



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,
September 27th, at 6 PM

Meeting Location:

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

Sept. 27th Meeting: Day One Fitness

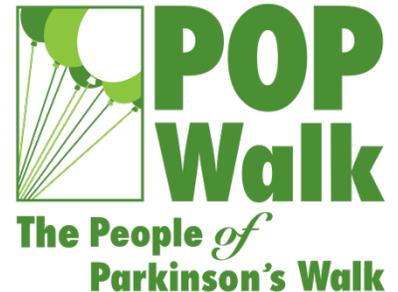
Please join us on **Tuesday, September 27th at 6 pm**, in-person in the **Georgia Room at Brandon Wilde**, or live on Zoom and Facebook Live. We are excited to welcome **Suzanne Denmark**, Program Director, and **Lisa Coulthard**, Certified Yoga Instructor, from Day One Fitness. Suzanne will be demonstrating PWR!(Parkinson's Power Recovery)Moves. PWR! Moves were created by Dr. Becky Farley, neuroscientist, based on her research with the LSVT BIG program. Lisa Coulthard will discuss the benefits of yoga for those with PD and how yoga and breathing can work together to improve awareness and posture. Please bring a covered potluck dish if you are able. We will provide chicken strips and beverages. Hope to see you there!



Our meeting will also be available live at facebook.com/parkinsoncsra and on Zoom through this link: us02web.zoom.us/j/85853349155?pwd=WVITTUhtaE5EWEI1dmxOTTUxeGlvUT09.

POP Walk 2022 is October 1st!

Go to POPWalk.org and click the "participate" button to begin the registration process or "donate" if you do not plan to attend the event but want to donate. If you are starting a team, click "create a team" in the participant center. There is no registration fee, but donations are appreciated.



How to Make the Most of POP Walk:

Pre-register today at POPWalk.org. Show up at 9 am, park, and head to the registration tent, whether you pre-registered online or not. If you registered and raised or donated \$25 or more, you can check in and get your POP Walk t-shirt at the registration tent, while supplies last. Next, head to the honor/memory tent to decorate a bib to honor or memorialize a loved one (or yourself). Then head to the raffle table, check out the awesome prizes, pick up raffle tickets, and drop the tickets in the prize packages you hope to win. Take some time to appreciate the arts and crafts at the Parkinson's Artisans tent and bid on your favorites! Enjoy the music and various activities and vendor tables around before heading to the balloon arch for kick-off. Follow the "cornerstone" signs displaying this year's donors and sponsors along the walk route. Be sure to collect a band at the end of each lap. When you've completed 8 laps (about 2 miles), or as far as you're able, you're finished! POP Walk is a walk for all ages and abilities, so walk, roll, or ride as far as you can safely, then turn in your bands in exchange for a prize. Next, hang around and listen for your raffle ticket number to be called. Most of all have fun and enjoy the morning together!



POP Walk Event Schedule:

- 9:00 Event and registration begin
- 9:10 Tai Chi demonstration in Activity Area
- 9:30 Enjoy opening ceremonies, then head to balloon arch
- 9:50 Aegis therapists lead pre-walk stretches
- 10:00 Ribbon is cut, and the walk kicks off!
- 10:15 Day One Fitness demonstration in Activity Area
- 11:05 Raffle ticket sales end; group photo at balloon arch
- 11:30 Raffle and auction winners announced
- 11:45 Closing Ceremonies

Ongoing throughout the event:

- Honor/memory bib decoration
- U-Pick Raffle
- Parkinson's Artisan's Silent Auction
- Hands-only CPR demonstration
- Trikes
- Kids activities
- Refreshments
- Sponsor and information tables
- Music
- And more!

Attire:

Be sure to wear comfortable shoes and clothing, along with sunglasses and a hat or other sun protection. You may want to bring rain gear too, just in case! This is a rain-or-shine event.

Team Competition:

The team fundraising competition is heating up! Here are the top 5 teams by funds pledged as of September 15th:

- | | |
|------------------------------|--------|
| 1. Day One Fitness | \$1400 |
| 2. KKR-Undefeated | \$675 |
| 3. Papa Joe's Battle Buddies | \$495 |
| 4. Team Lariscy-Mace-Cybart | \$150 |
| 5. Jim Herzberg | \$100 |

The race is still close with less than 2 weeks left until the big day, so keep building your teams and raising funds!

