



January 2025 Newsletter

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

P.O. Box 31
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Phone: 706-364-1662

Email: info@parkinsoncsra.org

Website: www.parkinsoncsra.org

Meeting Date & Time:

4th Tuesday of the month,
January 28th, at 6 PM

Meeting Location:

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

January 28th Meeting: Dr. Colin McLeod

Please join us on **Tuesday, January 28th at 6 pm**, in the **Georgia Room at Brandon Wilde** for a presentation from Colin McLeod, MD, neurologist and director of the Movement Disorders Fellowship Program at AU. He will be discussing Parkinson's disease, especially the developments in deep brain stimulation at the Augusta University Movement Disorders Center of Excellence. Please bring a covered potluck dish if you are able. We will provide chicken strips and beverages. Hope to see you there!



Caregivers Lunch: February 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, February 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**.

Parkinson's Lunch and Learn: Hospital Safety

Don't miss the free Parkinson's Foundation Lunch & Learn about Hospital Safety, coming up on Wednesday, February 5th, 2025, 12 PM – 2 PM, at the Snelling Conference Center. The event is free, but registration is required: visit parkinson.org/augusta or call 770-450-0792. Please see the attached flyer for more details.



POP Walk 2024 Gratitude!

Our **25th annual** POP Walk, the People of Parkinson's Walk, had an awesome turnout and grossed over \$32,000 to fight Parkinson's disease in the CSRA, more than last year despite the reschedule and relocation! There are so many people and businesses to thank that it is likely we will miss someone. We cannot thank enough the hard-working members of our **walk committee** and the **walk-day volunteers** who made POP Walk possible. Along with the folks we thanked in last month's newsletter, we want to highlight **Dani Williams and Angie Rainier**, co-chairs of the event, and **Jim Allen**, the president of our board, who served as MC! Thanks to **Greg Byrge and many more from Brandon Wilde (see page 5)**, who coordinated with us to quickly relocate the walk to their beautiful campus! Essential to our success were at least **25 Westside High School Navy Junior ROTC** cadets, including the color guard, led by **Petty Officer Corey Jones**. Our special thanks go to **Lee Menefee** for singing the National Anthem so beautifully.

And a big thank you to our volunteer photographer **Rick Elrod**, who captured the event beautifully. Our POP Walk 2024 gratitude continues over the next few pages.

POP Walk Gratitude Continued ...

Activities

Thanks to **Truman Woo** and the **Augusta Tai Chi Group** for leading a tai chi and qi gong demonstration. Tai chi has been scientifically proven to slow the progression of Parkinson's symptoms. Thanks to **therapists from Aegis** for leading stretching and exercise activities. Thanks to **Connie Smith** for leading a large group of participants in a demonstration of Parkinson's Fit & Fun exercises. Thank you, **Cassandra Mitchell** of **Gold Cross**, for teaching hands-only CPR. Thank you to **Marty Turcio** and **Melody Lacy** for representing Therapeutic Golf. Thanks to **Louie Navarro** for donating all those fun toys that the kids (of all ages) enjoyed at the walk, and to **Mary Navarro** for building the balloon arch and other features.



Refreshments

We had wonderful food and drinks thanks to **Brandon Wilde**, **Chic-fil-A**, **Coca-cola**, **Costco**, **Kroger**, and **Sam's Club**!

Parkinson's Artisans

This year's talented and generous Parkinson's Artisans donors, **Lauri Cordaro**, **Rick Elrod**, **Angie Foyle**, **Joe Kelley**, **Doug Larson**, **Jean Ridley**, **Lynn Skeen**, **David Thorne**, and **Margaret Toth** raised \$1325 through the silent auction of their beautiful works!



U-Pick Raffle Donors

We have these generous donors to thank for the extraordinary success of our U-Pick Raffle, which raised \$1890: **2 Boys Pizza and Grill**, **Rebecca Aquayo**, **Cantina Locale**, **Shannon Carbajales**, **Cracker Barrel**, **Cucina 503**, **Day One Fitness**, **Dick and Kathleen Reynolds**, **Fat Man's Café**, **Jason's Deli**, **Jim & Nicks**, **Brian Kelley**, **La Bonbonniere**, **Laziza**, **Mary Ann Navarro**, **the Miller Theater**, **Nuclear Care Partners**, **Old McDonald Fish Camp**, **Publix**, **Rae's Coastal Café**, **Rally Point Grille**, **Riverbanks Zoo**, **Smith Tire**, **Vida Salon**, **Village Deli**, and **Windsor Jewelers**!



