

# Parkinson Association of Alabama, Inc.

**Your State Resource on Parkinson's Disease**



## Proclamation

*By the Governor of Alabama*

*WHEREAS, Parkinson's Disease (PD) is a chronic, degenerative neurological disease that affects one in 100 people over the age of 60; and*

*WHEREAS, currently, there is no treatment to slow, stop or reverse the progression of the disease, nor is there a cure; and*

*WHEREAS, existing Parkinson's treatments are limited in their ability to address patients' symptoms and remain effective over time; and*

*WHEREAS, there is no Parkinson's test or biomarker, so the rate of under-diagnosis can be relatively high; and*

*WHEREAS, at least one million people in the United States and more than five million worldwide are living with PD; and*

*WHEREAS, motor and non-motor symptoms can include resting tremor, stiffness, and slowness of movement, as well as depression, sleep disorders and cognitive impairment;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim April 2021, as*

## Parkinson's Awareness Month

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 1<sup>st</sup> day of March 2021.*

*Kay Ivey*  
Kay Ivey, Governor

## NEWSLETTER – April 2021

### CARE

Learn to care for yourself or your loved one using our resources.

### COMMUNITY

Connect with others in the Parkinson's community and find your support network.

### CURE

See how PAA is partnering with UAB through grants and research for a cure.

### IN THIS ISSUE

#### WEBINARS

- PAA Webinar – Dr. Dees, 4/29/2021
- April Webinars-National & Local

#### PARKINSON'S AROUND ALABAMA

- April is Parkinson's Awareness Month-Alabama State Proclamation
- UAB Udall Study-Still Recruiting
- Movement to Music (M2M) – Still Recruiting
- Birdies for Charity
- Glencoe Senior Health Fair
- U of AL-Huntsville – "Get Up"
- "You are Loved" T-Shirts for Sale
- Living Well in AL (M4A)
- Panda Project – Shelby County

#### NATIONAL FOCUS ON PD

- World Parkinson Coalition (WPC)
- Ending PD – Red Letter Campaign
- Research Summaries from APDA

#### HELPFUL RESOURCES

- PD Helpmates Support Group (V)
- Central AL Support Group (Virtual)
- M4A Caregiver Support Group (V)
- UAB Post-Covid Help

#### PAA NEWS

- Parkinson's Disease (PD) Outreach
- How to support PAA

# *"You are Loved"*

## T-Shirts for Sale



Artist and PD Supporter, **Elizabeth Hubbard** ([Elizabeth K Hubbard Art](#)) has graciously offered to donate a portion of the proceeds from the sale of these precious long and short-sleeve T-shirts to PAA!



You can call Elizabeth's cell (205) 919-2385 or email her at: [ekhubbard@bellsouth.net](mailto:ekhubbard@bellsouth.net)

Thanks **Juarez Boxing** for the fun photo shoot location!



## UAB - UDALL PD STUDY (Still Recruiting)

The **University of Alabama at Birmingham**  
Department of Neurology/Movement Disorders

Healthy controls needed for research study looking at Parkinson's Disease - neuroinflammation.

### Who are we looking for?

- PD individuals 50 years and older (preferably **males** over **65** without PD, particularly spouses, partners or other family members)
- Individuals with no history of autoimmune conditions or neurological disorders

### What do I have to do?

- Complete a series of questionnaires and receive a neurological exam, memory testing, & blood draw
- If eligible and willing, participate in spinal fluid collection and PET/MRI scanning
- You will receive up to **\$175** for completion of all study activities

If interested, please call 205-934-5954.

## Greenwood Gravel Grind Saturday, April 17, 2021

Off-road cycling benefiting Davis Phinney Foundation. This beautiful ride has 50K and 100K route options and features a mega party at Tallahatchie Flats afterward. Greenwood, MS. TO REGISTER ONLINE:

<https://greenwoodgravelgrind.raceroster.com/>



## WORLD PARKINSON COALITION

**World Parkinson Coalition (WPC) Virtual Congress:** Advancing Science, Care, and Living with Parkinson's

Monday - Friday, May 17 - 21, 2021.

Topics presented during this five-day virtual program will include updates on:

Basic Science, Clinical Science, Treatment Options, Comprehensive Care, and Living with Parkinson's. The program will also include two 4-part wellness series as part of the week, looking at PT wellness and Speech/Voice wellness.

