

Parkinson Association of Alabama, Inc.

Your State Resource on Parkinson's Disease

June Webinar

Managing the Return of Parkinson's Symptoms with a Unique Treatment - Presented by David Greer, MD

Experiencing a return of your Parkinson's symptoms? You're not alone. Hear from a healthcare professional at this educational program sponsored by Acorda Therapeutics in cooperation with Parkinson Association of Alabama.

We hope you will join us on Zoom at the following link:

<https://zoom.us/j/92450269649?pwd=Ky9LZXdSRFNJWkc2d1BFaEI0MEprUT09>

Tuesday, June 22, 2021 - 10:00 a.m. CT

For questions or assistance, please contact:

Troy L. Degges
Market Development Manager
Acorda Therapeutics
420 Saw Mill River Road
Ardsley, New York 10502
Phone: 865-332-7939
Email: tdegges@acorda.com

For more information about Acorda therapeutics:

Web site: www.acorda.com

Follow us on Twitter: @acordanews

NEWSLETTER – June 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 – June 22, 2021
- APDA Webinar – June 7, 2021

PARKINSON'S AROUND ALABAMA

- PAA President-Brian Corbett
- PAA License Plates for Sale-241 reservation needed
- Birdies for Charity-\$20 Donations needed before 6/25/21
- Baron's Event – August 15th
- Iron Bowl Resource Fair 6/1/21
- UAB Udall Study-Still Recruiting
- U of AL-Huntsville – "Get Up" Study

FOR SALE

- Exercise Equipment
- Customized Artwork by Julie
- "You are Loved" Art Show Wednesday, 6/2/21

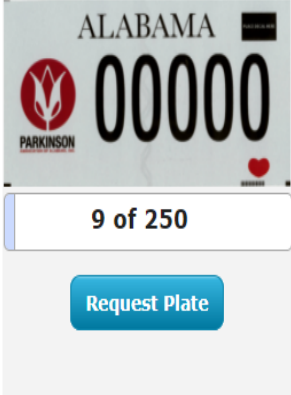
FOCUS ON PD

- Audio Book \$20.99
- Micrographia Course 6/2/21
- UAB's Caregiver Study

HELPFUL RESOURCES

- PD Helpmates Support Group (Virtual)
- M4A Caregiver Support Group (Virtual)
- Birmingham Men's Support Group

PAA Supporters: We have less than a year to get **241** more pre-commitments for a Parkinson's AL License Plate!

 <p>ALABAMA 000000 9 of 250 Request Plate</p>	<p>License Plate Category: FIGHTING PARKINSON'S DISEASE Sponsoring Organization: PARKINSON ASSOCIATION OF ALABAMA Required number of pre-commitments: 250 Contact Name: BIBBY BAILEY Email: bibby@parkinsonalabama.org Phone Number: (205)-901-0181 End of Precommitment Period: 3/31/2022 This plate is available to all supporters The PAA will use the proceeds to invest in robust webspace technology tools and advancements.</p>
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Please **Reserve** Your "FIGHTING PARKINSON'S DISEASE" Car Tag **TODAY**

The "Fighting Parkinson's Disease" license plate application **ends March 31, 2022**.

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.)

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.

Please watch PAA's President, Brian Corbett's Interview on Alabama Live for Parkinson's Awareness Month!

[Parkinson's Awareness Month \(wsfa.com\)](https://www.wsfa.com/parkinsons-awareness-month)

(just click on the link above)





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.





Join us!

A FUN FILLED DAY OF
BASEBALL & SUPPORTING
PARKINSON'S RESEARCH WITH
THE BIRMINGHAM BARONS

- SUNDAY, AUGUST 15TH @ 3:30 PM
DIAMOND DIRECT BALLROOM AND PATIO
- TICKETS: ADULTS/\$60 CHILDREN (AGE 9-16)/\$45
CHILDREN (AGE 3-8)/\$30
INCLUDES FOOD, GAME TICKET, CASH BAR
- PARKING AT CORPORATE REALTY PARKING LOT
60 14TH STREET SOUTH
SHUTTLE SERVICE WILL BE AVAILABLE
- VISIT FROM BABE RUFF
SILENT AUCTION
- REGISTER BY AUGUST 3RD, 2021
- CONTACT: DEB BARAGONA
1-833-473-5465 / PDNAVIGATOR@PDLINK.ORG



PARKINSON
ASSOCIATION OF ALABAMA, INC.

