6 pm**, in the **Georgia Room at Brandon Wilde** for an open discussion based on topics from Dr. Kurek's presentation last month and any other relevant subjects. Please bring a covered potluck dish if you are able. We will provide chicken strips and beverages. Hope to see you there!



Caregivers' Lunch: March 7th at Pizza Central

The monthly Caregivers' Lunch is an informal gathering for Parkinson's caregivers to get together to share information and support each other. Please join the next Caregivers' Lunch, which will be held at **12:30 pm** on **Thursday, March 7th**, at **Pizza Central, 526 N. Belair Rd. in Evans**. Please contact **Patti Kelley** if you will be attending by calling or texting **706-339-1799**.

Brain Health Lunch and Learn Series
Spring into Action with a panel of aging experts discussing local resources!

via Cognitive Health
Programing and Resource Center for Alzheimer's and Related Dementias

AUGUSTA UNIVERSITY

Parkinson's Foundation

georgia memory net

AU Brain Health Lunch and Learn: March 21st

Join the next Augusta University Brain Health Lunch and Learn on the **3rd Thursday, March 21st**, and "**Spring into Action**" with a panel of experts in dementia and Parkinson's programming and care! There is no cost to attend. Registration is required. Seating is limited. Lunch will be provided. *Register here:* tinyurl.com/5n6uv6c9 or scan the QR code.



Thursday, March 21st
12 to 1:30 PM

The Salvation Army Kroc Center of Augusta
1833 Broad Street in Augusta

**NORTH AUGUSTA
HEALTHY
FAIR 2024**

**SATURDAY, FEBRUARY 24
10AM-1PM**

Comfort Keepers.

The **North Augusta Healthy Fair** is a free community event aimed to encourage and educate the CSRA community on how to live a safe, healthy, and active lifestyle. This family-oriented event will showcase interactive booths from local businesses, health-and-wellness-focused entrepreneurs, and area fitness professionals. Free health and wellness consultations will also be available with onsite evaluations.

Healthy Fair 2024 will be held on **Saturday, February 24th from 10 am – 1 pm. at the Family Life Center, First Baptist Church of North Augusta, 100 Jackson Street, North Augusta.** The event is free!



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (March 7th)**, at 1:00 p.m. in the Atrium of the James Rivers Education Building (E. Pine Log Rd. side of campus) of Millbrook Baptist Church, 223 S. Aiken Blvd. For more information, please contact **David Howard** at **803-502-4167**.

Lewy Body Dementia Support Group

The LBD meetings are held at **11 AM on 3rd Tuesdays (March 19th)** at:

Lessie B. Price Aiken Senior & Youth Center
841 Edgefield Ave. NW, Aiken, SC

Contact Nancy Martin at nancy13lbd@gmail.com,
or Linda Lucas at linda@daybreakcare.com



Parkinson's Fit & Fun



Our **FREE** exercise group is growing and includes people in various stages Parkinson's and their care-partners. These Parkinson-specific exercises are scientifically proven to slow the progression of symptoms, and we have fun while we're at it! Come check it out:

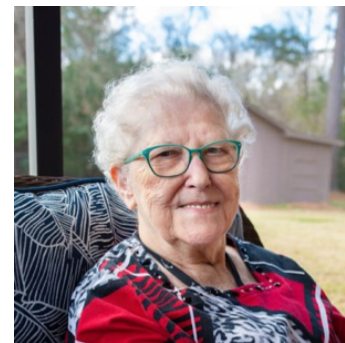
Mondays and Wednesdays
10:30 AM to 11:30 AM

St. Mark United Methodist Church
2367 Washington Rd.,
At the intersection of Woodbine Rd.

Parking and the gym entrance are behind the church.

Eva's Purse Updates

In 2023 we implemented a new program called Eva's Purse to distribute "goodie bags" to people with Parkinson's living in nursing homes. This project was established in memory of Eva Erwin (pictured right), a founding and faithful member who spearheaded this activity in the past.



