



PARKINSON News

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

RECENT GIFTS & GRANTS

- ♥ F.O.E. Auxiliary 4435 – Grant to PAGDB
- ♥ Gordon Richards – Gift to PAGDB - in Memory of Riva Segall
- ♥ Duva Sawko – Gift to PAGDB - in Memory of Eileen Reeher
- ♥ Sandra Ferrara – Gift to PAGDB - in Memory of William R. Chubb
- ♥ Amanda Norvell – Gift to PAGDB - in Memory of Lyn Blanford
- ♥ Becky & Tex Lester – Gift to PAGDB – in Memory of Mary & Jim Nicholson
- ♥ Richard Marshall – Gift to PAGDB
- ♥ Monica Gemperlein - Gift to PAGDB – in Honor of Carol Croft
- ♥ Walt & Suzanne Steiner Foundation – Grant to PAGDB
- ♥ Gabrielle S. Georgi - Gift to PAGDB
- ♥ Gloria McCarthy - Gift to PAGDB
- ♥ Anton Saeed - Gift to PAGDB – in Honor of Ursula O’Leary
- ♥ Deborah & Carmine Mannello - Gift to PAGDB – in Memory of Ida Mannello
- ♥ Nancy Nix-Karnakis - Gift to PAGDB – in Honor of Jeff & Suzie Torborg
- ♥ Lisa Brey - Gift to PAGDB – in Honor of Bobbie Houllis
- ♥ Diane Castelli - Gift to PAGDB

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 and mail to P.O. Box 4193 Ormond Beach, FL 32175. To donate online, please go to our website at www.parkinsondaytona.org and click on the Donate link.

[Donate](#)

UPCOMING MEETINGS

“The History and Current Concerns of Environmental Impacts on PWP”

*****THIS EVENT HAS BEEN RE-SCHEDULED!*****

Tuesday, April 19th, 2022 • 2:00pm-3:30pm

Bishops Glen Retirement Facility (Auditorium)
900 LPGA Blvd. Daytona Beach

Due to the recent resurgence of COVID activity, we have decided to re-schedule Dr. Uitti’s visit. You can still register for the event. If you have already registered for this webinar and wish to attend the re-scheduled event you do not need to do anything. If you cannot attend please let us know by phone or email. Registration for this event is still open. For more information on registering and attendance options please see the flyer on PAGE 3 of this newsletter.



Dr. Uitti

As an alternate program to Dr. Uitti’s program that is coming up soon you might be interested in “Advanced Treatment for Essential Tremor & Parkinson’s Disease” see enclosed flyer on page 2 of this newsletter.

[Register for Dr. Uitti’s Event Online](#)

“Moving Forward: Learning About Parkinson’s Disease & How it Advances”

Tuesday, February 15th, 2022 • 2:00pm-3:30pm

Bishops Glen Retirement Facility (Auditorium)
900 LPGA Blvd. Daytona Beach

The speaker for this event has not yet been announced. Be on the lookout in your email for an upcoming flyer. Please register early for this event. Unless you are otherwise notified, this program will still take place at Bishops Glen.

Please register early for this event. To **register for this event in-person** please visit: <https://www.parkinsondaytona.org/in-person-meetings>, or click the red button below. To **register for online Zoom program please visit:** <https://www.parkinsondaytona.org/online-meetings> or click the green button below.

You may also register by **calling 386-871-3879. Please leave a message with your name, which event and how many will be attending.** The Zoom link will be sent to your email after registering online and will also be sent an hour before the program begins.

Our February 2022 program is being sponsored by Abbvie - “A Proud 2021 Heart & Sole Fun Walk Sponsor!”

[Register Online for In Person](#)

[Register for Zoom Event](#)

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.

Informational Event for Patients

You have options: Advanced Treatment for Essential Tremor & Parkinson's Disease

Brought to you by Boston Scientific



Presented by:



Dr. Philip Tipton
Mayo Clinic Jacksonville

RSVP call/ text/ email:
Alaine Keebaugh, PhD
770-356-6410
alaine.keebaugh@bsci.com

February 8th, 2022

6pm - 8pm EST

Aloft Hotel Tapestry Park
4812 Deer Lake Dr. W
Jacksonville, FL 32246

RSVP on-line
<https://learndbs.com/1394>



We welcome family, friends and care providers to attend.
Refreshments and meal provided.

WELCOME BACK!

The PAGDB is excited to announce our first congregated meeting in two years!



Dr. Ryan Uitti
Neurologist at Mayo Clinic Jacksonville

TUESDAY, APRIL 19, 2022
2:00-3:30 PM

Who better to reinitiate these meetings than the ever-popular Dr. Ryan Uitti from the Mayo Clinic, Jacksonville Florida!

