



PARKINSON News

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

RECENT GIFTS & GRANTS

- ♥ Robert & Pamela Cleveland – Gift to PAGDB In Memory of Mike Cyzycki
- ♥ Halifax Medical Center Clinical Laboratory Fundraiser – Gift to PAGDB
- ♥ Deborah & Carmine Mannello – Gift to PAGDB In Memory of Ida Mannello
- ♥ Pampered Chef Fundraiser – Gift to PAGDB In Honor of Carol Croft
- ♥ 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 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](#)

IN THIS ISSUE

- 2 | Meeting Recaps
- 3 | Events Calendar
- 4-5 | Brooks Rehab Flyers
- 6 | Article
- 7 | CND Life Sciences Info. & Puzzle Answers
- 8-9 | The Wellness Corner
- 10-11 | Puzzle & Flagler Flyer
- 12 | Contact, BOD Information, Dance for PD Information & Online Exercise Class Information

“Journal Club” with Neurology Dietitian Monday, July 11, 2022 • 12:00pm ****ZOOM ONLY****

The PAGDB is excited to host our first ever “Journal Club” event. Join us as our Journal Club panel will hold and moderate discussions with authors and or co-authors of published research papers or books related to Parkinson’s disease.

For this our inaugural Journal Club program will be we will be hosting **Neurology Dietitian Carley Rusch, MS, RDN, LDN** with the Fixel Institute for Neurological Diseases at University of Florida. Carley has been instrumental in the facilitation of a study conducted at UF which focused on adherence to a Mediterranean Diet and its effect on people with Parkinson’s disease (PWP) that experienced constipation. In December of 2021 a paper on this study was published in **Frontiers in Neurology**. The paper describes the study, the methods used, and some very interesting and optimistic results and conclusions.



Carley Rusch

To assist in preparing attendees for the interactive portion of this Journal Club program, all registrants will receive a link enabling them to download a printable copy of the Frontiers in Neurology published paper.

This Journal Club event promises to be interesting, educational, resourceful, and entertaining! We hope to see you there!

This program will be on ZOOM only - To register for online Zoom program please visit: www.parkinsondaytona.org/online-meetings or click the green button below.

[Register for Zoom Event](#)

To receive your downloadable and printable copy of the published Mediterranean Diet Study paper, visit please visit: www.parkinsondaytona.org/MedStudy or click the red button below.

[Download Med. Diet Study Paper](#)

Condolences

Long-time association members Doris Blair, Mike Cyzycki, and Bob McCarthy recently passed away. Our heartfelt sympathy and prayers go out to their families and loved ones.

FRIENDLY REMINDER - NO MEETING IN AUGUST

The PAGDB will be taking a brief summer break, and as such will not be hosting a meeting in August. We will resume again in September. Have a great Summer!

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.

MAY MEETING RECAP

Those who attended our May 17th program "Managing Off Episodes in PD" learned how the injectable medication **APOKYN** assists PWP manage their off times. In addition to learning about **APOKYN**, attendees were treated to a wonderful, educational, and entertaining talk by husband-and-wife Joe & Sarah Possenti. Joe who has PD, shared his valuable insight into how **APOKYN** has helped him manage his PD off episodes. Joe & Sarah also shared their story of how they cope with PD in their life – their refreshing, insightful, and at times humorous story was inspiring to say the least – Thank you Joe & Sarah – we'd love to have you return for a future visit! Also, a special note of THANKS to Chris Evans and our friends **Supernus** who sponsored this event and for providing a wonderful lunch!



Dr. Huang and Vince Kinsler (left above) ; Joe Possenti, Vince Kinsler, Anne Tracy & Sarah Possenti (middle above) ; Sarah Possenti, Vince Kinsler and Joe Possenti (right above). What a great and informative event!