Tips for Fundraising:

Don't forget to ask people to support you for POP Walk 2022. Ask them for \$10 or \$20 - small amounts can make a difference! Ask your co-workers, family, and friends, and others you interact with regularly. If you register online at POPWalk.org, you can log in and use the tools on the site to fundraise. You can share a link to your fundraising page on your social media pages. Many companies will match their employees' charitable donations, so check with your employer. And of course, there is always the classic bake sale or car wash!





October 1st 2022

*First Baptist Church of Augusta
Event begins at 9 AM, Walk at 10*

Register and/or donate today at:

POPWalk.org



✂----- Or cut out and mail in this form. (Hint: this page doubles as a poster!) -----

Name: _____

Address: _____

Email: _____ Phone: _____

I plan to participate as an individual. I will not be participating, but am enclosing a donation.

I plan to participate as a member of the following team: _____

I am walking/donating in honor of: _____

I am walking/donating in memory of: _____

Send to: CSRA Parkinson Walk
P.O. Box 31
Evans, GA 30809



The Movement and Memory Disorder Center, Department of Neurology, Augusta University, the Parkinson's Foundation, and Georgia Memory Net have announced the fourth annual **Brain Health Symposium**, focusing on Alzheimer's disease, related dementias and Parkinson's disease and movement disorders. This event emphasizes the latest research, developments, and treatment options for those living with a neurodegenerative disease while providing crucial information in support of the care partners that support them. **There is no cost to attend, but registration is REQUIRED by October 31st, 2022.** Continental breakfast and boxed lunch are provided for those who pre-register. For inquiries contact Kristine Cordero at 706-721-2148 or email AUmemoryclinic@augusta.edu. Register here: shorturl.at/bNOP7

Date and time:

Sat, November 12, 2022
8:00 AM – 1:00 PM EST

Location:

J Harold Harrison MD Education Commons
1301 R.A. Dent Boulevard
Augusta, GA 30901

FEATURING:

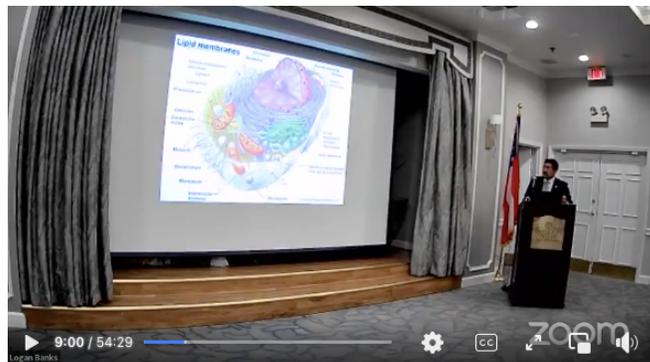
- **John Morgan, MD, PhD:** Professor and Director of the Movement and Memory Disorders Center, Neurology Department, Medical College of Georgia at Augusta University.
- **Julie Kurek, MD:** Associate Professor and Director of Augusta University Parkinson's Foundation Center of Excellence, Neurology Department, Medical College of Georgia at Augusta University.
- **Colin McLeod, MD:** Assistant Professor, Neurology Department, Medical College of Georgia at Augusta University.
- **Elizabeth Prince-Coleman, MPA, PA-C:** Program Director & Associate Clinical Director. Department of Physician Assistant at Augusta University, Physician Assistant, Movement & Memory Disorders Center of Excellence.
- **Chad Hales, MD, PhD:** Associate Professor, Department of Neurology, Emory University School of Medicine, member of the Emory Goizueta Alzheimer's Disease Research Center clinical core, MAC Core Training Lead for Georgia Memory Net.
- **Vanessa Hinson, MD, PhD:** Professor and Director of the Movement Disorders Program at the Medical University of South Carolina
- **Dad's Garage:** An award-winning non-profit theatre company located in Atlanta's historic Old Fourth Ward. Dad's Garage transforms people, communities, and perspectives through laughter.

Recap and Video of the August 23rd Meeting

We hope you were able to attend our August 23rd meeting either at the Georgia Room at Brandon Wilde or live on Zoom or Facebook Live. We had a very special update on cutting-edge local Parkinson's research that could have global impact, supported by funds from our group!

Dr. Yutaka Itokazu did an excellent job explaining complex ganglioside research to our group in an accessible way. Dr. Itokazu is carrying on the legacy of our friend Dr. Robert Yu, who was a pioneer in glycolipid research who lived with Parkinson's disease and passed away this year. It was special to host Dr. Itokazu and hear about this important on-going research.