Eva's Purse delivered 9 Valentine's gift bags to local people with Parkinson's living in nursing homes this month! Please remember, we are only able to visit nursing home residents who have been referred to us. So, if you know a person with Parkinson's in a nursing home (not assisted living), please contact the CSRA Parkinson Support Group at (706) 364-1662 or email info@parkinsoncsra.org and share contact info so the person can be added to the list of folks to be visited.

Day One Fitness

Day One Fitness (D1F) is an 8,000 square foot gym devoted solely to those living with and recovering from neurological disorders. Through classes using non-contact boxing and other uniquely tailored exercise programs, they seek to improve participants' quality of life. Learn more at dayonefitness.org or call **803-265-1699** for details and pricing.



Marty Turcio's Therapeutic Golf

[Marty Turcios Therapeutic Golf](http://MartyTurciosTherapeuticGolf.com) provides free therapeutic recreation to anyone with a disability, using the latest high-tech equipment, at **Wedges & Woods Driving Range**, 3731 Wrightsboro Road in Augusta.

Clinics are held every **Wednesday and Thursday from 10 AM to 12 PM**.
Learn more at: therapeuticgolfclinic.com or call [\(706\) 495-4538](tel:(706)495-4538)

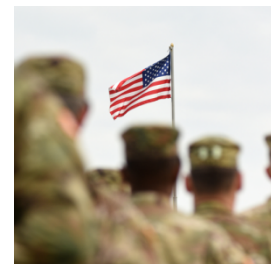


Aquatic Exercise for Parkinson's

Aquatic exercise can slow the progress of Parkinson's disease, and it's fun too! The Wilson Family Y on Wheeler Rd in Augusta has a world class adapted aquatics program. The programs are fee-based and open to both Family Y members and non-members. An initial evaluation is required. To schedule an evaluation or for additional information, please contact Claudia Collins at 706-922-9664 or at ccollins@thefamilyy.org.

Veterans with Parkinson's

For veterans with Parkinson's disease, there is an opportunity to meet informally to discuss relevant issues and share concerns. Jim Daskal, a charter member of the new VFW in Evans, has offered their place for such a meeting. There's a private place to talk and share stories. Interested vets should leave a message for Jim Daskal at the VFW: 706-364-9604.



Don't miss this **FREE** educational community event!

Register now!

2024



KAPIL D. SETHI

BRAIN HEALTH

SYMPOSIUM

Join us to hear from leading experts about Alzheimer's and Parkinson's disease!



Scan QR Code

APRIL 20TH | 8:00 AM - 3:30 PM
1301 R.A. DENT BLVD AUGUSTA, GA
BREAKFAST AND LUNCH PROVIDED

Register here by **April 7th:**

 AugustaHealth.org/BrainHealth

For more information:

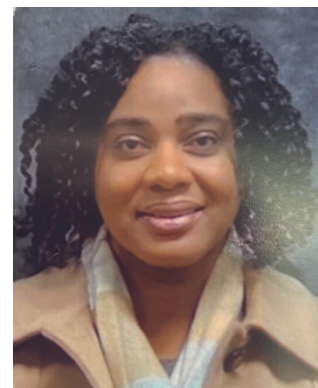
 **706-721-2798**



Introducing: Roxanna Dunn

We are pleased to announce that Roxanna Dunn, MSW, has joined the Augusta University Movement and Memory Disorder Center as the Patient Educator/Outreach Coordinator. One of her main responsibilities will be as the Center Coordinator for the Augusta University Parkinson's Foundation Center of Excellence. In that role, she will serve as an important community partner for the CSRA Parkinson Support Group, as we work together to make sure people with Parkinson's know they are not alone no matter what stage of the journey they face.

Roxanna has considerable and diverse social work and programmatic experience. She received her MSW and BS in Health Service Administration from Barry University in Florida. Her past professional experience and volunteer community service align with her new role. She has worked with individuals, families, youth, older adults, military, veterans, and substance abuse population. Welcome Roxanna!



