

Parkinson Association of Alabama, Inc.

Your State Resource on Parkinson's Disease



**PLEASE JOIN PAA & UAB ON ZOOM,
TUESDAY, 11/9/21 FROM 9:00 AM TO 11:30 AM**

PAA is again thrilled to partner with UAB as host of our **2021 Parkinson's Symposium**. Our annual symposium draws PD patients, caregivers, and loved ones from all over Alabama to engage multiple thought leaders who are experts in Parkinson's Disease research, treatment, care and other focus areas. Whether you're a PD patient, caregiver, medical professional, advocate, or simply want to know more about this complex disease – the **Parkinson's Symposium** offers something for everyone.

Attendees, please start writing down your questions for either the UAB physicians or the panel we've assembled: an executive diagnosed with Parkinson's Disease, a caregiver and PD fundraiser, and a person who helps as well as boxes with the PD community. Please send your questions to Deb Baragona – pdnavigator@pdlink.org.

NEWSLETTER – October 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.

SYMPOSIUMS

- PAA-UAB SYMPOSIUM 11-9-21
- Tanner Symposium Nov. 8, 9, 10

WEBINARS

- Boston Scientific 10-20-21
- PMD Alliance 10-7-21

PARKINSON'S AROUND ALABAMA

- Homewood Support Group
- Dance for PD-Starting back up
- PAA License Plates for Sale-Your reservation is needed NOW!
- Scenes from Anniston RSB
- Parkinson Awareness Walk 11-6-21
- UAB Study-Neuroinflammation
- UAB Study-Exercise & Sleep

FUNDRAISERS

- Team Rowland Fundraiser 10/2/21
- Team PAA Fundraiser 10/2/21
- Regency Pointe – Event Captured
- Our thanks to Tee Off Fore Tanner

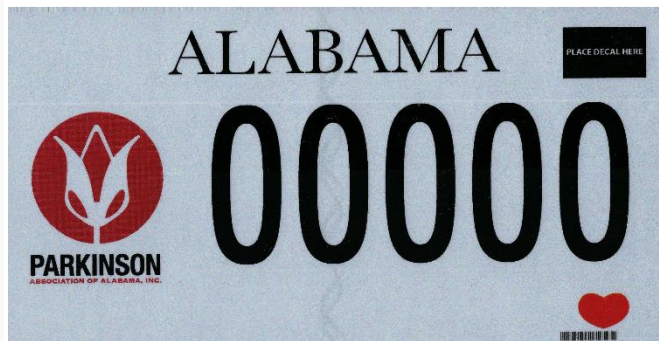
FOCUS ON PD

- In-Person Workshop with Dr. Dees (MDS), Mobile, AL 10-29-21

RESOURCES

- Senior Talk Line-Central AL
- Rock Steady Boxing-Anniversary
- Johns Hopkins – Virtual Boxing
- Johns Hopkins – P4P

Please **Reserve** your pre-commitment for the **"FIGHTING PARKINSON'S DISEASE"** Car Tag **TODAY!**



**Drive Up Awareness
For Parkinson's Disease
Wherever You Go!**

*The clock is ticking, and we have until March 31, 2022, to get a minimum of 250 vehicles signed up for the **statewide** "FIGHTING PARKINSON'S DISEASE" car tag.*

The PAA will pay the \$50 upfront fee and we will complete the paperwork to reserve your pre-commitment for the Parkinson's Disease license plate. If the minimum pre-commitment is reached by March 31, 2022, you will receive an invoice from the PAA in the amount of \$50. If the minimum pre-commitment is not met, Parkinson's Disease specialty license plates will not be offered in the state of Alabama. PAA will receive \$41.25 for every Fighting Parkinson's Disease license plate purchased and these funds will be used to further the PAA's mission of improving the quality of life for patients, caregivers, and their families affected by Parkinson's Disease in the state of Alabama.

Please contact Bibby Bailey at bibby@parkinsonalabama.org to reserve your pre-commitment for the PAA license plate. You will need to provide your VIN, Make, Model, Vehicle Year, and Tag Number for us to sign you up.

ISOLATED because of age, illness or Covid?

Did you know there is a **Senior Talk Line** available thru the Central Alabama **CRISIS CENTER**? This center serves five counties surrounding Birmingham--Blount County, Jefferson County, St. Clair County, Shelby County and Walker County.