Thank you so much Dr. Yutaka Itokazu!



If you missed it, you can watch the full video here: fb.watch/fzE0PVIgvo/



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (October 6th)**, 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 call 803-502-0494.

Lewy Body Dementia Support

The LBD meetings are held at **11 AM on 3rd Tuesdays (October 18th)** 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

Address for Sending Donations:

Donations, including honor and memorial gifts, should now be sent to our treasurer, Tambra Wilkerson, at our new post office box:

CSRA Parkinson Support Group
ATTN: Tambra Wilkerson
P.O. Box 31
Evans, GA 30809



Caregiver Corner

Caregivers' Lunch: October 6th

The next Caregivers' Lunch will be held at **12:30 pm on Thursday, October 6th**, at **Pizza Central in Evans, 526 North Belair Road**. Please contact **Patti Kelley** to RSVP if you will be attending by calling or texting **706-339-1799**.

Parkinson's Fit & Fun



**PARKINSON'S
FIT & FUN**
PARKINSON'S EXERCISE CLASS

FUNDED BY
 CSRA
Parkinson
Support
Group

ST. MARK UNITED METHODIST CHURCH
2367 WASHINGTON RD. AUGUSTA, GA 30904
At the intersection of Woodbine Rd.
The gym entrance is behind the church.

MONDAYS & WEDNESDAYS
10:30 to 11:30am
NO COST TO PARTICIPANTS

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](tel:7064954538)



Parkinson's Aquatic Exercise

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. For more information, please contact Claudia Collins at 706-922-9664 or ccollins@thefamilyy.org.



Research Spotlight



New Parkinson's Study Seeking Participants: Orchestra

The Orchestra Study will assess whether an investigational medication called UCB0599 might be able to slow down the progression of both the disease and the symptoms. The study is seeking participants diagnosed within the past 2 years who have not started medications to treat PD motor symptoms and don't plan to within 6 months. Learn more at orchestra-study.com and contact Dedi McLane at 706-721-4912 or dmclane@augusta.edu for more information and to be considered for participation in the study.

Day One Fitness News

Day One Fitness (D1F) is an 8,000 square foot gym devoted solely to those living with movement and memory 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.



PWR! Moves are back: At our September meeting, Suzanne Denmark will be demonstrating some of the basic PWR! Moves. If you're interested in trying them out, D1F now has a class on Tuesdays from 9:00-10:00 AM. This is open to non-members of the gym for a cost of \$15 per class. Here are the 4 moves achieved in a variety of ways using the entire gym:

PWR! Up: Posture and Alignment to counteract rigidity, reduce falls and make bigger steps

PWR! Rock: Weight Shifting improves turns, rolls and widens the base of support

PWR! Twist: Trunk Rotation utilizes rhythmic repetition to help reduce rigidity and improve transitional movement

PWR! Step: Transitions to help improve balance and movement from one location to another. information is from PWR!forlife website: pwr4life.org

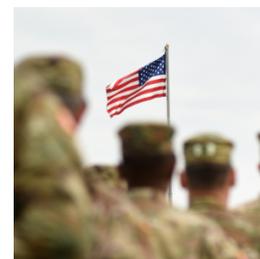


D1F Open House: Check out Day One Fitness at their Open House on Saturday September 24th from 10:00-11:30 am. At 11:30 they will have a class that everyone can participate in. All equipment will be provided. The gym is located at 257 Beech Island Ave. in Beech Island, SC, less than 15 minutes from downtown Augusta, GA.

Veterans Fighting Parkinson's Disease

Veteran Resources from the Parkinson's Foundation:

More than 110,000 veterans with Parkinson's disease receive care through the U.S. Department of Veterans Affairs (VA). Most people with Parkinson's develop symptoms at 50 years of age or older. One million people in the U.S. live with Parkinson's today. This number will rise as our population ages, as will the number of veterans diagnosed with the disease. Learn more: parkinson.org/living-with-parkinsons/finding-care/veterans



Opportunity to Meet with Local Veterans with Parkinson's:

For veterans with Parkinson's disease, there is an opportunity to meet informally, 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 can leave a message for Jim Daskal at the VFW, 706-364-9604.