**Registration opens April 1, 2021** and the fee to attend the five-day virtual event is **\$25**.

Additional information may be located at <https://www.worldpdcoalition.org/page/WPCVirtual>

## UAB'S POST-COVID HELP

Patients who are still experiencing COVID-19 symptoms and want to learn more about **UAB's Post COVID Treatment Program** can call 205-975-1881.



**If you have been diagnosed with Parkinson's disease, you may be eligible to participate in a program to learn how to exercise from home.**

### **Guidelines for Exercise Training in Underactive Parkinson's Disease or GET UP.**

GET UP is an exercise program designed to assist you through a home-based aerobic and muscle strengthening exercise program. The program also includes one-on-one conversations with a person who will step you through the program.

This guided exercise experience will last 16 weeks (4-months).

#### **Participants will receive**

- One-on-one Zoom or telephone calls to guide you through the program
- Motivational and instructional newsletters
- Instructional videos of exercises on DVD
- Use of a Garmin VivioSmart activity monitor
- Elastic bands for muscle strengthening exercises
- \$50 compensation following completion of pre-program assessment
- \$50 compensation following completion of post-program assessments

#### **Duration**

- Assessments performed at three time-points, from home, by Zoom or phone call
- 16-week at home exercise program
- No in-person contact
- No travel to a clinic or gym

#### **Are you eligible?**

- Age 40-80 years
- Diagnosed with PD and able to exercise
- Not currently engaged in an exercise program
- No known cardiovascular disease

#### **Aerobic and Strength Exercise**



**If you're unsure if you meet the requirements, call or email a member of the study team:**

Shannon Mathis, PhD  
Assistant Professor of Kinesiology at The  
University of Alabama in Huntsville  
Shannon.Mathis@uah.edu  
Office: 256-824-2187  
\*Cell: 615-400-8740



Presented by



## **BIRDIES FOR CHARITY PROGRAM TO START APRIL 1st**

### **CHIP IN FOR THE PAA!**

Charity begins on the golf course at the Regions Tradition and Birdies for Charity is your opportunity to support Parkinson Association of Alabama. When you chip in to help PAA through the Birdies for Charity program, you can help make us a big winner! That's because as a participating charity, we will receive every single penny of the donations collected in this program, plus a bonus match of a minimum 5% on every dollar raised (in 2020 the match was 11%). Simply make a flat donation of \$20 or more, or a pledge of \$0.05 or more per birdie. A pledge per birdie is based off the total number of birdies made by PGA TOUR Champions players during the competitive rounds of the 2021 Regions Tradition. Please help us reach our goal by making a donation to PAA through the Birdies for Charity program! To make a donation, go online and donate [here](#). The last day to submit your donation is Friday, June 25. Thank you in advance for your support!

Bibby Bailey, Executive Director, Parkinson Association of Alabama, Inc.



## DRIVE-THROUGH SENIOR HEALTHFAIR

### Drive In For Better Health



The Council on Aging

Presents

A Drive-Thru Senior Health Fair

April 21, 2021 9:00 a.m. to 11:00 a.m.

George Wallace Senior Center

407 Hollingsworth Park Dr

Glencoe, AL 35905

This is a socially distanced event.

Attendees are asked to stay inside their vehicles for safety.

Event open to people 55 and older or disabled people over 50.

Door  
Prizes!



Tell your  
friends!

For more information contact:  
**Melanie Yancey-Council on Aging  
of Etowah County**  
256-543-3616

## HelpMates (Zoom)

A virtual support group for wives and companions of a PD loved one meets via Zoom the **second Tuesday of each month at 6 p.m.** This is an open group to talk about things happening and to provide information, ideas, and support to each other.

