

Parkinson Association of Alabama, Inc.

Your State Resource on Parkinson's Disease

May Webinar

Deep Brain Stimulation (DBS) - Presented by Ramsey Andrew Falconer, MD

Co-Director, Inova Parkinson's and Movement Disorders Center and Assistant Professor, Virginia Commonwealth University School of Medicine.

Tuesday, May 18, 2021 - 2:00 p.m. CT

Deep Brain Stimulation (DBS) is a safe and effective therapy that has been used to treat the symptoms of Parkinson's disease. DBS systems are implanted devices, like pacemakers, that deliver mild electrical pulses to modulate specific targets in the brain through thin wires called leads. The amount of stimulation in DBS is controlled by a pacemaker-like device placed under the skin in your upper chest. The wire travels under your skin and connects the DBS device to the electrodes in your brain.

Dr. Drew Falconer is board certified in neurology and is a fellowship-trained movement disorders specialist. Dr. Falconer specializes in advanced care of patients with Parkinson's disease and other movement disorders. Participants will hear from a Patient Ambassador during the presentation.

This PAA webinar is in collaboration with:



[2021 PAA Webinar Registration: Deep Brain Stimulation \(DBS\) - PDlink](#)

NEWSLETTER – May 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.

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- World Parkinson Coalition (WPC)
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PAA NEWS

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- 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

PAYMENT INFORMATION: You can **Venmo** Elizabeth - @elizabeth-hubbard-14 or **Mail** her a check to:
Elizabeth Hubbard
1728 Mayfair Drive
Birmingham, Al 35209

- ✚ **T-Shirts \$30** (Bella Canvas brand) army green, sage green, blush, blue mist, mint green, lavender, light denim, ash
- ✚ **Sleeveless T-Shirts \$38** (alternative brand), Cream/white, blush, denim and dark gray
- ✚ **Drop shoulder light sweatshirt \$42**
- ✚ **Vintage sweatshirt \$56**, Wine, black, denim and nickel
- ✚ **Vintage Camo color \$58** (Alternative Brand)
- ✚ **Light-weight Sweatshirt \$42** (Next Level brand) white, light gray and military green

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



Michael S. Fitts Interview on WSFA News

We hope everyone will watch this great interview (video) on WSFA News about **Parkinson's Awareness Month!**

In case you don't know, Michael is a **PAA Board Member**, and his interview can be seen by clicking the below:

<https://www.wsfa.com/video/2021/04/15/national-parkinson-awareness-month/>





RESERVE YOUR "FIGHTING PARKINSON'S DISEASE" CAR TAG TODAY

The Fighting Parkinson's Disease license plate application is approved for **state-wide** purchase. The twelve-month period in which to obtain the minimum number of "Commitments to Purchase" kicks off April 1, 2021 and ends March 31, 2022.

Did You Know? The Parkinson Association of Alabama 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?

If you wish to purchase a pre-commitment for the distinctive license plate, please visit <https://precommit.mvtrip.alabama.gov/UserCommit/Index> and complete the following steps.

- Select the tab **4/1/2021 to 3/31/2022**.
- Scroll down to **Fighting Parkinson's Disease**
- Select **Request Plate**
- Select and complete the **Commitment To Purchase Application**
- **Pay the \$50 fee.** (Please note that you will continue to use your current, valid Alabama license plate during the pre-commitment period.)

It is necessary to receive a minimum pre-commitment of 250 tags within the twelve-month period for the Fighting Parkinson's Disease license plate to be made available in Alabama. If sufficient commitments are not met within a twelve-month period, your \$50 application fee will be refunded to the PAA and we will return your \$50 to you.

**Purchase Your Pre-Commitment
Fighting Parkinson's Disease
Alabama License Plate Today!**

**!!!Please help us by making your pre-commitment of \$50
TODAY!!!**



BIRDIES FOR CHARITY

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.



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.

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

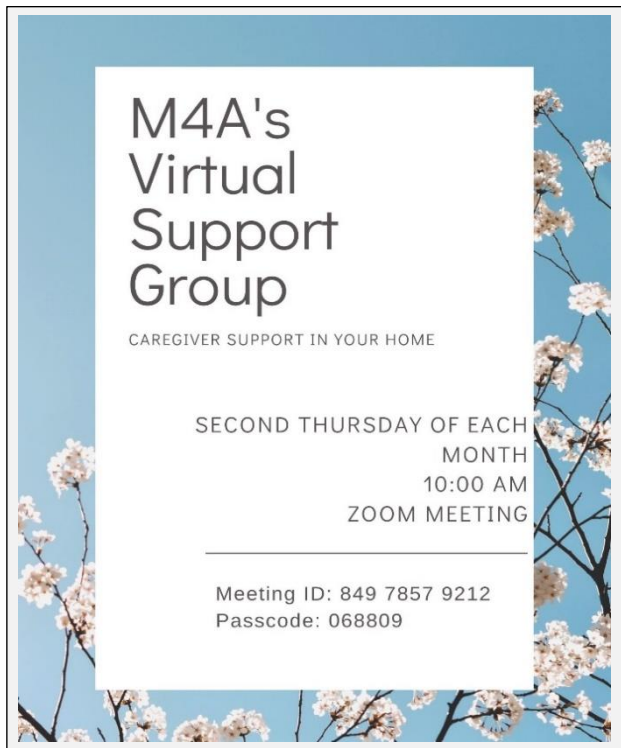
Aerobic and Strength Exercise



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

M4A Caregiver Support (May 15, 2021)



