

# Parkinson Association of Alabama, Inc.

Your State Resource on Parkinson's Disease

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Once again, PAA would like to thank all of the sponsors who *stepped up to the plate* at our Barons Baseball fundraiser Sunday, August 15!

**THANK YOU, 37 SPONSORS!!!**

**ERNEST G. DEBAKEY**  
*Charitable Foundation*

Acadia; Adamas; Alabama Neurology Associates; Altec; ARC Realty; BHK Investment Advisors; BHT Resources; Renee & Mike Booker; Stacy & Brian Corbett; Corporate Realty; EBSCO Industries; Great American Cookies; Greystone Golf & Country Club; Hoar Construction; Elizabeth K. Hubbard; Juarez Boxing; Alice Major; Maridan Corporation; McWane Foundation; MW/Davis, Dumas & Associates; O'Neal Industries; Yvonne Pope; Pursell Farms; Ray & Poyner; Regions Bank; Stacy and Mike Rowland; Team Rowland; Russell Lands on Lake Martin; Servis 1<sup>st</sup> Bank; The Stetler Family; Carol & Rusty Stewart; Tanner Foundation; Dan & Carey Thomasson; Ilene & Allan Wilensky; Sherry & Lloyd Wilson; and Wishes Travel.

## 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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## [IN THE SEPTEMBER ISSUE](#)

### WEBINARS

- In-Office Cutaneous Testing for Parkinson's Disease-Sept 1<sup>st</sup>

### PARKINSON'S AROUND ALABAMA

- Homewood Support Group
- PAA License Plates for Sale-Your reservation is needed NOW!
- Barons Fundraiser Thanks
- Scenes from the Barons Fundraiser
- UAB Study-Neuroinflammation
- UAB Study-Exercise & Sleep
- GCDS Gong Show – Mobile, AL
- Tanner Foundation – Tee Off Fore Tanner Fundraiser 9/9/21
- Team Rowland Fundraiser 10/2/21
- Team PAA Fundraiser 10/2/21
- Birmingham Men's Support Group and their August Visitor

### FOCUS ON PD

- MDS Virtual Congress 2021
- Parkinson Foundation: "Care Partner Program"

### VIRTUAL RESOURCES

- PD Helpmates Support Group (Virtual)
- M4A Caregiver Support Group (Virtual)
- Johns Hopkins – Virtual Boxing
- Virtual PWR!Gym

FROM OUR EXECUTIVE DIRECTOR, BIBBY BAILEY: We want to thank everyone who attended the Parkinson Association of Alabama's fundraiser on August 15 at Regions Field! For those of you who were unable to attend, we missed you and hope to see you at a future PAA event.

Although we were unable to control the weather, we had lots of activities underway in the Diamonds Direct Ballroom including the silent auction, face painting, a visit from Babe Ruff, and tons of food. DJ Chris kept the tunes spinning for us and our sponsor tables had many attendees stopping by to chat.

Since the game was rained out, the Barons will honor your game day ticket to another game during the 2021 season. You may preview the games for the remainder of the season at the Barons website, [Birmingham Barons Schedule | Schedule | Barons \(milb.com\)](https://www.milb.com). If you do want to catch a game this year, you need to hurry because their 2021 season ends on September 19.

You may swap your game ticket from our August 15 event at the Barons ticket gate for the game of your choice. If you no longer have your ticket and want to attend one of this season's games, please contact me at [bibby@parkinsonalabama.org](mailto:bibby@parkinsonalabama.org) and I will email you a ticket.

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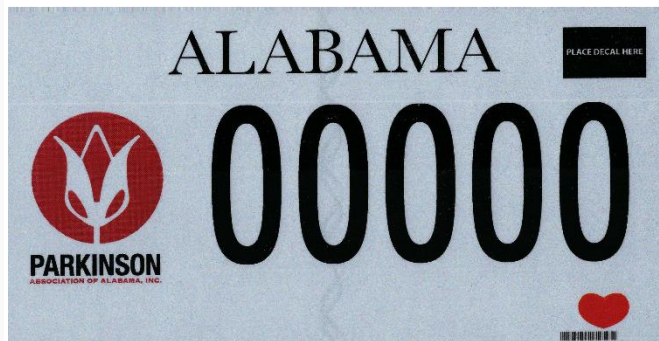
### **SPOTLIGHT on two ACTIVE PAA Support Groups** (below and on the next page)

The Birmingham Men's Group welcomed Deb to their August 10<sup>th</sup> meeting at the Diplomat Deli in Vestavia. What a great support group!!!



**Front Row, L-R:** David Henderson, David McElroy, Keith Chancey, Deb Baragona-PAA Care Navigator, Eric Barkemeyer, and Danny Fuqua. **Back Row, L-R:** John Bennett (SG Facilitator), James Calhoun, John Burson, and Frank Sinak.