Dr. Uitti will be discussing **“The History and Current Concerns of Environmental Impacts on PWP”**.

This program will be held on **Tuesday, April 19, 2022** at **Bishops Glen Retirement Community (Auditorium)** located at 900 LPGA BLVD. Daytona Beach, FL 32117 from 2:00pm-3:30pm. Refreshments will be served.

Space is limited for this event so please register early to secure your seat. **For more information on how to register see below.**

Can't attend the in-person event? No worries! **This program will also be simulcast live on Zoom.** See below for Zoom registration information.

Either way, you don't miss out on our first in person congregated meeting in almost two years – so register early – register now!

RSVP

IN-PERSON EVENT at Bishops Glen click here: <https://www.parkinsondaytona.org/in-person-meetings> or simply **call 386-871-3879 and leave a message with your name and how many will be attending.**

ONLINE ZOOM PROGRAM please click here: <https://www.parkinsondaytona.org/online-meetings>

The Zoom program link will be emailed on the reminder flyer a couple of days leading up to the event. The Zoom link will be sent to your email after registering online and will also be sent an hour before the program begins.



The Environment & Parkinson's Disease

Article Reprinted FR: WPC BLOG: Basic Science – March 29, 2021

"A Who's Who of pesticides is therefore of concern to us all. If we are going to live so intimately with these chemicals eating and drinking them, taking them into the very marrow of our bones - we had better know something about their nature and their power."

— Rachel Carson, Silent Spring

In the nearly sixty years since Rachel Carson first exposed the magnitude of man-made environmental contaminants, entire research fields have been dedicated to understanding human health and disease through the lens of exposure. From this view, we now know the environment (and its role in disease) is not just pesticides applied on our crops or chemicals effused from a factory - it's the water you drink at home, the food you ate this morning, and the air you breathe as you read this.

By definition, the environment is everything except your inherited DNA. And even that can be influenced from the exposures your parents sustained (i.e. transgenerational epigenetic inheritance). Because of this, all human health and disease is influenced by the environment, without exception. In the case of Parkinson's disease (PD), the environment takes a more central role; pesticides, industrial byproducts, metals, infections, drug use, head trauma, microbiome, and diet are all implicated in PD pathogenesis. In fact, as approximately 85% of individuals who develop PD are considered idiopathic, Parkinson's is likely the most environmentally influenced neurodegenerative disease in adults. To this end, incorporating environmental risk into PD research helps advance not only our understanding of the disease, but also in identifying prevention or treatment options.

A (very brief) history of environmental toxicants and PD.

The first environmental contaminants implicated in PD risk were organophosphate pesticides, identified in the 1970s as case studies outlined parkinsonism in individuals directly exposed to these compounds. The 1980s saw the incredible case of a group of young adults who mistakenly self-injected the neurotoxicant MPTP, a contaminant of their intended target, the opioid desmethyprodine.

These four people developed immediate and irreversible parkinsonian symptoms, leading to the discovery of MPTP as a highly potent and specific dopaminergic neurotoxicant.

The 1990s brought a broader understanding of environmental and occupational risk factors for PD, including pesticides, metals, and well-water use. The last two decades have further uncovered numerous environmental toxicants in the risk for PD, as epidemiological studies described clusters of PD cases as a result of pesticide contamination of agricultural communities (paraquat and maneb), solvent exposure in factories (trichloroethylene), and certain components of air pollution.

Why does PD develop from environmental exposures?

We suspect PD is especially influenced by environmental exposures due to the selective vulnerability of the dopaminergic neurons in the substantia nigra. Dopaminergic neurons are highly active, heavily branched cells that require significant energy demands from the mitochondria. In addition, dopamine itself is a reactive molecule, potentially causing a baseline of oxidative stress these cells must detoxify with a relative paucity of cellular antioxidants. Most (if not all) environmental toxicants that increase PD risk also cause mitochondrial dysfunction or oxidative stress. Therefore, while some neuron populations heal after an exogenous insult, dopaminergic neurons are often irreversibly damaged, and may degenerate as a result of chronic toxicant exposures.

How can we use this information to help individuals with PD?

Parkinson's is the fastest growing neurological disorder in the world, and is especially increasing in newly industrialized areas. This incidence rate suggests that industrial contaminants are at least partially to blame for the increase in PD, and reducing detrimental environmental exposures could prevent PD onset or delay its progression, as discussed below.