JUNE MEETING RECAP

Our June 21st meeting featured Krissy Seiple & Ed Eisler with Brooks Adaptive Sports & Recreation Programs. Krissy Seiple provided valuable information on their program offerings such as Yoga, Thai Chi, Cycling, Bowling, Kayaking, and Bocci to name a few. Krissy also shared resource information on Brooks Wellness programs conducted at the DeLand, Ormond & Port Orange YMCA's (nominal program fees charged). For the interactive portion of the presentation, Ed Eisler provided instruction on both adaptive Yoga and Thai Chi; to put it quite simply - everyone had a blast! **Thank you, Ed & Krissy!**

We encourage everyone to take full advantage of these wonderful Brooks Adaptive Sports & Recreation Programs, they are all right here in our community - and they are all provided *FREE* of charge! See flyer insert in this newsletter for days, times and locations of the programs.

Brooks also offers Exercise & Wellness Programs at several convenient YMCA locations throughout Volusia County. Cost for these programs is \$15.00 per month for YMCA members, and \$30.00 per month for non-YMCA members. **See Flyer included in this Newsletter for days, times, and locations of Brooks Exercise & Wellness programs.** Interested individuals can also contact Sydney Olsen at Brooks Rehab 386-871-3024 or email at: Sydney.Olsen@Brooksrehab.org



Ed Eisler demonstrates a yoga pose for attendees.



Everyone had a great time! Pictured left to right: Lura Lockard (Boston Scientific), Krissy Seiple (Brooks Adaptive Sports), Vince Kinsler and Ursula O'Leary (PAGDB Board Member).



Attendees and their care providers following Ed Eisler's Yoga instructions

TECHNICAL ISSUES WITH PAGDB ZOOM SIMULCASTS

Many, if not most of you know that since February we have been holding in-person congregate meetings at Bishops Glen. And for us to include all those that wish to participate in those meetings from the comfort and convenience of their homes – we have been simulcasting these events live on our Zoom platform.

This effort has not gone on without some challenges. During our simulcasts we've been experiencing certain technical issues (primarily loss of wireless internet connection) which ultimately results in total loss of picture and sound to our home audience. Please know that we are diligently attempting to resolve this issue so that we can deliver our congregate programs to you via Zoom in a much higher quality fashion.

We will keep you posted on our progress, but in the meantime, please don't give up on tuning in to our future programs via Zoom – It'll be worth it! Also, almost all of our Zoom webinars are recorded and posted on YouTube. We do our best to post them by the following week or two after the event. To learn more on how to watch our videos, please check out the last page of this newsletter.

COMMUNITY CALENDAR & EVENTS

FLAGLER SUPPORT GROUP

The Flagler/Palm Coast Support Group is hosting monthly meetings the first Wednesday of each month at the Palm Coast Community Center located at 305 Palm Coast Parkway NE, Palm Coast 32137. For more information on this support group **please contact Renee Shoner at 386-503-2239 or email at: Reneeshoner@gmail.com**. *See Page 11 in this newsletter for the flyer for the next Flagler/Palm Coast Support Group Meeting.

2022 "SOLE SUPPORT" FUN WALK DATE SET

Mark your calendars and plan on attending the PAGDB's 14th Annual "Sole Support" for Parkinson's Fun Walk on **Saturday November 12, 2022, 9am-2pm at the City of Port Orange Lakeside Community Center & Amphitheater. For more information and/or to register for the Fun Walk please visit our website at: www.parkinsondaytona.org**

ROCK STEADY BOXING NSB

201 South Ridgewood Avenue, Suite 13 • Edgewater, FL 32132

Monday, Wednesday and Friday morning you will find the music pumpin', the bags swinging and the Boxers punching at Rock Steady Boxing NSB.

Call us to schedule an opportunity to observe a class. Visit their website, www.inthiscorner.org for more information on class times and how to get involved. 386-314-6673

BROOKS REHAB

Brooks Rehab is offering an Adaptive Sports & Recreation Programs (& no you do not need to be athletic to participate!) they are in our community and provided **FREE** of charge! Brooks also offers Exercise & Wellness Programs at several convenient YMCA locations throughout Volusia County. Cost for these programs is \$15.00 per month for YMCA members, and \$30.00 per month for non-YMCA members.

