



PARKINSON News

PUBLISHED BY THE PARKINSON ASSOCIATION OF GREATER DAYTONA BEACH (PAGDB)

RECENT GIFTS & GRANTS

♥ 19 Anonymous Donors – Gifts to PAGDB by way of Network for Good (Ongoing Facebook Fundraiser)

♥ 5 Star Senior Living (Riviera Senior Living) – Gift to PAGDB

♥ Jerome Unatin Family Charitable Fund – Grant to PAGDB in honor of Ursula O’Leary

A huge debt of gratitude to all those that donate to our cause. Your gifts and grants go a long way in enabling us to carry on. Thank You!

To make a gift in honor or memory of a friend or loved one, to provide a grant, or to simply **donate to the PAGDB cause**: By mail, please make checks payable to Parkinson Association of Daytona, P.O. Box 4193 Ormond Beach, FL 32175. **To donate online**, please visit our website at: www.parkinsondaytona.org and click on the Donate link.

[Donate](#)

Condolences

PAGDB Board Member & Dear Friend – Bruce Popielarski passed away on August 2nd.

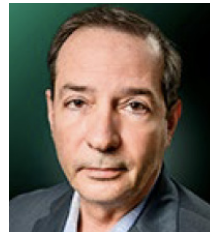
Longtime PAGDB member and friend Bob Heath passed away on July 25th.

Our prayers and condolences go out to Bruce’s wife June and Bob’s wife Cathy and both of their extended families.

“Understanding OFF Episodes and Dyskinesia in PD”

Tuesday, September 21, 2021 • 11:00 AM

Invariably people who suffer with Parkinson’s (PD), at some time in their disease process experience daily OFF episodes which are often characterized by dyskinesia’s. These episodes can be



Dr. Bruno V. Gallo



Lee P. (PWP)



Chari P. (Lee’s Wife)

difficult to manage and play a significant role in the reduction of quality-of-life issues. In this program we host Dr. Bruno V. Gallo, MD who will explore the impact that OFF episodes and dyskinesia has on daily lives and discuss treatment options including an overview of the medication Gocovri that is used in treating these symptoms. In addition to Dr. Gallo, we are also pleased to host both Lee P. (a person with Parkinson’s disease (PWP)), and his wife Chari – who will share their personal story with OFF episodes and what steps they have taken to better manage these episodes.

Attendees of this program can expect to learn answers to the following questions: What are OFF episodes and dyskinesias in PWP taking levodopa? How can OFF episodes and dyskinesia in PD affect daily activities? What options are available to manage OFF episodes and dyskinesia in PD? Are their treatment options for OFF episodes and dyskinesia in PD?

About our speaker: Dr. Bruno V. Gallo is Associate Professor of Neurology at the Wertheim College of Medicine at Florida International University, and the Director of the Parkinson and Neuromodulation Center at Baptist Health in Miami Florida.

Please join us for this resourceful program to learn what can be done to better understand and manage “OFF” Episodes and Dyskinesia in PD.

Online registration for this webinar is required. To register click the button below or visit: www.parkinsondaytona.org/you-me-pd

[Register for Webinar](#)



"Deep Brain Stimulation Surgery Makes a Giant Leap Forward!"

Monday, October 25, 2021 • 10:30am

Recent FDA approval of, and subsequent surgical implants of Medtronic's new directional lead with SenseSight technology coupled with their pulse generator Percept used in Deep Brain Stimulation (DBS) surgery, has exponentially elevated the race for continued advancements in DBS surgery.



Dr. Bradley Wallace

Available in some form for several years, in theory, the value of directional lead technology used in DBS surgery has primarily been that it allows surgeons more options to better "steer" the electrical impulses needed to stimulate specific parts of the brain and correspondingly reduce the potential for unwanted or undesirable side effects - occasionally caused by residual effects of the surgery itself.

All leads used in DBS surgery, whether or not they have directional capability, require a cohort implant of a pulse generator (essentially a battery) that is used to deliver the electrical impulses along the lead to stimulate the targeted area of the brain that is severely compromised with lack of dopamine production.