POP Walk Gratitude Continued ...

Public Awareness

Our great turnout and increased awareness were due in large part to all the volunteers who distributed posters and spread the word any way they could. Special thanks to our Gold-level media partner, **WJBF News Channel 6**, especially our liaison **Chuck Spruill** for TV spots, **Mary Morrison** for hosting us for an interview, and **Brandon Dawson** for generous on-site coverage and reporting. Here is the story: <https://www.wjbf.com/video/community-shows-up-to-support-pop-walk-despite-delay/10208583>. Thank you to our in-kind Gold Sponsor, **Lamar Advertising**, especially **Kevin Rippy** and **Randi Kies**, for the generous placement on their electronic billboards, as well as **the Aiken Standard**, **Columbia County Magazine**, **The Edgefield Advertiser**, **WAFJ**, and **WRDW Morning Mix!**



Huge Thanks to our 2024 Sponsors:

Gold Sponsors:



Silver Sponsors:



Bronze Sponsors:

Aegis Therapies
Comfort Keepers
Medtronic

Cornerstone Sponsors:

Finuf Sign Company
Fleet Feet
Mr. Tees
Old McDonald Fish Camp
Quality Printing

POP Walk Gratitude Continued ...

As people registered to walk, formed teams, and donated to our great cause, many took the chance to honor or remember loved ones through gifts. Here are the people who were honored or remembered through the Walk:

Those Honored with Registrations/Gifts

Jim Allen
Linda Best
Julie Chodacki
Monica Coghill
Linda Davis
Day One Fighters
Tommy Gibson
Joe Kelley
Gail Larson
Linda and Karl
John McKinney

Connie Nesteruk
Kathleen Reynolds
The Reynolds Family
Stuart Ritter
Jerry Robinson
Dale Stencil
Barry Royce
Connie Smith
Kristy Thurmond
Bruce Triplett



Those Remembered with Registrations/Gifts

James H. Blackwell
Roy Brinkley, Jr.
Walt Cybart
Frank Damiano
Philip Eastman
Betty Lamback
Marion Lariscy
Betty Jean Larisey Ley
Vernon Mace
Marilyn S. Marshall
Donna Michelle Morris

Mary Moody
Lou Navarro
Sam Nicholson
E.B. Pollock
Langdon D. Rivers
Gwen Schwiebert
Uncle Shiekie
Edna Mae Tinsley
John Trulock
Dr. Robert Yu
Allen Zagrodnik

Those Remembered through the Tulip Memorial

Capt Leigh Herbert Cheney
Margaret "Margie" Dickson
Ronald "Ron" M. Duvall
Dunbar Dyches, Jr.
Gregg Douglas Graham
Roger Johnson
Betty Jean Larisey Ley
Laurie Ann Marotta
Donna Michelle Morris

Robert H. Olson
Paul "Sammy" W. Samolchuk
William "Billy" Ludwig Schafer,
Jr.
Michael Gregory Senn
Dr. Kapil D. Sethi
Richard Milton Sligh, Jr.
Paul "Smitty" Steven Smith
Luther "Luke" David Solverson

Leonard Beasley Steed, Jr.
Robert J. Sullivan
Wyatt Theus
Dr. David R. Thomas III
Jeffrey Noel Travis
Sherwood Vaughn

More Photos by Rick Elrod on Facebook

The rest of the photos from POP Walk 2024 are available to view and download for free on the Rick Elrod Photography Facebook page: facebook.com/profile.php?id=100083144390118. Click the link to see more and tag yourselves! Thanks again to volunteer photographer Rick Elrod for his time and talent in capturing the event so well.



POP Walk Gratitude Continued ...

Brandon Wilde is the MVP!

POP Walk 2024 simply would not have happened if it weren't for Brandon Wilde. **Angie Rainier** and **Dick Reynolds** worked tirelessly with **Greg Byrge**, **Avery Villines**, **Rachel Lowery**, **Alison Pierson**, **Pam Ludlow**, **Chassidy Nero**, **Chris Pierson**, and more, to make the event happen. Brandon Wilde sponsored at the highest level, *and* residents raised \$4395 for our organization through their "Paper for Parkinson's" campaign! Thank you, Brandon Wilde, our MVP!