Honor & Memorial Gifts

In Memory of *Alan Habegger*, from
Kay Hays

In Memory of *Lang Rivers*, from
Mr. & Mrs. Michael Hawkins

In Memory of *Paul "Smitty" Smith*, from
Kay Hays

Our Deepest Sympathy

To the family and friends of
Richard Milton Sligh, Jr.,
in his recent passing

To the family and friends of
Michael Gregory Senn,
in his recent passing

To the family and friends of
Betty Jean Reeder Lariscy Ley,
in her recent passing





Research Spotlight

The ASCEND Research Study is Enrolling Participants

If you or someone you know has been diagnosed with Parkinson's disease (PD), you or they may be eligible to participate in a clinical research study evaluating the safety and efficacy of a new investigational treatment. The study is evaluating an oral tablet for those with early, untreated Parkinson's. The tablet will be taken only once a day with the largest meal. Approximately 60 participants will be recruited for this study and those enrolled will be asked to participate for up to 18 weeks, which includes the screening, treatment, and post-treatment follow-up periods. To participate in this study, participants must be age 30 or older, have a clinical diagnosis of Parkinson's disease, must not be currently receiving any medication for PD, must not have previously received any medication for PD for more than 28 total days at a time, and must be freely ambulatory (with or without assistive device). *Other eligibility criteria apply. Study participants receive study drug at no cost, and compensation for time and travel may be available.* Learn more at ascendclinicaltrial.com. Contact Buff Farrow at 706-721-0619 or bfarrow@augusta.edu to see if you qualify and/or enroll in the study.



Lenrispodun as Adjunctive Therapy for Motor Fluctuations

Researchers at Augusta University are looking at whether an investigational study drug for people with Parkinson's disease can help improve movement-related PD symptoms that can occur between doses of levodopa. Buff Farrow 706-721-0619 or bfarrow@augusta.edu. Learn more: clinicaltrials.gov/study/NCT05766813

Join the TOPAZ Study Without Leaving Home

People with Parkinson's disease and parkinsonism have a higher risk of fractures (breaking bones). The TOPAZ study will test if an investigational medicine called zoledronic acid can prevent fractures in people 60 years old or older with Parkinson's disease or parkinsonism.

This study is done from your home and you can earn \$100 upon enrollment & \$50 per year during the study. Learn more: topazstudy.org



PD GENERation: Mapping the Future of Parkinson's Disease



Join the PD GENERation Study

PD GENERation: Mapping the Future of Parkinson's Disease is a national initiative that offers genetic testing for clinically relevant Parkinson's-related genes and genetic counseling at no cost for people with Parkinson's disease (PD). Participation can be either in-person at a Movement Disorders Center of Excellence or from home through a telemedicine appointment and at-home cheek swab collection kit. Learn more: pdgeneration.org

Bukwang SHINE Study for Dyskinesia

The SHINE study is researching moderate to severe dyskinesia in patients taking levodopa for Parkinson's disease (PD). Dyskinesia is uncontrollable muscle movement and is often found in people with PD. It can look like fidgeting, wriggling, restlessness, body swaying, or head bobbing. More severe cases can interfere with daily activities or may be painful. Study doctors want to learn if an investigational drug may help control dyskinesia symptoms while taking levodopa. The researchers are enrolling participants now. If you have PD, take levodopa, and have dyskinesias, you may qualify to participate. Learn more here: tinyurl.com/yc2c7xn6. To enroll or if you have questions, contact Dedi McLane at 706-721-4912 or dmclane@augusta.edu





Resource Round Up

The CSRA Parkinson’s Support Group has been providing support and education and fighting Parkinson’s disease through local and national efforts **for 32 years!** The resources available and how we access them has evolved tremendously since 1991, not to mention all the changes over the past few years. In *Resource Round Up*, we’ll “wrangle” national resources by maintaining and updating a list of

those available to people with Parkinson’s and their care-partners. If you know of a resource that is not listed here, please let us know so we can include it in future lists!