To Join Zoom Meeting:

[https://us02web.zoom.us/j/2058354074?pwd=](https://us02web.zoom.us/j/2058354074?pwd=TG9hTzM3aDJGbDBHd3FXNIMzMWl0Zz09)  
[TG9hTzM3aDJGbDBHd3FXNIMzMWl0Zz09](https://us02web.zoom.us/j/2058354074?pwd=TG9hTzM3aDJGbDBHd3FXNIMzMWl0Zz09)  
Meeting ID: 205 835 4074 Passcode:  
[2058354074](https://us02web.zoom.us/j/2058354074?pwd=TG9hTzM3aDJGbDBHd3FXNIMzMWl0Zz09)

**Passcode:** 2058354074

For more information email:  
**Vevelyn Peterson Wilson** at  
[vevelyn.wilson@yahoo.com](mailto:vevelyn.wilson@yahoo.com)

## M4A Caregiver Support (4/8/21)

### M4A's Virtual Support Group

CAREGIVER SUPPORT IN YOUR HOME

SECOND THURSDAY OF EACH  
MONTH  
10:00 AM  
ZOOM MEETING

Meeting ID: 849 7857 9212  
Passcode: 068809

**CENTRAL ALABAMA  
PD VIRTUAL SUPPORT GROUP**

This Support Group meets **virtually** on the 2nd & 4th Monday of each month at 10:00 A.M.

For more information and to join them, please contact:

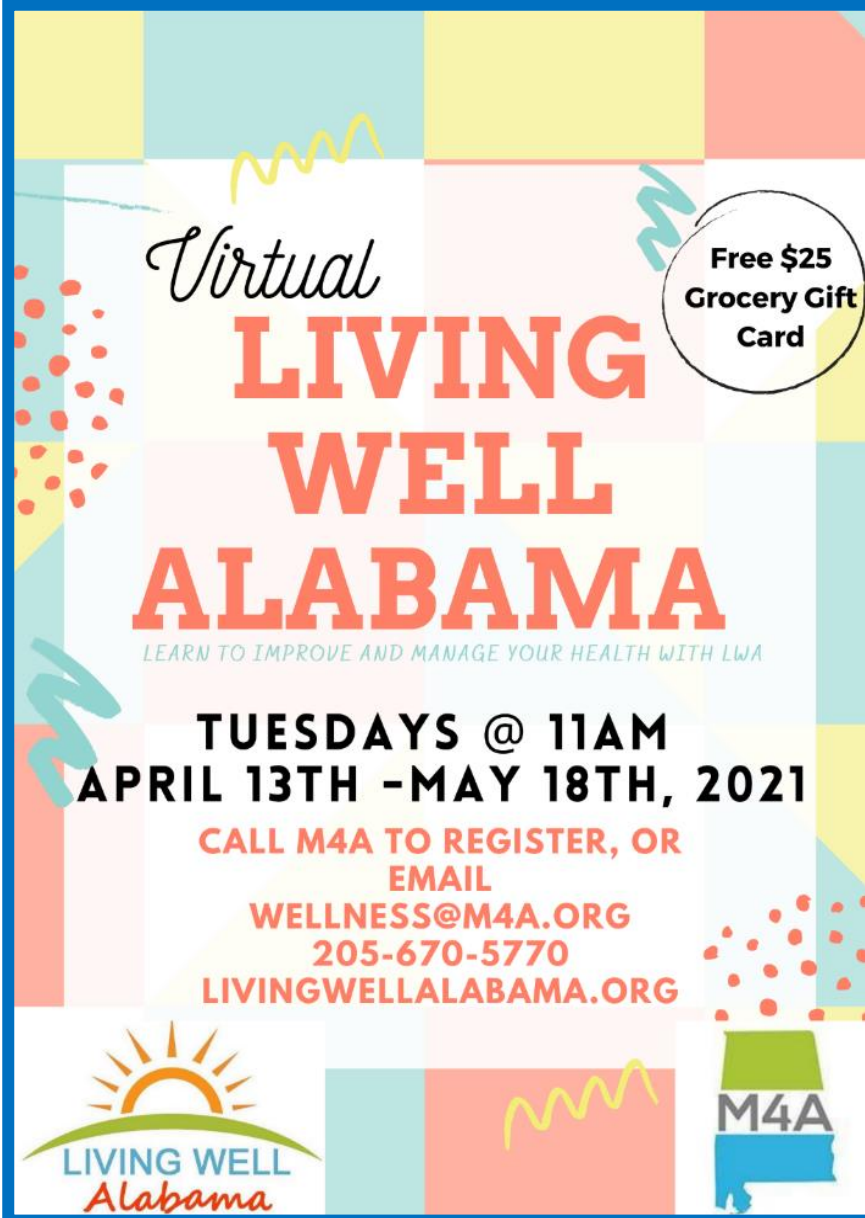
Carolyn Goza (256) 245-6739  
[carolyntgoza@gmail.com](mailto:carolyntgoza@gmail.com)