1. Prevent exposure to neurotoxicants: Environmental remediation, filtering systems, and exposure monitoring are all strategies to limit exposure for individuals in contaminated areas. In addition, some countries have banned the use of chemicals associated with PD; for example, the European Union no longer allows the pesticide paraquat to be used for farming. However, most of these chemical regulations are due to the carcinogenicity of a compound. Policy changes made specifically to prevent neurotoxicant exposure implicated in PD would be a major milestone in the fight to end the disease.

2. Identify and protect vulnerable populations: Some individuals are at greater risk for environmental neurotoxicant exposure than others. For example, military service is associated with higher risk for PD than the civilian population, which is likely a result of environmental contaminants (e.g. pesticides, solvents, burn pits) and other factors (e.g. head trauma). Individuals who live with less access to green space, or in underprivileged communities are at a higher burden for exposure than more affluent areas (an environmental justice issue). Locations with high levels of contamination, such as Superfund sites within the United States and other industrial areas, need to be properly remediated prior to developing.

3. Incorporate environmental toxicity into the core of PD research: PD is a complex disease, consisting of both genetic and environmental components. If we better understand the totality of what causes parkinsonian pathology, we can formulate treatments with a higher degree of success in the idiopathic PD population than if each entity is studied in isolation.

Briana R. De Miranda, PhD, is an Assistant Professor at the Center for Neurodegeneration and Experimental Therapeutics, Department of Neurology at University of Alabama at Birmingham. Dr. Miranda will be speaking on the topic of "What's new from environmental toxins?" in May at the WPC Virtual Congress.

Ideas and opinions expressed in this post reflect that of the author(s) solely. They do not necessarily reflect the opinions of the World Parkinson Coalition®



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

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New Year's Word Search



J A N U A R Y F R I E N A C E
 F R I E N D S Y A S R I L A H
 N E Y S E R T I E M O W B L C
 B S I L Y F A E N E I Y A E O
 N O C R N V N V E Y D L B N U
 A L D C L O C K L T I E Y D N
 R U V E W M I D N I G H T A T
 V T O A S T W S N O L Y I R D
 G I A N I N G S E V E U A R O
 C O N F E T T I T M I N G S W
 R N O L C E L E B R A T I O N
 A J A N U E L V E I M K E R A
 Y P A R T Y H A A P Y S E V W
 N E W Y E A R C L O K S O R Y
 S H A P P Y E B A L L R E S O

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



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THE WELLNESS CORNER

10 Lessons We've Learned About Eating Well

Water vs. seltzer? Can food affect the brain? We've rounded up useful research on diet and nutrition to stay healthy in the new year.

Below are some tips we may already know, but is a good reminder and we could bring into a new year. Here are 10 findings to remember next time you head to the supermarket or to the kitchen.

1. Look at patterns in your diet, rather than focusing on "good" or "bad" foods.

In October, the American Heart Association released new dietary guidelines to improve the hearts and health of Americans of all ages and life circumstances. Instead of issuing a laundry list of "thou shalt not eats," the committee focused on how people could make lifelong changes, taking into account each individual's likes and dislikes as well as ethnic and cultural practices and life circumstances. "For example, rather than urging people to skip pasta because it's a refined carbohydrate, a more effective message might be to tell people to eat it the traditional Italian way, as a small first-course portion," Jane Brody explained.

2. What you eat can affect your mental health.

As people grappled with higher levels of stress, depression and anxiety during the pandemic, many turned to their favorite comfort foods: ice cream, pastries, pizza, hamburgers. But studies in an emerging field of research known as nutritional psychiatry, which looks at the relationship between diet and mental wellness, suggest that the sugar-laden and high-fat foods we often crave when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health. Whole foods such as vegetables, fruit, fish, eggs, nuts and seeds, beans and legumes and fermented foods like yogurt may be a better bet.

"The idea that eating certain foods could promote brain health, much the way it can promote heart health, might seem like common sense," Anahad O'Connor wrote in his story on the research. "But historically, nutrition research has focused largely on how the foods we eat affect our physical health, rather than our mental health."

3. Coffee has health benefits.

Coffee is beloved by many, but its health benefits have often been called into question. The latest assessments this year of the health effects of coffee and caffeine, however, were reassuring. Their consumption has been linked to a reduced risk of all kinds of ailments, including Parkinson's disease, heart disease, Type 2 diabetes, gallstones, depression, suicide, cirrhosis, liver cancer, melanoma and prostate cancer.