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



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.

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.)

You will need your existing tag number, VIN and Driver's License number available to complete your application.

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, your \$50 application fee will be refunded to PAA and we will return it to you.

**PAA is so happy to announce another Parkinson's Support Group will once again be meeting in-person!**

## **Homewood Support Group**

2nd Saturday at 10:00 AM  
Benchmark PT-Homewood East Clinic  
1910 28th Ave S  
Homewood, AL 35209

**Facilitator1:** Amanda C. Johnson, PT, DPT; LSVT BIG Certified in Parkinson's Disease Management  
[aelliott@benchmarkpt.com](mailto:aelliott@benchmarkpt.com)

**Facilitator2:** Morgan Kreger PT, DPT; LSVT BIG Certified in Parkinson's Disease Management  
[mmkreger@benchmarkpt.com](mailto:mmkreger@benchmarkpt.com)  
(205) 202-2273

- Masks are required, please do not attend if you have been exposed or had any COVID-like symptoms
- No virtual option at this time
- Please park in front of the clinic and if you need physical assistance to get in, call (205) 202-2273
- No snacks please, bring your own water if you'd like
- No lunch afterwards to minimize unmasked exposure, we want to remain safe for our patients



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](http://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.



# 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**



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



for more information: [teamrowland.org](http://teamrowland.org)



## Tee Off Fore Tanner

September 9, 2021

5:00 to 8:00 PM

@ Topgolf

1111 24th St. N, Birmingham, AL 35234

## AGENDA

- |           |  |
|-----------|--|
| 4:30      | Setup for sponsors and vendors ( <b>PAA will have an Exhibit table</b> ) |
| 5:00      | Registration for participants begins                                     |
| 5:00-8:00 | Golf, Hole in one opportunity, Long drive                                |
| 5:30      | Welcome<br>Mary T. Miller, Executive Director,<br>Tanner Foundation      |
| 5:45      | Dinner   |
| 8:00      | Event Ends   |

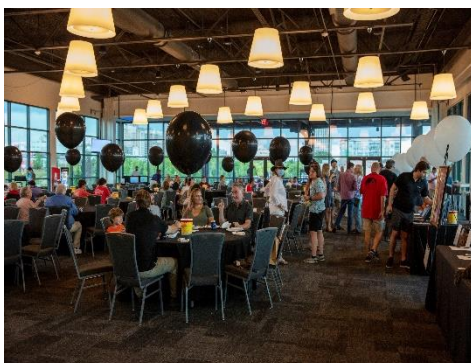
If you would like to Exhibit or have further questions, please contact the Executive Director, Mary T. Miller at [marytmiller@tannerfoundation.org](mailto:marytmiller@tannerfoundation.org).



# IF YOU MISSED THE BARONS BASEBALL FUNDRAISER: double-click the below **video** and look at these fun **pictures**!



PAA Slideshow Video  
DB.mp4








## A Glimpse at PAA's Support and Exhibit at the AAN Conference August 21, 2021






**Cognitive Performance in Parkinson's Disease**  
Corina Catiul, MD, Adeel A. Memon, MD, Joseph Davis, Jennifer Pilkington,  
Allen Joop, MS, Kimberly Wood, PhD, Amy W. Amara, MD, PhD

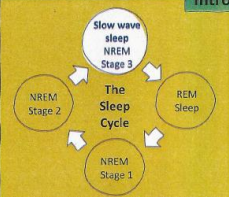
Knowledge that will change your world  
**ALABAMA ACADEMY OF NEUROLOGY**



**Slow wave sleep is a potential predictor of longitudinal cognitive decline in Parkinson's Disease.**



**Introduction**



**Motor Symptoms**

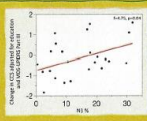
- Tremor
- Bradykinesia
- Muscle rigidity
- Postural instability

**Non-motor Symptoms**

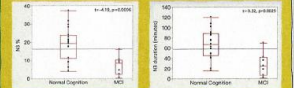
- Sleep disorders
- Cognitive impairment
- Autonomic dysfunction
- Sensory disorders

**?** Does slow wave sleep predict long-term cognitive decline in persons with Parkinson's Disease (PwP)?

**Results**



Percentage of N3 at baseline (slow wave sleep) predicted the longitudinal change in CCS (adjusted for years of education and MDS-UPDRS Part III).



As a secondary analysis, we compared baseline N3 % and N3 duration between participants who maintained normal cognition and participants who had normal cognition at baseline and developed MCI\* over the 3 years of the study.

**Rationale**

Slow-wave activity (0.5-4 Hz) during N3 sleep

Correlated with

- cognitive decline and age-related neural plasticity in healthy adults<sup>1</sup>
- global cognition in PD<sup>2</sup>

**Conclusion**

This study suggests that interventions to improve sleep might also improve cognitive function in persons with Parkinson's Disease.