Meet PAA'S Birmingham MEN'S SUPPORT GROUP

We know, a good-looking bunch of fellas, right?

We are so pleased to let you know this group of men have started meeting in person again, post-Covid! They consider themselves a very informal group, sometimes with no agenda other than just being there to share with and encourage each other. And really, as most of us know, it doesn't get any better than that!

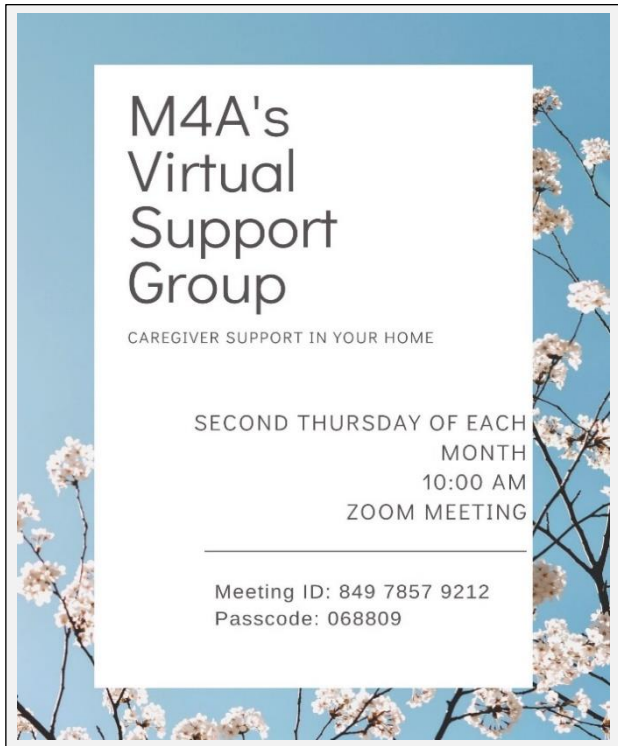


Below is the information you will need if you would like to join this group:

Birmingham Men's Group

3rd Thursday at 11:45
Diplomat Deli
1425 Montgomery Hwy
Park South Plaza Shopping Center
Vestavia, AL 35216
Facilitator: John Bennett
(205) 937-5333
jbennett4992@charter.net

M4A Caregiver Support (June 10, 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=TG9hTzM3aDJGbDBHd3FXNlMzMWl0Zz09>
Meeting ID: 205 835 4074 Passcode: 2058354074

Passcode: 2058354074

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

UAB - UDALL PD STUDY (Still Recruiting)

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

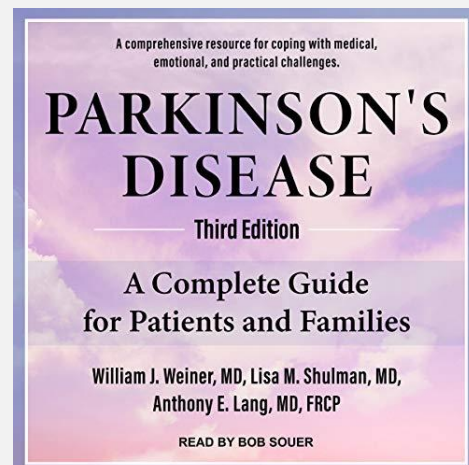
Healthy controls needed for research study
looking at Parkinson's neuroinflammation.

Who are we looking for?

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

If interested, please call 205-934-5954.

