



November 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,
November 26th, at 6 PM

Meeting Location:

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

November 26th Meeting: Holiday Celebration!

Please join us on **Tuesday, November 26th at 6 pm**, in the **Georgia Room at Brandon Wilde**. As is our tradition, the November meeting will be our celebration of the holiday season. We will have a program called "Christmas Through Music," singing through the Christmas songs of the ages, from the Fourth Century to the Modern Age, led by the music leaders from Pine Grove Baptist Church in Thomson. We will have a warm-up for everyone to get ready to sing and join in the program. We ask that folks who bring potluck food bring holiday-themed dishes and desserts to share with us all. The holiday season is a time of celebration, so invite your family and friends to join us on Tuesday!



Celebrating POP Walk 2024 Success!

Our 25th annual POP Walk, the People of Parkinson's Walk on November 9th was a huge success, despite being postponed and relocated! While we don't have an exact count, we know we had a great turnout considering how many shirts we gave out. A boatload of volunteers showed up, starting at sunrise, at our beautiful location on the grounds of the Brandon Wilde Community. The weather was absolutely perfect! Not only did the People of Parkinson's show up to raise awareness, but we also succeeded in raising impressive funds to support the mission of the CSRA Parkinson Support Group: *supporting people with Parkinson's, their families, and their care-partners in the CSRA*. We won't be able to report the total raised until the next newsletter, as we tally up the generous gifts from the day, the totals from the raffle, the donations from the beautiful Parkinson's Artisans silent auction, the donations still coming in, and pledges being fulfilled. We'll soon be sharing many more photos from our volunteer photographer, Rick Elrod. Our next newsletter will include a more complete list of people and businesses, whom we can't thank enough. On the next page is the logos of our Silver Level and up business sponsors and in-kind partners. Be sure to thank them for their support if you get the chance!



Huge Thanks to our 2024 Sponsors:

Gold Sponsors:



Silver Sponsors:



Please note: We will be including more sponsors and many more thank-you's in next month's newsletter

Caregivers Lunch: December 5th 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, December 5th**, 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**.



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (December 5th)**, 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**.

Upcoming Meetings:

December - NO MEETING: The CSRA Parkinson Support Group does not meet in December. The Fourth Tuesday is Christmas Eve. Please enjoy the holidays and stay safe.

January 28th: the January meeting will feature **Dr. Colin McLeod**, talking about Parkinson's disease, especially the developments in deep brain stimulation at the Augusta University Movement Disorders Center of Excellence.

February 25th: the February meeting will be a presentation on the new Vyalev Pump, recently approved by the FDA, for 24 hour continuous infusion of carbidopa/levodopa. It has been used for some time in Europe and Canada and offers a great option for treating the progressing stages of Parkinson's.



AU Brain Health Lunch and Learn Series - November



Third Thursday, November 21st
12 to 1:30 PM

Via Cognitive Health
105 Lutheran Drive, in Augusta

The Lunch and Learn Series features distinguished experts in Alzheimer's Disease, Parkinson's Disease, and related disorders. This month's special guest speaker is Francis Yelton of the Area Agency on Aging. She will present "Preparing for Less Stress as a Holiday Caregiver." There is no cost to attend. Registration is required. Seating is limited. Lunch will be provided. Register here:

viacognitivehealth.org/education/brain-health/

LSVT Therapy Local Availability Continues to Grow

LSVT-LOUD and LSVT-BIG are therapy techniques shown to improve speech and movement and slow the progression of Parkinson's disease (PD). LSVT therapy is unique in that it is an intensive program, requiring 1 hour per day, 4 days per week, for 4 weeks, along with daily homework assignments. LSVT therapy is provided by certified physical, occupational, and speech therapists. The number of local facilities and therapists providing these treatments has grown in recent years. According to the LSVT Global website, the following facilities, clinics, and agencies have certified LSVT providers:

Athletico Physical Therapy
Amedisys Home Health
Augusta ENT
Benchmark in Grovetown
Brandon Wilde Aegis Therapies

CenterWell Home Health
CSRA Home Health
Enhabit Home Health
Fox Rehabilitation
Hitchcock at Aiken Medical