Device Available for Veterans with Parkinson's Speech Difficulties

Veterans with Parkinson's disease affecting their speech may benefit from a SpeechVive device, available at Veterans Administration Medical Centers. SpeechVive is a small device that resembles a hearing aid. It is worn in one ear and when you speak it introduces a 'white noise' to cause the user to talk more loudly. Contact the VA to learn more or request an appointment with a speech language pathologist to see if you would benefit.

North Augusta Healthy Fair: October 29th



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.

The Healthy Fair 2022 event will be held on **Saturday, October 29th from 9 am - 1 pm. at the Family Life Center,**

First Baptist Church of North Augusta, 100 Jackson Street, North Augusta. Come enjoy an interactive family experience where grandparents, parents, and children of all abilities can play, explore and learn just about everything health, wellness, and sports-related. The event is free to the community!

The National Plan to End Parkinson's Act

On Thursday, July 28th, the U.S. House of Representatives introduced the first-ever legislation solely devoted to ending Parkinson's disease. This is a historic moment for the Parkinson's community! *The National Plan to End Parkinson's Act* (H.R.8585) will, for the first time, unite the federal government and private enterprise in a mission to prevent and cure Parkinson's, alleviate financial and health burdens on American families, and ensure those living with the disease have access to the care they need. This bill will go through the traditional congressional process and will need to be voted on by the House. To make this happen, your Representative in the U.S. House needs to hear from you! It only takes about 90 seconds to use the tool on the Michael J. Fox Foundation website to contact your representative and show your support for this important legislation:



<https://www.michaeljfox.org/news/congress-introduces-national-plan-end-parkinsons-act>

Our Deepest Sympathy

To the family of **Jerry Wayne Bass**,
in his recent passing.

To the family of **Walter Joseph "Joe" Wilson**,
in his recent passing.

To the family of **Dr. Steven A. Levy**,
in his recent passing.

To the family of **Dr. John D. Reynolds III**,
in his recent passing.

To the family of **William "Bill" Nuckols**,
in his recent passing.

To the family of **Albert Tiska**,
in his recent passing.





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 over 30 years!** The resources available and how we access them has evolved tremendously since 1991, not to mention all the changes over the past 12 months. 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/danasrecoveryroomnew.html 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.



Resource Highlight: PD Lending Library

We are pleased to announce a new resource available at our monthly meetings: a Parkinson's Lending Library. If you have books related to Parkinson's disease that you have read and would like to share, please bring them to one of our monthly meetings at Brandon Wilde and our resource chair, Dana Smith, will include them in the library. Books can be borrowed by our members and returned when they've read them.



2nd Annual Targeting a Cure for Parkinson's

A charity, best ball-style fundraiser occurring simultaneously at multiple Topgolf locations with a live leaderboard

Sunday, October 16, 2022
2 PM ET / 1 PM CT / 11 AM MT / 11 AM PT

\$100 entry fee includes tournament play and lunch

Last year, over 200 golfers raised a total of more than \$120,000 for Team Fox and the Michael J. Fox Foundation

**Locations include: Phoenix, AZ - El Segundo, CA - Tampa, FL - Atlanta, GA - Augusta, GA
Germantown, MD - Charlotte, NC - Oklahoma City, OK - Edison, NJ - Holtsville, NY - Austin, TX**

How this charity event at Topgolf works

- Teams of up to six players are formed to **compete nationally for prizes based on performance in the Top Contender Tournament.**
- Each individual and team solicits donations directly to Team Fox via its dedicated website - during registration, you'll be provided a custom link to easily promote your fundraising via email, text and social media. **100% of the proceeds go to the Michael J Fox Foundation for Parkinson's Research.**
- Each individual also can **earn incentives in the form of Topgolf gift cards and recognition for highest fundraising.**
- Entry fee includes tournament play and a buffet lunch with unlimited soft drinks.
- This event is all about the cause, community and the fundraising YOU do! It's fun for the entire family and golfers of all abilities.

For sponsorship information or questions about the event, please email kholden123@gmail.com.

Follow us on Facebook at facebook.com/teamsheakin.

Fundraising incentives

- \$250 raised earns a \$25 TopGolf gift card
- \$500 raised earns a \$50 TopGolf gift card
- \$1,000 raised earns \$100 TopGolf gift card

Register or donate at
topgolf.michaeljfox.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/UClqiDJnyoWfb9zjCrsmquA

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

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

Officers and Board Members:

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

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

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

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

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

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

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

Dana Smith, *Resource Chair*, 706-691-6494

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



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