Audio Book \$20.99



Parkinson's Disease: A Complete Guide for Patients and Families, Third Edition

By: William J. Weiner MD, Lisa M. Shulman MD, Anthony E. Lang MD FRCP

Narrated by: Bob Souer
Length: 10 hrs and 24 mins

Unabridged Audiobook
Categories: Health & Wellness

Spotlight on Parkinson's Disease: Innovations in OFF Therapy

Free Web/Teleconference

Monday, June 7, 2021
12:00 PM – 1:00 PM CT

Please join the **American Parkinson Disease Association** for expert perspectives on the latest innovations in OFF therapy in Parkinson's Disease. This program is designed to help people with PD, family members, and care partners. Please share this invitation with anyone in your support network whom you feel will benefit.

SPEAKER



Melita Petrossian, MD
Director, Pacific Movement Disorders Center; Neurology
Pacific Neuroscience Institute
Santa Monica, CA

REGISTER NOW

Or click on the following link
<http://www.aoic.net/APDAJune72021>

Or to register by phone, please call toll-free (800) 223-2732

A confirmation email including program details will be sent upon registering for the program.

Support for this program
provided by:



ARE YOU A CAREGIVER?

A 45-minute survey either online or over the phone
CARING FOR ADULTS WITH DIFFICULTIES (CFAD) STUDY

EXAMINES STRESSORS OF CAREGIVERS TO AGING ADULTS, THEIR SOCIAL SUPPORT NETWORKS,
CAREGIVING DEMANDS, AND PERSONAL EXPERIENCES.

TO COMPLETE THE STUDY ONLINE, COPY AND PASTE THE LINK BELOW:

[Online Survey Software | Qualtrics Survey Solutions](#)

FOR MORE INFORMATION, PLEASE CONTACT
US BY PHONE: 205-440-3475 OR EMAIL:
WBRO9119@UAB.EDU AND GCAT347@UAB.EDU

Earn a \$20 gift card for participation.

FOR SALE

Theracycle for sale



Patsy Bateman has a practically new Theracycle for sale. Its original price was around \$4000 but she is offering to sell it for \$1000. For further information, please contact:

Patsy Bateman
2638 Coleman Road
Anniston, AL 36207
email: aptbate60@bellsouth.net
phone: 256-282-4114

FOR SALE

Artwork by Julie Rousseau

Julie's passion is reclaiming broken, torn apart pieces of jewelry (that you provide) and giving them new life.



BASE PRICING

Wood on wood designs

7 x 9 crosses	\$35
9 x 13 crosses	\$45
12 x 12 Letters (single initial)	\$40

Shadowbox designs

6 x 8	\$35
8 x 8	\$40
12 x 12	\$50
12 x 15	\$60

* Other designs by request

** Shipping charges apply

For more info: jmr12360@gmail.com or 205-222-3944 Ask for Julie

Customized artwork based on your memorabilia, what colors you prefer and if you like gold or silver, etc.
And, if you like the wood on wood or the shadowbox design. Pricing really just depends on Julie's cost.



You are a Mom • You are a Dad •
You are a Sister • You are a Brother • You are a Friend

“YOU ARE LOVED!” ART SHOW

featuring
elizabeth k hubbard art

benefiting the PAA

**WEDNESDAY, JUNE 2 2919 LINDEN AVENUE
9:30-2:00 & 5:00-8:00* HOMEWOOD, AL 35209**

***SUMMER SPIRITS & NIBBLES**

**A portion of the proceeds from the
“You are Loved!” art, merchandise & all artwork will be donated to the PAA**

**PLEASE JOIN US AT ELIZABETH HUBBARD’S ART STUDIO
JUNE 2ND**

You can come earlier or later in the day!

**This is a great opportunity to buy beautiful artwork for the home,
holidays or gifts for friends and family...and, help PAA provide care and
support for people with Parkinson’s Disease.**



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!





Let's Combat Micrographia® Virtual Workshop

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

Let's Combat Micrographia® Week 1 Let's Combat Micrographia® Week 6



- 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

www.letscombatmicrographia.com

Made with PosterMyWall.com

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:





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 VivoSmart 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