Halifax Health | Brooks Rehabilitation

Wellness Program Weekly Calendar

**MONDAY
WEDNESDAY
FRIDAY**

Wellness Program

DeLand Family YMCA
8:30-11:30am

Wellness Program

Ormond Beach Family YMCA
12:00-4:00pm

**TUESDAY
THURSDAY**

Wellness Program

Ormond Beach Family YMCA
12:00-4:00pm

Ormond Beach Family YMCA:
500 Sterthaus Dr, Ormond Beach, FL

DeLand Family YMCA:
761 E International Speedway Blvd, DeLand, FL

FOR MORE INFORMATION:
386.871.3024
sydney.olsen@brooksrehab.org



Halifax Health | Brooks Rehabilitation

Adaptive Sports and Recreation - Daytona Beach

MONDAY	Tai Chi 3:00–4:00PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117	
TUESDAY	On-Water Rowing 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	Rec Game Night <small>[Rotating between Bocce Ball, Shuffle Board, Croquet and Horseshoes]</small> 4:15–5:15PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117
WEDNESDAY	ERG Rowing 3:00–5:00PM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	
THURSDAY	On-Water Rowing 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	Adaptive Yoga 1:30–2:30PM Port Orange Family YMCA 4701 City Center Parkway Port Orange, FL 32129
FRIDAY	ALTERNATES EVERY FRIDAY	
	Bowling 5:30–7:30PM Ormond Lanes 260 N US Highway 1 Ormond Beach, FL 32174	Billiards 4:30–6:30PM Uncle Waldo's Sports Pub 2454 Nova Road Daytona Beach, FL 32119

FOR MORE INFORMATION:

386.871.3024

Kristina.Seiple@Brooksrehab.org



CENTER FOR INPATIENT REHABILITATION

Modeling Parkinson's Disease in Animals: Is It Worthwhile?

Article Reprinted FR: WPC BLOG – Basic Science February 9, 2022

“So let me get this straight. You make mice get Parkinson’s disease, then you try to figure out how to make them better, right?” That was my 10 year-old son summarizing my research career, one in which I’ve focused on modeling Parkinson’s disease and related neurodegenerative disorders in animals as well as in cells grown in the lab. “Seems like a reasonable way to go about it” he added. It’s always nice to be affirmed by one of your fiercest critics.

Why Model PD?

Like for many chronic diseases, our understanding of the mechanisms that underlie PD still contains significant gaps.

What causes it? Why are some people affected but not others? Can we slow down or even reverse the disease? Imagine for a moment that researchers were able to recapitulate all the things that occur in human PD in an animal. This ability would greatly enhance our efforts to develop new treatments for this disease by providing a tool for testing their effectiveness, and perhaps identify the optimal stage of disease during which to apply these treatments. Ineffective or unsafe treatments would be identified before they reach patients. It might also reveal previously unrecognized aspects of disease, for example events in early stages, that are hard to detect in human subjects.

Can PD Be Modeled In Animals?

Of course, to effectively model any disease with such precision requires that a near-perfect comprehension of its causes, something which we do have at this moment. Nevertheless, the past few decades have seen a tremendous amount of clinical, genetic, and epidemiological data gathered from individuals with PD and other neurodegenerative diseases.

While these observations do not give us a full explanation of the disease, they have allowed us to form hypotheses (i.e., informed guesses)

as to why certain processes or symptoms occur, which we can then try to emulate in animals to study in further detail. These hypotheses have led to the development of three main categories of PD animal models:

1) *Toxin models* – where animals are exposed to certain chemicals that have been associated with an increased risk of PD in humans, for example MPTP (1-methyl-4-phenyl-1,2,3,6-tetrahydropyridine) and certain pesticides which damage parts of the brain that are vulnerable in PD.

2) *Genetic models* – animals that have been engineered to contain genetic abnormalities (e.g., a gene mutation or absence of a gene) that is observed in some cases of human PD. For example, mutations in the gene for alpha-synuclein (a protein found in Lewy bodies) or glucocerebrosidase (an enzyme that helps cells to clear unwanted proteins).

3) *Pathogen models* – administration of a rogue protein, bacteria or virus that induces PD or PD-like symptoms in animals. For example, alpha-synuclein extracted from PD patients can coax the natural form of this protein in neurons into forming Lewy body-like pathology in the brains of animals that they are inoculated into.