In addition to allowing more specific targeting of electrical impulses into the brain, Medtronic's Percept along with their directional lead (with SenseSight technology) is where the greatest advancement of technology has emerged; Percept has the capability to not only deliver electrical impulses to the brain, but it also has the capability to receive electrical impulse feedback as well.

By receiving these electrical impulses back from the brain, Percept with the SenseSight technology collects downloadable data which can be used to identify patterns of when the patient's brain requires stimulation, specifically where it needs the impulses sent, and in what increments.

With Medtronic's foray into their new directional lead with SenseSight technology coupled with their Percept battery, they have truly opened the door to future advancements and potentially dramatically improved outcomes in DBS surgery.

Our program presenter is neurosurgeon Dr. Bradley Wallace, MD - who recently surgically implanted Medtronic's new directional lead and Percept devices; Dr. Wallace will provide attendees his firsthand insight of what this latest technology brings to the forefront today, what this advancement means as far as value to the patient and the surgical process, and equally as exciting - what this technology means to near future advancements in DBS surgery.

This event will take place via Zoom. Online registration for this webinar is required. To register click the button below or visit: www.parkinsondaytona.org/you-me-pd

[Register for Webinar](#)

MESSAGE FROM THE PREZ

Join Us for a Stroll - Our 13th Annual "Sole Support" for Parkinson's Fun Walk still on track!

The PAGDB has returned to hosting our annual Fun Walk event at the beautiful City of Port Orange Lakeside Community Center & Amphitheater.

Although recent concerns surrounding the global pandemic has been on the rise, fortunately our Fun Walk event will be hosted entirely outdoors. **Minimum precautions such as free masks for anyone that desires one will be provided, and hand sanitizing stations at several convenient locations throughout the venue will be implemented. Additionally, depending on the current state of the pandemic issue, we will also be prepared to implement social distancing initiatives if necessary.** This all boils down to a safe and fun filled event on the horizon!



Vince Kinsler

Please show your support of the PAGDB and plan on joining us as we return to hosting this delightful, safe, and fun filled outdoor event on Saturday November 13th 2021 from 10am-2pm at the City of Port Orange Lakeside Community Center & Amphitheater. **Register now with enclosed printable registration form, click below or register and pay online at www.parkinsondaytona.org**

[Fun Walk Online Registration](#)

NOTE: The information in this newsletter and the information provided by our speakers is not intended as medical advice. Please consult your physician before trying anything new or different.



Parkinson's & Constipation Nutrition Study

If you have been diagnosed with Parkinson's and suffer from slight constipation symptoms, you may be eligible to participate in a research study.

The effect of a Mediterranean diet intervention to improve gut health in Parkinson's disease.

The UF Food Science and Human Nutrition (FSHN) Department is conducting a 10-week study to determine if the Mediterranean diet impacts gastrointestinal function of people diagnosed with Parkinson's disease who experience at least slight constipation symptoms.

You will be randomly assigned to follow a Mediterranean diet or receive standard of care for the intervention period.

During the study, you will complete daily and weekly questionnaires to assess bowel function, stress, quality of life, and dietary intake.

You will be asked to attend three (3), study visits after an overnight fast and provide stool samples at designated time points.

Participants will receive:

- Compensation upon completion of study procedures
- Light breakfast at study visits
- Diet education by a dietitian (RDN) followed by weekly phone calls

Location

- In-person appointments 3 times over 10-weeks at the UF FSHN Building in Gainesville, FL. Other study procedures will be conducted virtually and/or by phone

Are you eligible?

- 40-85 years old
- Diagnosed with Parkinson's disease
- Hoehn & Yahr Stage ≤ 2.5
- Experience at least slight constipation symptoms
- BMI ≥ 18.5
- No history of deep brain stimulation (DBS) or gastrointestinal condition
- Additional criteria will apply

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

- Carley Rusch, MS, RDN, LDN
- Lead Research Dietitian
- nutrition-study@ufl.edu
- (352) 340-7321

If interested, please go to: <https://tinyurl.com/MPDStudy> or call (352) 340-7321



College of Agricultural and Life Sciences

Click anywhere on this flyer to be taken to the webpage to learn more.