The Senior Talk Line service is a **free telephone reassurance service** for senior citizens, caregivers, retirees, widowed persons, grandparents and others who might find comfort in having a counselor call them on a regular basis to talk.

Seniors are encouraged to talk about anything that is of interest or concern to them. **This program is designed to reduce social isolation.** They understand that sometimes it just helps to have someone to talk with, someone who will listen...and care.

A trained staff or volunteer counselor calls each senior client at least three times a week. Or they may call every day if you prefer.

SENIOR TALK LINE
Get in touch with a counselor
(205) 328-8255

When you call, you will be asked some very basic questions, such as name, telephone number, age, etc., all of which are kept as confidential background information for our staff and volunteer counselors.

THIS SATURDAY, OCTOBER 2ND

TEAM ROWLAND ROAD SERIES



2021

TEAM PAA

JOIN TEAM PAA
IN OUR PURSUIT TO END
PARKINSON'S DISEASE.



Register

BENEFITTING THE MICHEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH +
THE PARKINSON ASSOCIATION
OF ALABAMA



Donate

Want to support from the sidelines? Donate!

WWW.PARKINSONALABAMA.COM/UPCOMING-EVENTS

OCT.

02

OAK MOUNTAIN
STATE PARK



5 MILE, 10 MILE, 15 MILE, 30 MILE, OR
CHOOSE YOUR OWN VIRTUAL RIDE.

COME TO **RIDE or COME TO **CHEER**
THIS SATURDAY AT OAK MOUNTAIN
STATE PARK**

2021 TEAM ROWLAND ROAD SERIES



**OCTOBER 2ND,
2021**

**OAK MOUNTAIN
STATE PARK**

**5 MILE, 10 MILE, 15 MILE, 30 MILE, OR
CHOOSE YOUR OWN VIRTUAL RIDE.**

**JOIN TEAM ROWLAND IN OUR PURSUIT
TO END PARKINSON'S DISEASE**



INFORMATION

**BENEFITTING THE MICHEL J. FOX
FOUNDATION FOR PARKINSON'S
RESEARCH AND THE PARKINSON
ASSOCIATION OF ALABAMA**



REGISTER

for more information: teamrowland.org

Or if you just want to **DONATE** to PAA, please go to: [**Parkinson Association of Alabama | Parkinson Association of Alabama \(Powered by Donorbox\)**](https://Parkinson Association of Alabama | Parkinson Association of Alabama (Powered by Donorbox)) or call (833) 473-5465.

You are invited to celebrate Rock Steady Boxing's 15th Anniversary either **virtually** or **in-person** on **Saturday, October 23, 2021.**

A promotional poster for Rock Steady Boxing's 15th anniversary. It features a man in a blue t-shirt and red boxing gloves in a boxing stance. A circular logo in the top left corner reads "fighting back against parkinson's 15th anniversary ROCK STEADY BOXING 2006 2021". A large yellow banner at the top right says "Save the Date". Text on the right side states: "Rock Steady Boxing is celebrating 15 Years Fighting Back Against Parkinson's with a virtual OR in-person event SATURDAY Oct. 23 7 - 8pm". A list of activities includes: "• Silent Auction", "• Boxer Testimonials", and "• Boxing Demonstrations". A blue banner at the bottom left says "7 - 8 pm Sat. Oct. 23". At the bottom right, it says "Be sure to join us for the celebration!".

Save the Date

Rock Steady Boxing is celebrating
15 Years Fighting Back Against Parkinson's
with a virtual OR in-person event
SATURDAY Oct. 23
7 - 8pm

- Silent Auction
- Boxer Testimonials
- Boxing Demonstrations

Be sure to join us for the celebration!

7 - 8 pm
Sat. Oct. 23

Tickets: \$75 In-Person Event, \$50 Virtual Event

Register: [15th Anniversary Celebration \(ejoinme.org\)](https://ejoinme.org)

PAA enjoyed gathering with everyone who attended the
Tee Off Fore Tanner event at TopGolf 9-9-21



HOMWOOD'S 'MOVEMENT BASED' SUPPORT GROUP

and update on
DANCE FOR PD

We all had a blast at the **Homewood Movement Based Support Group** on Saturday, September 11th at Benchmark PT! Morgan Kreger's special guests were Mary Margaret Scalici and Teri Weksler, from **Dance for PD** who gave an interactive demonstration on their incredible exercise program specifically for people with Parkinson's Disease.