**Methods**

39 PwP underwent polysomnography (PSG) and completed a comprehensive level III neurocognitive battery comprised of tests of global cognition (MoCA), and at least two tests in each of the following domains:

- executive function
- attention/working memory
- language
- visuospatial function
- processing speed
- memory

25 PwP also completed the comprehensive neurocognitive battery three years after baseline\*

\*This is ongoing study with a three follow-up post of four years from baseline

	Mean ± SD
N3% (40% M, 60% F)	14.8 ± 5.3
REM	62.5 ± 8.4
education (years)	15.75 ± 2.2
duration of disease (years)	4.24 ± 3.03
levodopa equivalent dose (mg)	517 ± 325
Total N3 duration (min) – at baseline	53 ± 34.2
Total N3 % – at baseline	14.8 ± 5.3

See more about this clinical trial at UAB on the last page of our newsletter.



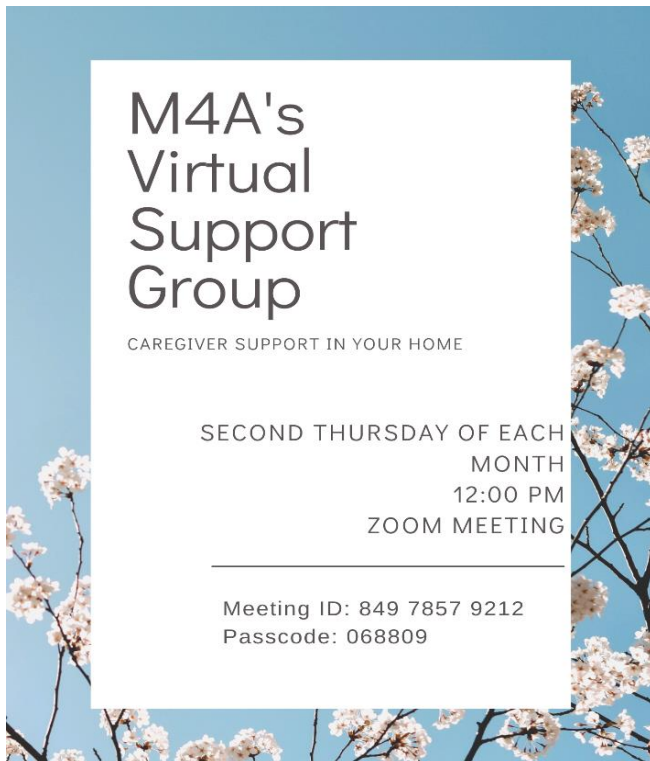
**Care Partner Program**  
Building a Care Partnership

El Programa de Cuidadores  
Aliados en el Cuidado



**Parkinson's Foundation Care Partner Program: Building a Care Partnership**  
The aim of the Parkinson's Foundation Care Partner Program, is to promote awareness, create actionable strategies for self-care, develop clear networks for support and provide relevant tools that will empower the Care Partner on their journey.

## M4A Caregiver Support (August 12, 2021)

A flyer for M4A's Virtual Support Group. The background is light blue with white cherry blossoms on the right side. The text is white on a white rectangular background. The title is "M4A's Virtual Support Group" in a large, bold font. Below it is the subtitle "CAREGIVER SUPPORT IN YOUR HOME". The meeting details are "SECOND THURSDAY OF EACH MONTH 12:00 PM ZOOM MEETING". At the bottom, it lists "Meeting ID: 849 7857 9212" and "Passcode: 068809".

**M4A's  
Virtual  
Support  
Group**

CAREGIVER SUPPORT IN YOUR HOME

SECOND THURSDAY OF EACH  
MONTH  
12:00 PM  
ZOOM MEETING

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Meeting ID: 849 7857 9212  
Passcode: 068809

## 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)

[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)

## 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  
**neuroinflammation**.

### Who are we looking for?

- **Individuals 50 years and older (particularly spouses, partners, or other family members of someone with PD)**
- Individuals with no history of autoimmune conditions or neurological disorders
- You will receive up to **\$175** for completion of all study activities

[If interested, please call 205-934-5954.](tel:205-934-5954)



Gulf Coast Dementia Services (GCDS) is conducting a fundraiser on **Thursday, September 23, 2021**, from 7 to 9 pm at the Alchemy Lounge in downtown Mobile. The fundraiser is an amateur talent show based upon the format of the 1970’s game show “The Gong Show.”

Our very own, Banks Ladd, is a board member of GCDS, is asking for your support as a sponsor, contestant, or attendee! If you are interested, please visit the links below for sponsorship and general information:

[Click Here for Sponsorship Info](#)  
[General Information](#)

GCDS is a 501c3 charitable entity that provides dementia related education to healthcare professionals and support groups for family members of those with dementia. It provides these services in the **greater Mobile metropolitan** area. GCDS has no paid employees. All sponsorship contributions are tax deductible, and all proceeds from the event will be used to provide these services.

