



March 2025 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,
March 25th, at 6 PM

Meeting Location:

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

March 25th Meeting: Open Discussion

Please join us on **Tuesday, March 25th at 6 pm**, in the **Georgia Room at Brandon Wilde** for a time of sharing and open discussion about living with Parkinson's, both as people with Parkinson's and as care-partners. Our last two meetings did not allow much time for us to talk with one another, so we have dedicated this month's meeting to just that. This will be a good time to ask questions and seek advice you may need as we all go forward. Please bring a covered potluck dish if you are able. We will provide chicken strips and beverages. Hope to see you there!



Caregivers Lunch: April 3rd at Pizza Central

The monthly Caregivers Lunch is an informal gathering for 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, April 3rd**, 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**.

New: Join the "Feel Good" Team!



We're thrilled to share a new opportunity to aid the mission of the CSRA Parkinson Support Group. Led by radio and TV personality, actress, entrepreneur, and daughter of the "Godfather of Soul" James Brown, **Dr. Deanna Brown Thomas**, funds raised by the "Feel Good" Team for **Drive Toward a Cure's Music & Motion in Reno 2.0** will go directly towards supporting our efforts! Read more on the flyer on the next page. Share the news and join the team by clicking here or scan the QR code on the flyer:

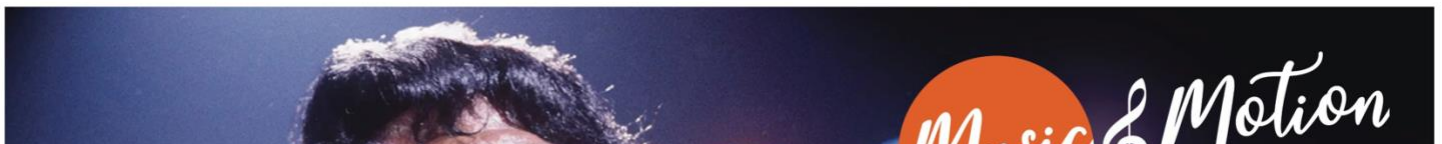
drivetowardacure.org/day/the-feel-good-team

Brain Health Lunch & Learn Series

The free lunch and learn series feature distinguished experts in Alzheimer's disease, Parkinson's disease, and related disorders, on **3rd Thursdays at Via Cognitive Health**, 105 Lutheran Dr, in Augusta, from 12:00 to 1:30. There is no cost to attend, but registration is required and seating is limited. Lunch is provided.

April 17th: Elizabeth Prince-Coleman, MPA, PA-C, will present "Medications: Understanding the label and when to ask more questions."

Learn more and register: viacognitivehealth.org/education/brain-health/





Upcoming Meetings

April 22nd: Angie Rainier will lead a presentation on adaptive tools for getting along in our Parkinson's journey. Everyone is invited to bring any devices you may have (whether purchased or handmade) that you think other people might benefit from seeing or using in their lives.

May 27th: Physical therapy presentation on LSVT Big (wear comfortable clothes), with a therapist from Athletico Physical Therapy.

June 24th: Presentation on the Adaptive DBS system approved by the FDA in February (already covered by Medicare).



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (April 3rd)**, 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.

Coming Up Soon

April 20th: Parkinson's Awareness Day at SRP Park

The Augusta Greenjackets play the Myrtle Beach Pelicans at 5:00 PM. More info to follow.

April 26th: GCCAC Annual Community Health & Wellness Fair

10 AM to 2 PM at Oakley Grove Baptist Church, 911 N. Belair Rd in Evans. FREE event with health screenings, wellness sessions, giveaways, and local vendors and food trucks.

May 10th: North Augusta Healthy Fair

Please note that the North Augusta Healthy Fair 2025 has been moved from February to Saturday, May 10th, 2025, at the Family Life Center, 100 Jackson Street, in North Augusta from 8 AM to 1 PM. FREE admission and FREE parking

June 7th: Kapil D. Sethi Brain Health Symposium – Register now

Don't miss this FREE event about Alzheimer's disease, Parkinson's disease, and related disorders, offering comprehensive insights into the latest research, breakthrough developments, and advanced treatment options tailored for individuals, care partners, and families grappling with neurodegenerative diseases. Breakfast and lunch provided. Taking place on Saturday, June 7th, 2025, 8:30 AM - 4:00 PM, at 1301 R.A. Dent Blvd, in Augusta. Register by May 15th at augusta.qualtrics.com/jfe/form/SV_9B3yoU88J58cSAC. For more information, call [\(706\) 721-2798](tel:7067212798).

Save the Date

October 4th: POP Walk 2025

The 26th Annual POP Walk, the People of Parkinson's Walk, is set for October 4th, starting at 9 AM, at First Baptist Church of Augusta. Mark your calendar!





Parkinson's Fit & Fun

Our FREE exercise group includes people with Parkinson's at various stages 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!

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

St. Mark Methodist Church

2367 Washington Rd., at the intersection of Woodbine Rd.

Parking and the gym entrance are behind the church

Please note: There will not be Fit & Fun exercise classes during Master's Week, April 7th & 9th.

Marty Turcio's Therapeutic Golf

Marty Turcios Therapeutic Golf 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



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.



Birdies for Brain Health Golf Tournament: May 12th

The Birdies for Brain Health Golf Tournament, benefiting Day One Fitness is coming up on Monday, May 12th at 12 PM at West Lake Country Club: 3556 W Lake Dr, in Augusta.