As the late British statistician George Box noted, “All models are wrong, although some are useful.” Although no individual model of PD replicates all the features seen in humans, they have provided some important insights by validating many of the original hypotheses that led to their creation. Thus, we now have experimental information about how different individual processes might result in a particular feature of PD. Indeed, understanding how these various events coincide and influence each is a key focus of PD research. Even when models fail to behave as predicted, important lessons can still be gleaned as this could indicate that the underlying hypothesis was incorrect or incomplete, which can be helpful when prioritizing scarce resources.

Why Animals?

PD a multisystem condition that affects a myriad of tissues in the body and it should come as little surprise that the complexity of PD mirrors the biological complexity of humans.

This means that in order to accurately model PD, the model organism needs to be sufficiently complex. Mice remain the most popular choice due to genetic tools already available, although other species ranging from worms, fish, rodents, and non-human primates have also been used.

And while experimentation with animals (especially in species closest to humans) comes with physical and social costs, it is also the most likely to provide insights that can be translated to human health. Scientists, including myself, are continuously trying to mitigate this through practicing what is known as the 3R’s: Replacement (seeking alternatives where possible), Reduction (making sure that only the necessary number of animals are used), and Refinement (updating methods as to cause minimal discomfort to animals). A fourth “R” is Respect for these animals, knowing that they have contributed to improving our health.

Is It Worthwhile?

Even though we still lack a perfect model of PD, and may never arrive at recapitulating the full devastating complexity of the human condition, the imperfect animal models available have already greatly enriched our understanding of the disease. They have done so by confirming or challenging hypotheses. They are also playing an important role testing new treatments currently in development and will likely help inspire the next generation of therapies to follow. For now, there is definitely still room for models.

Martin E. Johansson, MSc is a PhD candidate at Donders Institute for Brain, Cognition and Behavior, Centre for Medical Neuroscience/ Centre for Cognitive Neuroimaging; Radboud University Medical Center, Department of Neurology, The Netherlands.

Ideas and opinions expressed in this post reflect that of the author solely. They do not reflect the opinions or positions of the World Parkinson Coalition®



**MINDSET
IS
EVERYTHING**

MUCH INTEREST EXPRESSED IN CND LIFE SCIENCES SYN-ONE TEST

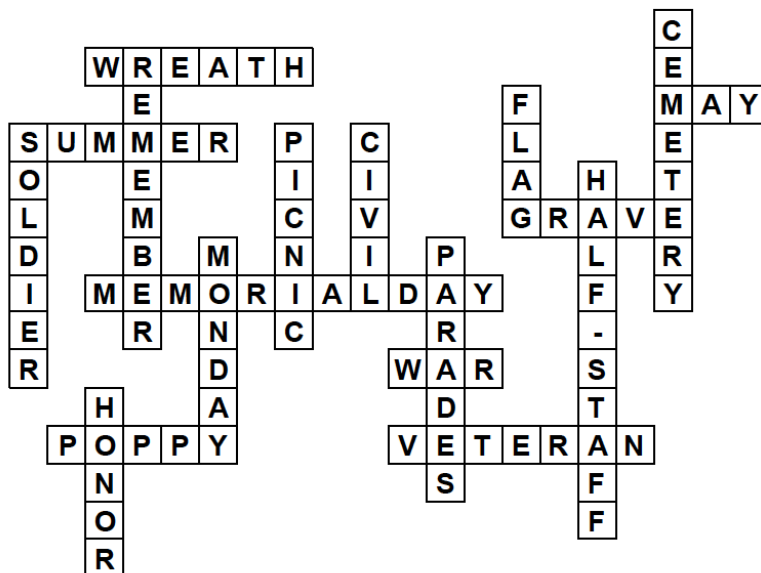
Since our March 15 th program featuring Kenny Buchanan with CND Life Science who gave a compelling presentation on how a new skin test (Syn-One Test) aids in determining the diagnosis of several diseases where abnormal alpha synuclein proteins are present (including Parkinson’s disease), many people with PD, or PD in their family history have expressed interest in having this test conducted. The Syn-One Test can be done right in your doctor’s/ neurologist office.