If you know of anyone who would like to participate as a contestant for the “Gong Show,” please ask them to contact Banks at (251) 431-6014 or by email at [office@laddfirm.com](mailto:office@laddfirm.com).

**WITH COVID RISING AGAIN...**

## **Introducing the Virtual PWR! Experience! PWR!GYM**

Are you looking for an in-home, customized, multi-faceted exercise program to improve your Parkinson's Disease symptoms and your quality of life? ***We have the program for you!***



We at **Parkinson Wellness Recovery** are working diligently to bring the **Virtual PWR!Gym** – an experience modeled on our innovative facility in Tucson, AZ – directly to you, no matter where you are.

The PWR!Gym team, led by Founder and Chief Scientific Officer, Dr. Becky Farley, will guide you through a personalized PD health and wellness program, including exercise, education, social interaction, and feedback from our PWR!Gym team.

### **What we offer in the PWR! Virtual Experience**

#### **Guided Plans**

Why play the "pick an exercise video" game when you can have guided plans curated with you in mind?

#### **Parkinson's Focused**

Our experts focus on PD all day, every day, and we have for over a decade.

#### **Multi-Intensity Classes**

Every Parkinson's journey should fit you and your needs. Our assessment will help you fit into the class that is the perfect intensity for you. For more on intensity and why, [listen to Dr. Becky Farley here](#).

#### **Live Virtual Classes via Zoom©**

We want to see you! Keep motivated and moving with our live Zoom classes.

#### **Educational Materials**

You probably have questions—let us help you find the right answers.

#### **Class Variety**

From boxing to yoga, we've got something for everybody in our extensive library, live and pre-recorded!

[Sign-Up – PWR! Virtual Experience \(exerciseforbrainchange.org\)](https://exerciseforbrainchange.org)

**One-on-one wellness services are available now.**

Discuss your Parkinson's journey and goals with one of our PWR!Gym Exercise Specialist now. Contact the PWR!Gym at 520-591-5346 to set up your online consultation.



**ALSO, WITH THE COVID DELTA VARIANT COMING AROUND, YOU MAY WANT TO CONSIDER THIS FROM JOHNS HOPKINS MEDICINE:**



**JOHNS HOPKINS**  
M E D I C I N E

## 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



[Launch Meeting - Zoom](#)

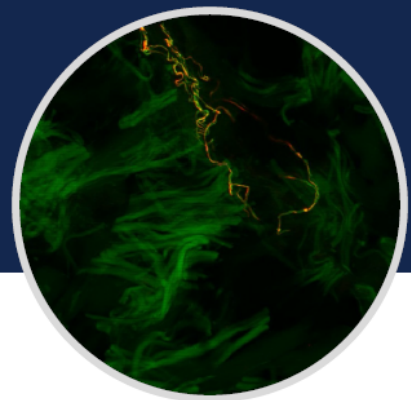
**Please note:** Johns Hopkins will be changing communication regarding this and other programs to monthly e-newsletters instead of weekly reminder emails. Should you have any questions or concerns about this, please email Sarah Phelan at [sphelan2@jhmi.edu](mailto:sphelan2@jhmi.edu)

WEBINAR

# In-Office Cutaneous Testing for Parkinson's Disease, Dementia with Lewy Bodies, and Other Synucleinopathies: Introducing the Syn-One Test™



Presented by Todd Levine, MD  
Co-founder and Chief Medical Officer  
CND Life Sciences



**September 1, 2021 at 7:30pm CST**  
**Register at: [bit.ly/cnd91](https://bit.ly/cnd91)**

To learn more and order the free Syn-One Test Biopsy Kit, visit [SynOneTest.com](https://SynOneTest.com)

**CND**   
Life Sciences™  
Diagnostic Insights for Life

**To Register in advance for this webinar:**

[https://cndlifesciences.zoom.us/webinar/register/WN\\_W6G-qpfoSVKTnEhWrm8roQ](https://cndlifesciences.zoom.us/webinar/register/WN_W6G-qpfoSVKTnEhWrm8roQ)

After registering, you will receive a confirmation email containing information about joining the webinar.

Deb learned from Kenny (see below) that **they will TRAIN LOCAL PHYSICIANS** to do this test! For further information, you can contact:

Kenny Buchanan  
Regional Sales Director - Southeast  
C: 617.438.2582  
[cndlifesciences.com](https://cndlifesciences.com)



## 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: [jpgilkington@uabmc.edu](mailto:jpgilkington@uabmc.edu)  
205-934-8352  
Corina Catiul: [corina@uab.edu](mailto: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.