NOTE: Dance for PD is STARTING UP AGAIN! – Teri and Mary Margaret are currently planning a 6-week session starting **October 14th**. The current/tentative plan is Tuesday's at 10:00 AM and Thursday's at 12:00 Noon, most likely at the Dance Foundation in Homewood. They want to know if you prefer 10:00 AM, 11:00 AM, or 12:00 Noon? Email your reply to either: teriweksler@bellsouth.net or Marymargaretscalici@mac.com.



Homewood SG's next meeting is on **Saturday, October 9th**. Shea Terry, a residency trained pharmacist, will be speaking on the pharmaceutical side of Parkinson's Disease. If you would like to attend, please call Morgan at (205) 202-2273.

Boston Scientific Webinar (New)

The below webinar is new for Boston Scientific - it is purely focused on a patient and their experience with DBS during the procedure and programming with a neurologist.

My Deep Brain Stimulation (DBS) Experience

Join to hear from someone who has DBS.

October 20, 2021 – 2pm-3pm ET/11am-12pm PT

Presenter: Sierra Farris, PA-C

To register, please visit:

<https://DBSandMe.com/Webinar>

REGENCY POINTE, RAINBOW CITY--PAA FUNDRAISER

Thank you, **Judi Drew**, our Gadsden Support Group leader, for notifying Deb of this exciting *fundraiser* that Regency Pointe planned to benefit the nonprofit work PAA does for those with Parkinson's Disease! **Regency Pointe in Rainbow City is a Senior Living Community comprised of senior apartments, independent living, assisted living and memory care facilities, programs and services.** And thank you **Kelsi Morgan, Senior Lifestyle Counselor**, for all your assistance and support to Deb! Readers, this is a beautiful community full of wonderful staff and residents!!! WE DEEPLY THANK YOU FOR THE GENEROUS DONATIONS TO PAA!!!

Also, we're so please the Gadsden Support Group has been meeting in person since August. If anyone would like to join them, here is the contact information:

Gadsden

2nd Wednesday at 1:00-2:00
First Baptist Church of Gadsden
Family Life Center (6th & Walnut)
235 South Fifth St
Gadsden, AL 35901
Facilitator: Judi Drew
(205) 919-6992

Parkinsonsgroup.gadsden@gmail.com



JOHNS HOPKINS MEDICINE has two **VIRTUAL** programs for PwP:

#1



FREE VIRTUAL ABILITY BOXING CLASS

WEDNESDAYS AND FRIDAYS @ 11AM

PRESENTED BY KNOCKOUT BOXING OF
MIDDLETOWN, DE



TO JOIN:

[https://us02web.zoom.us/j/5021734307?](https://us02web.zoom.us/j/5021734307?pwd=aFZ2MDM5eHNjekJubkttU1N0WmtjUT09)
[pwd=aFZ2MDM5eHNjekJubkttU1N0WmtjUT09](https://us02web.zoom.us/j/5021734307?pwd=aFZ2MDM5eHNjekJubkttU1N0WmtjUT09)

MEETING ID: 502 173 4307
PASSWORD: 723914



Click to [Launch Meeting - Zoom](#)

Please note: Johns Hopkins will be changing communication regarding this and other programs to monthly e-newsletters instead of weekly reminder emails. Should you have any questions or concerns about this, please email Sarah Phelan at sphelan2@jhmi.edu



Pacing for Parkinson's (**P4P**) Week 2021 (**October 2-9**) will unite the Parkinson's community **virtually** through movement and fundraise for research, community outreach, education, and patient care at the Johns Hopkins Parkinson's Disease and Movement Disorders Center. Each day of **P4P** Week will focus on a different type of movement and stories from the PD community. Register today (for free!) to join P4P Week 2021 at pacing4parkinsons.org.

Looking for Healthy Controls

Inflammation in Parkinson's disease (PD)

What are we doing?

Assembling a well-characterized PD/Healthy Control patient population for study with regard to neuroinflammation.

Why are we doing this?