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

Passcode: 2058354074

For more information email:
Vevelyn Peterson Wilson at
vevelyn.wilson@yahoo.com

CENTRAL ALABAMA PD **Virtual** Support Group

This Support Group has been meeting **virtually** on the 2nd & 4th Monday of each month at 10:00 A.M. They will begin meeting in person in June.

For more information and to join them, please contact: Carolyn Goza (256) 245-6739 carolyntgoza@gmail.com

SPECIAL ANNOUNCEMENT

Please join this group for a virtual meeting **May 10th** with presenter Mike Zeller from Adamas Pharmaceutical featuring **Gocovri: for Levodopa induced Dyskinesia and OFF Time (OFF TIME is a new indication).**

ATTENTION **SOUTH ALABAMA** Live Event in Pensacola

On **May 14th**, PMD Alliance will be hosting a live "Live it Up" outdoor event in Pensacola -with social distancing precautions in place and with your health, safety, and wellness at the forefront.

If you have any questions about the structure or safety of these events, please do not hesitate to reach out to them at (800) 256-0966.

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**





PANDA PROJECT

Providing Alzheimer's 'n Dementia Assistance

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

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).

ATTENTION: PROFESSIONALS OR EXERCISE GURUS

ROCK STEADY BOXING

AFFILIATE TRAINING CAMP

MAY 5-7, 2021

Rock Steady Boxing is a program, not a place. Our goal is to educate as many people as possible about the benefits of intense exercise, and to establish safe and welcoming programs in every community for people with Parkinson's to fight back.

During the Affiliate Training Camp (ATC), you will learn boxing skills and techniques and the specific ways that intense exercise impacts Parkinson's. This training is intended for personal trainers, physical therapists, rehab facilities, boxing coaches, and other certified fitness and medical professionals who want to learn how to begin RSB classes in their own community and join our affiliate family.

The ATC provides an overview of Parkinson's disease, beginning boxing techniques and adaptations of our fitness program designed to combat 23 common symptoms of PD. The course includes both an online 15 Round Training as well as a two day interactive training which can be done either virtually or in-person.

This graded online educational training provides the knowledge and understanding of the special challenges of working with the PD population. For more information, contact Deb Baragona (pdnavigator@pdlink.org).

PLUS...there are two NEW RSB Affiliates starting up in AL!

If you are living with PD in these areas, please sign up!!!

ANNISTON

YMCA of Calhoun County
29th West 14th Street
Anniston, AL 36201
(256) 238-9622

Ann Angell

Fitness Director

www.ymcacalhoun.org

www.facebook.com/YMCAofCalhounCo

MONTGOMERY

Bell Road YMCA
2435 Bell Road
Montgomery, AL
Leigh Anne Richards
RSB Coach
Phone: 334-271-4343

Email: bellroad@rsbaffiliate.com

EXERCISE-DEPENDENT NEUROPLASTICITY (an article excerpt)

On a daily basis, people with PD who exercise can move more normally than those who do not. It is believed that exercise may be contributing to neuroplasticity — helping the brain maintain old connections, form new ones, and restore lost ones. ***This may outweigh the effects of neurodegeneration.***

Scientists who study stroke and traumatic brain injury have identified four features of exercise that drive neuroplasticity: intensity, specificity, difficulty and complexity.

Human Studies:

1. Research at the University of Southern California (USC) shows that after several weeks of treadmill exercise, the high-intensity group walked and ran faster than those in the other groups, working up to speeds of five to eight miles an hour. They also took longer strides, better posture and bigger arm swings. As they walked on the treadmill three times a week, for an hour each time, every characteristic of their walking began to look more normal. Their turns became more stable. Balance, as well as gait, improved.
2. A subset D2 Receptor study using a positron emission tomography (PET) scan, found when humans exercise, they also increase the number of D2 receptors.

Animal Studies:

1. Mice that exercised, the brain cells were using dopamine more efficiently. They found that exercise improves that efficiency by modifying the areas of the brain where dopamine signals are received — the substantia nigra and basal ganglia.
2. Dopamine stayed in their synapses longer and the signals lasted longer.
3. Cells receiving the dopamine signal had more places for the dopamine to bind in animals that exercised, thus could receive a stronger signal. This binding site is called the D2 receptor.
4. Intensive exercise may also play a role in controlling (normalizing) glutamate, another molecule that signals between brain cells, helping the brain to function normally and promote recovery of the ability to move.

If you haven't read this entire article on Exercise Research, please go to: [Exercise Research | Parkinson's Foundation](#)

The full article was reviewed by Dr. Chauncey Spears, Movement Disorders Fellow at the University of Florida, a Parkinson's Foundation Center of Excellence.