- **Parkinson’s Foundation:** parkinson.org Webinars, fitness exercise/meditation classes, podcasts, community discussion forums, and online and kindle/tablet educational materials and booklets, free hospital kits, and more. PF Helpline: 1-800-4PD-INFO (1-800-473-4636)
- **Michael J. Fox Foundation:** michaeljfox.org Research activities/information, webinars, podcasts educational materials, community forums
- **Davis Phinney Foundation:** davisphinneyfoundation.org Fitness exercises, webinars, blogs, podcasts, free “Every Victory Counts” manual. Phone: 1-866-358-0285
- **Parkinson Place:** parkinsonplace.org Fitness exercises, music, dance, meditation, lectures, community. Phone: 1-941-893-4188
- **American Parkinson’s Disease Association:** apdaparkinson.org Support group network, resources for specialized populations, online discussion forum, rehabilitation resource center, educational video library, webinars, and more. Phone: 1-800-223-2732
- **Veterans Administration:** parkinsons.va.gov This site provides Veterans with general information on PD and on what is changing in the VA, with monthly updates.
- **The George Center Foundation:** thegeorgecenter.com Music therapy, group singing (choir), voice practice. Phone: 1-281-342-6109
- **Young Onset Parkinson’s Mentoring:** yopdmentoring.org Connecting people with YOPD with their peers for mentorship and support.
- **Me Over PD:** meoverpd.org informational resource for people with PD, including a blog, forums, a podcast, newsletter, attack plans for PD, links to a wealth of resources, and a unique “Symptom Map”
- **PD Avengers:** PDAvengers.com a global alliance of people with Parkinson’s along with partners and friends, standing together demanding change in how the disease is seen and treated.
- **Dana’s Recovery Room:** immanuel-baptist.us/danas-room providing durable medical equipment at no cost for those in need at Immanuel Baptist, 615 Old Edgefield Rd, in N. Augusta, Wednesdays from 12 to 4, or contact Sandra Nuss at 803-634-9638.



Parkinson Place Free Virtual Resources

Although based in Sarasota, FL, **Parkinson Place** can be an excellent resource here in the CSRA as they provide a wealth of free classes and seminars virtually on Zoom. Some of our members are regular participants and have endorsed the benefit of joining. Membership is free. Learn more at parkinsonplace.org



CSRA Parkinson Support Group

P.O. Box 31
Evans, GA 30809



Phone: (706) 364-1662

Email: info@parkinsoncsra.org

Website: www.parkinsoncsra.org

Facebook: facebook.com/parkinsoncsra

YouTube:

youtube.com/channel/UClqiDJnyoWfb9zjCrsmYquA

Twitter: [@parkinsoncsra](https://twitter.com/parkinsoncsra)

PF Parkinson's Helpline in English/Español:
1-800-4PD-INFO (473-4636)

Officers and Board Members:

Logan Banks, *President & Public Relations Chair*,
616-566-2225

Angie Rainier, *Vice President*, 706-951-7035

Dick Reynolds, *Secretary & Research Chair*,
706-951-9657

Tambra Wilkerson, *Treasurer*, 706-799-9506

Mary Ann Navarro, *Respite Program Chair*,
706-799-2995

Nathan Searle, *Newsletter & Web Chair*, 615-504-4739

Pam Elrod, *Outreach Chair*, 706-831-2777

Kathleen Reynolds, *Board Member*, 706-863-5123

Kay Hays, *Board Member*, 803-292-1908

Amanda Waters, *Board Member*, 803-265-1699

Jim Allen, *Board Member*, 706-836-1066



Paper Newsletter Opt Out:

If you no longer wish to receive our mailed newsletter, or would prefer to get it by email, please let us know at: (706) 364-1662 or info@parkinsoncsra.org



Calling Post Update:

We are updating our Calling Post Contact List. Would you prefer to receive a phone call reminder about our meetings? Or are you on our Calling Post list and wish to be removed? Please let us know at: (706) 364-1662 or info@parkinsoncsra.org