



February 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

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Meeting Date & Time:

4th Tuesday of the month,
February 25th, at 6 PM

Meeting Location:

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

February 25th Meeting: Vyalev™ Pump

Please join us on **Tuesday, February 25th at 6 pm**, in the **Georgia Room at Brandon Wilde** for a presentation from **Christina N. Mayo**, the AbbVie Neuroscience Representative for Georgia and South Carolina, who will tell us about the new Vyalev™ Pump. The new Pump, which Dr. McLeod mentioned in his presentation last month, provides 24/7 carbidopa/levodopa subcutaneously. Approved by the FDA late last year, it is still awaiting Medicare approval but presents an entirely new option for people with Parkinson's to decrease their pill burden. Come and see the new equipment and learn about how it works and how it can help people with Parkinson's. 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 6th 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, March 6th**, 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: Cutter's Resource Closet

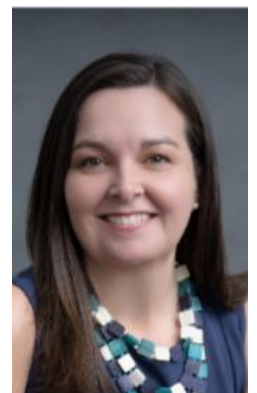
Dana's Recovery Room at Immanuel Baptist Church in North Augusta has closed, but the essential resource has been replaced by **Cutter's Resource Closet** at Interim HealthCare, 801 Broad St, Suite 605, in downtown Augusta! Open Wednesdays 12-4 PM or call 706-550-9880. If you have supplies you need help with, call once you are there and someone will come help. Join the facebook group at facebook.com/groups/471621663551680/ to keep up with what's available or share something you have available to donate.

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.

March 20th: **Jennifer Pennington** of Via Cognitive Health will present "Preparing Now for the Future." Recent studies indicate a rapid influx of the number diagnosed with dementia. Learn actions you should be taking now for better quality of life in aging.

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



Upcoming Meetings

March 25th: An open discussion of issues affecting Parkinson's, as we share our experiences and questions with one another.

April 22nd: "Adaptive tools" for improving the daily life of people with Parkinson's, presented by Angie Rainier!



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (March 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 contact David Howard at 803-502-4167.

Parkinson's Foundation Revolution in Evans

Where: Cyclebar Evans, 4218 Washington Rd. Suite 6, Martinez, GA 30809

When: March 1st, 2025, Ride 1 at 10:00 AM, Ride 2 at 11:45 AM

Clip in, gear up, beat Parkinson's. Join our Parkinson's Revolution rides across the country on March 1st, 2025. You can ride in-person at your studio location or virtually in a high energy ride that generates funds and awareness for Parkinson's disease. Come ride for a reason and then celebrate the power of movement at our post-ride happy hour the Sweat Social! Friends, family, and members of the PD community are welcome to enjoy a short program and light refreshments immediately following the ride.

If you are interested in helping us Pedal for Parkinson's – Please contact Calle Wallace at cwallace@parkinson.org



Lewy Body Dementia Support Group

The LBD meetings are held at **11 AM on 3rd Tuesdays (March 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



Save These Dates

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.

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.

June 7th: Brain Health Symposium

The annual Brain Health Symposium at Augusta University has been moved to June 7th. More info to follow.



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. *Sponsors are needed* for this important fundraising event for Day One Fitness. Players are limited to 120 and registration is open now. **Early bird registration is now through March 14th:** \$150 per individual or \$560 per team, then \$160 per individual or \$600 per team after March 14th.

- Four-man scramble, shotgun start, \$600 cash prize for the winning team,
- Hole-in-One Competition with \$10,000 cash prize,
- Competitions for longest drive and closest to the pin,
- Raffle and silent auction,
- Box lunch & heavy hors d'oeuvres at the reception.

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

Nordic Pole Walking

Anyone interested in Nordic pole walking should reach out to **Charlotte Chatto** by texting her at **803-221-8860** to get connected. With the beautiful weather recently, a group met up at Langley Pond, and as the weather becomes more consistent, she'll keep interested folks informed about future meetups.



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 Parkinson folks in nursing homes were treated for Valentine's Day to a goodie bag filled with helpful and fun items and of course some sweet treats. 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.

Many thanks to our supporters at Day One Fitness for their contribution of some special festive and creative additions for folks to enjoy. Continuing thanks to Lynda Edwards for her generous contributions to this activity. Also, thanks to Reverend Haskell for his donation.

Honor & Memorial Gifts

In Memory of *Wyatt Theus*, from
Dr. & Mrs. William R. Kitchens

In Memory of *Joyce A. Marich*, from
Mr. William Marich

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.