4. Our microbiome is largely shaped by what we eat.

Scientists know that the trillions of bacteria and other microbes that live in our guts play an important role in health, influencing our risk of developing a wide range of disease and other conditions. In 2021, a large international study found that the composition of these microorganisms, collectively known as our microbiomes, is largely shaped by what we eat. Researchers learned that a diet rich in nutrient-dense, whole foods supported the growth of beneficial microbes that promoted good health. Eating a diet full of highly processed foods with added sugars, salt and other additives had the opposite effect, promoting gut microbes that were linked to worse cardiovascular and metabolic health.

5. Highly processed foods may actually be addictive.

Potato chips, ice cream, pizza and more unhealthy foods continue to dominate the American diet, despite being linked to obesity, heart disease, Type 2 diabetes and other health problems. "They are cheap and convenient, and engineered to taste good. They are aggressively marketed by the food industry," Mr. O'Connor reported in a story about new research on whether these foods are not just tempting, but addictive. The notion has sparked controversy among researchers. One study found that certain foods were especially likely to elicit "addictive-like" eating behaviors, such as intense cravings, a loss of control, and an inability to cut back despite experiencing harmful consequences and a strong desire to stop eating them. But other experts pointed out that these foods do not cause an altered state of mind, a hallmark of addictive substances.

6. Seltzer isn't the same as water.

Unsweetened carbonated water is a better choice than soda or fruit juice, but it shouldn't be your main source of water. Seltzer has the potential to be erosive to your teeth and carbonation can contribute to gas and bloating.

7. You don't need eight glasses of water per day.

Unique factors like body size, outdoor temperature and how hard you're breathing and sweating will determine how much water you need, an expert told Christie Aschwanden for her story on what it really means to "stay hydrated." "For most young, healthy people, the best way to stay hydrated is simply to drink when you're thirsty," she learned. "Those who are older, in their 70s and 80s, may need to pay more attention to getting sufficient fluids because the thirst sensation can decrease with age."

8. Eating fermented foods may improve your health.

Yogurt, kimchi and kombucha have long been dietary staples in many parts of the world. But this year, scientists discovered that these fermented foods may alter the makeup of the trillions of bacteria, viruses and fungi that inhabit our intestinal tracts, collectively known as the gut microbiome. They may also lead to lower levels of body-wide inflammation, which scientists increasingly link to a range of diseases tied to aging.

9. There is a dietary plan to ward off heartburn.

Acid reflux is among the most frequent health complaints of American adults, and may have become even more common in the wake of pandemic-related stress and weight gain. New research that showed that those who adhered to five key lifestyle characteristics — including exercise and following a Mediterranean-style diet, featuring fruits and vegetables, fish, poultry and whole grains — were more likely to ward off discomfort from the most persistent and potentially serious form of reflux.

10. Fruits and vegetables may boost your brain.

A study first published in July found that flavonoids, the chemicals that give plant foods their bright colors, may help curb the frustrating forgetfulness and mild confusion that older people often complain about with advancing age. Further follow-up would be needed to determine whether foods might affect the risk of developing dementia, and there are also broader policy issues at play, making it difficult for everyone to access fresh fruits and vegetables, Nicholas Bakalar reported. But, experts agreed these are foods you should be eating for brain health.

<https://www.nytimes.com/2022/01/01/well/eat/diet-nutrition-tips.html>



Collaborative Study with

UF's Institute for Mobility, Activity and Participation,

Norman Fixel Institute for Neurological Diseases,

and UF's Industrial and Systems Engineering

Participants Needed

Drivers with Parkinson's Disease & Autonomous Vehicle Technologies

Study Purpose:

Test new car technologies (adaptive cruise control, lane departure warning and blind spot monitor) to see if they help drivers with Parkinson's Disease manage certain driving tasks.

Who can participate?

- Persons diagnosed with Parkinson's Disease
- Age 35-85
- Active driver with valid license
- Live independently in the community

Location – Fixel Institute and Gainesville

- Half-day session
- Questionnaires about technology
- Tests of vision, cognition and motor function related to driving
- Information on vehicle technologies:
 - In-vehicle Information Systems
 - Advanced Driver Assistance Systems

Compensation provided.



2019 Toyota Camry XLE



Adaptive Cruise Control



Lane Departure Warning



Blind Spot Monitor

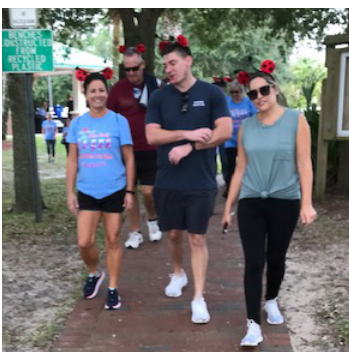
Contact us at 352-273-7486

- Mention the Parkinson's disease study
- Get more information
- Find out if you can participate

2021 FUN WALK, OUR 13TH ANNUAL WALK!



THANK YOU FOR MAKING THIS THE BEST YEAR YET!!