Parkinson's disease (PD) is the second most common neurodegenerative disorder. While current treatments mitigate the symptoms and disability associated with PD, no treatments slow or reverse the neurodegenerative process.

Who are we looking for?

- Individuals 50 years and older
- 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

Will I receive compensation?

You will receive up to **\$175** for completion of study activities

If interested, please call **205-934-5954**
(Dept. of Neurology/Movement Disorders) to learn more.

Exercise-induced Cognitive Improvement Through Enhanced Sleep in Parkinson's Disease

A new clinical trial at the University of Alabama at Birmingham (UAB) is investigating the effects of exercise on sleep and cognition through participation in a supervised exercise program.

Study Groups: All participants in this study will be randomly assigned to one of two groups: 1) Immediate exercise (24 weeks of training)
2) Delayed exercise (12 weeks of training)

Total Study Duration: 24 Weeks

Who Can Participate: At least 45 years old with a diagnosis of Parkinson's disease, on stable medications for at least 4 weeks, and no contraindications to an exercise program.

Study Visits: Participation in the study involves a screening visit and three sets of study assessments (cognitive tests, sleep study, brain MRI), each of which will involve 3-4 study visits to UAB. The sets of study assessments will occur at the beginning of the study, at week 12, and at week 24. There will also be three visits per week for exercise training at UAB's Center for Exercise Medicine.



For more information, please contact our team:

Amy Amara, MD, PhD, Associate Professor of Neurology

Jennifer Pilkington: jpgilkinson@uabmc.edu

205-934-8352

Corina Catiul: corina@uab.edu

205-975-9556

UAB CENTER FOR
EXERCISE MEDICINE
Moving Research into Medicine



UAB SCHOOL OF MEDICINE

Department of Neurology

You can influence the course of your own disease and the way doctors talk to new PD patients about treatment options by (1) exercising, (2) telling your doctor how exercise helps you, and (3) helping the research community prove the benefits of exercise by participating in clinical trials.

GETTING OUTDOORS TO WALK IN OXFORD, AL



Parkinson's Disease Awareness Walk

November 6 @ 9 am

Oxford Lake Walking Track
401 McCullars Lane
Oxford, Alabama 36203
256-831-2660

Call **Katie**, the organizer, for more info 256-525-6647

Thursday, October 7th at 10:00am CST. Dr. Sandeep Thakkar will be delivering a presentation titled: Parkinson's Disease: More than Motor Symptoms, via a Livestream for the Parkinson and Movement Disorder Alliance (PMDA). This program is sponsored by ACADIA and is intended for Parkinson's Patients and Caregivers. The Livestream can be viewed from a smartphone, tablet or computer. You can join this free Livestream by registering via the link on the attached flyer or on the PMDA website at:

<https://events.blackthorn.io/en/2EmH006/g/zQbZMzTv3s/more-than-motor-symptoms-5a222E2vRKV/overview>



PMD Alliance
Parkinson & Movement Disorder Alliance

NeuroLife Online®
emPowered!® Livestream

ONLINE • LIVESTREAM
More Than Motor Symptoms

This free and educational program will explore the symptoms of hallucinations and delusions associated with Parkinson Disease. We will also discuss the impact these symptoms have on patients and care partners. Finally, we will explore the only FDA-approved treatment option for hallucinations and delusions, something that is believed to occur in 50% of people impacted by Parkinson disease. You are not alone. Together, we will explore the impact of these issues and offer solutions to help you live fully!

🕒 Thursday, October 7, 2021
12:00 PM - 1:00 PM PACIFIC

📍 Livestream via ZOOM.

💰 Free, all are welcome!
Registration required.

🌐 Register today at www.PMDAlliance.org

Thank you to our partner:



📞 (800) 256-0966 ✉ info@pmdalliance.org 🌐 www.pmdalliance.org

FEATURED SPEAKER

Sandeep Thakkar, DO



Sandeep Thakkar, DO, is a neurologist and movement disorder specialist at Hoag Pickup Family Neurosciences Institute. Dr. Thakkar earned his doctor of osteopathic medicine degree from Western University of Health Sciences in Pomona, California. Dr. Thakkar is also involved with the United States Department of Veterans Affairs Parkinson's Disease Research Education and Clinical Center, or PADRECC, in Los Angeles, CA. He has done clinical research on the subjects of deep brain stimulation for the treatment of and the effects diet can have on Parkinson's disease, as well as the effects of certain drug therapies on mood and behavior. Dr. Thakkar has published numerous journal papers.