**WE GIVE A **DIME** ABOUT  
PARKINSON'S**

**WE GIVE A DIME ABOUT PARKINSON'S  
RED LETTER CAMPAIGN**  
(It is not too late to mail the White House)

For more information: email  
**INFO@ENDINGPD.ORG**

To Register: [Give A Dime Registration — Ending Parkinson's Disease: THE BOOK \(endingpd.org\)](#)

A colorful poster for 'Virtual Living Well Alabama'. The background is a collage of pastel squares in shades of yellow, teal, pink, and light blue. Decorative elements include a yellow squiggle at the top, a teal squiggle on the left, a circle of red dots on the left, a teal squiggle on the right, and a circle of red dots on the right. At the bottom, there is a logo for 'Living Well Alabama' featuring a sun rising over a green hill, and a logo for 'M4A' featuring a blue outline of the state of Alabama.

*Virtual*  
**LIVING  
WELL  
ALABAMA**

LEARN TO IMPROVE AND MANAGE YOUR HEALTH WITH LWA

**TUESDAYS @ 11AM  
APRIL 13TH - MAY 18TH, 2021**

**CALL M4A TO REGISTER, OR  
EMAIL  
WELLNESS@M4A.ORG  
205-670-5770  
LIVINGWELLALABAMA.ORG**

**Free \$25  
Grocery Gift  
Card**

**LIVING WELL  
Alabama**

**M4A**





*Helping People with  
Dementia and Intellectual  
Developmental Disabilities  
Live in their Communities*

The PANDA Project provides supportive services for People with Dementia (PWD), Aging Adults with Intellectual and Developmental Disabilities (IDD) and Caregivers in Shelby County, Alabama. We also help the caregiver through personalized training, intervention, homemaker and respite services, supplemental supplies, education, and legal assistance.

*"I am 83 years old and live alone and my Doctor just diagnosed me with Alzheimer's Disease. I am still independent but need some extra support. I am so glad for the PANDA Project."*

**GETTING THE EXTRA HELP AND SUPPORT YOU  
NEED FOR YOUR LOVED ONE AT HOME.**

*"I am a caregiver for my 60 year old brother with IDD and need a lot of support for him to continue to live in my home .*

*PANDA has been such a great help!*

**CONTACT PANDA TODAY**

**Middle Alabama Area Agency on Aging (M4A)**

**(205) 670-5770 | [panda@m4a.org](mailto:panda@m4a.org)**

**[www.m4a.org/panda](http://www.m4a.org/panda)**



**ASSISTING  
ALL AGES AT  
ALL STAGES**

The PANDA Project is made possible through a grant by the Administration for Community Living (ACL).



## Research Summaries

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### From the American Parkinson Disease Association (APDA)

#### “A Closer Look” (blog)

**Emily Rocha, PhD** was a grant recipient in 2015 from the APDA. Here is a brief summary of the results of that project and its potential implications for the PD community:

This project yielded very promising preliminary data. We concluded that overexpression of GBA (the gene that encodes GCase) can help to move more TFEB into the nucleus where it does its job. We also found that overexpression of TFEB can prevent accumulation of  $\alpha$ -synuclein in a rat dopaminergic cell line.

Based on the preliminary data collected from this postdoctoral award we were able to move forward. We are now working with a start-up company based in Pittsburgh named Generian Pharmaceuticals. This company has developed a small molecule that uniquely allows TFEB to remain active longer. Based on recent preliminary data we have collected, we hypothesize that allowing TFEB to remain active longer is neuroprotective and prevents dopaminergic degeneration.

**Serene Paul, PhD** was a grant recipient in 2015 from APDA. Here is a brief summary of the results of that project and its potential implications for the PD community:

The potential implications of our findings are that (1) people with mild to moderate PD are capable of learning new tasks with practice, underscoring the importance of rehabilitation to improve and maintain function, and (2) as there is no evidence that levodopa hinders motor learning, the motoric benefits of levodopa may augment learning.