LYN BLANFORD PARKINSON IMPACT VOLUNTEER AWARD

The first annual Lyn Blanford Parkinson Impact Volunteer Award went to **Marianne Chapin of Rock Steady Boxing in NSB!** Marianne is a sweetheart, hard worker and always there for the PD Community. We couldn't think of a better person for this first award to go to! Thank you to Lyn Blanford's children for always being so kind to our organization and creating this award in your moms memory and spirit. Lyn Blanford was a part of the RSB community.

Above photo from left to right:
Greg Gion, Jacklyn Gion, Marianne Chapin,
Jeremy Gion

Photo to the right: Our fearless leader Vince Kinsler with a beautiful PD Walking Stick - handcrafted and donated as a door prize by Lizanne Swaringen

Thank you to everyone who attended the 13th Annual Fun Walk. It was the best one yet! The Fun Walk's are always such a great time, filled with happiness, laughs and memories. This year was extra special after being apart for so much time. It was nice to see many familiar smiling faces and new faces! We can't wait until 2022's Fun Walk!!



PARKINSON'S



Fun Walk

2021

Thanks Our Sponsors!

Boston Scientific

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ADAMAS



13th Annual “Sole Support” for Parkinson’s
FUN WALK
November 13, 2021

EVENT INCOME & EXPENSE DETAIL - FINAL

Event Income

| | |
|---|------------------------------|
| Sponsor Contributions | = \$17,250.00 |
| Registrations / Donations (pre-registered) | = \$2,870.00 |
| Day of Event Registrations / Donations | = \$850.00 |
| Total Event Income | = <u>\$ 20,970.00</u> |

Event Expenses

| | |
|-------------------------------|----------------------------|
| Event Entertainment | = \$250.00 |
| Event Insurance | = \$165.00 |
| Event T-shirts | = \$890.00 |
| Food / Water / Paper products | = \$212.82 |
| Port Orange Amphitheatre | = \$193.20 |
| Signage | = \$92.00 |
| Total Event Expenses - | = <u>\$1,803.02</u> |

Total Event Funds Yielded = **\$19,166.98**

OPTIMIZING MIND AND BODY BALANCE THROUGH A HOLISTIC ARTS AND WELLNESS VIRTUAL TRAINING PROGRAM

Announcing a new virtual, holistic arts and wellness training program, as part of the Department of Music at Bethune-Cookman University, supported by a generous grant award from the Pabst Steinmetz Foundation. The virtual program offers easy, accessible hands-on strategies and skill sets, which optimize the mind-body functionality to produce healthier work and personal habits to improve your overall wellness and achieve better quality lifestyles. The program consists of comprehensive webinar video sessions (led by some of the finest clinicians in their respective fields), shorter daily routine module videos and two roundtable synchronous virtual discussions, addressing issues of efficient body usage and posture, stress and anxiety reduction techniques, proper nutrition and mental health support, and much more!

Current scientific research now supports many alternative and complimentary approaches - such as music, Tai Chi/Qi Gong, acupuncture/acupressure, mindfulness and meditative exercises - as effective management strategies and in many cases, overall health improvement alternatives to help individuals maintain control over declining motor skills, muscle/tendon tone, chronic pain, and mental health challenges that are often associated with stress, anxiety and traumatic events. All of these physical and mental health issues have been further compounded by the uncertainty and anxiety brought on by the COVID19 pandemic. Whether you are a caregiver, family member or an individual experiencing any or all of these health challenges, the virtual holistic training program offers a great natural approach to restore our body's natural balance. Please learn more about our unique program, which will help you or your loved one embark on a new journey to discover a healthier lifestyle, setting small, achievable goals, to find your inner balance and harmony and maintain a life of happiness and wellness! **You may contact Dr. Rose Grace directly at: gracer@cookman.edu or register online for the next offering of the virtual holistic arts and wellness training program: [CLICK HERE](#)**



OPTIMIZING MIND & BODY BALANCE THROUGH A HOLISTIC ARTS & WELLNESS VIRTUAL TRAINING PROGRAM

Earn Continuing Education Credits!
(accredited by Florida Certification Board)
Please contact: gracer@cookman.edu

audience:

healthcare & mental health professionals,
first responders, music educators
& performing artists

*"Bridging a global world to produce healthier
productivity in one's workplace and home"*



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 website! 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 website www.parkinsondaytona.org or [click here to visit our YouTube channel](#).

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