NHC North Augusta
Piedmont Augusta Health
Veterans' Affairs
WellStar Augusta University

LSVT-BIG and LSVT-LOUD Now Available at Piedmont Augusta Health

We are pleased to announce that both LSVT-BIG and LSVT-LOUD therapy are now available at Piedmont Augusta Health on an outpatient basis. From left: Ashley Devoti, OT, Saralyn Gamble, SLP, Bryn Frye, SLP, Hannah Hopkins, OT, and Ashley McClain, PT. Ask your doctor for a referral to PT, OT, and speech therapy and contact a local provider today!





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

Fit & Fun at POP Walk 2024

The Fit & Fun team for POP Walk 2024 had 15 or more members and raised more than \$2,000 for the group! Plus, we want to extend a special thanks to Fit & Fun group exercise leader Connie Smith for demonstrating exercises for participants at the event. People really got into it and enjoyed participating!

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)



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.

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.



Senior Medicare Patrol Webinars

Learn how you can help prevent fraud and avoid becoming a victim of increasingly sophisticated scams by tuning in to the SMP Wednesday Webinars. Upcoming dates and topics:

- November 20th - *Don't get in a jam, let's talk about scams!*
- December 18th - *Protecting MY Medicare*

The link to the webinars will be posted on SMP's Facebook page: facebook.com/georgiasmp

Lewy Body Dementia Support Group

The LBD meetings are held at 11 AM on 3rd Tuesdays (December 17th) 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



Eva's Purse

We will be visiting people with Parkinson's in nursing homes in the next few weeks with gifts of the holiday season! If you know of any of our Parkinson's friends in nursing homes in this area, please pass on that information by calling Mary Ann Navarro, 706-799-2995. 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. If you have little items to donate such as puzzle books, tissues, socks, etc., that will fit in a small gift bag, please bring them to a support group meeting, Fit and Fun class, or a Caregivers Lunch. Monetary donations are also welcome and can be given at the above events, by clicking "donate" at parkinsoncsra.org, or mailed to P.O. Box 31, Evans, GA 30809.

Honor & Memorial Gifts

In Memory of *Roger Johnson*, from
Cindi Greenawalt
David Koch
S. Diane Davis
Mr. & Mrs. William Phillips, Jr.

In Memory of *Dr. David R. Thomas III*, from
Hibbie Theus

In Memory of *Mary Anderson Moody*, from
Mr & Mrs James H. Blanchard

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
Roger Johnson,
in his recent passing





Research Spotlight

ATLANTIS Study Seeks Participants with PD

The ATLANTIS Study is evaluating a once-daily investigational oral medication in 35 to 80-year-old people living with Parkinson's disease who were diagnosed 5 or more years ago and have fluctuating motor (movement) symptoms. For more information, visit atlantis-study.com. To see if you may be eligible to participate in this trial, please contact Paula Jackson at 706-721-4152 or paujackson@augusta.edu.



ORION Study Seeks Participants with PSP

The ORION Study is researching a new medication to see whether it influences the progression of Progressive Supranuclear Palsy (PSP), a rare neurological condition with similar symptoms to Parkinson's disease. You may be able to take part if you are 40-80 years of age, have been diagnosed with PSP, and have been experiencing PSP symptoms for less than 5 years and can walk at least 5 steps independently or with minimal assistance. Please visit AmylyxPSPTrial.com to learn more about the study. If you are interested in participating or have any questions, contact Dedi McLane at 706-721-4912 or dmclane@augusta.edu.



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



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 33 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.



Davis Phinney Foundation Webinar Series

Each month, the Davis Phinney Foundation hosts live and on-demand webinars that cover topics critical to helping people live well with Parkinson's. In addition to these webinars, they have an extensive library of recordings you can watch at your convenience. Check it out here: davisphinneyfoundation.org/webinars



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Website: www.parkinsoncsra.org

Facebook: [facebook.com/parkinsoncsra](https://www.facebook.com/parkinsoncsra)

YouTube: [youtube.com/@parkinsoncsra](https://www.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

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

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

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

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

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



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