CND is also a Medicare and Tricare participating provider and has in-network contracts with a growing list of commercial health plans and other insurance carriers. To learn more about CND Life Sciences and their Syn-One Test watch a 5-minute video by clicking on this link:

<https://vimeo.com/578086566/3a83361e8f>

Or to find out how you can go about arranging to have the Syn-One test done, you can contact Kenny Buchanan directly at 617-438-2582 or email at: kbuchanan@cndlifesciences.com

Answer Key



Crossword Puzzle Answers

Were you able to find all the words in the Memorial Day Crossword Puzzle?

Up for another challenge? See Page 10 for a Summer Word Scramble.

THE WELLNESS CORNER

Our Capabilities Define Us, Not Our Limitations

Over the years, I've found myself attracted to writing stories about the underdog. I love learning about people who come up against seemingly insurmountable odds, only to overcome them through sheer grit, ingenuity, and determination.

In 2015, my first published article was about a woman who fell 45 feet while canyoneering in Utah. The fall resulted in a leg amputation. But 12 months after she lost her leg, she was hiking the entire 2,200-mile Appalachian Trail on a prosthesis. Hers was a story of triumph in that she refused to let her circumstances hold her back.

When it comes to stories about Parkinson's disease, I exhibit a similar type of curiosity. But Parkinson's is different in that there's always a new challenge to overcome. Instead of tackling a single obstacle, my dad faces new dilemmas on a daily basis. One day, he might struggle to steady his tremors. Another, he may find himself having vivid dreams and acting out the violence in real life, which can be potentially dangerous for my mom.

The speed at which Parkinson's symptoms can change often feels overwhelming. We're only beginning to address one concern when another develops.

Yet, just as the woman on the Appalachian Trail began defining herself by her capabilities instead of her limitations, I believe we can change our perspectives about Parkinson's. The disease can be an opportunity for exploration instead of a life sentence. My dad can continue to be curious about finding new ways to accomplish tasks, rather than giving up and not moving forward.

Defining ourselves by our capabilities instead of our limitations creates an opportunity for empowerment. I used to observe this in my dad's Rock Steady Boxing classes. By providing tiers of challenges and obstacles to overcome, the program gave my dad and the others important objectives that sparked motivation.

Then, instead of focusing on areas of weakness, my dad began to focus on his strengths and capabilities in order to climb the ladder of challenges. This strategy seemed to facilitate progress instead of stagnation. And I think there's a lesson in that for all of us.

<https://parkinsonsnewstoday.com/2022/03/23/capabilities-define-us-not-limitations>

EXERCISES FOR FALLS PREVENTATION

Prevention is better than cure but if you do happen to fall down it's best to know how to get back up again. To reduce your risk of falls, it is important to discuss and manage any medical or medication-induced dizziness first. It is worth looking to minimise other risks that can come from your environment (clutter, trip hazards, pets) and exercise set-up (not having wall, chair, bench support to hand if you do lose your balance). In the event that you do fall and providing you have not injured yourself, it is worth knowing how to get up off the floor yourself. Practice 'How to get up off the floor', before it happens, to boost your confidence, strength and skill in maintaining your independence.

How to Get Up Off the Floor

- Check that you are not injured
- Roll onto your side or fully onto your stomach if you can
- Push through your upper body and bring your knees up so you are in four-point kneeling
- Move to a chair or stable base that will support your weight
- Push through the chair, bring one foot forward and drive up with that leg into a standing position. Be aware of any dizziness that an upright position may bring on.
- Sit down as soon as possible and assess your body for any further injury.

How to Get Down to the Floor

- Face a sturdy chair and have a pillow or soft cushion on the floor for your knees
- Gently place a knee on the cushion and use your arms and standing leg to lower your weight onto your knee.
- Move your other foot back so both knees are on the cushion
- Reverse to stand up



Brain Data startup Rune Labs Gets FDA Clearance for Apple Watch-based Parkinson's Tracker

Rune Labs, a precision neurology company in San Francisco, announced that its StrivePD software ecosystem for Parkinson's disease has been granted 510(k) clearance by the U.S. Food and Drug Administration (FDA) to begin using the Apple Watch to collect and measure data from Parkinson's patients.