Learn more: BirdiesForBrainHealth.com. Get in touch: Danielle Williams, 803.265.1699, info@dayonefitness.org

Lewy Body Dementia Support Group

The LBD meetings are held at **11 AM on 3rd Tuesdays (April 15th)** 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



Caregivers: Need a Break? Respite Care Grants Available

Our local **Respite Care Grant Program** is available to you to receive reimbursement for times you may need to hire someone to stay with your person with Parkinson's (PWP) when you cannot be there or need a break. For example, this could help you keep appointments, shop, visit, or stay home and take a break. Guidelines and application forms for Respite Care Grants are available on our website: parkinsoncsra.org/assistance. Call Mary Ann Navarro at 706-799-2995 for more information.



Eva's Purse News

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 left), a founding and faithful member who spearheaded similar activities in the past.

Our next Eva's Purse event will be "Christmas in July." This is a chance to celebrate these folks outside of a regular holiday. We want to honor them throughout the year! If you know of a Parkinson person living in a local nursing home (not assisted living) who would like to receive a goody bag or if you would like to join this committee, please contact Mary Ann Navarro at the CSRA Parkinson Support Group phone number 706-364-1662 or Pam Elrod at 706-831-2777. If you would like to provide small items such as socks, tissues, puzzle books, etc., to go in the bags or to donate money to purchase items, please call the above numbers.

Honor & Memorial Gifts

In Memory of *Hattie Elam*, from
Dr. & Mrs. William R. Kitchens

In Memory of *Stanley David Stroud*, from
Amy Boeke
Roy Lewis

In Memory of *Jamie Lorio*, from
Gerry Owen, Crane & Owen Financial Solutions

A donation of any amount is a special way to honor or remember a loved one, and your gift will help fight Parkinson's locally. You can send an honor or memorial gift online at parkinsoncsra.org by clicking the "donate" button, or send a check to: *CSRA Parkinson Support Group*, P.O. Box 31, Evans, GA, 30809.

Our Deepest Sympathy

To the family and friends of
Jamie Gerard Lorio, Sr.,
in his recent passing

To the family and friends of
Stanley David Stroud,
in his recent passing





Research Spotlight

CSRA Parkinson Support Group's Contributions to Parkinson's Research



Since the founding of the CSRA Parkinson's Support Group in 1991, the group has supported families living with Parkinson's disease (PD) in this area in a variety of ways. In the year 2000, the group initiated an annual fundraising and awareness event, the Parkinson's Walk. It was understood then, as it is now, that existing treatments for PD treat symptoms but do not combat underlying causes. By 2003, the organization had realized that while direct support is essential for people with PD and their care-partners, we must also direct some of our resources into scientific research into underlying causes, disease-altering treatments, and possibly prevention or cure, to make a longer-term difference for our community.

To that end, we contacted reputable research organizations, both locally and nationally, and have since frequently granted funds to Augusta University and Veteran's Administration researchers locally, and to national foundations who specialize in conducting Parkinson's disease research, such as the Michael J. Fox Foundation and the Parkinson's Foundation. These and many other research organizations have made great advancements in the last 2 decades in developing treatments, diagnostics, and a better understanding of the underlying causes of Parkinson's disease. The CSRA Parkinson's Support Group is proud to announce that since 2003 we have contributed nearly \$390,000 toward Parkinson's disease research. Still, much remains to be done, and research is the way that we will eventually get there. None of our donations toward research would have been possible without the generous donations from the CSRA sponsors and our CSRA community along with friends and relatives from all over. Thank you all so very much! You are making a real difference.

New: Consider the PROSPER Study for PSP

Progressive supranuclear palsy (PSP) is a rare and progressive brain disorder that can cause balance, movement, and other problems over time. Current treatment for PSP focuses on managing symptoms but does not slow the progression of the disease. The PROSPER Study is testing how safe and effective a study medicine called FNP-223 is as a possible treatment for PSP. The researchers are seeking volunteers who are suspected to have or are diagnosed with PSP. Learn more here: psptrialferrer.com. Contact Dedi McLane at dmclane@augusta.edu or 706-721-4912 to learn more and see if you qualify for 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

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



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 34 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.
- **Cutter's Resource Closet:** facebook.com/groups/471621663551680/ providing durable medical equipment at no cost for those in need at Interim HealthCare, 801 Broad St, in Augusta, Wednesdays from 12 to 4, or call 706-550-9880.



New: Cutter's Resource Closet

Dana's Recovery Room at Immanuel Baptist Church in North Augusta has closed, but the essential resource has been replaced by **Cutter's Resource Closet** at Interim HealthCare, 801 Broad St, Suite 605, in downtown Augusta! Open Wednesdays 12-4 PM or call 706-550-9880.



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Evans, GA 30809



Phone: (706) 364-1662

Email: info@parkinsoncsra.org

Website: www.parkinsoncsra.org

Facebook: facebook.com/parkinsoncsra

YouTube: youtube.com/@parkinsoncsra

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

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

Officers and Board Members:

Jim Allen, *President*, 706-836-1066

Logan Banks, *Past President*, 616-566-2225

Amanda Waters, *Public Relations Chair*, 803-265-1699

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

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

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

Angie Rainier, *Resource Chair*, 706-951-7035

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



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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