**MOBILE, PENSACOLA, PASCAGOULA
AND SURROUNDING AREAS
OCTOBER 29TH**



Learn. Live. Connect.®



DANIEL DEES, MD
USA Parkinson Disease and
Movement Disorders Center

MOBILE, AL

You're invited to an outdoor workshop for people with Parkinson's and their families. Let's spark connections, get curious about the road ahead, and receive practical advice for managing our PD journeys.



MOVEMENT BREAK

Join Daniel Dees, MD, as he shares his wealth of knowledge as a neurologist and movement disorder specialist. Bring your questions for an interactive Q&A, too!



MASKS REQUIRED

And get moving with us with a sneak peek at a PD-specific exercise routine to shake it off and care for our whole bodies.



Friday, October 29
Arrival and Exhibits - 9:30 AM CT
Program - 10:00 AM - 12:00 PM CT



Hermitage-Rippy Estate
3151 Newman Road
Mobile, AL 36695
Outdoor Event



Free! Open to all people with Parkinson's and their families



Registration and more info:
<https://bit.ly/pmdmobile>

Thank you to our annual partners:



PMD Alliance
Parkinson & Movement Disorder Alliance



(800) 256-0966



info@pmdalliance.org



www.pmdalliance.org

PMD Alliance is an independent 501c3 nonprofit organization dedicated to providing opportunities for people to learn, live more fully and connect to a community of care.

Here is the link for the workshop in Mobile: <https://events.blackthorn.io/2EmH006/5a222E2vRJw>

A ZOOM SYMPOSIUM

A Patient Centered Approach to Complex Neurological Conditions During a Pandemic and Beyond.

**November 8, 9, & 10
4-6 p.m. each day
\$30 per person**

<https://Tannersymposium.swell.gives>

**FOR MORE INFORMATION:
MaryTMiller@TannerFoundation.org**

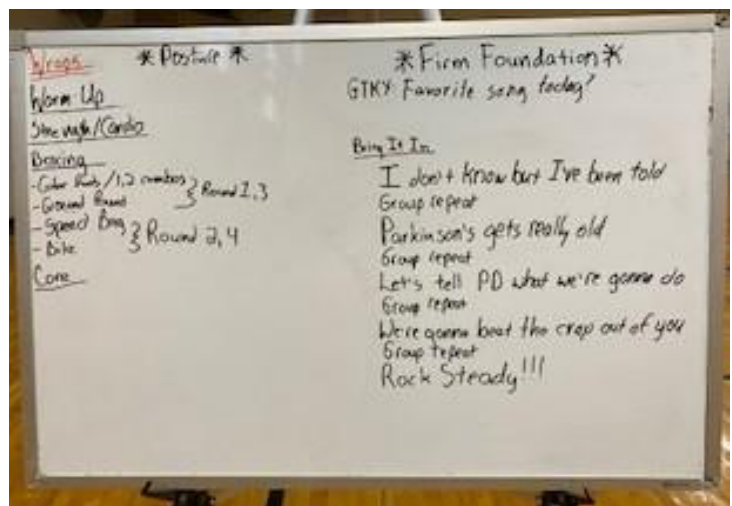
(Zoom log in information will be emailed to registrants.)



The Tanner Foundation seeks to enhance the lives of individuals living with Multiple Sclerosis, Parkinson's Disease, and ALS through promoting, conducting, and sponsoring research, donating grants, and offering educational opportunities.

Here is the link for the Tanner Symposium: [Symposium \(swell.gives\)](https://Tannersymposium.swell.gives)

Thank You, **Anniston Rock Steady Boxing** for allowing the **Anniston Support Group** & Deb to watch your FUN, PARKINSON'S group of boxers!!!



If you live anywhere near Anniston and would like to join the Rock Steady Boxing group, please contact Ann Angell (see below):

YMCA of Calhoun County
29th West 14th Street
Anniston, AL 36201
calhouncounty@rsbaffiliate.com
(256) 238-9622
Attention: Ann Angell