Top POP Walk Teams

Well done to all our fundraising teams on their efforts and generosity in supporting our mission, especially these top 5 teams:

Day One Fitness	\$3,515.00
The Undefeated	\$3,470.00
Fit & Fun	\$1,930.00
Team Navarro	\$1,025.00
Pickleballers	\$575.00



Aiken Parkinson's Support Group

The Aiken Parkinson's Support Group meets on the **first Thursday of each month (February 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.

Upcoming Meetings

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.



Brain Health Lunch & Learn Series

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

February 20th: Dr. John Morgan of the Augusta University Movement and Memory Disorders Clinic, will present "Latest in Research," a research update on Parkinson's, Alzheimer's, and related dementias.

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.

See Attached Flyer for more information



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

In case you missed it, the Fit & Fun exercise class did not meet for 2 weeks in December due to a gas line problem at the church and then we had 2 weeks off for the holidays. Class is back up and running now, so come and join us!

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)



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
- Hole-in-One Competition \$10,000 Cash Prize
- Competitions (Longest Drive, Closest to the Pin)
- Raffle and Silent Auction
- \$600 cash prize and "Bragging Rights" to winning team
- Box-lunch & heavy hors d'oeuvres at the reception

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



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.

Recently, Eva's Purse helped celebrate Thanksgiving blessings by delivering goody bags to Parkinson folks at Lake Crossing, Brandon Wilde and Georgia War Veterans. This project happens in February when bags are shared for Valentine's Day and then for Christmas in July as well. 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.

A special thank you goes out to the wonderful group at Brandon Wilde who so generously create and donate the lap blankets given to new participants. This is such a special item to include, and recipients are so grateful.

Lewy Body Dementia Support Group

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



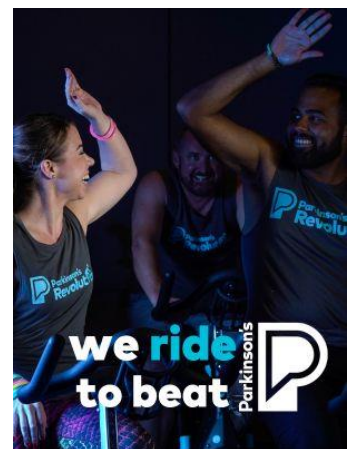
Parkinson's Foundation Revolution in Evans

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



Save the Date: 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.



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 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



TOPAZ
TRIAL OF PARKINSON'S AND ZOLEDRONIC ACID

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
John "Jackie" Campbell,
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 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.



Cutter's Resource Closet (Dana's Recovery Room)

Dana's Recovery Room at Immanuel Baptist Church in North Augusta is now Cutter's Resource Closet at Interim HealthCare, 801 Broad St, Suite 605, 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.



YOU'RE INVITED



Hospital Safety Workshop

Wednesday, February 5, 2025

12:30 p.m. - 2:00 p.m. EST

Lunch will be served.

Snelling Conference Center

3165 Washington Rd, Augusta, GA 30907

People with Parkinson's disease (PD) are at a higher risk of hospitalization and face many challenges while in the hospital. Learn about the risks, and how to prepare ahead of time and advocate for your needs while in the hospital, traveling, etc.

Featured Speaker:

Julie Kurek, MD - Augusta University/Wellstar-MCG

Register Today: [Parkinson.org/Augusta](https://www.parkinson.org/Augusta)



AUGUSTA
UNIVERSITY

BRAIN HEALTH LUNCH AND LEARN SERIES

Join us on the third Thursday of the month!



Feb
20

Guest speaker:
John C. Morgan M.D, Ph.D.
Augusta University Memory Movement and
Memory Disorder Clinic

Latest in Research

A research update on Parkinson's Disease, Alzheimer's
Disease, and related Dementia..



Mar
20

Guest speaker:
Jennifer Pennington
Via Cognitive Health

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..

The lunch and learn series features distinguished experts in Alzheimer's Disease, Parkinson's Disease, and related disorders. No cost to attend. Registration is required. Seating is limited. Lunch will be provided. 12:00 p.m. - 1:30 p.m.

Location: Via Cognitive Health, 105 Lutheran Drive, Augusta, GA 30907

To register <https://viacognitivehealth.org/education/brain-health>

or call (706) 738-5039.



Register QR Code



Programming and Resource Center
for Alzheimer's and Related Dementia



Augusta
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)

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