**Rahul Srinivasan, PhD** was a grant recipient in 2017 from APDA. Here is a brief summary of the results of that project and its potential implications for the PD community:

I discovered that the neuroprotective effect of a smoking cessation drug, cytosine occurs only in female mice and that estrogen and cytosine act in combination to exert neuroprotection. Thus, the APDA funding has enabled me to launch an entirely new research program in my lab focused on sex differences in PD, which I will be pursuing for the foreseeable future. My hope is to utilize knowledge gained from this research to develop a new class of neuroprotective drugs for PD, based on our understanding of sex differences in neuroprotection due to the drug cytosine.

For details, go to: [www.apdaparkinson.org/blog](http://www.apdaparkinson.org/blog)

**ADPA DISCLAIMER:** Any medical information disseminated via this blog is solely for the purpose of providing information to the audience and is not intended as medical advice. Our healthcare professionals cannot recommend treatment or make diagnoses but can respond to general questions. We encourage you to direct any specific questions to your personal healthcare providers.

## APRIL WEBINARS

| DATE              | PROVIDER                                 | TOPIC   | SPEAKER(S)  | Website-Registration  |
|-------------------|--|---|---|---|
| 4/1/21            | PMD Alliance                             | Therapy Break-Voice Aerobics  | Mary Spremulli, CCC-SLP, a speech-language pathologist    | <a href="https://events.blackthorn.io/en/2EmH006/g/N9b0S61cMa/therapy-breaktm-voice-aerobics-5a222E2utml/overview">https://events.blackthorn.io/en/2EmH006/g/N9b0S61cMa/therapy-breaktm-voice-aerobics-5a222E2utml/overview</a>   |
| 4/6/21            | Davis Phinney                            | Health Disparities and Parkinson's: Understanding the Role of Trust   | Altaf-Saadi, MD, MSC, and Consuelo H. Wilkins, MD, MSC    | <a href="https://secure2.convio.net/dpf/site/SSurvey?SURVEY_ID=2165&amp;ACTION_REQUIRED=URI ACTION_USER_REQUESTS&amp;autologin=true">https://secure2.convio.net/dpf/site/SSurvey?SURVEY_ID=2165&amp;ACTION_REQUIRED=URI ACTION_USER_REQUESTS&amp;autologin=true</a>   |
| 4/6/21            | Lewy Body Dementia Association           | Ask the Expert: Managing Behaviors in Lewy Body Dementia  | FL Medical Professionals                                  | <a href="https://www.lbda.org/ask-the-expert-managing-behaviors-in-lewy-body-dementia">Ask the Expert: Managing Behaviors in Lewy Body Dementia - Lewy Body Dementia Association (lbda.org)</a>   |
| 4/7/21            | Boston Scientific                        | What Are My Options When PD Medications Aren't Enough?  | Dr. Seth Kareus, Movement Disorder Neurologist            | <a href="https://www.DBSandMe.com/Webinar">www.DBSandMe.com/Webinar</a>   |
| 4/9/21 to 4/10/21 | Parkinson Study Group-Virtual Conference | Planning for Prevention of Parkinson's: A trial design symposium and workshop                                       | Several Speakers  | <a href="https://www.accelevents.com">Checkout Page (accelevents.com)</a>   |
| 4/14/21           | APDA                                     | Dr. Gilbert Hosts: Hacks, Tricks & Medication Tweaks to Improve Your Movement and Your Day with Dr. Joseph Friedman | Dr. Rebecca Gilbert & Dr. Joseph Friedman                 | <a href="https://www.apdaparkinson.org/dr-gilbert-hosts-hacks-tricks-medication-tweaks-to-improve-your-movement-and-your-day-with-dr-joseph-friedman">Dr. Gilbert Hosts: Hacks, Tricks, &amp; Medication Tweaks to Improve Your Movement and Your Day with Dr. Joseph Friedman   APDA (apdaparkinson.org)</a> |
| 4/20/21           | PMD Alliance                             | How to Help Your Loved One with Movement  | Teepa Snow, MS, OTR/L                                     | <a href="https://www.blackthorn.io/events/spotlight-online-how-to-help-your-loved-one-with-movement">Overview : Spotlight® Online-How to Help Your Loved One with Movement : Blackthorn : Events</a>  |
| 4/21/21           | PMD Alliance                             | Managing the Return of Parkinson's Symptoms with a Unique Inhaled Treatment   | Michael Soileau, MD                                       | <a href="https://www.blackthorn.io/events/managing-the-return-of-parkinsons-symptoms-with-a-unique-inhaled-treatment">Overview : Managing the Return of Parkinson's Symptoms with a Unique Inhaled Treatment : Blackthorn : Events</a>  |
| 4/27/21           | Boston Scientific                        | Deep Brain Stimulation: How Well Does It Work and How Safe Is It?   | Dr. Casey Halpern, Neurosurgeon and Traci Hornbeck, PA-C  | <a href="https://www.DBSandMe.com/Webinar">www.DBSandMe.com/Webinar</a>   |
| 4/28/21           | APDA                                     | Sing Loud for PD  | Dr. Rebecca Gilbert                                       | <a href="https://www.apdaparkinson.org/meeting-registration-zoom">Meeting Registration - Zoom</a>   |
| 4/29/21           | PAA/Sunovion                             | Understanding OFF Times When PD Symptoms Return   | Dr. Daniel D. Dees, MD Neurology Specialist in Mobile, AL | <a href="https://zoom.us/j/99394699527">https://zoom.us/j/99394699527</a> (312) 626-6799 (CT)<br>Meeting ID: 993 9469 9527<br>Passcode: 5409191   |