HALLOWEEN WORD SEARCH



Y A W Y K L I M F U T S I A P H
R P A Y D A Y E C R U N C H C S
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CANDY CORN
BABY RUTH
SMARTIES
SKITTLES
MR GOODBAR
DUMDUM

REESES
TOOTSIE ROLL
BUBBLE GUM
MILKY WAY
TWIX
MILK DUDS

ALMOND JOY
YORK
TWIZZLER
KIT KAT
LIFESAVER
STARBURST

HERSHEY
CRUNCH
SNICKERS
PAYDAY
LOLLIPOP
ROLO

What's Hot in PD Medication: GOCOVRI

Article Reprinted FR: Parkinson' Foundation BLOG What's Hot in PD Medication's: GOCOVRI - 9/6/2017

People with Parkinson's disease (PD) are in critical need of new, more effective therapies to treat the symptoms of the disease like dyskinesia and to stop its progression. Currently, an anti-viral drug called amantadine is used off label to treat dyskinesia — episodes of involuntary movements of the arms, legs, and head. But amantadine carries risk of side effects such as insomnia and hallucinations.

Fortunately, the U.S. Food and Drug Administration (FDA) approved Gocovri, an extended-release amantadine preparation, to treat dyskinesia. It is the first drug FDA approved for this specific purpose. According to one randomized double-blinded and placebo-controlled study (the gold standard of research), patients who received Gocovri experienced improvements in their symptoms. Subjects were followed for six months. When patients were evaluated using the Unified Dyskinesia Rating Scale, a clinical scale for measuring response to therapies, the Gocovri group gained eight points over those in the placebo group. And two other recently published studies have confirmed the benefits of Gocovri for the treatment of dyskinesia.

Here's What You Need to Know

Gocovri is a one-a-day treatment designed to limit side effects. However, because no head-to-head test of generic amantadine versus Gocovri has been done, we do not know whether this new formulation is more effective. Still, many studies show that amantadine — in any formulation — can be effective in suppressing dyskinesia. A recent Parkinson's Foundation study found that regular release amantadine alleviated dyskinesia.

Overall, patients who are doing well on multiple doses per day of generic amantadine will likely not benefit from switching to one-a-day Gocovri. However, those experiencing side effects from amantadine now have another option. It could provide a one-a-day solution to dyskinesia that previously could only be managed with multiple doses per day.

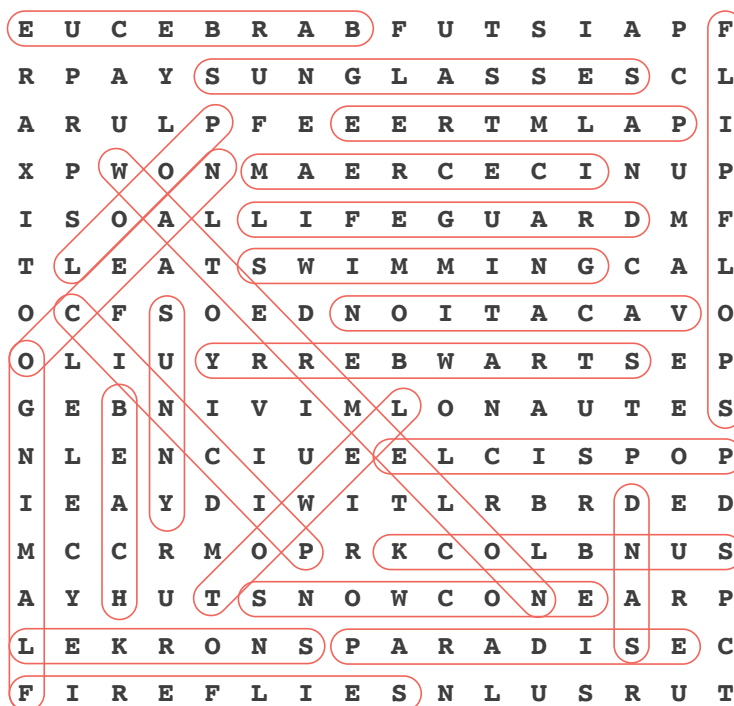
FREE TO GOOD HOME



Like **New** Personal Voice Amplifier. This device can assist a person with PD who has speech issues. If you're interested in this **FREE ADDVOX** Personal Voice Amplifier and CD's please call Carolyn at: 386-209-1820 to arrange to pick up.