The FDA approval is another reason the Apple Watch is a big player in helping people with Parkinson's. While there are several medical-grade devices capable of tracking Parkinson's symptoms, many consumers will want an Apple Watch because it is familiar to them and has other uses — like fitness tracking, heart rate monitoring and, most recently, medication tracking, among other things.

The StrivePD software uses Apple's Movement Disorder API (Application Programming Interface) to track tremors and dyskinesic symptoms of Parkinson's from the Apple Watch. The motion data is collected in an iPhone app, allowing patients to take notes about their symptoms, overall mood, medication usage and more.

Other companies, such as Cerebellia, are also making use of Apple's Movement Disorder API to give Parkinson's patients similar information. However, the FDA clearance means that the StrivePD app is the first significant use of Apple's software tools for measuring movement disorders since Apple released the features in 2018.

Aura Oslapas, a Parkinson's patient and the developer of the original StrivePD app, said in a statement, "When people with Parkinson's are prescribed new medications, adjusting how much to take and when to take it until they find something that works can be a lengthy process. StrivePD helps people track their symptoms and improvements, accelerating the time to an optimal medication schedule — and with today's clearance, more people will have access to this life-changing technology."

"StrivePD on Apple Watch is the long-awaited union of quantitative and qualitative data that encourages better care and communication between patients and clinicians while also empowering people with Parkinson's who are striving to live better every day," Oslapas said.

Rune Labs' goal is to use combined data — from the Apple Watch, Rune Labs' StrivePD software, and information from other sources, like a Medtronic implant to measure brain signals — to inform a doctor's decisions on how to treat a patient.

This is also a significant milestone for the startup as it seeks to expand its work with pharma and Medtech companies. Without the advanced technology, doctors can only gather data about a Parkinson's patient's movements by observing them during a short clinical visit. It's also difficult for a patient suffering from a neurological disorder to monitor every involuntary movement at home without a device helping them.

"As we have seen in oncology, the introduction of large quantities of real-world data has the power to transform drug development and fundamentally change disease prognosis. This clearance is a major step towards building a similar paradigm in neurology," Brian Pepin, CEO of Rune Labs, added. "With all of the data we will collect and the patients we will reach through this clearance, we will make sure the right participants enroll in trials and help our pharma and Medtech partners run more efficient trials with higher quality outcomes data, thereby enabling more therapies to come to market quickly to help those suffering from Parkinson's."

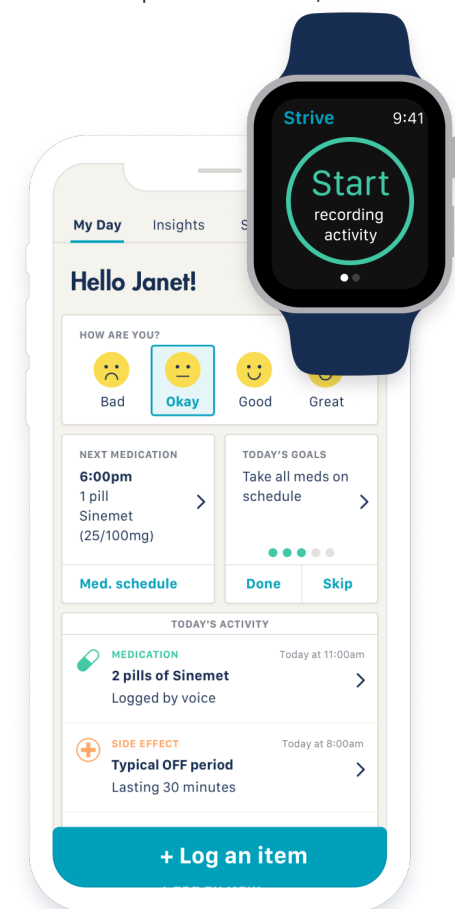
Rune Labs told TechCrunch that the software had been used by patients at the University of California at San Francisco for a year and Mount Sinai for six months. The FDA approval means clinicians now have ways to bill patients when reviewing data and lets trial sponsors use the findings for studies, the company said.

Apple has internally explored how to use the Apple Watch and iPhone to monitor Parkinson's symptoms as well as filed for a patent application for more advanced technology to treat or diagnose the disease.