Photos from January 28th Meeting

We had a huge turnout at our January meeting, with quite a few new folks joining. Huge thanks to Dr. Colin McLeod for a very informative presentation. Here are some pics from the meeting:



Remembering Hattie Elam

The CSRA Parkinson Support Group is saddened by the passing of a special friend and long-time board member, Captain Hattie R. Elam (ret.). After retiring from her 30-year career as a Naval nurse, Hattie served our community tirelessly. She was dedicated especially to raising awareness and reaching the underserved through our presence at health fairs and events. Many of us remember fondly her friendly smile under a colorful sequined hat! Hattie will be greatly missed, and our thoughts are with her family.

Drive Toward a Cure® Supports our Mission!



Drive Toward a Cure® is a national 501c3 non-profit foundation dedicated to raising much-needed funds and awareness for those living with Parkinson's disease. Since 2016 they have raised **more than \$1 million** throughout the automotive community at large by teaming *cars and camaraderie®* with clubs, groups, individuals, and organizations who create programs on their behalf to benefit Parkinson's research and patient care.

Founder Deb Pollack was personally affected by Parkinson's disease with the loss of her mother in 2006. As a long-time executive in the automotive industry and a long-time car enthusiast, she realized that by leveraging the emotional gratification gained through driving experiences there was a great opportunity within the automotive arena to further her cause for Parkinson's disease.

2025 Music & Motion Reno 2.0

To kick off Parkinson's Awareness Month, *Drive Toward a Cure®* is hosting its 2nd Music & Motion event at the National Automotive Museum in Reno, Nevada on April 5th, 2025, coinciding with a month-long virtual fundraiser led by four celebrity team leaders – each representing a separate Parkinson's Community: **Rasheda Ali-Walsh**, **Dr. Deanna Brown Thomas**, **Shelby Hall**, and **Vanessa Williams**, who are not just friends of, and advocates for, Parkinson's – but have ties to music AND/OR motion – with iconic legacies driving their passion toward education, outreach, and hope for those with Parkinson's.



Both **Rasheda** and **Shelby** are connoisseurs of motion – whether in the boxing ring or on off-road trails – with a father and a grandfather who were champions of Parkinson's. **Muhammad Ali** and **Rod Hall** proved that *people with Parkinson's can do great things*, and both were elite in their fields – with Ali earning 3 heavyweight titles, and Hall's legendary racing career spanning more than 40 years. With a love for music and dance, **Deanna** and **Vanessa** are creating their own music legacy – Deanna utilizing the worldwide enthusiasm for her dad, the 'Godfather of Soul'

James Brown, to provide classes and music scholarships through the **James Brown Academy of Musik Pupils** under the **James Brown Family Foundation** – and **Vanessa's** own award-winning musical and dance talents showcased through her Grammy's and Broadway shows to her current London lead in 'The Devil Wears Prada,' – voices and dance beyond compare!

By joining one of four teams, entrants will be bringing awareness to Parkinson's and helping to focus on the importance of **mobility** and **motor skills for everyone**, as well as playing an important role in much-needed funding for those requiring extra assistance.

Join Deanna's "Feel Good" Team AND Support the CSRA PSG

Dr. Deanna Brown Thomas's "Feel Good" Team is supporting the **CSRA Parkinson's Support Group!** You can help by signing up online for the virtual event, spreading the word about virtual participation, and/or donating to support the "Feel Good" team. Registration is live (\$20) and there is no better time than now to sign up. The virtual event will continue through the month of April. **ALL FUNDS RAISED ON DEANNA'S TEAM WILL BENEFIT the CSRA PSG.** Learn more and sign up here:

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





Research Spotlight

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: Enrollment is Closing February 28th

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. *Please note:* enrollment in this study is closing on February 28th. *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

The Speech Accessibility Project at UIUC

The purpose of the Speech Accessibility Project, a research effort at the Beckman Institute for Advanced Science and Technology at the University of Illinois Urbana-Champaign (UIUC), is to improve the representation of diversity of speech patterns by collecting speech samples from paid volunteers. UIUC researchers are using the recordings to create a private, de-identified dataset for training machine learning models to better understand a variety of speech patterns. The team at the Speech Accessibility Project are recruiting people with Parkinson's, ALS, Down syndrome, cerebral palsy, and those who have difficulty speaking after a stroke. Learn more and sign up here: speechaccessibilityproject.beckman.illinois.edu/about-the-project



Our Deepest Sympathy

To the family and friends of
Capt. Hattie Rose Elam (ret.),
in her 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 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:** [PD Avengers.com](https://www.facebook.com/groups/471621663551680/) 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/](https://www.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.



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



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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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info@parkinsoncsra.org