MAY Webinars, Workshops & More Helpful Programs

DATE	PROVIDER	TOPIC	SPEAKER(S)	Website-Registration
5/4/21	APDA	Dance for PD® PRO Every other Tuesday at 4:30 p.m. CT	Dance Class	Online class registration 5:30 p.m. (wufoo.com)
5/7/21	APDA	Drs. Gilbert and Koroshetz will discuss Parkinson's disease research at the NIH.	Dr. Gilbert and Dr. Koroshetz (Director of the National Institute of Neurological Disorders and Stroke (NINDS), a division of NIH.)	https://www.apdaparkinson.org/event/s/dr-gilbert-hosts-parkinsons-disease-research-at-the-nih-with-dr-walter-koroshetz/?eType=EmailBlastContent&eid=68b12ffe-1fb8-4845-9ee9-d00540cc9db1
5/10/21	PF	Mindfulness Mondays – Self Care for Care Partners	Positive Psychologist Maria Sirois	Parkinson's Foundation (convio.net)
5/12/21	Boston Scientific	Advances in DBS for Parkinson's Disease	Dr. Michelle Dagostine, Movement Disorder Neurologist	https://DBSandMe.com/Webinar
5/14/21	Family Caregiver Alliance (FCA)	Aging and Intimacy: For Older Adults and Family Caregivers	Note: this is Pacific Time (2 hour difference)	http://events.constantcontact.com/register/event?llr=xy59iybab&oeidk=a07ehtt5cv99106fe7f
5/17/21	PF	Mindful Resilience Part 3: Grounded Optimism for Care Partners	Positive Psychologist Maria Sirois	Parkinson's Foundation (convio.net)
5/20/21	MJFF	You're Not Alone: Tips for Building Connections in the Parkinson's Community	Panel of Speakers	You're Not Alone: Tips for Building Connections in the Parkinson's Community Parkinson's Disease (michaeljfox.org)
5/27/21	AARP, Alabama Cooperative Extension	Estate Planning: Understanding the Role & Responsibilities of an Executor	Attorney Tinisha Glenn of The Glenn Law Firm	Meeting Registration – Zoom
ANYTIME	Let's Combat Micrographia	Let's Combat Micrographia Workshop	A Research Based program of Creative Neurology	https://letscombatmicrographia.thinkific.com/



IRON BOWL DRIVE THROUGH RESOURCE FAIR



Location

Weaver Park Parking Lot
500 Anniston St,
Weaver, AL 36277



Date: Tuesday, June 1, 2021
Time: 10am – 12noon

Music, Prizes, Vendors, Education,
Sealed and Safe Snacks, and more!

For information and vendor
registration contact
Tabitha Royal
tablee4@aol.com
(256)453-7139



- All guests are asked to stay in their vehicles at all times.
- Follow the designated route that will guide you to visit each vendor.
- There will be one Entrance and one Exit to help with the flow of traffic (there will be guides)
- This event is **TOTALLY FREE** and **OPEN TO THE PUBLIC!**
- Please wear a **MASK** to protect you and others!

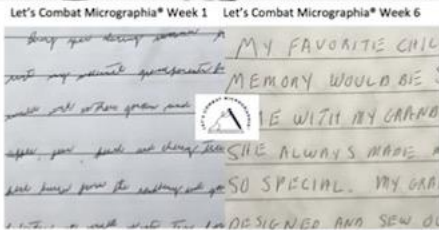


MICROGRAPHIA - JUNE 2, 2021



Let's Combat Micrographia® Virtual Workshop

Did you know micrographia or small handwriting
is a symptom of Parkinson's Disease?



- Re-Learn how to write
- Mind Body Re-Education
- Build Hand Strength
- Assignments & Accountability
- Seven weeks via Zoom

The only
Research based
program
supported by the
USA National
Institute of
Health's National
Library of
Medicine
And featured in
Brain & Life
magazine

Courses:
April 26, 2021 (2-3 PM EST)
June 2, 2021 (3-4 PM EST)

To register or for more information please email
livebetter@creativeneurology.com or call (203) 565-9647

Sponsored by:



www.letscombatmicrographia.com

Made with PosterMyWall.com



PD Resource Center



(PDRC UPDATE)

PAA's **PD Resource Center** (PDRC) is a collaborative center designed to serve persons with Parkinson's disease and their families. Our Care Navigator (Deb Baragona) is a centralized contact and source to help navigate the disease and resources across the state of Alabama.

Please know that after Deb was "Covid-safe," she launced her "in-person PDRC work" by exhibiting for PAA at the Council on Aging (Etowah County) Drive-Through Health Fair in Glencoe, AL on 4/21/21. That happened to be the day that an artic blast came through with a temperature chill factor of 38 degrees! However, Deb said it was a joy to meet other organizations caring for the elderly or those suffering with Parkinson's and other diseases, interact with the passers-by and, distribute awareness of PD and the PDRC here in Alabama! Here are some pictures.



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 | (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 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
833.473.5465

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You can update your [preferences](#) or [unsubscribe](#) from this list