SUMMER WORDSEARCH ANSWERS

Did you find them all?



SUNNY	SNOWCONE	BARBECUE	TOWEL
PARADISE	WATERMELON	OCEAN	ICE CREAM
POPSICLE	SUNGLASSES	PALM TREE	STRAWBERRY
FLAMINGO	BEACH	SAND	LIFEGUARD
FLIP FLOPS	SNORKEL	SUNBLOCK	FIREFLIES
VACATION	PICNIC	POOL	SWIMMING

13th ANNUAL "SOLE SUPPORT" FOR PARKINSON'S FUN WALK

Port Orange Lakeside Community Ctr. - Saturday November 13, 2021 - 10:00am-2pm

****Registration Begins at 9:00am**

-REGISTRATION FORM-

IMPORTANT: This registration form must be filled out in its entirety, signed, and **mailed with your \$25.00 check made payable to the Parkinson Association of Daytona to P.O. Box 4193 Ormond Beach, FL 32175 and be postmarked no later than October 21, 2021.** Registration forms received after 10/21/21 cannot be guaranteed an event t-shirt/goody bag. **For children 12 & under the registration fee is \$15.00. For all registrants less than 18 years of age, parent or responsible adult must designate as a minor child by checking here: _____ and fill out this form in the minor's name and sign on behalf of the minor child.**

PLEASE PRINT CLEARLY:

Last Name: _____ First Name: _____

Address/City/State/Zip: _____

Phone: (_____) _____ Email Address: _____

Age (if U-18): _____ T-Shirt Size: (circle one) S M L XL XXL

****All registrants – MUST CHECK IN AT THE REGISTRATION TABLE PRIOR TO THE WALK – at check in you will receive a ticket for door prize drawings.***

Participation Release (PR)

By registering to participate in the Parkinson Fun Walk 2021 (event); I understand and agree, that participating in this event may involve risk of personal injury which may result from not only my own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event is taking place, and or the parameters associated with the event itself. Being in full knowledge to the foregoing, I hereby release, indemnify, and hold harmless the City of Port Orange and the Parkinson Association of Greater Daytona Beach (PAGDB), and all individuals, agents, employees, volunteers, representatives, officers, directors, and insurance companies associated with the PAGDB of and from any and all liability, claims, demands or causes of action whatsoever arising out of or related to any loss, damage, injury (up to and including death) that may be sustained by me or any property of mine while participating in this event. I further agree, that by participating in this event, that if I suffer any injury or illness, I authorize the event facilitators to use their discretion to have me transported to a medical facility for treatment, and I assume full responsibility for this action. By signing below, I attest that I have read, understand, and agree to the entire content of this PR, that I am in good physical condition and have no medical condition that would be detrimental to my health or wellbeing by participating in this event. Further, I hereby grant full permission to the PAGDB, to use photos, videos, and any other record of me during this event for any purpose, and for which I agree to receive no compensation whatsoever in return. This PR shall be binding upon me, my heirs, my executors, my legal representatives, and my assigns. This PR is construed to the laws of the state of Florida. **I agree that I am participating at my own risk.**

Signature of Registrant or Parent/Responsible Adult

Date

X here if you cannot participate in the Parkinson's Fun Walk 2021 but would like to help support our cause; all donations are gratefully accepted and much appreciated! Please make checks payable to the Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175. **Thank You!**

The Fun Walk Will Take Place Rain or Shine!

THE WELLNESS CORNER

Finding Ways to Be at Peace

When I was newly diagnosed, one of my physicians asked me, "What brings you peace?" I don't remember my answer, but I do remember that he told me to find something.

Recently, while sitting outside on a beautiful day, I realized that finding peace is not as complicated as I'd perceived it to be. Actually, it can be rather simple.

What helps me find a state of peace? Is it the view from where I am? The sounds I hear? An activity I may be doing? Immersing myself in completely different surroundings? Why do my symptoms remain calm and relatively mild when I am alone with my thoughts and the wonders of Mother Nature or engaged in a particular activity?