**The PAA is proud to invite you to a FREE upcoming webcast:**



**Understanding OFF Times When PD Symptoms Return**

**Thursday, April 29, 2021  
2:00 p.m. CT**

**Details:**

- Hear from a Parkinson's disease specialist.
- Learn about OFF times (when PD symptoms return)
- Pick up tips on how to manage living with Parkinson's disease.

**Speaker:**

**Dr. Daniel D. Dees, MD  
Neurology Specialist in Mobile, AL**

Program registration link: <https://zoom.us/j/99394699527>

**Passcode: KYNMOBI**

|         |                                    |
|---------|------------------------------------|
| Back-up | +1 646 558 8656 US (New York)      |
| Audio   | +1 312 626 6799 US (Chicago)       |
| Number: | +1 301 715 8592 US (Washington DC) |
|         | +1 253 215 8782 US (Tacoma)        |
|         | +1 346 248 7799 US (Houston)       |
|         | +1 669 900 9128 US (San Jose)      |

**Meeting ID: 993 9469 9527**

**Passcode: 5409191**



# UAB / Lakeshore Research Collaborative

**(Still Recruiting)**



RESEARCH COLLABORATIVE  
*promoting the health and wellness of people with disabilities*



## Movement-to-Music (M2M) Exercise Program



**The M2M Program is a rhythmic-based exercise program delivered through a web-based platform in which you can actively engage from the comfort of your home.**

You may be able to participate if you meet the following criteria:

- Diagnosed with one of the following: traumatic brain injury, spinal cord injury, spina bifida, cerebral palsy, stroke, Parkinson disease, or multiple sclerosis.
- Between 18 and 70 years of age.
- Have stable cardiovascular conditions.
- Have not participated in a similar research study in the past 6 months.

**Please contact  
Lori Theriot, Recruitment Coordinator,  
for more information  
(205) 313 - 7455  
M2MStudy@uab.edu**

**4000 Ridgeway Drive Birmingham, AL 35209 | [www.lakeshore.org](http://www.lakeshore.org) | (205) 313-7455**

## PAA's New Program Offering

### Parkinson's Disease (PD) Outreach

The PAA's Parkinson's Disease Outreach program is designed to provide telephone support and companionship to individuals with PD. Our trained volunteers develop relationships with people with PD via phone calls to those who are lonely, isolated, and in need of friendly and supportive conversation.

Clients may enter the program by contacting the PAA Care Navigator at 833.473.5465 or through email at [pdnavigator@pdlink.org](mailto:pdnavigator@pdlink.org) and requesting this service.



Join our Mailing List!

Email us your mailing address and you will receive any information that we send out.

AND...PLEASE **GIVE** to the PAA!

To give Memorials, Honorariums, or a general donation, please go to this link:

[Give - Parkinson Association of Alabama \(parkinsonalabama.com\)](http://parkinsonalabama.com)

**We appreciate you!**



Bibby S. Bailey  
Executive Director  
Parkinson Association of Alabama  
[www.parkinsonalabama.org](http://www.parkinsonalabama.org)  
833.473.5465

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