In 2021, Apple researchers published data demonstrating that the watch could accurately track changes in the motor symptoms of Parkinson's patients.

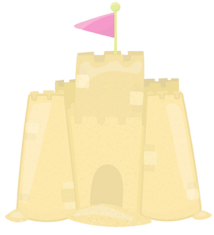
While the Cupertino tech giant is not formally involved with the Rune Labs project, Rune Labs spokesperson Elizabeth Eaton told The Verge that Apple updated its software to match FDA requirements and wrote a letter of support as part of Rune Labs' FDA application. However, Eaton told TechCrunch that Rune "cannot comment on the Apple Watch software requirements, and cannot comment further on Apple's involvement."

<https://techcrunch.com/2022/06/16/brain-data-startup-rune-labs-gets-fda-clearance-for-apple-watch-based-parkinsons-tracker/>



Right now Strive PD has a waitlist on their website to sign up for more information and to possibly get a free Apple Watch.

[CLICK HERE](#) to visit the StrivePD website and join their waitlist.



SUMMER *Word Scramble*



ebahc

wiustsim

rieccema

danelome

cgaimnp

picpsloe

laensdscta

rteavl

bbrcaeeu

ntavioca

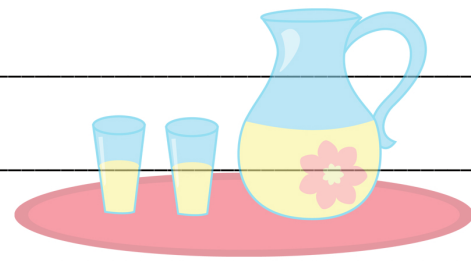
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olop





Parkinson's Support Group

Flagler/ Palm Coast

Virtual Speech Therapy

with Emily Herndon, Speech Pathologist & Owner of
Speak Up Virtual Speech Therapy LLC

- **Wednesday, July 13th @ 3:00PM**
- **Palm Coast Community Center**
305 Palm Coast Pkwy NE, Palm Coast, FL 32137



RSVP:
Renee Shoner
386-503-2239
Reneeshoner@gmail.com

Telemedicine is the practice of providing medical care virtually via your home computer, laptop, tablet, or smartphone. It can be a very effective method for receiving medical services because it provides convenient access to healthcare professionals and rapidly advancing technology continues to improve the quality of virtual services. Let's be honest, in-person services will always remain necessary; However, the necessity for in-person services truly does vary from discipline to discipline. Speech Therapy is one of the more adaptable disciplines when it comes to different service delivery options. In fact, long before the pandemic, the Veterans Health Care System has been utilizing virtual service delivery modalities for years. Emily Herndon, Speech Pathologist and Owner of Speak Up Virtual Speech Therapy LLC, started out her career serving the veteran population where she developed a passion for providing quality, convenient speech therapy services to patients experiencing voice, speech, language, cognitive, and swallowing difficulties. Emily is SPEAK OUT! certified for voice therapy with individuals with Parkinson's disease and has studied and worked under some of the top Speech Therapists & Researchers specializing in Parkinson's disease. Emily will provide an in-person presentation on the tremendous benefits that virtual speech therapy has to offer for individuals with Parkinson's disease.

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 and monthly meetings 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](#).

PAGDB
PO Box 4193
Ormond Beach, FL 32175
386-871-3879
www.parkinsondaytona.org
parkinsondaytona@gmail.com

Board of Directors

Vince Kinsler
PAGDB Executive Director
yovinnny57@aol.com

Alaine Keebaugh
Boston Scientific
Alaine.Keebaugh@bsci.com

Christina Atanasoski
Newsletter & Web Designer

Ellen Lautner
elauturn1@gmail.com

Jennifer Harris
dph0415@gmail.com

Ken Sipes, CPA
Treasurer

Marianne Chapin
Rock Steady Boxing
mchapin130@gmail.com

Matt O'Malia
Unite Us
matthew.omalia@gmail.com

Nancy Dawson
Halifax Health Hospice
nancy.dawson@halifax.org

Ursula O'Leary
utrudeau@msn.com