These are compelling questions. Maybe the body doesn't get the message that it's undergoing an "off-period" when the senses are awakened by an ocean breeze or a crack of thunder. Either way, peace is a great feeling.

I also experience a sense of peace through music and dancing. My mind and body respond differently to the cues they provide. I actually forget I have Parkinson's. I am in my happy place.

If music and dancing are not for you, try a movie or a sporting event. You could also read a book — digital, audio, or old-school with real pages. Let a story transform you into a princess or a superhero in a magical kingdom without Parkinson's.

Finding peace in the real world We can always find an activity we enjoy, but we can't always travel. Greeting each day by sipping coffee as we watch the sun rise over the ocean is not practical. Real life just doesn't work that way.

Traveling with Parkinson's disease is challenging under normal circumstances and is not for everyone. Over the last year, traveling might have meant going on a virtual journey to an exotic place. Granted, the traveling was easy, but the experience was not the same.

How do we capture that feeling of peace when we are at home? First of all, sunsets in our own neighborhood are still beautiful. Secondly, mindfulness and guided meditation are great tools to manage stress, anxiety, and sleep.

There's an app for that

In our world of technology, there are free applications for almost everything, including mindfulness and meditation. Apps such as Calm and Insight Timer offer different genres and features. While some users may find guided meditation or music blended with the sounds of nature comforting, others may benefit from sleep stories and breathing exercises. Find one that works for you.

Living with Parkinson's means facing challenges every day. However, finding peace does not have to be one of them. It can be as simple as the rule of three: Think of three things in your life that you are grateful for at that moment and say them out loud. Breathe deeply. Be at peace.

<https://parkinsonsnewstoday.com/2021/07/08/finding-peace/>

EXERCISES YOU CAN DO AT HOME

No-Contact Boxing Jab Punches

This activity improves strength, speed, and agility. It also increases endurance, balance, and hand-eye coordination.

Stand with your feet under your hips, or slightly wider for better balance. Make fists and place them in front of your shoulders with your palms facing forward. Punch your left fist forward, extending your arm fully. Return to the starting position. Repeat on the opposite side. This is one repetition. Do 1 to 2 sets of 20 repetitions.



ONLINE BRAIN & BODY TRAINING

Online Brain and Body Training for Alzheimer's, Parkinson's and Adults 50+

Total HealthWorks – an evidence-based virtual fitness platform created by the founders of Delay the Disease, the #1 Parkinson's group-exercise program in the country, is offering their Brain and Body Class **every Wednesday at 12:00 PM Noon EST via Zoom for FREE!**

Fill out the form on their website and receive a link in your email to join the online Brain and Body exercise class with Jackie Russell and David Zid. **Click the button to be taken to their registration page or visit their website to learn more:** <https://totalhealthworks.com/free-online-class/>

Don't worry, if you can't join the class at the scheduled time, **you will receive a link in your email to watch the class whenever you'd like!**

Register

DANCE *for* PD[®]

CLASSES | TRAINING | RESOURCES

For those that wish to continue to participate in a regular Dance for PD program with local Dance for PD instructor Gabriela Trotta – these classes are now **offered online every Monday at 1:30pm** – it's easy to register and participate and it's **FREE** to all PAGDB Members!

To find out how to connect with our live online Dance for PD program please contact **Gabriela at 386-405-6905 or email her at: gabriela59@aol.com or Nicole at nmante86@gmail.com.**

Gabriela & Nicole will be happy to help you get started.

SO GET OUT AND DANCE!



****Other than provide financial support for its members that wish to participate in this Dance for PD program, the PAGDB has no ownership stake nor controls any of the program content. PAGDB members that wish to participate do so at their own risk. Always consult with your doctor before you engage in any type of exercise program.**

WEBINAR VIDEOS

All of our previous webinars in our You, Me & PD series are available on Youtube and our webiste! To visit our YouTube channel you can search for it by visiting www.youtube.com. In the search box search for: Parkinson Daytona. You will find our 'channel' and all of our uploads. You can subscribe to follow us and be shown future uploads. We also have all the webinar videos on our website under the 'Events' tab. Visit our webiste www.parkinsondaytona.org or [click here to visit our YouTube channel](#).

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